

“The Gathering Place:  
 Where Friends  
 Become Family”

127 Kenyon Road  
 Cobleskill, NY 12043  
 518-823-4338  
 schoharieseniors.org

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

## As Summer Comes to an End...

The Gathering Place is becoming so true to the phrase, “Where Friends Become Family”. We now have almost 400 members who have joined the Center and are enjoying all that it has to offer. We keep looking for new programs to try and as you will see by the September schedule, we definitely are adding to our list. Our Computer Class has gotten off to a great start and is a very popular class. Our computer teacher, Marcy Holmes, teaches our group and is helping them to become more comfortable with technology. This only empowers our aging population to continue to learn and grow.

As you can see with this newsletter, I am trying a little bit different format. Please let me know if you like it or would like me to stay with our old format. We have so much information to share in every issue, that I am trying to make the best of our space so that we can fit everything.

If you have any questions or need any assistance, please feel free to contact either me or Marie at 518-823-4338. If we can't provide assistance ourselves, we will refer you to someone who can. Have a great September!

-Kim Witkowski, Exec Director



Our first Bus Trip was a success! We had a wonderful trip to Alexandria Bay and the Thousand Islands on August 20th! 49 of us got to visit this absolutely beautiful place. Everyone seemed to have a wonderful time and there were no complaints! I encourage anyone who has never been to Alexandria Bay to definitely take a trip there - it is absolutely breathtaking and the 2 1/2 boat tour complete with luncheon was amazing! Looking forward to the rest of our trips planned in the fall!



## Reminders:

- Remember to sign in when you come to the Center; if you forget your key tag, just ask Marie to assist you in signing in.
- Try to register for classes as much as possible ahead of time. This helps us to gauge if we will have a class that gets too full.
- Remember that we need people to please pay for the bus trips by the deadline noted in the newsletter. In addition, once we have paid Wade Tours for the trip, we cannot refund money. As it is stated in your Gathering Center Handbook, it is up to the individual to try and find another person to go on the trip if they are unable to participate. The Center will try to assist you, but it ultimately is left up to the individual.
- Remember that there is a \$.60 plus 2% charge when using your credit card. This is something that the bank will charge your card directly and we have no way of seeing what the dollar amount will be. This will be shown on your own bank statement and not on the receipt you receive from the Center.

## September 2021 Programs and Activities at the Gathering Place

The following is a list of descriptions for some of the programs and activities that will be offered at our center in September. As stated previously, 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 participants for each of our classes depending on the type of class it is, so please register as soon as possible to be sure you will get to be part of the program you would like.

### What's New in September?

#### Pinochle Group

Thursdays - 1:00 to 4:00 pm

Activity Room A

Cost: None

Pinochle is a strategy game with either two 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!



#### Circle of Hope Grief Support Group

Facilitated by Barbara Buongiorno, RN

Wednesdays - 1:00 to 2:30 pm

Board 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.

#### TOPS Group - Taking Off Pounds Sensibly

Facilitated by Nancy Harrington

Fridays - 1:00 to 3:00 pm

Activity Room A

Cost: \$32 which will be handled by the group leader at the time of the meetings

TOPS is open to anyone who would like to learn about tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.



## Arts & Crafts

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

#### Fused Glass

Wednesdays: 10:00 to 11:15 am

Activity Room B

Cost: \$48 for 4-week series. Please note you can join this series at any time as it is a rolling enrollment.

The instructor will focus on teaching students how to use the tools and how different projects come together and be available for guidance as needed. Students will have lots of flexibility to choose their projects.



#### Paint and Sip (Snacks provided)

Saturday, September 11th - 10:00 am to 12:00 pm

Activity Room B

Cost: \$20

Join us for fun, creativity, and laughter as we create our masterpieces together. No previous painting experience necessary.



