

The Gathering Place

50 Plus
Community
Center

Cobleskill & Oneonta

www.gatheringplace50plus.org



Volume 5 - Issue #11

November 2023

"The Gathering Place:
Where Friends Become Family"

127 Kenyon Road
Cobleskill, NY 12043
518-823-4338

gatheringplace50plus.org

Our mission is to provide healthy and active lifestyles
for people who are 50 plus.

A Letter from our 2023-2024 Board of Directors:

Dear Gathering Place Members:

On behalf of the 2023-2024 Board of Directors, we would like to take this opportunity to thank you all for your continued support of the Schoharie County Council of Senior Citizens, Inc., which is the 501(c)(3) not-for-profit which oversees all of our many different areas, including both our Cobleskill Gathering Place and our new Oneonta Gathering Place. We have now grown to almost 2,000 members with the addition of this new Center. We wanted to make sure that you understand that just as our Everything Shoppe Thrift Stores, our employees that are contracted out to the Schoharie County Public Transportation Department (all the bus drivers, Medicaid drivers, and office staff), and the Schoharie County Office for the Aging (all the meal drivers, meal site managers, and a couple of the office staff), as well as our two Gathering Places (Cobleskill and Oneonta), and of course our Executive Director, Kim Witkowski, and our Business Manager, Amanda Collins, are all under our not-for-profit. This means we operate as one entity and one business.

We wanted to clarify this as there seems to be a lot of misinformation that has been making its way around the area. Again, we operate all of these areas as part of our not-for-profit. As our mission states, we provide healthy and active lifestyles for people who are 50 plus. We have no county limits or restrictions to accomplish this. We want to be able to reach as many of our 50 plus population as we can. By continually expanding our services and our area, we then can continue to ensure that we expand our resources and continually look for ways to enhance our funding so we can continue to carry out this very important mission and continue serving all of you.

We are so excited to begin this new year and will work together to continue to bring you as many programs and services as we possibly can. As always, please feel free to reach out to our Executive Director, Kimberly Witkowski, with any questions, suggestions, or concerns. Thank you...



November Crafts with Liz

Woodburning Christmas Ornaments

Facilitated by Liz Kosier
Wednesday November 8th
1:00 to 3:00 p.m.
Activity Room B

Cost: Members \$5 each piece

Non-members \$10 each piece

Try woodburning on a small ornament and then paint or decorate them when you are finished.



Open Art Studio with Liz

Facilitated by Liz Kosier
Every Tuesday
11:00 to 2:00 p.m.
Activity Room B

Cost: Members: Depends on Project

Join Liz in our wonderful Craft Room to work on your own projects. Start a new project that you might have missed or finish something up. Call to reserve your spot and let Liz know what you will be doing. Please note there is a limit of 6 spots each week.

Make your own Cards

Facilitated by Liz Kosier
Wednesday November 15th
1:00 pm

Activity Room B

Cost: Members 3 cards for \$5

Non-members 3 cards for \$10



Try out my die cut and stamps with tons of card making supplies to create your own unique cards for any occasion.

Deco Mesh Snowman

Facilitated by Liz Kosier
Monday November 20th
1:00 - 3:00 pm
Activity Room B

Cost: Members \$ 25

Non-members \$30

Come create this 3ft Deco Mesh snowman! He is an absolute charmer



Winter / Holiday Jewelry

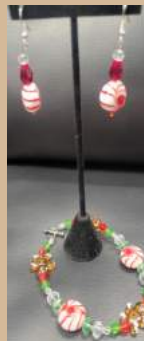
Facilitated by Liz Kosier
Wednesday November 22nd
1:00 to 3:00 p.m.

Activity Room B

Cost: Members \$10 / set

Non-Members \$20 / set

Join Liz is making this holiday jewelry set for yourself. Also makes a great gift



Christmas Gift Tags

Facilitated by Geraldine
Tuesday November 28th & 30th
10:00 - 12:00pm

Activity Room B

Cost: Members \$5

Non-Members \$10

Make 6 of these wonderful layered Christmas Tags



Snowman Clay Pendant

Facilitated Liz Kosier
Wednesday November 29th
1:00 - 3:00pm

Activity Room B

Cost: Members \$5

Non-Members \$10

Try using polymer clay to make this wonderful winter necklace



November's Paint and Snack w/ Liz

Monday November 20th
10:00 to 12:00 p.m.

Activity Room B

Cost: Members: \$20

Non-members:\$25



The Studio



For Art and Craft

A place to create

The following Classes are all facilitated by the staff from the Studio for Art and Craft.

Non-Refundable Prepayment Required

Pre-registration is required by calling the Gathering Place front desk.

Friday, November 17th, 2023

Pottery Garlic Grater

10:00 am

Activity Room B

Cost: Members: \$22

Non-member: \$27



Deadline to register is Nov 13th

This is a beautiful garlic grater.

A fun gift or great to keep

Friday, December 1st, 2023

Fused Glass Tree

10:00 am

Activity Room B

Cost: Members: \$20

Non-member: \$25

Deadline to register is Nov 22nd

Try your hand at making these unique fused glass trees



Cobleskill Gathering Place

Programs and Activities for November

Please note that it is important that you pre-register for classes, either by registering on-line or by calling the Center directly at 518-823-4338. There are limited openings for each of our classes depending on the type of class, so register as soon as possible.

Gathering Place Outreach Group

Facilitated by Liz Kosier
Thursday, November 30th, 2023
1:00 to 3:00 p.m.
Board Room
Cost: Free

Come join our Gathering Place Outreach Group who will be meeting monthly. Join Liz in making and sending out cards to our friends and neighbors in our community who are in need of a little sunshine! The more the merrier!

Gathering Place Hiker Club with Alison & Kathy

Facilitated by Alison Smith/Kathy Slater
Tentative Date: Friday November 10th
Where: Emma Treadwell Nature Park
87 Nature Center Way Voorhesville
Cost: Free

Meet at Schoharie Park n Ride at 11AM
or
Meet at Emma Treadwell Nature Center
at 11:30 AM

Hike begins at 11:45am sharp

Come to the Emma Treadwell Thacher Nature Center and let the scenic beauty of the Helderbergs inspire you! The center and its grounds offer countless opportunities to discover the wonders of nature. Several miles of trails are available for hiking.



Coffee and Chat Hour

Facilitated by Liz Kosier
Thursday, November 16th, 2023
9:00 am
Nick Juried Great Room
Cost: Free

Join Liz to welcome our newest members to our Gathering Place family. We encourage our current members to join us in meeting and welcoming our new members. Coffee, tea, and breakfast pastries will be served.



Chair One Fitness

Facilitated by Wendy Miller
Saturday 11:00 - 11:45
Multipurpose Room
Cost: Members: \$5
Non-members: \$7

Chair One Fitness is a chair based dance fitness program. This class is inclusive for all. It is a great class for senior citizens, people with balance deficits, chronic pain, injuries, disabilities, people suffering from obesity or those who prefer to exercise seated.

Chair One Fitness is designed to keep people moving and to ensure they remain progressive in every day functioning and/or recovery. Our Chair One Fitness program and instructor will deliver a fun, interactive workout that will be uplifting, while providing a total body workout.

Rainbow Folk Support Group

Facilitated by Vern Hall
Monday Evenings
5:00 to 6:00 p.m.
Board Room
Cost: Free



Come join us to meet and discuss the needs of the aging gay and lesbian community. This is an open group and all are welcome. Come connect with other LGBTQ peers, create a safe space to talk about issues that impact you, and build support to help navigate challenges. We believe no one should have barriers to their positive aging.

Fall Prevention Class with Nicole

November 13th
1:00 pm



Nicole is a certified physical therapist who will discuss fall prevention and treatment options

Cobleskill Gathering Place

Programs and Activities for November

Silver Sneakers Classic

Facilitated by Alison Smith
Mondays and Fridays:
10:30am to 11:30 am
Multipurpose Room



Cost: Members - \$5 per class

Non-members - \$7 per class

Silver Sneakers Members - this

Class is free as long as you have your Silver Sneakers Card.

This class will increase muscle strength and range of movement, and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. Uses a fitness ball, resistance tubing with handles, and light handweights which are all provided.



Gentle PiYo

Facilitated by Alison Smith
Wednesdays: 8:15 am to 9:15 am
Saturdays: 8:30 am to 9:30 am
Multipurpose Room

Cost: Members - \$5 per class

Non-members - \$7 per class

Gentle PiYo is designed to build strength, improve flexibility, and tone muscles all in one class. Using bodyweight movements and flowing yoga poses, we work every muscle without unnecessary stress on the body. Please bring a mat to use with this class. Intermediate Level. Your instructor can modify exercises for your fitness level.



Silver Sneakers Strong & Fit for Life

Facilitated by Alison Smith
Tuesdays & Thursdays
8:15 to 9:15 am
Multipurpose Room

Cost: Members - \$5 per class

Non-members - \$7 per class

Join Alison for a basic strength class. We use dumbbells and other strength equipment to build strength, maintain muscle mass, and improve overall health. We will do some floor exercise on a mat (options provided if you are unable to get on the floor comfortably). This class is Silver Sneakers eligible. This is an intermediate level. Be sure to bring a mat and water.



Pumping Iron with Alison

Evening Class only



Facilitated by Alison Smith
Monday and Wednesday evenings:
5:15 to 6:15 pm
Multipurpose Room

Cost: Members - \$5 per class

Non-members - \$7 per class

Join Alison for pumping iron to get strong! Pumping Iron is a total body exercise class with DB Weights and mat work. Intermediate Level. Bring a mat and a water bottle.



Barre Fusion

Facilitated by Alison Smith
Fridays

9:00 to 10:00 am

Multipurpose Room

Cost: Members - \$5 per class

Non-members - \$7 per class

BARRE Fusion is a low impact total body workout inspired by Ballet. It has rhythmic movement, high repetition strength work, and athletic dance moves. It is an easy to learn, fun workout. Intermediate Level.



Silver Sneakers Stability Ball Class

Facilitated by Denise Kelly
Wednesdays: 9:30 - 10:15 am
Multipurpose Room

Cost: Silver Sneakers Members - Free

Members \$5 per class

Non-members - \$7 per class.

