

# The Gathering Place

50 Plus  
Community  
Center



Cobleskill & Oneonta

[www.gatheringplace50plus.org](http://www.gatheringplace50plus.org)



Volume 5 - Issue #12  
December 2023

“The Gathering Place:  
Where Friends Become Family”

127 Kenyon Road  
Cobleskill NY 12043  
(518) 823 - 4338

5506 State Highway 7  
P.O. Box 429  
Oneonta NY 13820  
(607) 267 - 4732

[gatheringplace50plus.org](http://gatheringplace50plus.org)

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

## A Holiday Message from our Cobleskill Gathering Place Program Director

At Christmas time I am thankful for so many things. My daughter was born Christmas Eve after an early arrival. She was an amazing gift to us. I have suffered and lived with MS since I was 20. Many doctors suggested that I not have a child and that birth would be too much for my body. When I turned 28, I decided it was now or never and many, many months later I was pregnant.

Abigail was due on January 19<sup>th</sup> but came to us on Christmas Eve. That's just the way gifts work.

I stayed home the entire time she was young both because I wanted to share every moment with her, and my MS had in fact gotten worse. It was hard on my body but more worth it than anything else I have done.

A few years ago, Abby went to college. You all know those years, the years when you aren't mom anymore and you don't know what to do. I went back to work parttime but never really figured out where I was meant to be.

And just like a few other times in my life, a gift happened to me that I didn't expect. It came from a woman named Kimberly Witkowski. I had been volunteering here and she offered me a part-time job. This job has grown over the past year and a half. And I have found my place, my journey led me here. Two years ago, I tried a new MS treatment, and it has allowed me to work full time for the first time in 30 years. I am so happy that my journey led me here to all of you. You are my gift and the place I belong. Thanks to all of you for being my gifts, my family, and my very dear friends.

On that note, Merry Christmas and a Happy New Year or Happy Holidays. I hope you have been gifted with such amazing presents as I have, and I hope for many more in the future.

God Bless each and every one.

*Liz Kosier*



All of us here at the  
Gathering Place 50 Plus Community  
Center  
would like to wish our very dear friend  
and huge supporter of our Gathering  
Place Centers,  
**Nick Juried**  
a very  
**Happy 94<sup>th</sup> Birthday**

(Nick's birthday was November 17th),  
as well as

**Happy Holidays!**

We are so thankful for everything you have done, and continue to do for the Gathering Place, as well as all the other benefactors in Schoharie County. We love you and wish you continued happiness and health!



## December Crafts with Liz

### Resin Ornament Making

Facilitated by Liz Kosier  
 Tuesday December 5th  
 1:00 to 3:00 p.m.  
 Activity Room B  
 Cost: Members \$5 each piece  
 Non-members \$10 each piece

Join Liz in making these unique resin ornaments for your tree or to give as a gift



### 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.

### Deco Mesh Christmas Centerpiece

Facilitated by Liz Kosier  
 Wednesday December 6th  
 1:00 - 3:00 pm  
 Activity Room B  
 Cost: Members \$20  
 Non-members \$25

Come make this deco mesh centerpiece that is perfect for your table for the upcoming holidays



### December's Paint and Snack w/ Liz

Please see Liz to schedule a time during open art to paint  
 10:00 to 12:00 p.m.  
 Activity Room B  
 Cost: Members: \$20  
 Non-members: \$25



### Snowman Pinecone Ornaments

Facilitated by Liz Kosier  
 Wednesday December 13th  
 1:00 - 3:00 pm  
 Activity Room B  
 Cost: Members \$5 for 3 ornaments  
 Non-members \$10 for 3 ornaments



Join Liz in making these cute pinecone decorations. Perfect to sit on a shelf or to hang on your tree. Also makes a unique one of a kind gift



# 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.



### Card Making with Liz & Debbie

Facilitated by Liz Kosier  
 Monday December 4th (2 sessions)  
 10:00 - 12:00pm & 12:00 - 2:00pm  
 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



# Cobleskill Gathering Place

## Programs and Activities for December

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 December 14th  
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  
*Hiker's Holiday Gathering*  
TBD

### New Year's Day Hike / Snowshoe at

Mine Kill State Park

Cost: Free

Participation based on conditions

Explore the open grasslands and deep forests of Mine Kill State Park, and maybe catch a glimpse of a bald eagle by the Blenheim-Gilboa Reservoir. Please dress appropriately for the weather. Dogs must be on no more than a 6' leash. Light refreshments will be provided at the park office but bring your own water and snacks for the hike. Meet at Park Office.