## September 2021 Programs and Activities Continued...

### Introduction to Watercolor Facilitated by Artist Sara Chauvot

Tuesday, September 14th  
10:00 am to 12:30 pm  
Cost: \$15 - including supplies  
Calling all beginner watercolor enthusiasts! Nurture your creativity through the relaxation and inspiration of beginner watercolor classes. Watercolor art classes are the perfect way to explore and express your inner-artist. We will warm up by exploring paint and water effects; then using a single study in greyscale values; and finally, we will add some color to the mix! We are so fortunate to have Sara Chauvot teaching this class for us. Pre-registration is required.



### Adventures in Mindfulness Workshop Facilitated by Eileen Knott of Relax and Expand.

Thursday, September 9th at 3:00 pm,  
Thursday, October 14th at 3:00 pm,  
and Thursday, December 9th at 3:00 pm.

Our minds are going 100 miles per hour thinking of what we should be doing instead of being in the moment, or what we didn't do yesterday. In this workshop, we will experience only three kinds of experiences in

your mindful practice: seeing, hearing, or feeling. Our practice time is going to move between these three experiences. As we become aware of where our experience is, we develop a greater sense of concentration and awareness. When we embrace the totality of what makes us living beings, we become more compassionate, aware, and truly alive!



### Movement Classes with Anna Horning

Tuesdays & Thursdays – 10:00 to 11:15 am  
Multipurpose Room  
Cost: Members - \$0/class; Non-members \$5/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.



## Arts & Crafts

The following Classes are all facilitated by the staff from the Studio for Art and Craft (Continued)

### Oil Painting for Beginners

Saturdays: 10:00 to 11:30 am  
Activity Room B  
Cost: \$60 for 3-week series.  
Learn the fundamentals of oil painting. You will learn what materials are needed, how to get set up, and techniques used to apply paint.



### Paint and Sip Board Art (Snacks provided)

Saturday, September 25th - 10:00 am to 12:00 pm  
Multipurpose Room  
Cost: \$25  
Join us for fun, creativity, and laughter as we create our masterpieces together. No previous painting experience necessary.



## Stress Management and the Aging Brain

Facilitated by Sandra Marnell, retired RN, Counselor, and Trainer  
Every Thursday – 10:00 am to 12:00 pm  
Board Room

Cost: Members - \$3/class; Non-members - \$5/class

Want to manage your response to stress and boost your brain power with scientific, medically endorsed methods? Please join us for weekly sessions. Each session presents a new topic – examples are:

- How can seniors repair the effects of stress?
- The Mind diet for dementia prevention
- Connection for Prevention

There will be an opportunity to write, talk, or reflect on your own feelings and ideas. Walk-ins are welcome!



## Line Dancing with Jacqui Hauser

Facilitated by Jacqui Hauser  
Fridays: 12:00 to 1:15pm  
Multipurpose Room  
Cost: Members – No Cost; Non-members - \$5/class. **Pre-registration is required for this class!**

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



## Chair Yoga with Denise

Facilitated by Denise Kelly  
Wednesdays: 10:00 to 10:45 am  
Multipurpose Room

Cost: Members - \$5/class; Non-members - \$7/class

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.



## Sing-along Fun

Facilitated by Peter Enders  
Fridays – 2:00 to 3:00 pm  
Activity Room B

Cost: No Cost

This workshop is all about fun through music. Engage your minds, memories, and movement through music. Come and have fun singing and clapping to your favorite songs, while Peter plays along on his guitar.

## Intermediate Line Dancing, facilitated by a team

Mondays: 9:00 to 10:00 am  
Multipurpose Room

Cost: None.

We have had many people asking if we would be doing a more advanced Line Dancing for those who have danced before. Well, here you go. This particular class will be run by a group of Intermediate to Advance dancers. This class is more of a learn by doing class.



## Zumba Gold with Wendy Facilitated by Wendy Miller

**\*\*\*Note New Day!!!\*\*\***

Multipurpose Room

Saturdays: 9:15am to 10:15 am

Cost: Members - \$5/class; Non-members - \$7/class

This Zumba Class will be a 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!