This is a fun class using a large stability ball. You will work your whole body as you tighten your core. A variety of exercises will be taught starting at a very basic level. When you get better the class will get harder. Intermediate Level. This class is Silver Sneakers Eligible.



Cobleskill Gathering Place

Programs and Activities for November

Silver Sneakers Chair Yoga

Facilitated by Denise Kelly
Wednesdays: 10:30 to 11:30 am
Multipurpose Room

Cost: Members \$5 per class
Non-members - \$7 per class
Now Silver Sneakers Member Approved!

Yoga moves primarily in a chair, some standing (not necessary). Yoga can improve flexibility, concentration, and strength while boosting your mood and reducing stress and joint strain.



Silver Sneakers Traditional Yoga

Facilitated by Denise Kelly
Mondays – 9:00 am to 10:00 am
Nick Juried Great Room

Cost: Members - \$5 per class
Non-members - \$7 per class
Now Silver Sneakers Member Approved!

Traditional Yoga poses using your own Yoga mat. Yoga can improve flexibility, concentration, and strength while boosting your mood and reducing stress and joint strains. It is a great way to start off your week. Join us on Mondays to see what it is all about.



Additional Services at the Center for your convenience

Hair Cuts, Manicures & Pedicures

We now have a 2 hair stylists, Terri, who is available on Tuesdays from 9:00 am to 2:00 pm and Laureen who is available on Thursdays from 9:00 to 2:00 p.m. They provide hair cuts, manicures, and pedicures. Cost is by donation to the Center. Schedule your appointment by calling the front desk at the Center at 518-823-4338.



Gentle Touch Massage or Reiki

Facilitated by Gretchen Cosgrove
Monday November 20th, 2023
10:00 - 2:00 pm
1/2 hour appointments
Room off Kitchen
Cost: \$25

We are also very fortunate to have Gretchen Cosgrove, here doing Gentle Touch Massage on Monday. Each session is 1/2 hour and needs to be scheduled through the Front Desk. Please register prior to coming in as space is limited.



Zumba

Facilitated by Wendy Miller
Multipurpose Room

Cost: Members: \$5 per class
Non-members: \$7 per class
Discounts: 3 for \$20 or 5 for \$30

Saturdays @ 9:45 am Zumba Gold
Mondays @ 6:25pm: Zumba Toning
Tuesdays @ 6:15pm: Regular Zumba

This Zumba Class will be a little lower-intensity version of the typical Zumba class and features Latin and World rhythms and is designed to help you reach your exercise goals and help you to continue to live a healthy lifestyle and have fun all at the same time.



Shamanism Workshop

Facilitated by Anne Breglia
Mondays November 6th & 20th
Nick Juried Great Room
10:00am - Noon

Learn about Shamanism and how to journey. Journey with a drumbeat, share and discuss our experiences. Various journeys, one per session, starting with "Meet your power animal". Please dress warmly to sit on the floor or in a chair. Bring a pen and paper.



***New 8 week session
will start December 18th****

Beginner Line Dancing

Facilitated by Linda Aernecke/TBD
Fridays at 12:00 noon
Multipurpose Room
Cost: No Cost

Open only to Members

Line Dancing is a fun, healthy, and rewarding activity. There are many benefits including health and confidence. Join us for this fun beginner line dancing class!



Intermediate Line Dancing

Facilitated by a team
Mondays: 9:00 to 10:00 am
Multipurpose Room
Cost: None

This particular class is run by a group of Intermediate to Advanced dancers. It is a learn by doing class.



November Lunch and a Movie

Facilitated by Liz Kosier
Tuesday November 14th
12:00 to 3:00 p.m.
Nick Juried Great Room
Cost: Members \$5
Non-Members \$7



Join us for a delicious lunch and a fun movie on the above date.
Movie to be determined

One on One Family Research

Facilitated by Kim Page
Monday November 13th 1:30pm
Tuesday November 28th 9:30pm
Computer Lab
Cost: Free



Open only to Members

Looking for a certain person? This is your chance to find them! Join Kim as she introduces you to researching ancestry and the tips and tools that can help you with your search. You will learn tools, techniques, and so much more. Call the front desk to register for an appointment. Please note that you will need to bring any information you can on who you are looking for and any other information you might have that could be helpful.

Intermediate Crochet Classes will resume January 2023

Facilitated by Deb Kosier
1:00 pm
Cost: Members \$5
Non-Members \$10



Join Deb in this Intermediate Crochet class. It is important that you have done some sort of crocheting in the past. Deb will be there to teach new techniques and sharpen your existing skills.

New Learn to Weave

Facilitated by Ginny Ogno
Tuesday November 14th
10:00am - 12:00pm
Cost: Members \$10
Non-Members \$15



If you made potholders as a child, you can do this! We will teach you a new idea in weaving. You will complete a beautiful towel for your kitchen!

Introduction to Photography

Facilitated by Kim Walton
Tuesday November 7th & 21st
1:00 to 2:30 pm
Multipurpose Room
Cost: Free



Open only to Members

Join Kim as she introduces you to the art of photography. You will learn tools, techniques, and so much more. Call the front desk to register.

Learn to Play Piano Private Lessons with Rebecca

Facilitated by Rebecca
Friday, November 3rd
10:00 am to 2:30 pm
Register for a half-hour private lesson
Computer Room
Cost: \$25 half-hour lesson



Have you always wanted to learn how to play the piano but never got the chance to learn? Or did you used to play and need a refresher course? Then call the Front Desk to sign up for your very own private 30 minute lesson with a professional pianist. All levels are welcome!



Starring Liz Kosier as our wonderful Bingo Announcer
Tuesday November 28th
1:00 - 3:00 pm
Nick Juried Great Room
Cost: Free

Only Open to Members

Join Liz for a relaxing afternoon of Bingo. Fun prizes for the top players. This is a non-cash event.



Overall Wellness Addiction and Mental Health Support Group

Facilitated by SCCASA
Every Wednesday
11:30 am to 12:30 p.m.
Board Room

If you have questions or concerns about Substance Abuse Disorders, the Recovery process or how Mental health affects you or your loved ones, please stop in and see us.

Jason from Schoharie Mental Health along with Blakely and Tom from Schoharie County Council of Alcoholism and substance abuse will answer your questions.

For more information contact The Center or SCCASA at (518) 234-8705. Walk ins are welcomed and encouraged.



Circle of Hope Grief Support Group

Facilitated by Barbara Buongiorno, RN
Every Wednesday
1:00 to 2:30 pm
Nick Juried Great Room
Cost: None

This support group will provide hope that will heal the heart, mind, and body through the grieving process. Insight will be given into the five stages of grief.

With support, encouragement, and discussions on the grieving and the healing process, the group will provide an environment of understanding with others who share like experiences.



Alzheimer's Support Group for Schoharie County

Facilitated by Ann Marie Thayer
Friday, November 17th
10:00 am-12:00 pm
Board Room

Please contact Ann Marie Thayer directly at 607-282-3035 to sign up for this group.

If you are interested in this support group, please let Nancy at the front desk know and she will give you information on how to contact Ms. Thayer.



Parkinson's Support Group

Facilitated by Office for the Aging
Date: Tuesday November 14th
Tuesday November 28th
1:00 to 2:00 pm
Multipurpose Room
Cost: Free

Join this group to discuss Parkinson's and helpful information on what Parkinson's is, and tools that can help with caretaking for these individuals. Please call the front desk to register.



The Sunshine Band Practice

Facilitated by Crickit Rockwell
Fridays at 3:00 to 4:30 pm
Nick Juried Great Room
Cost: No Cost

The Sunshine Band practices every Friday. If you play an instrument or sing, and would like to inquire about joining this group, please see Crickit Rockwell or give your name to Liz and she will pass it along.



Android Smart Phone Tech Class

This class will resume in January 2024

Facilitated by Gretchen Randazzo
Cost: Free to Members

Join Gretchen as she helps with questions regarding your Android Smart Phone and learn how to navigate the tech part of your phone. She will answer any questions you may have



Defensive Driving Course Next Class January 2024

Facilitated by Linda Karpovich
9:30 am to 3:30 pm
Board Room
Cost: Member \$35
Non Member \$40

Certified by New York State, Defensive Driving Class after successful completion will allow you: a 10% insurance discount, reduction of your current driving record by up to 4 points, refresh your driving skills and learn techniques for accident prevention.



Beginner Computer Class

Facilitated by Marcy Holmes

Wednesdays 10:00 am to 11:00 am

New Class Begins November 1st

Note this is a 6-week class

Cost: \$18 for 6 week course

Open only to Members

This class is designed for those individuals who have never used a computer before or want to learn how to use a computer. This class will start from all the basics, such as how to turn it on to creating files, searching the internet, etc. Please note this class is limited to 12 people. Please be sure to sign up asap to reserve your spot. Space is very limited!



Intermediate Computer Class

Facilitated by Marcy Holmes

Wednesdays 11:30 am to 12:30 pm

New Class Begins November 1st

Computer Lab

Cost: \$18 for 6 week course

Open only to Members

This class is designed for those individuals who are familiar with computers and have some experience with computers, but would like to learn more about software, such as spreadsheets, creating documents, forms, etc. Please note this class is limited to 12 people. Please be sure to sign up asap to reserve your spot. Space is very limited!



Mahjong Group

Thursdays, 1:00 to 4:00 pm

Activity Room B

Cost: None

Open only to Members

Ever played Mahjong? Want to learn more about this intense but exciting game? Come to the Center every Thursday afternoon and join the group. Mahjong is a tile-based game that was developed in the 19th century in China and is played in groups of four.



Pinochle Group

Tuesdays and Thursdays

1:00 to 4:00 pm

Activity Room A

Cost: None

Open only to Members

Pinochle is a strategy game with either two, three, or four players and played with a 48-card deck (cards provided). The objective of the game is to be the first team to score 150 points or more. You don't need to have played the game before to join the fun. Beginners are welcome!



Board Games with Kim "Rack-O"

Facilitated by Kim Page

Wednesday November 15th 1:00 pm

Sign up at the front desk

Since the "Fabulous Fifties," families have enjoyed this rack 'em up, fun-filled card game. This classic edition, featuring fine quality cards with bold numbers, will delight players young and old. RACK-O from Winning Moves is timeless fun!