Registration: Required

### Coffee and Chat Hour

Facilitated by Liz Kosier  
Thursday December 14th  
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.

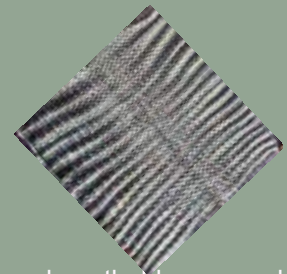
### Learn to Weave

Facilitated by Ginny Ogno  
Monday January 8th,  
Wednesday January 10th, 2024  
**\*\*Two Day Class\***

Multipurpose Room

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!

*Let Liz know if you would like to be a part of a February Class! Only 8 spots available*



# Cobleskill Gathering Place

## Programs and Activities for December

### 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 December

### 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 December 11th & 18th  
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 December 4th, 18th  
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\*\***  
**Must sign up at the front desk for this new session**

## 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.



## One on One Family Research

Facilitated by Kim Page  
Class will resume in January  
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.



## Corsage Making for the 2024 ARC Prom Thursday December 7th 10:00 AM

Join Liz and her outreach group in making corsages for the ARC Prom in 2024. We will be making 100 corsages in the next few months and will teach anyone who wants to help how to do this. Everyone is welcome.

## Introduction to Photography

Facilitated by Kim Walton  
Tuesday December 5th & 19th  
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 December 1st  
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

Monday December 11th  
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.



## December

## Ice Cream Sundaes and a Movie

Facilitated by Liz Kosier  
Monday December 18th  
1:00 to 3:00 p.m.  
Nick Juried Great Room  
Cost: Members \$5  
Non-Members \$7



Join us for ice cream and a fun Christmas movie!

**"A Christmas Story Christmas starring Ralphie"**

## 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  
Wednesday December 6th & 13th  
*Wednesday December 27th on ZOOM*  
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.

**Group will go to Zoom beginning in January**



## Alzheimer's Support Group for Schoharie County

Facilitated by Ann Marie Thayer  
Friday December 22nd  
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  
Tuesday December 12th  
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

*Next Session will begin in the Spring*

*Stay tuned for dates*

**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 19<sup>th</sup> 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!



## Important Dates for our Cobleskill Center Outreach Volunteers

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



**December 8th**

*Veteran's Two Night Retreat*

*Need dinners, sides and desserts*

**December 9th**

*Holiday Farmer's Market*

*&*

*Inside Craft Show*

**December 14th**

*Outreach meeting*

*1:00pm*

**December 29th**

*Early New Year's Eve Dinner Party*

## iPhone Savvy Tech Class

Facilitated by Mary Carrier

Friday December 15th 11:00am - 12:00pm

Cost: Free to Members

Join us for this pop up iPhone class. Get to know and love your iPhone! Learn the basics about navigation, apps, settings and general use. Whether you use your phone for calls, text messages, email or searching on the internet, there is something here for everyone. Questions are welcomed! Bring your iPhone or just come and observe





## Monthly Book Club

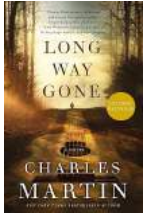
Facilitated by Crickit Rockwell

Tuesday December 12th

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 books for the December meeting are "Goodnight Irene" by Luis Alberto Urrea & "Long Way Gone" by Charles Martin.

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.



# CELEBRATING OUR VETERANS

DEC 20TH, 2023 AT 12 PM

AT THE GATHERING PLACE 50 PLUS COMMUNITY CENTER

CALL TO RESERVE YOUR SPOT (518) 823- 4338

FREE LUNCH BUFFET



## Stress Management for the Aging Brain



Facilitated by Sandra Marnell  
Retired RN, Counselor, and Trainer  
Classes will resume January 4th  
with new class content

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 12:00 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 your skills





— ★ ★ ★ —  
 A big **Thank You** to both  
**Dick Buffo,**  
 owner of

**On The Level Construction Inc.**

&

**Little Italy of Cobleskill**

for providing such a wonderful meal for our  
 Veteran's and their spouses!