### Casino Tutorial

Facilitated by Peter Enders  
 Fridays – 1:00 to 2:00 pm  
 Activity Room B  
 Cost: Members – no cost; Non-members - \$3/class  
 If you have never played in a casino before, but would like to, then you'll find all the information you need to get started right here. Much of this information will be useful to players with some experience too, so even if you've played before you might want to take a look through all of it. There are some top tips for new players as well, and details of some common mistakes that you should try to avoid.



### Mahjong Group

Thursdays, 1:00 to 4:00 pm  
 Activity Room B  
 Cost: None

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 19<sup>th</sup> century in China and is played in groups of four.



### Computer 101 Class

Facilitated by Marcy Holmes

Wednesdays: 11:00 am to 1:00 pm  
 Activity Room A

Cost: Free for Members; \$5 per class for non-members.

We have a wonderful technology teacher who has joined our Center to teach computer and tech classes to our members. Pre-Registration is required for this class as it is very popular.



### Alzheimer's Support Group for Schoharie County.

Facilitated by Ann Marie Thayer  
 Fourth Friday every month.

10:00am to 12:00pm  
 Board Room

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

### Defensive Driving Class

Facilitated by Linda Karpovich

Tuesday, September 28th

9:00 am to 3:00 pm

Activity Room A

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.

### Knitting with Adele

Facilitated by Adele Morrissey

Thursdays – 11:00 am to 12:00 pm

Activity Room B

Cost: Members – no cost; Non-members - \$3/class.

Please note that participants will need to bring a pair of knitting needles, size 8 or 9. Yarn will be provided.

Enjoy lively talk, lots of laughter while learning to knit various project. Beginner through Advanced knitting. Adele will lead you through the basics and work with you to create beautiful projects which you can keep or use as gifts to your loved ones.



### Technology Help Desk

Mondays, Wednesdays, and Saturdays

10:00 am to 12:00 pm

Computer Lab

Cost: None

Having an issue with your Smart Phone? Questions about your computer or using computer programs? Stop by the Computer Lab Help Desk for answers to your technology questions.

### Drum Circle with Peter

Facilitated by Peter Enders  
 Fridays –3:00 to 4:00 pm  
 Activity Room B  
 Cost: No Cost  
 Drum circle is an informal group of People who gather together to make music with percussion instruments. Participants will sit in chairs arranged in a circle. Players in drum circles are all equal and there are no wrong notes. Everyone listens to what others are playing and join in. It is not about perfection but rather participation. No music ability is required. Drum circles are a peaceful calming space that creates a space for physical and/or spiritual healing.



### Pool Table, Ping Pong Table, and now Corn Hole!!!

Available Daily  
 1:00 to 4:00 pm  
 Multipurpose Room  
 Cost: None  
 We have a beautiful competition size pool table and ping pong table available for your use. Get a group together and have fun while sharpening your skills. **\*NEW\*. We also now have a Corn Hole set! Come play on your own or bring friends to start a friendly tournament! It can be used inside or outside.**



**Attention all Pool Players and Ping Pong Players!**  
**We have a group looking to start up a Pool Player and/or ping pong group to play weekly. Please contact the front desk with your contact information so we can get this going! Beginners are welcome and encouraged to participate!**

### Book Club

Facilitated by Kim Witkowski  
 Monthly – Second Tuesday  
 3:00 to 4:00 pm  
 Board Room  
 Cost: None  
 The Book Club is more than a reading group. It is also a great time to socialize, make new friends. We decided that with this book club, participants will pick their own book to read for the month and then share a brief summary at the next meeting. This helps participants to be exposed to books they might not have read before.



### Garden Club

Facilitated by TBD  
 Monthly – 3rd Saturday  
 10:00 am to 12:00 pm  
 Meeting in Activity Room A  
 Cost: None  
 Gardening is a healthy, stimulating physical activity that can be enjoyed by all. Join us as we work on gardening projects and raise our own veggies and flowers as a community group, right here at the Center. We will be having some upcoming field trips as well as some speakers to talk about preparing gardens for winter. We will meet at the Center at 10:00 am. All are welcome to join us!