Important Dates for our Cobleskill Center Outreach Volunteers

Please see Liz if you are interested in helping or donating food items

November 4th

Farmer's Market & Inside Craft Show

November 10th

*Veteran's Day Luncheon
provided by Dick Buffo*

November 15th

*Veteran's Luncheon
Need cakes and Cookies*

November 17th

*Veteran's Two Night Retreat
Need dinners, sides and desserts*

November 30th

Our next outreach meeting 1pm

December 8th

*Veteran's Two Night Retreat
Need dinners, sides and desserts*

December 9th

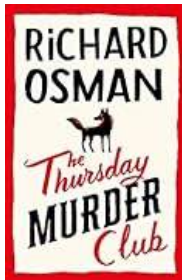
*Holiday Farmer's Market
&
Inside Craft Show*

December 29th

Early New Year's Eve Dinner Party

Monthly Book Club

Facilitated by Crickit Rockwell
Tuesday November 14th
3:00 to 4:00 pm
Board Room
Cost: None



****Open only to Members****

The Book Club is more than a reading group. It is also a great time to socialize, make new friends. Under New Management, we will be reading the same book together.

The book for the November meeting is "The Thursday Murder Club", by Richard Osman.

Please join us for some great discussion about this book and time for sharing. See you then!

Movement Classes with Anna and John

Tuesdays & Thursdays
9:45 - 10:45 am and
11:00 am to 12:00 pm
Please note!

Due to the popularity of this class, we have had to split the class into two different sessions as noted above. Register ahead of time so that we can be sure the classes will not be too crowded.

Multipurpose Room

Cost: Members - \$0 class

Non-members \$5 per class

Movement is good for the body, mind, and soul, no matter the age or mobility. These classes give you the opportunity to move and strengthen your body and improve your health.



Stress Management for the Aging Brain



Facilitated by **Sandra Marnell**

Retired RN, Counselor, and Trainer

Thursdays 10:00 am to 11:00 am
Board Room

Cost: Members \$3 per class

Non-members \$5 per class

Manage your response to stress and boost your brain power. Learn about health-promoting behaviors, medically endorsed methods and brain foods that can protect brain function and keep your brain young, healthy, and sharp. Utilize "epigenetics" to slow and reverse some of the aging conditions you are worried about. Weekly sessions will present new topics from current research including insights from scientists studying "Super Agers", (men and women over the age of 80 with the mental faculties of people decades younger). Participants will be encouraged to join in discussion and share ideas. This is an Open Group.



November 7th

Learn about new benefits, get answers to your questions, and find the right plan with a dedicated MVP Medicare Advisor

This event is
Free and All Are Welcome



November 9th 10:00am

Meet with a CDPHP representative to answer any questions regarding medicare information.

This event is
Free and All Are Welcome



Please note
you must be a Member
to use the game room

Pool Table and Darts

Monday, Tuesday, Thursday,
1:00 to 4:00 pm
Saturday

9:00 am to 2:00 pm

Cost: None

****Open only to Members****

We have a beautiful competition size pool table and a brand new dart board available for your use. Get a group together and have fun while sharpening





A DAY TO CHERISH

Thanksgiving Day Dinner

JOIN KIM NOVEMBER 23RD AT NOON

IN THE NICK JURIED GREAT ROOM
THE COBLESKILL GATHERING PLACE

ALL MEMBERS ARE WELCOME!

KIM IS PROVIDING THE TURKEY AND CRANBERRY SAUCE
PLEASE BRING A DISH TO PASS

Please RSVP to Liz and notify her of your dish to pass
(518) 823-4338

WE LOOK FORWARD TO SEEING YOU THERE



Save the Dates

We have so many things happening here at the Cobleskill Gathering Place. We figured we would give you some of the confirmed dates so you can "Save the Date" on your calendars!

Saturday, November 4th
Fall Festival & Craft Show
10am - 4pm

Saturday, December 9th
Holiday Craft Show
10am - 4pm

Friday, December 29th
Early New Years Eve Dinner
5:00 - 7:30 pm



A special



Thank You

to

Humana

Local Representative

George Hillenbrand
Cobleskill, New York 12043
518-221-1356



for sponsoring November's Bingo
We couldn't do it without our fabulous
sponsors!



**CELEBRATING
OUR VETERANS**

NOV 15TH, 2023 AT 12 PM

**AT THE GATHERING PLACE 50
PLUS COMMUNITY CENTER**

**CALL TO RESERVE YOUR SPOT
(518) 823- 4338**

FREE LUNCH BUFFET

The Everything Shoppes Pre-Black Friday Sale

**FRIDAY,
NOVEMBER 17TH, 2023
10 AM TO 5 PM**



Come early
for
the best
deals
as new
supplies are
limited!

**NEW & GENTLY USED ITEMS
AS WELL AS
NEW CRAFT ITEMS**



Make this year
a Thrift
Store Holiday!
Save on new
and gently
used clothing,
household
items!



Our Locations:

**312 Main Street, Middleburgh, NY
209 Main Street, Sharon Springs, NY**

Join us for "Life Chat"

**The Gathering Place
127 Kenyon Rd. Cobleskill, NY
November 16th, 1:00pm**



**Presenter : Mary Keniry JD LMSW /Program Director
Long Term Care Ombudsman Program
Catholic Charities Tri-County Services**

LEARN

- What is an Ombudsman Program
- What can the Ombudsman Program do for you or your loved one
- Your rights and responsibilities
- Choosing a nursing home

Light Refreshments and Door Prize

Questions or to sign up , Contact Deb Dyer at 518-295-2001

Schoharie County Office for the Aging

**The Office for the Aging &
The Gathering Place are happy to
Announce Beginning January 3rd, 2023**

**Grab & Go
Meals**

FRESH & WELL COOKED


Healthy and Nutritious meals will now be available to anyone age 60 and above, daily (Monday-Friday) at The Gathering Place 50 Plus Community Center. There is no income requirement, but each person is given the opportunity to make a suggested \$4 voluntary contribution for meals. You must order the meals 24 hours in advance by calling Office for the Aging at 518-920-3757. Meals will be available daily beginning at 11:00 am. You can take the meals home to eat or stay at the Center and enjoy them with company. Monthly Meal Menu will be available at the Front Desk at the Center or by contacting the OFA at 518-920-3757.

SCHOHARIE COUNTY OFFICE FOR THE AGING 518-295-2001

Nancy Ackebauer RDN

Cobleskill Grab and Go 518-920-3757 Jefferson Community Center 607-652-9075 Spa Ritz 518-284-2883

November 2023

<p>*All congregate and Grab and Go orders must be called in BEFORE 2PM on the previous operating day. Note: Jefferson Center is open Tues-Wed-Thurs only, so orders for Tues must be placed by 2PM Thurs. Sharon (Spa Ritz) is open Monday, Wednesday and Friday. Coby Grab & Go is open Monday through Friday.</p>					<p>1 Italian Baked Chicken Whole grain Pasta with Tomato Sauce Buttered Cauliflower Garlic Zucchini Whole grain bread & Peaches</p>	<p>2 Lemon Dill Baked Fish Brown Rice Steamed Broccoli Glazed Carrots Whole grain bread Fruit Salad</p>	<p>3 Open Face Hot Roast Beef Sandwich with gravy Sweet and Sour Red Cabbage Mashed Winter Squash Fresh Orange</p>
<p>6 Pizza Burger with tomato sauce and mozzarella on a Bun Steamed Broccoli Baked Potato Wedges Fresh Orange</p>	<p>7 Honey Mustard Chicken Rice Pilaf Carrots Chopped Seasoned Spinach Whole grain bread Fresh Apple</p>	<p>8 Meatloaf with gravy Mashed Potatoes Garlicky Green Beans Glazed Carrots Tropical Fruit Whole grain bread & Cookie</p>	<p>9 Egg Salad Sandwich Chilled Vegetable Salad Fruit Cocktail Chef's Choice Juice</p>	<p>10 Jeweled Pork Roast Warm Spiced Apples Brussels Sprouts Mashed Sweet Potatoes Whole grain bread Chocolate Pudding</p>			
<p>13 Meatballs & Red Sauce Whole Grain Pasta Italian Green Beans Steamed Cauliflower Parmesan cheese packet Whole grain bread Grape Juice</p>	<p>14 American Goulash Carrots Green Cabbage Fresh Orange Whole grain bread</p>	<p>15 Thanksgiving Lunch Oven Roasted Turkey Mashed Potatoes & Gravy Green Beans Mashed Winter Squash Cranberry Sauce & Dinner Roll Pumpkin Pie</p>	<p>16 BBQ Pulled Pork on a Whole grain bun Whole Kernel Corn Steamed Broccoli Pineapple Coleslaw Tropical Fruit</p>	<p>17 Stuffed Pepper Soup Warm Spiced Pears Warm Corn Bread square Yogurt Cup Apple Juice</p>			
<p>20 Sloppy Jane (turkey) on a Whole grain bun Mashed Sweet Potatoes Stewed Tomatoes & Zucchini Broccoli-Cauliflower Salad Mandarin Oranges</p>	<p>21 Baked Chicken with Mushroom Gravy Buttered Brown Rice California Vegetables Whole grain bread Chilled Peaches</p>	<p>22 Hot Dog on a Bun Baked Beans Buttered Dill Carrots Pineapple Tidbits ketchup & mustard packets</p>	<p>23</p> <div></div> <p>No meals served</p>	<p>24</p> <p>Black Friday No meals served</p>			
<p>27 Cheese Omelet Breakfast Sausage Chopped Spinach Potatoes O'Brien Whole grain bread Apple Juice</p>	<p>28 Veg-Beef Barley Soup Midwest Vegetable Blend Chicken Salad Sandwich Grape Juice Warm Spiced Pears</p>	<p>29 Spanish Rice California Blend Vegetables Coleslaw Whole grain bread Mandarin Oranges</p>	<p>30 Chicken and Biscuits with gravy Buttered Brussels Sprouts Mashed Sweet Potatoes Marinated Tomatoes Fruit Cocktail</p>	<p>All meals served with 8 fl oz 1% milk. Menu is subject to change. All are welcome at our meal sites! Congregate meal site participants under 60 years old pay \$5.00/meal. Suggested Donation for everyone over 60 years old is \$4.00/meal.</p>			



5506 State Highway 7
PO Box 429
Oneonta NY 13820
(607) 267-4732



So Much To Be Thankful For...