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



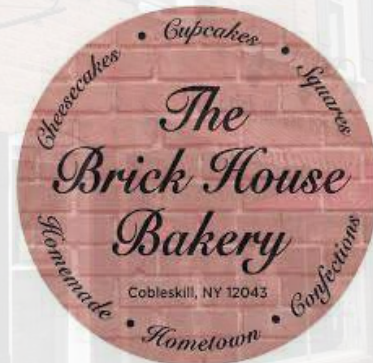
**Friday, December 29th**  
**Early New Years Eve Dinner**  
 5:00 - 8:00 pm

**Spring Craft Fair**  
**March 16th 2024**  
 10am - 4pm  
 \*Snowdate of April 20th\*



A special  
**Thank You**

to



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

# HOLIDAY RAFFLE

DEC 9TH AT 3:00PM  
NEED NOT BE PRESENT TO WIN

## FOUR GREAT PRIZES

1ST TICKET GETS 1ST PICK AND SO ON

1 TICKET FOR \$1.00  
4 TICKETS FOR \$3.00  
8 TICKETS FOR \$5.00



JOIN US FOR A

# HOLIDAY OPEN HOUSE & COOKIE EXCHANGE

**DECEMBER 15TH**  
12 - 3 PM

SUNSHINE BAND WILL PERFORM AT 1:30

127 KENYON ROAD  
COBLESKILL NY  
(518) 823 - 4338

*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



THE GATHERING PLACE INVITES YOU TO OUR  
EARLY NEW YEAR'S EVE PARTY

FRIDAY  
DECEMBER 29TH  
5:00 - 8:00 PM

# 2023 EARLY NEW YEAR Party

FOOD CATERED BY LITTLE ITALY  
DINNER SERVED AT 5:00PM

COST \$25.00 PER PERSON

PENNE ALA VODKA, SAUSAGE PEPPERS & ONIONS,  
STUFFED EGGPLANT, ANTI PASTA, TOSSED SALAD, BREAD,  
DESSERT & DRINKS

TICKETS ON SALE NOW PLEASE SEE LIZ

127 Kenyon Road Cobleskill NY (518) 823-4338

**Reminder : Please call by 1:00pm the day ahead for Grab & Go meals  
(518) 920 - 3757**

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.