### Cards and Games

Mondays, Tuesdays, Wednesdays, Saturdays  
 1:00 to 3:00 pm  
 Activity Room B  
 Cost: None  
 Come to the Center and get a group together to play cards. Cards are available at the Center or bring your own. Like board games or Trivia games? We have plenty to choose from. Get a group of friends together and have some fun!

## Coming Soon...

### Tai Chi Class

Facilitated by Cindy O'Brien  
We are fortunate that we will have Cindy O'Brien coming to the Center in September to teach classes on Tai chi. Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

## Upcoming Day Bus Trips for the Gathering Place



### Thursday, September 16, 2021:

#### **Chocolate Trail Tour, Farmers Market, and Corning Glass Museum, Corning, NY.**

Cost: Members: \$85 per person;  
Non-members: \$95 per person.

Do you have a sweet tooth? We have got the cure! Visit the downtown businesses of Corning's Gaffer District for our famous Self-Guided Chocolate Trail Tour; Follow the Chocolate Trail and discover all the delectable chocolate delights available for purchase, including decadent handcrafted chocolates, luxurious chocolate-scented soap, chocolate cigars, and more! You can

also enjoy the Farmers Market right in Corning's Riverfront Centennial Park where they have a little bit of everything for everyone such as produce, crafts, hand lotions, food trucks, etc. We will also tour the amazing Corning Glass Museum and learn how glass is made.



### Thursday, September 23, 2021:

#### **Cruising the Erie canal and Beardslee Castle, Herkimer, NY**

Cost: Members: \$110 per person  
Non-members: \$115 per person

Travel back in time as your captain narrates the history and legends of the historic Erie Canal. We will board the vessel for a fun and historically fascinating cruise. Experience the thrill of being raised and lowered as we sail through 100-year-old locks, relax and enjoy the beautiful scenery of this distinctive river valley. Before our informative cruise, we will have a gourmet lunch at the historic Beardslee Castle, a replica of an Irish Castle built in 1860 located in Little Falls, NY.



### **Wednesday, October 13<sup>th</sup>, 2021:**

#### **Friesians of Majesty, Townshend, Vermont.**

Cost: Members: \$125 per person; Non-members: \$130 per person.

First stop on our way to Townshend, Vermont, will be the amazing New England Restaurant. All meals include soup and Chef's choice of seasonal sides. Entrée choices are: New England Beef Pot Roast, Herb-crusted white fish; or Cider Chicken and Cheddar Biscuits. Desert is Apple Bread pudding! Then after lunch, we are on our way to the amazing 650-acre full-service breeding and training facility of the largest Friesian Horse farm in the United States, located in the heart of Vermont's Green Mountains. A Friesians of Majesty equestrian tour and show performance creates a unique and magical experience. You will learn about the history of the farm and meet some of their beautiful black stallions! Questions are encouraged and photo opportunities abound.

**Registration Deadline: September 10<sup>th</sup>, 2021.** Please note: Payment is due no later than September 10, 2021.

## Upcoming Day Bus Trips for the Gathering Place



**Thursday, October 28<sup>th</sup>, 2021 – Friday, October 29<sup>th</sup>, 2021**  
**Sight and Sound Theatre**  
**Trip to see Queen Esther in Lancaster, PA!**

Cost: Members: Single - \$317 per person; Twin - \$257 per person; and Triple - \$240 per person; Non-members: add \$10 to each package.

Travel to the Amish Country in Lancaster, PA. Arrive at the Sight and Sound Theatre and enjoy an amazing live experience that comes to life with special effects, live animals, and magnificent sets! Hotel accommodations will be at the Fulton Steamboat Inn, in Lancaster most unique hotel. Delicious dinner to follow at the Millers Smorgasbord (you will not leave hungry!). Then back to the hotel for the evening and to re-energize for the next day. On Friday morning, enjoy a family style breakfast at the Fulton Steamboat hotel. Then you will be taken to the Green Dragon Farmers Market, one of the largest Farmers Markets on the East Coast! This market provides visitors with the choice of shopping indoors or outdoors. With 7 large market buildings and many other smaller shops, the Green Dragon

merchants offer everything from “soup to nuts”.