As this November is beginning, I cannot tell you how thankful I am for all that we have been blessed with. Between having two beautiful and successful Gathering Place Centers, soon to be three Everything Shoppes again, all of our absolutely wonderful and compassionate staff who always go above and beyond in everything they do, and of course all of our Gathering Place family we are truly blessed beyond belief! Without all of your continued support, we would not be able to accomplish everything we have done so far.

I am also so thrilled to have a new Board of Directors who have come in with many new ideas that we will be working on over the next three years with our next Strategic Plan. I also want to thank all of our outgoing Board members: Betty Karlau, Vern Hall, and Anna Slavinski; they supported me fully when I brought them the crazy idea of opening our first Gathering Place here in Cobleskill. It truly takes a team to get everything accomplished.

As you are probably aware, I will again be serving Thanksgiving Dinner here at the Cobleskill Gathering Place this Thanksgiving Day at 12:00 noon. All you need to do is bring a dish to pass and we are supplying the turkey. This will be my third Thanksgiving doing this wonderful event. So if you do not have somewhere else to be, please feel free to join us. Just contact Liz at our Cobleskill Gathering Place to put your name on the list and let her know what you will be bringing.

I know these next couple of months can be tough for a lot of us but remember to not be alone and come gather with your Gathering Place Family. We are always here for you.

One other item I wanted to bring to your attention is that we now have a wonderful partnership with the Otsego County Senior Council and their Connections which operates out of the Clark Gym in Cooperstown (schedule is on Page 20 of this newsletter). Our Gathering Place Members (Cobleskill and Oneonta) can now participate in the Connections programs and use the Clark Gym Facilities (except for the weight and exercise equipment) and only have to pay \$5 per day to attend the programs there. In addition, Connections Members can attend any classes and programs at the Gathering Place Centers as a member. This just enhances everyone's memberships to now have 3 locations they can choose from.

As always, if you have any questions or need anything, please feel free to contact either of our Gathering Place Centers.

Again, thank you.

***-Kim Witkowski
Executive Director***



Oneonta Gathering Place

Programs and Activities for November

Please note that it is important that you pre-register for classes, either by registering on-line or by calling the Center directly at 607-267-4732. There are limited openings for each of our classes depending on the type of class, so register as soon as possible.

Movement Classes

Facilitated by John Steitz & Sue Barney

Mondays and Wednesdays at 2:00 pm Multipurpose Room

Cost: Members \$0 per class

Non-members \$5 per class

Movement is good for the body, mind, and soul, no matter the age or mobility. These classes give you the opportunity to move and strengthen your body and improve your health. They are a great way to begin your exercise journey.

Chairs are used during this class.

Please call the Oneonta Front Desk to register.



Line Dancing Lessons

Facilitated by Dorothy Penny
Friday November 10th & Friday November 17th at 5:30 pm

Multipurpose Room

Cost: Members: \$7

Non-members: \$10

Line Dancing is a fun, healthy, and rewarding activity. There are many benefits including health and confidence.

Join us for this beginner/intermediate class to learn the different steps and moves that are involved. Please call the Oneonta Front Desk to Register for these classes by Monday November 6th as we must have a minimum of 4 people to run this class.



New Gentle Yoga

Facilitated by Diane Gallo
Fridays November 3rd and November 10th 10:00 am

Multipurpose Room

Cost per class: Members \$5

Non-members \$7

This yoga class is a gentle flow interlaced with more advanced moves. Each class includes chair work, standing poses and floor poses. Each pose is scaled and modified to accommodate different levels of experience and physical ability. Certified 200 hour training from Kripalu Institute focuses on breath work and listening to your own body. Bring a yoga mat and a small firm blanket or towel to class.



Qi Gong Movement & Gentle Movement Mindfulness Series

Facilitated by Ellen Cook

Thursdays

10:00 am

Multipurpose Room

Cost: Members - Free

Non-members - \$5 per class

Qi Gong is an ancient form of movement and mind that uses gentle exercises, with intention and mindfulness to guide Qi (vital life force energy) and to use that energy efficiently. Qi Gong practice is one amongst thousands of Qi Gong practices. It is a gentle series of eight exercises to improve health and well-being and to ultimately improve one's quality of life. It gets us out of our over active minds and into our bodies to enhance our energy systems. Please call the Oneonta front desk to register.



Dance Your Heart Out

Facilitated by Erica Cruz
Mondays at 9:00 am & 5:30pm

Multipurpose Room

Cost: \$7

Open to All



This Zumba Class will be a little lower-intensity version of the typical Zumba class and features Latin and World rhythms and is designed to help you reach your exercise goals and help you to live a healthy lifestyle and have fun all at the same time.

Step Up Class

Facilitated by Erica Cruz
Thursdays at 9:00 am & 5:30 pm

Multipurpose Room

Cost: \$7

Open to All

Welcome to step it up and stretch it out class. Step your way into being stronger every class. Step class is an A class format where you do 3 moves for 45 seconds each - one side of the body at a time. Ending each section with a 1 minute power move. It is a great way to build strength and endurance head to toe.



Sizzle & Drizzle

Facilitated by Erica Cruz

Saturdays 7:00am

Multipurpose Room

Cost: \$7

Open to All

Come Join Sizzle and Drizzle. Your Saturday sweat session is going to burn fat and build lean muscle! Burn the stress!

Gives you energy for the day!

It's a mix of cardio, strength, endurance, and core. Come and get super strong!

Mentally and Physically!

Oneonta Gathering Place

Programs and Activities for November

Silver Sneakers Classic

Facilitated by Alison Smith
Tuesdays and Thursdays 12:30 pm
Multipurpose Room

Cost: Members \$5 per class
Non-members \$7 per class
Silver Sneakers Members
this class is free as long as you
have your Silver Sneakers Card

This class will increase muscle strength and range of movement and improve activities for daily living. You will have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level. Uses a fitness ball, resistance tubing with handles, and light handweights which are all provided.



Silver Sneakers Chair Yoga

Facilitated by Alison Smith
Tuesdays and Thursdays 11:00 am
Multipurpose Room

Cost: Members \$5 per class
Non-members \$7 per class
Silver Sneakers Members
this Class is free as long as you
have your Silver Sneakers Card
Yoga moves primarily in a chair, some standing (not necessary). Yoga can improve flexibility, concentration, and strength while boosting your mood and reducing stress and joint strain.

Scrapbooking for Beginners

Facilitated by Harriett Dunne
Monday November 6th at 10:00am
Arts & Crafts Room

Cost: Members \$15
Non-members \$20

Join Harriett as she shows you how to organize your photos, arrange your photos in a pleasing composition, and write your story using your photos. Supplies are included – just bring your own photos. Please call the Oneonta Front Desk to pre-register so that we are sure we have enough materials for everyone.

Presentation on the history of the Delaware & Hudson Railroad

Facilitated by Jim Loudon
Thursday November 16th at 1:00pm
Board Room

Cost: Members - Free
Non-members - \$5 per class

Since the first train came to town in 1985, Oneonta has been known nationwide as a railroad town. As the railroad grew, so did Oneonta. By the turn of the century, the Delaware and Hudson Railway was the area's largest employer and the Oneonta train shops had grown into one of the railroad's largest facilities. Join us as we look back at the good times and the bad with interviews of railroaders past and present. It is an interesting look back at the industry that literally put Oneonta on the map. Please call the Oneonta front desk to register for this presentation.

Quilting Class

Facilitated by Quilting Group
Mondays November 6th, 13th & 20th
10:00 am

Multipurpose Room
Cost Per Class: Members Free
Non-members \$5

This is a beginner quilting course using a sewing machine. Our first project will be making a potholder. Material will be supplied but you must bring your own sewing machine. This course is free and will be meeting every other Monday through December 2023.

New Christmas Cookie Decorating

Facilitated by Tonya Rowe
Saturday November 25th at 10:00 am
Activity Room A

Cost: Members \$5
Non-members \$10

Join Tonya as she shows you how to decorate your own cookies in special ways – just like the professional bakers do! All materials and a dozen cookies to each participant will be provided. You must call the Oneonta Front Desk to pre-register for this class. Please be sure to register by no later than Monday, November 20th.



Light Up Christmas Tree Craft Project

Facilitated by Emily Hazelton
Thursday November 9th at 10:00 am
Art & Craft Room

Cost Per Class: Members \$45
Non-members \$55

Join Emily as she shows you how to paint and glaze your own lighted Christmas Tree just in time for the holidays! Make it as a gift or to adorn your own home. You must call the Oneonta front desk to pre-register for this class by Monday, November 6th, 2023. Please note that once you register for this class you will be responsible for the payment, even if you are unable to attend.



Oneonta Gathering Place

Programs and Activities for November

Intro to Dot Art

Facilitated by Liz Kosier
Every Wednesday in October

9:00 am

Art & Crafts Room

Cost Per Class: Members \$5

Non-members \$10

A fun class in painting and the practice of applying small strokes or dots of color to a surface that from a distance will blend together. Please call the front desk to register so that we are sure we have enough material for everyone.



Paint and Snack

with the Studio for Art and Craft

Facilitated by The Studio for Art & Craft
Friday, November 3rd at 11:00 am

Cost Per Class: Members \$22

Non-members \$28

Join the Studio for Art and Craft who will show you how to paint this beautiful Fall wreath. You must call the Oneonta front desk to pre-register for this class by Tuesday, October 31st 2023. Please note that once you register for this class you will be responsible for the payment, even if you are unable to attend.



Fused Glass Lantern

or

Sun Catcher

with the Studio for Art and Craft

Facilitated by The Studio for Art and Craft

Thursday, November 16th at 10:00 am

Art & Crafts Room

Cost Per Class:

**Members : \$20 for suncatcher,
\$36 for lantern**

**Non-members \$25 for suncatcher
\$40 for lantern**

Join Emilie as she shows you how to create these beautiful fused glass suncatcher or lantern. Create your very own masterpiece. You must call the Oneonta front desk to pre-register for this class by Monday, November 13th as there is limited seating for this class. Please note that once you register for this class you will be responsible for the payment, even if you are unable to attend.