|                             |    |  |   |   |  |    |   |    |  |    |   |
|-----------------------------|----|--|---|---|--|----|---|----|--|----|---|
| <p><i>December 2023</i></p> | 4  | Tuna Noodle Casserole<br>Broccoli<br>Stewed tomatoes<br>Whole Grain bread<br>Fresh Apple                                       | <p>Schoharie County<br/>Office for the Aging<br/>518-295-2001</p> | <p>Coby Room 518-920-3757<br/>Jefferson Community Center<br/>607-652-9075<br/>Spa Ritz 518-284-2883</p> | <p>All meals served w/ 8 oz. 1% milk.<br/>Suggested Donation for everyone over 60 years old is \$ 4.00 per meal. Everyone is welcome! Congregate meal site participates under the age of 60 years old, meals are \$ 5.00</p> | 1  | Beef Meatloaf<br>With Buttered Peppers and Onions<br>California Blend Vegetables<br>Banana<br>Whole grain bread               |    |  |    |   |
|                             | 5  | Greek Lemon Chicken breast<br>over Rice Pilaf<br>Chopped Spinach<br>Carrots & Red Peppers<br>Whole grain bread<br>Strawberries |   |   |  | 6  | Hamburger Cabbage Casserole<br>Buttered Scandinavian Vegetables<br>Fruit cocktail<br>Whole Grain bread                        | 7  | Crustless Broc-Cheddar Quiche<br>Buttered Green Beans<br>Warm Spiced Apples<br>Carrot-Raisin Salad<br>Orange Juice<br>Whole Grain bread  |    |   |
|                             | 11 | Meatballs with Tomato Sauce<br>Whole Grain Pasta<br>Italian Veg Blend<br>Whole Grain bread<br>Pears                            |   |   |  | 12 | Apricot Glazed Chicken Breast<br>Wild Rice<br>Midwest Vegetables<br>Whole Grain bread<br>Fresh Orange                         | 13 | Low Sodium Baked Ham<br>Pineapple and Cherry glaze<br>Mashed Sweet Potatoes<br>Green Beans Amandine<br>(contains almonds)<br>Tossed Salad w/ Balsamic Dressing<br>Peach Crisp w/Whip topping | 14 | Beef Chili w/ Sour Cream<br>Parsley Buttered Potatoes<br>Marinated Carrots<br>Whole Grain bread<br>Warm Spiced Apples               |
|                             | 18 | Seafood Newburgh<br>over Brown Rice<br>Stewed Tomatoes<br>Buttered Wax Beans<br>Fresh apple<br>Whole grain bread               |   |   |  | 19 | Chicken Parmesan<br>Whole Grain Penne Pasta<br>Tomato sauce<br>Broccoli<br>Cauliflower<br>Whole grain bread<br>Fruit Cocktail | 20 | Turkey Patty w/ Gravy<br>Apple Stuffing<br>Broccoli<br>Carrots<br>Coleslaw<br>Pears  | 21 | Mac and Cheese<br>Brussel Sprouts<br>Italian Vegetables<br>Yogurt cup<br>Baby Spinach<br>Mandarin Salad w/ salad dressing           |
|                             | 25 | MERRY CHRISTMAS  |   |   |  | 26 | Meatloaf<br>Mushroom Gravy<br>Mashed Potatoes<br>Green Beans<br>Carrots<br>Peaches<br>Whole grain bread                       | 27 | Hot Dog, on Whole Grain Bun<br>Sauerkraut<br>Sweet Potatoes<br>California Vegetables<br>Mandarin Oranges   | 28 | Cranberry Chicken Breast<br>Apple Stuffing<br>Plain Beets<br>Broccoli<br>Pears<br>Blueberry Gelatin Salad                           |
|                             |    |  |   |   |  | 29 | Roast Pork w/ Gravy<br>Midwest Vegetables<br>Winter squash<br>Applesauce<br>Green Pepper Coleslaw                             |    |  | 15 | Creamy Tuscan Chicken<br>over Buttered Whole Grain Pasta<br>Prince Edward Vegetables<br>Strawberries & Peaches<br>Chocolate pudding |
|                             |    |  |   |   |  |    |   |    |  | 8  | Roast Turkey , Gravy<br>Mashed Potatoes , Carrots<br>Broc-Cauliflower Salad<br>Black Forest Pudding                                 |
|                             |    |  |   |   |  |    |   |    |  | 22 | Sloppy Jane Sandwich<br>Whole Grain Hamburger Bun<br>Scandinavian Vegetables<br>Pineapple Tidbits<br>Seasonal Holiday cookie        |
|                             |    |  |   |   |  |    |   |    |  | 29 | Roast Pork w/ Gravy<br>Midwest Vegetables<br>Winter squash<br>Applesauce<br>Green Pepper Coleslaw                                   |



MERRY CHRISTMAS & HAPPY HOLIDAYS

Oneonta



# "Girls Night Out" Acapella Quartet

Performing all your Holiday Favorites!  
Please join us for this free concert at  
the Oneonta Gathering Place!



Thursday, December 7th, 2023

2:00 PM



5506 State Highway 7  
Oneonta, NY



Please join us for a

# HOLIDAY

Special **OPEN HOUSE AT** Join us for  
Musical **THE ONEONTA** food, fun,  
Performance **GATHERING** singing and  
by Jim **PLACE** dancing!  
Matthews

Friday, December 8th, 2023

1:00 p.m. - 4 p.m.

Please bring a Holiday Dessert or  
Snack to Share

5506 State Highway 7, Oneonta, NY 13820



# Oneonta Gathering Place

## Programs and Activities for December

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 Erica Cruz

**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.



### East Coast Swing Dance Lesson Series

Facilitated by Linda Leverock  
**Mondays December 4th, 11th, & 18th**  
**3:00pm**

**Multipurpose Room**  
**Cost: Members: \$10 per class**  
**Non-members: \$15 per class**

Join Linda Leverock, who is a professional dancer in our area, as she walks you through the steps of East Coast Swing Dance. East Coast Swing is danced to different genres of music. You do not need a partner to participate. Please be sure to bring comfortable shoes that you can pivot in. Please call the Oneonta front desk to register.



### Gentle Yoga

Facilitated by Diane Gallo  
**Fridays December 8th & 15th 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

**\*\*This Class is a Moderate to High Intensity Workout\*\***

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

**Cost: \$7 for Members**  
**\$10 for Non-Members**

**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

**\*\*This Class is Moderate to High Intensity Workout\*\***

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

**Cost: \$7 for Members**  
**\$10 for Non-Members**

**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 for Members**  
**\$10 for Non-Members**

**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!  
Its a mix of cardio, strength, endurance, and core. Come and get super strong!  
Mentally and Physically!