**Registration Deadline: September 28<sup>th</sup>, 2021.** Please note: Payment in full is due no later than September 28<sup>th</sup>.



**Saturday, November 6<sup>th</sup>, 2021:**

**The New England Christmas Festival at Mohegan Sun Casino, Uncasville, CT.**

Cost: Members: \$70 per person; Non-members: \$75 per person.

Upon arrival, everyone will receive a \$35 Casino Bonus: \$15 meal/buffet coupon and two \$10 Free Bet coupons. Then jump start your holiday shopping at the New England Christmas Festival at the Mohegan Sun Resort. You will be able to enjoy hundreds of American Artisans selling their unique creations. Sample holiday fare in the Specialty Food Aisle. Also shop in Mohegan Sun's 46 stores. Great way to start the holidays!

**Registration Deadline: October 1<sup>st</sup>, 2021.** Please note: Payment is due no later than October 1<sup>st</sup>.

**Gathering Place Performance Series on Thursday afternoons in September, from 1:00 to 3:00 pm**

**We promise that the remaining shows will happen as follows:**

- **Thursday, September 2<sup>nd</sup>:**  
**Old Time tunes and Original Songs – Americana - Tom White and Bob Stump**
- **Thursday, September 9<sup>th</sup>:**  
**Acoustic Americana – Three BonZ**
- **Thursday, September 23<sup>rd</sup>:**  
**North Country Blues – Mike Hermann**
- **Thursday, September 23<sup>rd</sup>:**  
**North Country Blues – Mike Hermann**
- **Thursday, September 30<sup>th</sup>:**  
**Traditional Irish Music with Six Penny Bit**





## 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 wanted to share some helpful tips to make your visit successful:

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

If you want to sign up for classes online, and you are already a member with a key card, go to [myactivecenter.com](http://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:



When you arrive at the Center, please come to the reception area, located at the middle door on the front of the building.

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 have any suggestions or comments about classes or anything pertaining to the Center, please feel free to fill out a comment card and leave it in the box in the reception area.

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 with Marie at the front desk, and Kim will get in contact with you as soon as possible.

We are working on building some partnerships with local restaurants to be able to provide grab and go type lunches that you will be able to order ahead of time. More information to come as we move forward.

We have notary services available. Please call the Center ahead of time to schedule an appointment.

We have an area set up in the Front Lobby where we share vegetables and items that you grow in your garden if you have an abundance of them. This way we can share healthy food with everyone!

Private Meeting Room: we have a private meeting room which is sound-proof and 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.

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



# Who Are the Senior Council Members?

The Senior Council Board is made up of Directors from each of the 10 Senior Groups from the various towns around the county. Contact information is as follows:

- Carlisle Seniors: Meet 2nd Wednesday @ 12:30pm at the Carlisle Fire House. Contact Shirley Koser at 518-868-4683.
  - Cobleskill Young at Heart Club: Meet 2nd Wednesday @ 1:00pm at the Gathering Place 50 Plus Community Center. Contact Janice Desandos at 518-234-7888.
  - Conesville/Gilboa Mountaintop Seniors: Meet 3rd Thursday @ 12:00pm at the Firehouse. Contact Carolyn Brown at 518-827-6282.
  - Jefferson Seniors: Meet 2nd Wednesday @ 1:00pm at the Community Center. Contact Mary Ann Nyback at 607-397-8094.
  - Middleburgh Golden Agers: Meet 1st Saturday at 12:00pm at the Methodist Church. Contact Matthew Coltrain at 518-231-8489.
  - Richmondville Seniors: Meet 1st Wednesday @ 12:00pm at the Firehouse Hall. Contact Vern Hall at 518-705-0159.
- Schoharie Fifty Plus Club: Meet 3rd Tuesday @ 12:00pm at the Gathering Place 50 Plus Community Center. Contact Judi Sherman at 518-295-8142.
  - Sharon Silver and Gold Club: Meet 2nd Friday @ 12:00 pm at the Gathering Place 50 Plus Community Center. Contact Anne Lennebacker at 607-547-9055.
  - Summit Seniors: Meet 3rd Tuesday @ 12:00pm at the Summit Fire House. Contact Elsa Varrechia at 607-588-7452.
  - Wright Friendly Seniors: Meet 2nd Thursday @ 12:00pm at the Lutheran Church in Gallupville. Contact Connie Skinner at 518-295-7734.