Clay Christmas Gnome / Clay Leaf Bowl

Facilitated by Mel

Part I Wednesday November 8th 4:00pm

Part II Tuesday November 21st 10:00am

Art & Crafts Room

Cost Per Class: Members \$22

Non-members \$28

Join Mel while she shows you how to create this cute clay Gnome/ or Clay Leaf Bowl. First class is creating the actual Gnome/bowl and Second Class is painting the Gnome/bowl. Please call the Oneonta Front Desk by Monday, October 9th to register. We must have a minimum of 4 people to run this class.



Deco Mesh

Cross Wreath Making

Facilitated by Liz Kosier

Monday November 6th at 1:00pm

Art & Crafts Room

Cost Per Class: Members \$10

Non-members \$20

Join Liz as she shows you how to use Deco Mesh to create a beautiful cross wreath which can be used for your home, as a gift, or as a remembrance of a loved one. All materials are included. Please call the Oneonta Front Desk to register as there is limited seating for this class.



Glass Painting

Facilitated by Liz Kosier

Monday November 27th at 1:00pm

Arts and Crafts Room

Cost: Members \$5

Non-members \$10

Join Liz as she walks you through the art of painting on glass. Participants will be able to choose from a small glass or vase. All supplies included. Please call the Oneonta Front Desk to register as there is limited seating for this class.



Oneonta Gathering Place

Programs and Activities for November

14" Deco Mesh and Ribbon Holiday Wreath

Facilitated by Glistening Waters
Friday, November 17th 1:00 pm
Art Room

Cost: Members \$30
Non-members \$35

Join Gail as she walks you through how to create a beautiful Holiday Deco Mesh Wreath. All supplies are included. Please call oneonta front desk to register as there is limited seating for this class. Please note that once you register for this class you will be responsible for the payment, even if you are unable to attend.



Holiday Greenery, Berries & Foliage Wreath Making

Facilitated by Glistening Waters
Friday, November 3rd 1:00pm
Art Room

Cost: Members \$30
Non-members \$35

Join Gail as she walks you through creating a beautiful Holiday Greenery Wreath Making. All supplies are included. Please call Oneonta front desk to register as there is limited seating for this class. Please note that once you register for this class you will be responsible for the payment, even if you are unable to attend.



11" Holiday Plates with Autumn or Winter Motifs

Facilitated by Glistening Waters
Friday, November 10th at 1:00 pm
Art Room

Cost: Members \$20
Non-members \$30

Join Gail as she shows you how to create these beautiful Holiday plates with glitter and/or paint. These plates will be food safe when finished. These make great gifts or just to adorn your own home. Please call the Oneonta Front Desk to register for this class as seating is limited. Please note that once you register for this class you will be responsible for the payment, even if you are unable to attend.



Rocks to Rings and Things

Facilitated by Kip Stratton
Tuesday November 14th at 10:00am
Board Room

Cost: Members Free
Non-Members \$5

Join Kip as he shows you samples of rocks and tells you their origins, their color pallets, how to cut and shape rocks, and some silver smithing settings that can be used with them. Please call the Oneonta Front Desk to register for this class.



The Sing Down Game

Facilitated by Todd Jones
Friday November 17th at 4:00pm
Board Room

Cost: Members Free
Non-Members \$5

Join Todd as he divides the group into teams. Each team will have 10 minutes to come up with as many songs as they can with a special word in the title (Example - Summer, blue, magic). Each member of the team must sing the line from the song with that special word in it. Last group to sing a song with that special word will be the winner. Prizes will be given! Come join the fun!



Presentation on the Civilian Conservation Corps

Facilitated by Richard Ranieri
Board Room
Tuesday, November 7th, 2023 at 1:00 pm
Cost: Free to Members

Richard will present on the Great Depression Era Civilian Conservation Corps that served at Gilbert Lake State Park in Laurens, NY. The lives of local men and their service to our area will be discussed

New Alternative Healing Pet Therapy

Facilitated by Tom Landon & Poppy
Wednesday November 1st at 1:00pm
Board Room
Cost: Members Free
Non-members \$5



Join Tom and Poppy as they talk about what pet therapy can do for healing. Tom will share many examples of how pet therapy can make a huge difference in someones life. Tom and Poppy visit nursing homes, hospitals, senior facilities, and many other places to show what a difference pets can make in peoples lives.



Wednesday November 15th at 12:00pm
Activity Room A
Cost: Free

Only Open to Members
100 max.

Join us for a relaxing afternoon of Bingo. Fun prizes for the top players. This is a non-cash event.

Oneonta Gathering Place

Programs and Activities for November

Hand & Foot

Activity Room B
Fridays at 2:00 pm
Cost: Free

All are welcome. If you have never played Hand and Foot or if you are an experienced card player, come join the fun at the Oneonta Center!



Cards, Cards, Cards

Activity Room B
Monday through Friday
Cost: Free

Do you miss the days when you could sit together with friends and play a great game of cards? Whether you play Pinochle, Pitch, Hand and Foot, Bridge, Canasta, Poker, etc. we are ready for you. We have card tables all set up and will even supply the cards. Want to start a regular card group? Stop at the front desk and get your name on the list and give us some of your preferred days and times and we will make it happen!



Board Games

Activity Room B
Monday through Friday
Cost: Free

Do you like to play board games? At the Oneonta Gathering Place we are ready for all board game players. Whether you like Scrabble, Monopoly, or other board games, we have card tables all set up for you. Want to start a regular board game group? Stop at the front desk and get your name on the list and give us some of your preferred days and times and we will make it happen!



Table Tennis

Monday, Tuesday, Thursday
1:00 to 4:00 pm
Cost: None

****Open only to Members****

We have a beautiful competition size ping pong table available for your use. Get a group together and have fun while sharpening your skills.



Mahjong

Monday through Friday
Activity Room B
Cost: None

Ever played Mahjong? Want to learn more about this intense but exciting game?

Mahjong is a tile-based game that was developed in the 19th century in China and is played in groups of four. If you are interested in playing this game or if you are interested in starting a group here at the Center, please let the front desk know. We will provide the Mahjong items, we just need the people.



What's for Lunch?

New 6 Week Session Starting

Facilitated by Kimberly Ferstler
Thursdays

Beginning Nov. 2nd - Dec. 14th

Board Room

Cost: Members Free

Join Kim as she actually walks you through nutritional and easy recipes that you can make yourself. She will take you step by step and the best thing is at the end you get to eat! This is a six week class. Call the Oneonta Front Desk to Register at 607-267-4732 for this class.



Trivia with Todd

Facilitated by Todd Jones
Friday November 10th 10:00am
Friday November 17th 3:00pm
Board Room

Cost: Members Free

Non-Members \$5

Join Todd for this fun and interesting workshop which helps you get cobwebs out of your brain and really challenges you to think! Call the Oneonta Front Desk to Register at 607-267-4732



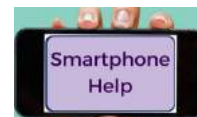
Tech Tuesdays

Facilitated by Kimberly Witkowski
Tuesdays at 11:00 am
Board Room

Cost: Members: Free

Non-Members: \$5

Are you having issues navigating your cell phone? Do you want to know how to do things on your phone that you cannot figure out? Well come to this class with your questions and Kim will try and help you navigate this new tech world. Call the Oneonta Front Desk to Register at 607-267-4732 for this class.



Defensive Driving Course

Next Class January 2024

Facilitated by Linda Karpovich
9:30 am to 3:30 pm

Board Room

Cost: Member \$35

Non Member \$40

Certified by New York State, Defensive Driving Class after successful completion will allow you: a 10% insurance discount, reduction of your current driving record by up to 4 points, refresh your driving skills and learn techniques for accident prevention.



Comedy Classic Movie Series

Facilitated by Todd Jones
Thursdays November 9th, 16th & 30th
9:00 - 12:00 pm
Board Room

Cost: Member Free

Non Member \$5

In this 3 class session, we will watch and review classic movies. The movies will be "Arsenic & Old Lace" (1944), "The Gods Must be Crazy" (1980) and "Fish Called Wanda" (1988)





Special Performance By

The Duo of JoAnn and Joe



JOIN US AT THE ONEONTA GATHERING PLACE FOR THIS VERY SPECIAL EVENT WITH HUSBAND AND WIFE MUSICAL DUO PLAYING MUSIC FROM THE 50'S, 60'S, 70'S AND 80'S

TUESDAY, NOVEMBER 14TH, 2023
AT 2:00 PM

PLEASE JOIN US FOR THIS FREE AND FUN EVENT!



FOOT CARE CLINIC

WELLNESS



WELLNESS

BY APPOINTMENT ONLY SATURDAY, NOVEMBER 4TH AND SATURDAY, NOVEMBER 18TH. PLEASE CALL THE ONEONTA FRONT DESK TO SCHEDULE YOUR APPOINTMENT.



FULL SERVICE

\$60

INCLUDES:

FOOT SOAK
CALLUS REDUCTION
CORN REDUCTION
TOENAIL CARE
REMOVE SKIN SCALING
BRIEF LOTION MASSAGE
NURSING ASSESSMENT OF FOOT HEALTH

*FULLY INSURED, CONSENTS OBTAINED PRIOR TO SERVICES PROVIDED.

BASIC SERVICE

\$40

INCLUDES:

TOENAIL CUT AND FILE



FOOT SPA

SERVICES PROVIDED BY APRIL SAVAGE, RN, FAITHFUL CARE AT HOME, LLC

THESE SERVICES ARE PROVIDED AT THE ONEONTA GATHERING PLACE, 5506 STATE HIGHWAY 7, ONEONTA, NY 13820. CALL 607-267-4732 FOR AN APPOINTMENT.



VETERANS DAY

HONORING ALL WHO SERVED

COFFEE & PASTRIES
CONVERSATIONS & GAMES!