# Oneonta Gathering Place

## Programs and Activities for December

### 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.

### Christmas Gift Wrapping Extravaganza with Suzy

Facilitated by Sue Barney  
Saturday December 16th  
Beginning at 9:00 am  
Activity Room B  
Cost: Members Free  
This is Only for Member



Do you dislike wrapping presents? Do you have difficulty with your hands cramping up when you are trying to wrap presents? Don't worry! Bring your gifts that you would like wrapped on the above date, and Suzy will wrap them for you professionally and beautifully. If you would like to bring your own wrapping paper or if you need us to provide it, either way will work. Hope to see you there!

**You Choose:**  
**Holiday Cards, Fabric Garland,  
or Holiday Sled**

Facilitated by Glistening Waters  
Friday December 8th 9:00am  
Activity Room B  
Cost: Members Free



Join Gail as she brings a choice of three items to create: Christmas Cards, Holiday Fabric Garland or a Holiday Sled (pictured here) This is a free class she is doing for our Gathering Place members! Please register by Wednesday December 6th so she is sure she has enough material for everyone!

### Holiday Card Making Class

Facilitated by Harriet Dunne  
Tuesday December 5th at 10am  
Craft Room  
Cost Per Class: Members \$10  
Non-members \$15

Join Harriet as she helps you create your very own beautiful hand made holiday cards. You will make 4 Holiday cards- all supplies are included in the class fee. Please call the front desk to pre-register for this class as there is limited seating.



### Glass Blowing Ornament

Facilitated by The Studio for Art and Craft  
Activity Room B  
Wednesday Dec 6th 9:30am  
Cost per class: Members \$25  
Non-Members \$30

Join the Studio for Art and Craft in showing you how to make these beautiful glass blown ornaments. Please note you must be able to stand for 15 minutes as well as be able to blow air for extended times. You will also be using a blow torch for heating up the glass. This is all carefully supervised by the Studio for Art and Craft. Please call the front desk to register no later than Tuesday, December 5th, seats are very limited in this class. Please note once you sign up you will be responsible for payment of the class.



### Paint and Snack

with the Studio for Art and Craft

Facilitated by The Studio for Art & Craft  
Wednesday December 6th 11:00am  
Cost Per Class: Members \$22  
Non-members \$28

Join the Studio for Art and Craft who will show you how to paint this beautiful Cardinal on a Lampost. You must call the Oneonta front desk to pre-register for this class by Tuesday, December 5th 2023. Please note that once you register for this class you will be responsible for the payment, even if you are unable to attend.

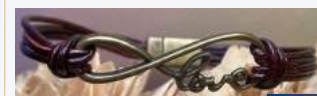


### Jewelry Making Craft Class Love Infinity Knot Bracelet

Facilitated by Gina Pywar  
Thursday December 14th at 12:00pm  
Craft Room

**Leather Magnetic Clasp Bracelet**  
Members \$18 , Non Members \$25  
**Cotton Rope Magnetic Clasp Bracelet**  
Members \$12, Non Members \$18

Join Gina as she helps you create your choice of the above referenced bracelets. These make a great addition to your own jewelry collection or make them for a gift for your loved ones. Please call the front desk to pre-register for this class so we are sure we have enough supplies.



# Oneonta Gathering Place

## Programs and Activities for December

### Christmas Cookie Decorating

Facilitated by Tonya Rowe

Saturday December 16th at 10:00am

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 no later than Monday, December 11th



### Intro to Dot Art

Facilitated by Liz Kosier

Wednesday December 6th, 13th & 20th  
9:00 am

Art & Crafts Room

Cost Per Class: Members \$5

Non-members \$10



A fun class in painting 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.

### Pottery Classes on the Wheel

Facilitated by Melanie Mink

Wednesday December 6th, 13th & 20th,  
and January 3rd

4:00 pm

Art & Crafts Room

Cost Per Class: Members \$120 for series

Non-members \$130

Have you always wanted to try a Pottery Wheel but never got a chance? Now is your opportunity. These classes are limited in space so be sure to register as soon as possible. The first three classes you will make a bowl each class and on the fourth class you will paint your bowls. Call the Oneonta Front Desk to register.