## Current Board of Directors:

**Betty Karlau, President**

**Judi Sherman, Vice President & Director of Schoharie 50 Plus Senior Club**

**Lorraine Wood, Treasurer**

**Patricia MacNeil, Secretary & Director of the Cobleskill Young at Heart Senior Club**

**Faye Harris, Director of the Jefferson Senior Club**

**Shirley Koser, Director of the Carlisle Senior Club**

**Anna Slavinski, Director of the Central Bridge Senior Club**

**Dottie Pickett, Director of the Conesville/Gilboa Mountaintop Senior Club**

**Willie Karlau, Director of the Middleburgh Golden Agers Senior Club**

**Vern Hall, Director of the Richmondville Senior Club**

**Pauline Brown, Director of the Sharon Springs Silver and Gold Senior Club**

**Elsa Varrechia, Director of the Summit Senior Club**

**William Olewnick, Director of the Wright Friendly Seniors Club**

## 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 would ask that you help us in whatever way you can to help us continue to improve aging in our 50 Plus Community.

Here are just a few ways you can help:

- Go to our website, [www.schoharieseniors.org](http://www.schoharieseniors.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.
- Amazon Smile: We are thrilled to let you know that we have become members of the AmazonSmile.com initiative. When you shop at Amazon, you simply make sure you go to Amazon Smile and pick Schoharie County Council of Senior Citizens, Inc. as your not-for-profit charity. Each quarter, the AmazonSmile Foundation will make donations to us based on your purchases which will help us to continue to bring new programs into Schoharie County to help all of our Senior Citizens.

- 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 bring even more services and opportunities to our 50 Plus Community!

### What is in Your Cup?

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee?

"Because someone bumped into me!!!" Wrong answer.

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. Whatever is inside the cup is what will spill out.

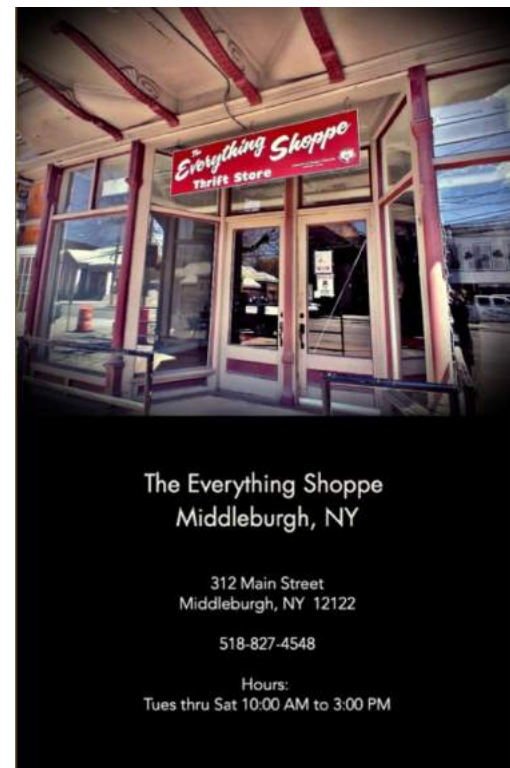
Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?" When life gets tough, what spills over? Joy, gratefulness, peace and humility? Anger, bitterness, harsh words and reactions? Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others.