MONDAY, NOVEMBER 13TH, 2023
10:00 AM

AT THE ONEONTA GATHERING PLACE
5506 STATE HIGHWAY 7
ONEONTA, NY

SPONSORED BY THE ONEONTA
AMERICAN LEGION



Let's start our
Christmas today by
Shopping Local

FARMERS MARKET Holiday CRAFT SHOW

Saturday December 9th
10am - 4pm

The Gathering Place
127 Kenyon Road
Cobleskill

Homemade crafts, fresh pine and
spruce wreaths & boughs,
local meats and produce

Indoor Vendor Space Available
10'x10' space \$25.00

Call Liz to reserve your spot
(518) 823-4338



COLOR KEY: Clark membership required Connections membership required Open to the public

Every MONDAY	Every THURSDAY
Games 12:00-2:30pm: Ping Pong, Pickleball, Mah Jongg, Pitch, Scrabble, etc.	Games 12:00-2:30pm: Pitch, other cards, and board games.
Starting October 30: Sr. ONLY Indoor pickleball (gym floor): Monday 10-11 Thursday 12-2 Senior Walk (track and gym floor) Monday 11-12 Thursday 11-2 Cornhole (gym floor) Monday 11-12	November 2 10:30-11:15: Sit and Get Fit 10:30-11:30: Tai Chi 11:15-12:00: Live Strong and Yoga Stretch 11:45-12:30: Lunch 12-2:00pm: Connections Swim 1:00: Hudi Podolsky: League of Women Voters. Discuss this year's races and ballot issues, the history of the LWV, its role nationally and more.
November 6 10:30-11:10: Mindfulness 10:30-11:30: Tai Chi 10:30-2:30: Christmas Plate painting 11:00-12:00: Prime Time 11:15-12:00: Live Strong 11:45-12:30: Lunch and Learn: Brian Wrubleski, owner of Mel's 12:45: Tech Support-1 on 1: Sign-up for an appointment with either Deb or Eric. 1pm: Will Kleffner, Director, Cooperstown Food Pantry, will be explaining what the Food Bank offers, especially ways to receive, give and/or volunteer	November 9 10:30-11:15: Sit and Get Fit 10:30-11:30: Tai Chi 11:15-12:00: Live Strong and Yoga Stretch 11:45-12:30: Lunch 12-2:00pm: Connections Swim 12:30: American Sign Language Genealogy 1-2:30 Grief Support with Helios facilitator
November 13 10:30-11:10: Mindfulness 10:30-11:30: Tai Chi 10:30-2:30: Christmas Plate painting 11:00-12:00: Prime Time 11:15-12:00: Live Strong 11:45: Milford Central students join in our activities 11:45-12:30: Lunch 12:30: Bluegrass Circle Jam Session	November 16 10:30-11:15: Sit and Get Fit 10:30-11:30: Tai Chi 11:15-12:00: Live Strong and Yoga Stretch 11:45-12:30: Lunch 12-1:00: Connections Book Group 12-2:00pm: Connections Swim 1:00: Jon Robertson: Exec. VP of Technicolor in Hollywood will be discussing the Preservation and Restoration of iconic Hollywood classics with a focus on White Christmas—
November 20 10:30-11:10: Mindfulness 10:30-11:30: Tai Chi 10:30-2:30: Christmas Plate painting 11:00-12:00: Prime Time 11:15-12:00: Live Strong 11:45-12:30: Lunch	November 23 <div style="text-align: center;">  THANKSGIVING DAY  CLOSED </div>
November 27 10:30-11:10: Mindfulness 10:30-11:30: Tai Chi 11:00-12:00: Prime Time 11:15-12:00: Live Strong 11:45-12:30: Lunch 12:30-1:30: \$1 Bowling	November 30 10:30-11:30: Tai Chi 11:15-12:00: Live Strong and Yoga Stretch 11:45-12:30: Lunch 12-2:00pm: Connections Swim 12:30: Claire and Dale demonstrate making a variety of evergreen arrangements

2023-2024

Board of Directors:

Marion Bernocco

Vincent LaGanga

Najam Razvi

Crickit Rockwell

Constance Vrooman

Michael Persons

Christine Hibbard

Thomas Slater

Peggy Kennison



Thoughts for the Month

Something to Consider...

Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies. This tip came from a neighborhood watch coordinator. Next time you come home for the night and start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or a garage.

If your car alarm goes off when someone is trying to break into your house, odds are the burglar won't stick around. After a few seconds, all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. This can also be useful for any emergency, such as a heart attack, where you can't reach a phone. When the alarm activates the car alarm and people will know there is a problem.



Be careful what your dog brings home to you...

So I just get home and my dog is laying on the back deck covered in dirt with a rabbit in her mouth. The rabbit is not bloody, just dirty. Now, now my neighbor's kids raise these blue ribbon winning rabbits. I instantly knew it was one of their rabbits. So I took the rabbit away from my dog, I rushed inside, washed all the dirt off it before my neighbors could come home. It was stiff but I heard some animals play dead when they are afraid. I couldn't remember which animals because I was nervous. I took it and placed it back in one of the cages, then I zoomed back home. Not thirty minutes later I hear my neighbors screaming! So I go out and ask them what is wrong? They tell me their rabbit died three days ago and they buried it, but now it is back in the cage! Whoops!

Tips for Visiting the Gathering Place and Registering for Classes and Events

We are working hard to ensure that every time you visit our Center, you have an enjoyable experience. Consequently, we want to share some helpful tips to make your visit successful:

Please pre-register for classes by either stopping at the front desk, calling the Cobleskill Center at 518-823-4338, Oneonta Center at 607-267-4732 or going online as follows:

If you want to sign up for classes on-line, and you are already a member with a key card, go to myactivecenter.com and click on the New Users tab at the top of the page. It will walk you through on how to register for on-line access. If you have any questions, please contact me (Kim) at the Center. The screen looks like the one below:



You will need to sign-in using your key card each time you come to the Center. This helps us to keep track of who is in the building, as well as helping us with information on how our class participation is working. If you are not a member, you still need to sign in using the kiosk. Assistance is available if you need help signing in. If you are a member, you are always welcome to visit the Center, even if you are not participating in any of the classes. We have *computers* set up if you would like to use them, as well as free WIFI. *Coffee, tea, and water are available for a small donation.* We have a *nice small library*, as well as *puzzles* if you would just like the company of others and to visit.

We love seeing you!

If you are having issues or have questions about getting assistance of any kind, please feel free to ask Kim and if she is not available, leave your name and number at the front desk, and Kim will get in contact with you as soon as possible.

We have a wonderful **book lending area**. Feel free to browse and take home a book to read. There are also many puzzles and games you are welcome to borrow and take home to use. Just let the front desk know when you are borrowing one of these items.

Private Meeting Room: we have a private meeting room that is available for our members to use if they would like to meet with an attorney, insurance provider, or for any other purpose and not have to meet strangers in your home. Just call the Center for availability.

In addition, we now have the ability to accept credit cards at the Gathering Place to process payments for membership, classes, trips, etc. Please note there is a small processing fee (\$.60 plus 2% of total charge) that will be assessed by the bank.

Do you know what the "Wallet" is?

We can put money on your account at either Center. If you would like to add money to your "Wallet", instead of paying class fees every time you take a class, it is easy to do. Simply give the front desk the amount you want to add to your account, and she will credit your account. Then each time you take a class, we will just deduct that amount from your "Wallet". This is a much more convenient way of paying for your classes. If you have questions or would like additional information, please call the front office.

We want to take this opportunity to thank our Sponsors for all of their continued support of the Gathering Place:



Need a Medicare plan with dental?

Call Joe at (518) 641-5751.

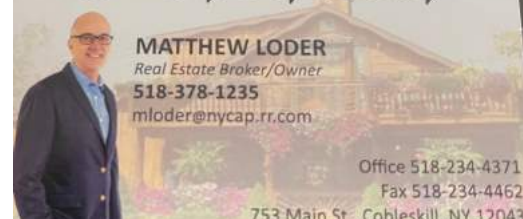


A plan for life.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits, Inc.
Y0019 24 25860 C



Country Boy Realty





Your Donations to
**Schoharie County Council
of Senior Citizens, Inc**
are Welcome and Tax
Deductible!

There are many ways you can help us
continue to make a significant
difference in Schoharie County and
surrounding areas.

Please understand that every penny
counts and helps us to help others.
No gift is too small. The Senior
Council asks that you help us in
whatever way you can to continue to
improve aging in our 50 Plus
Community.

Here are just a few ways
that you can help:

- Go to our website,
www.gatheringplace50plus.org
and click the "Donate" button at
the top of the page. You can
easily make a one-time
donation, or set up a monthly
donation, through our PayPal
account.
- Drop off or mail your
donation to: 127 Kenyon
Road, Cobleskill, NY 12043
- Drop off your clean
returnable cans and bottles to
Righi's Recycling (3 locations -
Cobleskill, Warnerville, and
Janesville) and tell them it is
for the Gathering Place.

We appreciate your continued
support and look forward to
bringing even more services and
opportunities to our 50 Plus
Community!



THE GATHERING PLACE
where friends become family

The EVERYTHING SHOPPES

Be sure to also visit our Everything
Shoppes in Sharon Springs and
Middleburgh! Donations of clothing and
household items are accepted during
business hours. Thank you for your
continued support!



The Everything Shoppe
Middleburgh, NY

312 Main Street
Middleburgh, NY 12122

518-827-4548

Hours:
Tues thru Sat 10:00 AM to 3:00 PM

Sharon Springs
Everything Shoppe
209 Main Street
Sharon Springs, NY



Hours :
Tuesday through Saturday
10:00 am to 3:00 pm



DID YOU KNOW... THE GATHERING PLACE HAS A LASTING LEGACY PROGRAM?



What is a Lasting Legacy Program, you ask? A legacy gift is a gift that reflects a person's deepest desires and longings to "leave their mark," make a lasting contribution and impact society and the world long after they are gone. A legacy gift is not acquired instantaneously but typically through long-term relationships and a legacy planning process. A person doesn't need to be wealthy to leave a legacy. Anyone can leave a lasting gift to support the causes that mean the most to them through their will or estate plan.

As most of you are aware, The Gathering Place 50 Plus Community Center is operated by the Schoharie County Council of Senior Citizens, Inc., which is the not-for-profit that operates all of our programs. The Senior Council is a 501(c)(3) which means our main income sources are grants and private donations. While we have been very fortunate to have Nick Juried as one of our largest donors for our physical space, we depend on private donations to help to cover the operating costs of running our programs and paying our staff. Without donations, The Gathering Place could not survive financially.

While I know many people donate to other local not-for-profits, which are all great causes, please remember that The Gathering Place also needs your support. Wouldn't it be a great thing to leave a lasting legacy to The Gathering Place to help continue its mission of providing healthy and active lifestyles for people who are 50 Plus, and especially knowing how much of a difference The Gathering Place has made in your own life? I really hope you will consider becoming part of our Gathering Place Lasting Legacy program. If you would like more information on how to join the Gathering Place Lasting Legacy program, please see Kim Witkowski, Executive Director. As always, we appreciate your continued support of our Gathering Place!