### Fred Lape Poetry Workshop

Facilitated by Leon Lattimer

Tuesday December 5th at 2pm

Multi Purpose Room

Cost Per Class: Members Free

Non-members \$5

Fred Lape, Founder of the George Landis Arboretum in Esperance, NY was a prolific poet. This program will feature several of his insightful poems. Please call the Oneonta Front Desk to register for this class.



### Gathering Place Spelling Bee

Facilitated by Todd Jones

Friday December 15th at 2pm

Board Room

Cost Per Class: Members Free

Non-members \$5



Join us for our first Gathering Place Spelling Bee Event! Todd will get our teams together and get ready for some fun and entertaining competition. Call the Oneonta Front Desk to register.

### Presentation on the Construction of Gilbert Lake State Park by the Civilian Conservation Corps 1933-1941

Facilitated by Jim Loudon

Monday December 4th at 12pm

Board Room

Cost Per Class: Members Free

Non-members \$5

Join us as Jim presents information on how Gilbert Lake State Park was built by the Civilian Conservation Corps and what it means to us today. Please call the Oneonta Front Desk to register.



### Presentation on the History of the Oneonta Fair

Facilitated by Jim Loudon

Thursday December 7th at 1pm

Board Room

Cost Per Class: Members Free

Non-members \$5

Join Jim as he walks you through the history of the Oneonta Fair.

In 1873 a pair of Oneonta businessmen initiated the Oneonta Fair, an endeavor that would grow into the second largest fair in the State and become known as the Central New York Fair. For one week in September thousands of visitors would fill Oneonta streets and hotels, coming from as far away as New England and Pennsylvania. The Fair offered acrobats, wild animals, midway rides, public weddings, parachute jumpers, horse races, and even the Golden Globe of Death! Call the Oneonta Front desk to register.



### Presentation on the History of the Oneonta

Facilitated by Marcela Micucci (executive director of the Greater Oneonta Historical Society)

Tuesday December 12th at 1pm

Board Room

Cost Per Class: Members Free

Non-members \$5

This presentation will take a curator-led digital walk through the Greater Oneonta Historical Society's permanent exhibition, "Small Community, Big Ideas: Greater Oneonta" which opened in May 2022.

We will explore the history of the town and city of Oneonta. Attendees will learn about the inspiring stories of how Natives, settlers, immigrants, and residents created a community, and how they built and rebuilt Oneonta to become a destination city. Please call the Oneonta Front Desk to register





# Oneonta Gathering Place

## Programs and Activities for December

### Brand New R.I.S.E. Support Group (Resilience, Inspiration, Support, and Empowerment)

Facilitated by Dr. Steve Phelps  
Fridays beginning December 1st  
11:00am

**Board Room**  
**Cost: Free to All**

Please join our brand new R.I.S.E. Support group. This group will provide a safe space and support for group discussions of aging adult fears, depression, grief/loss, safety, and any other topics you would like to share. Please note that this group is not designed to be therapy but rather provide a safe space to gain knowledge and tools to help you through your healing journey.

*This will be an on-going group at the Oneonta Gathering Place.*

### ELLI-Q Digital Care Companion Presentation

Facilitated by Adam Cigi  
Wednesday December 6th at 3pm  
**Board Room**

**Cost: Free to All**

ELLI-Q is a digital care companion designed to help aging adults remain active, engaged, and independent. Come see how this system works. Please call the Oneonta Front Desk to register for this class.



### Alternative Healing Pet Therapy

Facilitated by Tom Landon & Poppy  
Wednesday December 6th 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.

### The Sing Down Game

Facilitated by Todd Jones  
Thursday December 21st at 11am  
**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!

### Cancer Awareness Information

Facilitated by Mindy  
(from Bassett's Research Institute)

Wednesday December 13th  
10:00 - 2:00pm

**Board Room**

**Cost: Free to All**

Come meet Mindy, a Research Coordinator from Bassett's Research Institute and increase your cancer awareness. Complete a screening while visiting and earn a water bottle or shopping bag as a free gift. Help Mindy's team gain community insight which helps direct cancer prevention efforts in our communities.



### Monthly Book Club

Facilitated by Lisa Lutsic  
Thursday December 14th at 3:00pm  
**Activity Room A**

**Cost: Free for Members**



This will be our first meeting of the Oneonta Gathering Place monthly book club. Everyone is welcome. We will discuss what dates and times work for everyone and discuss the kinds of books we want to read together. Snacks will be provided. Hope to see you there!

### 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? Come to this class and Kim will try and help you navigate this new tech world. Call the Oneonta Front Desk to Register.