## OUR EVERYTHING SHOPPES

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



**Gathering Place 50 Plus Community Center**

**September 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> 09:00a Socializing/Just Visiting-all day event not a clas  10:00a Chair Yoga with Denise  10:00a Fused Glass with Studio of Art and Craft  10:00a Help Desk for Technology Issues and Questions  11:00a Computer 101 Class 01:00p Pool, Table Tennis, and Corn Hole	<b>2</b> 09:00a Socializing/Just Visiting-all day event not a clas  10:00a Movement Classes with Anna  10:00a Stress Management and the Aging Brain  11:00a Learn to Knit with Adele  01:00p Card Games 01:00p Majong Group  01:00p Pinochle Card Deck Group  01:00p Pool, Table Tennis, and Corn Hole  01:00p Thursday Afternoon Musical Performance Series	<b>3</b> 09:00a Socializing/Just Visiting-all day event not a clas  10:00a Help Desk for Technology Issues and Questions  12:00p Line Dancing with Jacqui  01:00p Casino Tutorial 01:00p Pool, Table Tennis, and Corn Hole  01:00p TOPS Group 1 - Taking Off Pounds Sensibly  02:00p Sing A Long 03:00p Drum Circle	<b>4</b> 09:00a Socializing/Just Visiting-all day event not a clas  01:00p Pool, Table Tennis, and Corn Hole
<b>5</b>	<b>6</b> 09:00a Labor Day Holiday - Center is Closed.	<b>7</b> 09:00a Socializing/Just Visiting-all day event not a clas  10:00a Movement Classes with Anna  10:00a Quilting Club-Private Group  01:00p Card Games 01:00p Pool, Table Tennis, and Corn Hole	<b>8</b> 09:00a Socializing/Just Visiting-all day event not a clas  10:00a Chair Yoga with Denise  10:00a Fused Glass with Studio of Art and Craft  10:00a Help Desk for Technology Issues and Questions  11:00a Computer 101 Class 01:00p Circle of Hope Grief Support Group  01:00p Pool, Table Tennis, and Corn Hole  03:00p Gems Class	<b>9</b> 09:00a Socializing/Just Visiting-all day event not a clas  10:00a Movement Classes with Anna  10:00a Stress Management and the Aging Brain  11:00a Learn to Knit with Adele  01:00p Card Games 01:00p Majong Group  01:00p Pinochle Card Deck Group  01:00p Pool, Table Tennis, and Corn Hole  01:00p Thursday Afternoon Musical Performance Series  03:00p Adventures in Mindfulness Workshop	<b>10</b> 09:00a Socializing/Just Visiting-all day event not a clas  10:00a Help Desk for Technology Issues and Questions  12:00p Line Dancing with Jacqui  01:00p Casino Tutorial 01:00p Pool, Table Tennis, and Corn Hole  01:00p Sharon Spring Senior Club Meeting  01:00p TOPS Group 1 - Taking Off Pounds Sensibly  02:00p Sing A Long 03:00p Drum Circle	<b>11</b> 09:00a Socializing/Just Visiting-all day event not a clas  09:15a Zumba Gold with Wendy  10:00a Paint and Sip 01:00p Pool, Table Tennis, and Corn Hole
<b>12</b>	<b>13</b> 09:00a Intermediate Line Dancing	<b>14</b> 09:00a Socializing/Just Visiting-all day event not a clas	<b>15</b> 09:00a Socializing/Just Visiting-all day event not a clas	<b>16</b> 06:30a Chocolate Tour Corning New York Trip	<b>17</b> 09:00a Socializing/Just Visiting-all day event not a clas	<b>18</b> 09:00a Socializing/Just Visiting-all day event not a clas