*What you leave behind is not what is engraved in stone
monuments, but what is woven into the lives of others*

-Pericles



The Gathering Place Merchandise

The purchase of any of these items help support our programs and activities. Visit the front desk at either center to place your order!



T-Shirts \$15.00
Sweatshirts \$30.00
Insulated Grocery Bag \$12.00
Two Tone Tote Bag \$12.00
Large Lunch Cooler \$9.00
Vehicle Magnet \$5.00
Nicholas Juried's "As I remember Things Book" \$25.00




Thank you to our very own T-shirt Model, Schoharie County Native and Texas Resident
Nick Juried

The Cobleskill Gathering Place 50 Plus Community Center


Yellow means change or new item

November 2023 Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 October</p> <p>9:00: Inter. Line Dancing</p> <p>9:00 SS Yoga</p> <p>10:00 Shamanism Work Shop</p> <p>10:30: SS Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Pool Table Open</p> <p>1:00 BINGO</p> <p>10:00 Massage with Gretchen</p> <p>5:00 pm Rainbow Folk Support Group</p> <p>5:15 pm: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>31 October – Happy Halloween</p> <p>8:15 SS Strong and Fit for Life</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:00 – 2:00pm: OPEN Art Studio</p> <p>1:00 Pool table OPEN</p> <p>1:00: Pinochle</p> <p>9:00 am to 2:00 pm: Haircuts with Terri</p> <p>Class</p>	<p>1 November</p> <p>8:15 Gentle PiYo</p> <p>9:30 SS Stability Ball</p> <p>10:00 Beginner Computer class Begin (1st class)</p> <p>10:30: SS Chair Yoga</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:30 Intermediate Computer Class (1st class)</p> <p>11:30: Family Support Grp</p> <p>12:00 Workforce Solutions Job Fair</p> <p>1:00: Circle of Hope Grp</p> <p>5:15 pm: Pumping Iron 2</p>	<p>2 November</p> <p>8:15 SS Strong and Fit</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00 Grab & Go Meal P/U</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00 Pool table OPEN</p> <p>6:15 High Intensity Chair One Fitness</p>	<p>3 November</p> <p>9:00: Barre Fusion</p> <p>10:00: Piano Lessons</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal</p> <p>12:00 Beginner Line</p> <p>Dancing for FUN</p> <p>3:00: Sunshine Band Practice</p>	<p>4 November</p> <p>Fall Harvest Indoor Festival Farmer's market and Craft show</p> <p>10:00 am to 4:00 pm</p>
<p>6 November</p> <p>9:00: Inter. Line Dancing</p> <p>9:00 SS Yoga</p> <p>10:00 Shamanism Work Shop</p> <p>10:30: SS Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Pool Table Open</p> <p>5:00 pm Rainbow Folk Support Group</p> <p>5:15 pm: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>7 November</p> <p>8:15 SS Strong and Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00 MVP Ins</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00 Pool table OPEN</p> <p>1:00 Photography Class</p> <p>1:00: Pinochle</p> <p>9:00 am to 2:00 pm: Haircuts with Terri</p> <p>6:15 pm: Zumba Evening Class</p>	<p>8 November</p> <p>8:15 Gentle PiYo</p> <p>9:30 SS Stability Ball</p> <p>10:00 Beginner Computer class</p> <p>10:30 SS Chair Yoga</p> <p>11:00: Grab & Go Meal P/U</p> <p>11:30: Family Support Grp</p> <p>11:30 Intermediate Computer class</p> <p>12:00 Young at Heart Meeting</p> <p>1:00: Circle of Hope Grp</p> <p>1:00 Woodburning Christmas Ornaments</p> <p>5:15 pm: Pumping Iron 2</p>	<p>9 November</p> <p>8:15 SS Strong and Fit</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>10:00 CDPHP Information</p> <p>11:00 Movement Class II</p> <p>11:00: Grab & Go Meal P/U</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00 Pool Table Open</p> <p>6:15 High Intensity Chair One Fitness</p>	<p>10 November</p> <p>11:00: Grab & Go Meal P/U</p> <p>12:00 Beginner Line</p> <p>Dancing for FUN</p> <p>3:00: Sunshine Band Practice</p> <p>Veteran's Luncheon at 12pm.</p> <p>OFF Site Hike to Emma Treadwell Nature Park – Hike begins at 11:30 am</p>	<p>11 November</p> <p>8:30 Gentle PiYo</p> <p>9:45: Low Impact Zumba</p> <p>11:00 Chair One Fitness -low Intensity</p> <p>Center Closes at 12:00 pm. Note there is no Admin in on this day and there is NO Pool.</p> 

The Cobleskill Gathering Place 50 Plus Community Center			Yellow means change or new item		October 2023 Calendar of Activities	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
13 November 9:00: Inter. Line Dancing 9:00: SS Yoga 10:00 Shamanism Work Shop 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal P/U 1:00 Fall Prevention Class 1:00: Pool Table Open 1:30 One on One Genealogy 5:00 pm Rainbow Folk Support Group 5:15: Pumping Iron 6:25 pm: Zumba Toning	14 November 8:15 SS Strong and Fit for Life 9:45: Movement Class I 11:00: Movement Class II 11:00: Grab & Go Meal P/U 11:00 – 2:00 pm OPEN ART Studio 12:00 Lunch and a Movie 10:00 Weaving Class 1:00 Parkinson's Support Group 1:00: Pinochle 3:00: Book Club 1:00 Pool table OPEN 9:00 am to 2:00 pm: Haircuts with Terri 6:15 pm: Zumba Evening Class	15 November 8:15 Gentle PiYo 9:30 SS Stability Ball 10:00 Make your own Cards 10:00 Beginner Computer class 10:30 SS Chair Yoga 11:00: Grab & Go Meal P/U 11:30 Intermediate Computer class 11:30: Family Support Grp 12:00 Veteran's Luncheon 1:00 Game Time – Let's Play Racko 5:15 pm: Pumping Iron 2	16 November 8:15 SS Strong and Fit 9:00 Coffee and Chat 9:45: Movement Class I 10:00: Stress Mgmt Class 11:00: Movement Class 2 11:00: Grab & Go Meal P/U 1:00: Mahjong 1:00 Life Chat – Ombudsman Discussion 1:00: Pinochle 1:30 One on One Genealogy 1:00: Pool Table Open 6:15 High Intensity Chair One Fitness Trip to Sight and Sound Theater in Lancaster, PA	17 November 9:00: Barre Fusion 10:00 Fun Friday – Pottery Garlic Grater 10:00 Alzheimer's Support Group 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal 12:00 Beginner Line Dancing for FUN 3:00: Sunshine Band Practice Trip to Sight and Sound Theater in Lancaster, PA	18 November 8:30 Gentle PiYo 9:00: Pool Table Open 9:45: Zumba 11:00 Chair One Fitness -low Intensity Center Closes at 12:00 pm Trip to Sight and Sound Theater in Lancaster, PA	
20 November 9:00: Inter. Line Dancing 9:00 SS Yoga 10:00 Paint and Snack with Liz 10:00 Shamanism Work Shop 10:30 Silver Sneakers Classic 11:00: Grab & Go Meal P/U 1:00: Pool Table open 1:00 Deco Mesh Snowman 10:00 Massage with Gretchen 5:00 pm Rainbow Folk Support Group 5:15: Pumping Iron 6:25 pm: Zumba Toning	21 November 8:15 SS Strong and Fit for Life 9:45: Movement Class 11:00: Movement Class II 11:00 Grab & Go Meal P/U 11:00 – 2:00 pm OPEN ART Studio 1:00: Pinochle 1:00 Photography Class 1:00: Pool Table Open 9:00 am to 2:00 pm: Haircuts with Terri 6:15 pm: Zumba Evening Class	22 November 8:15 Gentle PiYo 9:30 SS Stability Ball 10:00 Beginner Computer class 10:30: Chair Yoga 11:00: Grab & Go Meal P/U 11:30 Intermediate Computer class 11:30: Family Support Group 1:00: Circle of Hope 1:00 Crafting with Liz – Winter/Holiday Jewelry 5:15 pm: Pumping Iron 2	23 November The Gathering Place is CLOSED 	24 November The Gathering Place is CLOSED 	25 November 9:00: Pool Table Open Center Closes at 12:00 pm	
27 November 9:00: Inter. Line Dancing 9:00 SS Yoga 10:00 Shamanism Work Shop 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 1:00: Pool Table Open 5:00 pm Rainbow Folk Support Group 5:15: Pumping Iron 6:25 pm: Zumba Toning	28 November 8:15 SS Strong and Fit for Life 9:45: Movement Class 10:00 Christmans Gift Tags with Geraldine 11:00 – 2:00 pm OPEN ART Studio 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 1:00 Pool Table Open 1:00 Bingo 1:00 Parkinson's Support Group 1:00: Pinochle 9:00 am-2:00 pm:Haircuts w/Terri 6:15 pm: Zumba Evening Class	29 November 8:15 Gentle PiYo 9:30 SS Stability Ball 10:00 Beginner Computer 10:30 Chair Yoga 11:00: Grab & Go Meal 11:30 Intermediate Computer class 11:30: Family Support Grp 1:00: Circle of Hope 1:00 Snowman Clay Pendant 5:15 pm: Pumping Iron	30 November 8:15 SS Strong and Fit for Life 9:45: Movement Class I 10:00: Stress Mgmt Class 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 1:00 Outreach Meeting 1:00: Pinochle 1:00: Mahjong 1:00 Pool Table Open 6:15 High Intensity Chair One Fitness	1 December 9:00: Barre Fusion 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00 Beginner Line Dancing for FUN 3:00: Sunshine Band Practice	2 December 8:30 Gentle PiYo 9:00: Pool Table Open 9:45 Zumba 11:00 Chair One Fitness -low Intensity Center Closes at 12 pm	