### Navigating Video Calls

Facilitated by Michelle Pradella  
Monday December 4th at 1pm

**Board Room**

**Cost: Members: Free**  
**Non-Members: \$5**



Figuring out video features on SMART phones (iPhone/Android), Facebook Messenger, Facetime, and Zoom can be challenging for everyone, especially if you are used to using computers. Michelle will walk you through step by step how to use these features on your Smart Phones or Computers/IPads. Michelle will also be able to answer other electronic communication questions. Please be sure to bring in your own phones. Please call the Oneonta Front Desk to register for this class so that we have an idea of the number of participants

# Oneonta Gathering Place

## Programs and Activities for December

### 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.

### Board Games

**Activity Room B**  
**Monday through Friday**  
**Cost: Free**



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.

### 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 December 1st & 15th at 3pm**  
**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 for this class



### Defensive Driving Course

**Next Class January 17th, 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.

### Holiday Classic Movie Series

**Facilitated by Todd Jones**  
**Tuesdays December 5th, 12th & 19th**  
**12:00 - 3:00 pm**  
**Board Room**  
**Cost: Member Free**

**Non Member \$5**

Join us as we celebrate the season watching these 3 classic holiday movies.

*December 5th "White Christmas",*

*December 12th "The Holiday"*

*December 19th "A Christmas Story".*

Please call the Front Desk to register.



### Quilting Class

**Facilitated by Quilting Group**  
**Mondays December 4th, 11th & 18th**  
**10:00 am**  
**Multi Purpose Room**  
**Cost Per Class: Members Free**  
**Non-members \$5**

This is a beginner quilting course using a sewing machine. Our first project will make is a potholder. Material will be supplied but you must bring your own sewing machine.





FOOT CARE CLINIC

WELLNESS  WELLNESS



BY APPOINTMENT ONLY SATURDAY, DECEMBER 2ND AND SATURDAY, DECEMBER 16TH. 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.

# Oneonta Gathering Place R.I.S.E. Support Group

Resilience, Inspiration, Support, Empowerment

Facilitated by Dr. Steve Phelps

Every Friday beginning December 1st, 2023

Our Brand New R.I.S.E. Support Group is open to everyone. In this group, Dr. Steve Phelps will facilitate the group discussions about aging fears, depression, safety, grief and loss, and any other areas that the group would like to discuss. This is a Safe Place to discuss these issues, but is not considered therapy. This group will be meeting weekly on Friday's at 11:00 am at the Oneonta Gathering Place.

5506 State Highway 7, Oneonta, NY



# East Coast Swing Dance Lessons with Linda Leverock

Monday, December 4th,  
11th, and 18th, 2023

3:00 pm

Cost: Members-\$10 per class  
Non-members-\$15 per class

Oneonta Gathering Place, 5506 State Hwy 7, Oneonta, NY



# DECEMBER MUSICAL EVENT



JOIN US IN WELCOMING OUR MUSICAL GUEST, JUDY PITEL, WHO IS A LOCAL SOLO SINGER. JUDY WILL BE PERFORMING MANY DIFFERENT SONGS FROM MUSICAL ARTISTS INCLUDING LINDA RONSTADT, PETULLA CLARK, THE CARPENTERS, MARTINA MCBRIDE, AND MANY MORE!