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	09:00a Socializing/Just Visiting-all day event not a clas  10:00a Help Desk for Technology Issues and Questions  01:00p Card Games 01:00p Pool, Table Tennis, and Corn Hole  01:00p S.C.H.O.O.L. Board Mtg	10:00a Introduction to Water Color  10:00a Movement Classes with Anna  10:00a Quilting Club-Private Group  01:00p Card Games 01:00p Pool, Table Tennis, and Corn Hole  03:00p Book Club	10:00a Chair Yoga with Denise  10:00a Fused Glass with Studio of Art and Craft  10:00a Help Desk for Technology Issues and Questions  11:00a Computer 101 Class 01:00p Circle of Hope Grief Support Group  01:00p Pool, Table Tennis, and Corn Hole  03:00p Gems Class	09:00a Socializing/Just Visiting-all day event not a clas  10:00a Movement Classes with Anna  10:00a Stress Management and the Aging Brain  11:00a Learn to Knit with Adele  01:00p Card Games 01:00p Majong Group 01:00p Pinochle Card Deck Group  01:00p Pool, Table Tennis, and Corn Hole	10:00a Help Desk for Technology Issues and Questions  12:00p Line Dancing with Jacqui  01:00p Casino Tutorial 01:00p Pool, Table Tennis, and Corn Hole  01:00p TOPS Group 1 - Taking Off Pounds Sensibly  02:00p Sing A Long 03:00p Drum Circle	09:15a Zumba Gold with Wendy  10:00a Garden Club 10:00a Oil Painting Class 01:00p Pool, Table Tennis, and Corn Hole
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	09:00a Intermediate Line Dancing  09:00a Socializing/Just Visiting-all day event not a clas  10:00a Help Desk for Technology Issues and Questions  01:00p Card Games 01:00p Pool, Table Tennis, and Corn Hole	09:00a Socializing/Just Visiting-all day event not a clas  10:00a Movement Classes with Anna  10:00a Quilting Club-Private Group  12:00p Schoharie 50 Plus Senior Club 01:00p Pool, Table Tennis, and Corn Hole	09:00a Socializing/Just Visiting-all day event not a clas  10:00a Chair Yoga with Denise  10:00a Fused Glass with Studio of Art and Craft  10:00a Help Desk for Technology Issues and Questions  11:00a Computer 101 Class 01:00p Circle of Hope Grief Support Group  01:00p Pool, Table Tennis, and Corn Hole  03:00p Gems Class	09:00a Socializing/Just Visiting-all day event not a clas  10:00a Movement Classes with Anna  10:00a Stress Management and the Aging Brain  10:05a Erie Canal Day Trip 11:00a Learn to Knit with Adele  01:00p Card Games 01:00p Majong Group 01:00p Pinochle Card Deck Group  01:00p Pool, Table Tennis, and Corn Hole  01:00p Thursday Afternoon Musical Performance Series	09:00a Socializing/Just Visiting-all day event not a clas  10:00a Alzheimers Support Group for Schoharie County  10:00a Help Desk for Technology Issues and Questions  12:00p Line Dancing with Jacqui  01:00p Casino Tutorial 01:00p Pool, Table Tennis, and Corn Hole  01:00p TOPS Group 1 - Taking Off Pounds Sensibly  02:00p Sing A Long 03:00p Drum Circle	09:00a Socializing/Just Visiting-all day event not a clas  09:15a Zumba Gold with Wendy  10:00a Board Art - Tree of Life 10:00a Oil Painting Class 01:00p Pool, Table Tennis, and Corn Hole
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
	09:00a Intermediate Line Dancing  09:00a Socializing/Just Visiting-all day event not a clas	09:00a Defensive Driving Course  09:00a Socializing/Just Visiting-all day event not a clas	09:00a Socializing/Just Visiting-all day event not a clas  10:00a Chair Yoga with Denise	09:00a Socializing/Just Visiting-all day event not a clas  10:00a Movement Classes with Anna		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	<b>27</b> 09:30a Senior Council Board Meeting  10:00a Help Desk for Technology Issues and Questions  01:00p Card Games 01:00p Pool, Table Tennis, and Corn Hole	<b>28</b> 10:00a Movement Classes with Anna  10:00a Quilting Club-Private Group 01:00p Card Games 01:00p Pool, Table Tennis, and Corn Hole	<b>29</b> 10:00a Fused Glass with Studio of Art and Craft  10:00a Help Desk for Technology Issues and Questions  11:00a Computer 101 Class 01:00p Circle of Hope Grief Support Group  01:00p Pool, Table Tennis, and Corn Hole  03:00p Gems Class	<b>30</b> 10:00a Stress Management and the Aging Brain  11:00a Learn to Knit with Adele  01:00p Card Games 01:00p Majong Group 01:00p Pinochle Card Deck Group  01:00p Pool, Table Tennis, and Corn Hole  01:00p Thursday Afternoon Musical Performance Series		