ONEONTA LOCATION

The Gathering Place 50 Plus Community Center					November 2023 Calendar of Activities		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>30 October</p> <p>9:00-5:00: Card Games/Board Games/Board</p> <p>9:00: Dance Your Heart Out w/Erica</p> <p>2:00: Movement Class w/John</p> <p>1:00-4:00 pm: Ping Pong Table Open</p> <p>5:30: Dance Your Heart Out Evening Class w/Erica</p>	<p>31 October</p> <p>9:00-5:00: Card Games/Board</p> <p>9:00-4:00 – OFA office hours w/Alison Smith</p> <p>10:30: Silver Sneakers Classic w/Alison Smith</p> <p>11:00: Tech Tuesday-Cell Phone Assistance</p> <p>12:00: Silver Sneakers Chair Yoga w/Alison Smith</p> <p>1:00-4:00 pm: Ping Pong Table Open</p>	<p>1 November</p> <p>9:00-5:00: Card Games/Board Games</p> <p>9:00: Intro to Dot Art w/Liz</p> <p>10:00: Tai Chi for Arthritis</p> <p>1:00: Therapy Dog Presentation</p> <p>2:00: Movement Class w/John</p> <p>1:00-4:00 pm: Ping Pong Table Open</p>	<p>2 November</p> <p>9:00-5:00: Card Games/Board Games</p> <p>9:00: Step Up Class</p> <p>10:30: What's for Lunch Workshop</p> <p>10:00: Qi Gong Movement</p> <p>11:00: Silver Sneakers Chair Yoga w/Alison</p> <p>12:30: Silver Sneakers Classic w/Alison Smith</p> <p>1:00: Pitch Card Game</p> <p>2:00: Bridge Lessons (Beg)</p> <p>5:30: Step Up Evening Class</p>	<p>3 November</p> <p>9:00-5:00: Card Games/Board Games</p> <p>10:00: Gentle Yoga</p> <p>10:00: Tai Chi for Arthritis</p> <p>11:00: Fall Wreath Painting Class</p> <p>12:00: Bridge Cards</p> <p>1:00: Poker Card Game</p> <p>1:00: Christmas Greenery Wreath Class</p> <p>2:00: Hand & Foot Card Games-Play and Learn</p> <p>1:00-4:00 pm: Ping Pong Table Open</p>	<p>4 November</p> <p>7:00: Sizzle & Drizzle Class</p> <p>9:00-12:00: Card Games/Board Games</p> <p>9:00-12:00 pm: Ping Pong Table Open</p> <p>10:00: Chess</p> <p>9:00 am to 2:00 pm: Foot Care Clinic by Appointment</p> <p>Center Closes at 12:00 pm</p>		
<p>6 November</p> <p>9:00-5:00: Card Games/Board</p> <p>9:00: Dance Your Heart Out w/Erica</p> <p>10:00: Quilting Class</p> <p>10:00: Scrapbooking Class</p> <p>1:00: Benefits for Older Adults Workshop</p> <p>1:00: Deco Mesh Cross Wreath Class w/Liz</p> <p>2:00: Movement Class w/John</p> <p>1:00-4:00 pm: Ping Pong Table Open</p> <p>5:30: Dance Your Heart Out Evening Class w/Erica</p>	<p>7 November</p> <p>9:00-5:00: Card Games/Board Games Open all day</p> <p>9:00-5:00: Mahjong Area Open all day</p> <p>9:00-4:00 – OFA office hours</p> <p>11:00: Silver Sneakers Chair Yoga w/Alison</p> <p>11:00: Tech Tuesday-Cell Phone Assistance</p> <p>12:30: Silver Sneakers Classic w/Alison Smith</p> <p>1:00: Presentation on Civilian Conservation Corps</p> <p>1:00-4:00 pm: Ping Pong Table Open</p>	<p>8 November</p> <p>9:00-5:00: Card Games/Board Games</p> <p>Open all day</p> <p>9:00-5:00: Mahjong Area Open all day</p> <p>9:00: Intro to Dot Art w/Liz</p> <p>10:00: Tai Chi for Arthritis</p> <p>2:00: Movement Class w/John</p> <p>4:00 pm: Pottery Class w/Mel-Christmas Gnome or Leaf Bowl – Part I</p> <p>1:00-4:00 pm: Ping Pong Table Open</p>	<p>9 November</p> <p>9:00: Mahjong</p> <p>9:00: Step Up Class</p> <p>9:00: The Comedy Classic Movie Series</p> <p>10:00: Light Up Christmas Tree Craft Project</p> <p>10:00: MVP Presentation on Medicare</p> <p>10:00: Qi Gong Movement</p> <p>10:30: What's for Lunch</p> <p>11:00: Silver Sneakers Chair Yoga w/Alison</p> <p>12:30: Silver Sneakers Classic w/Alison</p> <p>1:00-4:00 pm: Ping Pong Table Open</p> <p>5:30: Step Up Evening Class</p>	<p>10 November</p> <p>10:00: Gentle Yoga</p> <p>10:00: Tai Chi for Arthritis</p> <p>10:00: Trivia w/Todd</p> <p>12:00: Bridge Cards</p> <p>1:00: Holiday Plates Craft Class</p> <p>1:00: Poker Card Game</p> <p>2:00: Hand & Foot Card Games-Play and Learn</p> <p>1:00-4:00 pm: Ping Pong Table Open</p> <p>5:30: Line Dancing Lessons w/Dorothy</p>	<p>11 November</p> <p>7:00: Sizzle & Drizzle Class</p> <p>Center Closed in Honor of Veteran's Day</p> 		

ONEONTA LOCATION					
The Gathering Place 50 Plus Community Center			November 2023 Calendar of Activities		
Yellow means change or new item					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 November 9:00: Dance Your Heart Out w/Erica 10:00: Quilting Class 2:00: Movement Class w/John 1:00-4:00 pm: Ping Pong Table Open 5:30: Dance Your Heart Out Evening Class w/Erica	14 November 9:00-5:00: Card Games/Board Games Open all day 9:00-5:00: Mahjong Area Open all day 9:00-4:00 – OFA office hours 10:00: Rocks and Things Workshop 11:00: Silver Sneakers Chair Yoga w/Alison 11:00: Tech Tuesday-Cell Phone Assistance 12:30: Silver Sneakers Classic w/Alison Smith	15 November 9:00-5:00: Card Games/Board Games Open all day 9:00-5:00: Mahjong Area Open all day 9:00: Intro to Dot Art w/Liz 10:00: The History of Oneonta Presentation 12:00: BINGO 2:00: Movement Class w/John 1:00-4:00 pm: Ping Pong Table Open	16 November 9:00: Mahjong 9:00: Step Up Class 9:00: The Comedy Classic Movie Series 10:00: Fused Glass Lantern or Sun Catcher Craft Project 10:00: Qi Gong Movement 10:30: What's for Lunch 11:00: Silver Sneakers Chair Yoga w/Alison 12:30: Silver Sneakers Classic w/Alison 1:00: Delaware Hudson Railroad Presentation 1:00: Pitch Card Game 5:30: Step Up Evening Class	17 November 9:00-5:00: Card Games/Board Games 10:00: Gentle Yoga 12:00: Bridge Card Games 1:00: Deco Mesh Wreath Craft Class 1:00: Poker Card Games 2:00: Hand & Foot Card Games-Play and Learn 3:00: Trivia w/Todd 4:00: Sing Down Game 5:30: Line Dancing Lessons w/Dorothy	18 November 7:00: Sizzle & Drizzle Class 9:00 am to 2:00 pm: Foot Care Clinic by Appointment 9:00-2:00: Card Games/Board Games Table Open Center Closes at 12:00 pm
20 November 9:00-5:00: Card Games/Board Games Open all day 9:00: Dance Your Heart Out Class w/Erica 10:00: Quilting Class 2:00: Movement Class w/John 1:00-4:00 pm: Ping Pong Table Open 5:30: Dance Your Heart Out Evening Class w/Erica	21 November 9:00-5:00: Card Games/Board Games Open all day 9:00-5:00: Mahjong Area Open all day 9:00-4:00 – OFA office hours 10:00: Pottery Class w/Mel-Christmas Gnome or Leaf Bowl – Part II 11:00: Silver Sneakers Chair Yoga w/Alison 11:00: Tech Tuesday-Cell Phone Assistance 12:30: Silver Sneakers Classic w/Alison Smith	22 November 9:00-5:00: Card Games/Board Games Open all day 9:00-5:00: Mahjong Area Open all day 9:00: Intro to Dot Art w/Liz 2:00: Movement Class w/John 1:00-4:00 pm: Ping Pong Table Open	23 November Happy Thanksgiving – Center is Closed <div>Thanksgiving Celebration at the Cobleskill Gathering Place for anyone interested at beginning at 12:00 noon.</div>	24 November Gathering Place Center is Closed for Thanksgiving Recess <div>Thanksgiving Break</div>	25 November 7:00: Sizzle & Drizzle Class 9:00-10:30: Card Games/Board Games 10:00: Christmas Cookie Decorating w/Tonya Center Closes at 12:00 pm
27 November 9:00: 9:00: Dance Your Heart Out Class w/Erica 1:00: Glass Painting Class w/Liz 2:00: Movement Class w/John 5:30: Dance Your Heart Out Evening Class w/Erica	28 November 9:00-5:00: Card Games/Board Games 9:00-4:00 – OFA office hours 11:00: Silver Sneakers Chair Yoga w/Alison 11:00: Tech Tuesday-Cell Phone Assistance 12:30: Silver Sneakers Classic w/Alison Smith 1:00-4:00 pm: Ping Pong Table Open	29 November 9:00-5:00: Card Games/Board Games 9:00: Intro to Dot Art w/Liz 1:00: Line Dancing 2:00: Movement Class w/John 1:00-4:00 pm: Ping Pong Table Open	30 November 9:00: Step Up Class 9:00: The Comedy Classic Movie Series 10:00: Qi Gong Movement 10:30: What's for Lunch Workshop 11:00: Silver Sneakers Chair Yoga w/Alison 12:30: Silver Sneakers Classic w/Alison 5:30: Step Up Evening Class	1 December 9:00-5:00: Card Games/Board Games 10:00: Gentle Yoga 1:00: Line Dancing 2:00: Hand & Foot Card Games-Play and Learn 1:00-4:00 pm: Ping Pong Table Open	2 December 9:00-2:00: Card Games/Board Games 9:00-2:00 pm: Ping Pong Table Open Center Closes at 12:00 pm