WEDNESDAY, DECEMBER 13TH, 2023  
3:00 PM

ONEONTA GATHERING PLACE  
5506 STATE HWY 7, ONEONTA, NY



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

|   |  |
|---|--|
| <p><b>Monday</b><br/> <b>10-11am: Sr. ONLY Indoor pickleball</b> (gym floor)<br/> <b>10-11am: Senior Walk</b> (track and gym floor)<br/> <b>11-12pm: Cornhole</b> (gym floor)<br/> <b>12-2:30pm: Games:</b> Ping Pong, Mah Jongg, Cribbage, Pitch, board games (old lobby/squash court)</p>   | <p><b>Thursday</b><br/> <b>12-2pm: Sr. ONLY Indoor pickleball</b> (gym floor)<br/> <b>11-2pm: Senior Walk</b> (track and gym floor)<br/> <b>11-12pm: Cornhole</b> (gym floor)<br/> <b>12-2:30pm: Games:</b> Scrabble, Pitch, other board games (old lobby)</p>   |
| <p><b>December 4th</b><br/> 10:30-11:10: Mindfulness Monday<br/> 10:30-11:15: Open Tai Chi (prior Tai Chi 1 needed)<br/> 11:00-12:00: Prime Time<br/> 11:15-12:00: Live Strong<br/> 11:45-12:30: Lunch<br/> 1:00-2:00: Gentle Yoga</p>  | <p><b>December 7th</b><br/> 10:30-11:15: Sit and Get Fit<br/> 10:30-11:15: Open Tai Chi (prior Tai Chi 1 needed)<br/> 11:15-12:00: Yoga Stretch and Live Strong<br/> 11:45-12:30: Lunch<br/> 12-2:00: Connections Swim<br/> <b>1:00: Jon Robertson:</b> Exec. VP of Technicolor in Hollywood will be discussing the <b>Preservation and Restoration of iconic Hollywood classics</b> with a focus on <b>White Christmas</b>.</p> |
| <p><b>December 11th</b> Milford students visit<br/> 10:30-11:10: Mindfulness Monday<br/> 10:30-11:15: Open Tai Chi<br/> 11:00-12:00: Prime Time<br/> 11:15-12:00: Live Strong<br/> 11:45-12:30: Lunch<br/> 1:00-2:00: Gentle Yoga</p> <p><b>12:30: Bluegrass Circle Jam Session</b><br/> <b>12:30-1:30pm: \$1 Bowling</b></p> <p><b>12:30: Box and wrap Shoeboxes</b></p> | <p><b>December 14th</b><br/> 10:30-11:15: Sit and Get Fit<br/> 10:30-11:15: Open Tai Chi<br/> 11:15-12:00: Yoga Stretch and Live Strong<br/> 11:45-12:30: Lunch<br/> 12-2:00 Connections Swim<br/> <b>12:30-2:00pm: Genealogy ASLanguage</b></p> <p><b>12:30 (if needed): Box and wrap Shoeboxes</b></p> <p><b>1:00-2:30: Grief Support</b> with Helios Support</p>  |
| <p><b>December 18th</b><br/> 10:30-11:10: Mindfulness Monday<br/> 10:30-11:15: Open Tai Chi<br/> 11:00-12:00: Prime Time<br/> 11:15-12:00: Live Strong</p> <p><b>12:15: Welcome Winter Potluck:</b> bring a dish to share and enjoy a festive gathering listening to music by the group: <b>Fast Friends</b><br/> 1:00-2:00: Gentle Yoga</p>                              | <p><b>December 21st</b><br/> 10:30-11:15: Sit and Get Fit<br/> 10:30-11:15: Open Tai Chi<br/> 11:15-12:00: Yoga Stretch and Live Strong<br/> 11:45-12:30: Lunch<br/> 12-2:00 Connections Swim</p>  |
| <p><b>December 25th: Enjoy the holidays!</b></p> <p>Connections and CSC are closed</p> <hr style="border-top: 1px dashed black;"/> <p><b>January 1st: HAPPY NEW YEAR!!</b></p> <p>Connections and CSC are closed.</p> <p><b>See you Thursday, January 4th</b></p>   | <p><b>December 28th:</b><br/> 10:30: Sit and Get Fit<br/> 11:15-12:00: Yoga Stretch and Live Strong<br/> 12-12:30: <b>NO Lunch today</b><br/> 12-2:00: Connections Swim<br/> : Games</p>   |

# 2023 - 2023 Board of Directors



Marion Bernocco  
Christine Hibbard  
Peggy Kennison  
Vincent LaGanga  
Michael Persons  
Najam Razvi  
Crickit Rockwell  
Thomas Slater



## Thoughts for the Month In the last Quarter of Life -Author Unknown

A lot of us are in the last quarter of life and I share without politics, religion, race cards. Just gentle thoughts:

You know, time has a way of catching you off-guard about how quickly it travels. It feels like just yesterday that I was young and ready to start adult-life. And in a way it feels like eons ago, and I wonder where the years have gone. I know I lived them all.

I remember all my hopes and dreams. I remember the plans I made. And suddenly, here I am in the last quarter. How did I get here so fast? Where have the years gone and where did my youth go?

I can recall looking at older people, thinking how long it will take for me to get where they are. That I am still in my youth, that I have many years ahead. At that time, I could not even think of being where I am now. And yet, here I am.

My friends are retired, they all have grey hair, they move much slower than they did and when I look at them, I see older people. Some are in a better and some a worse condition than me. But I see the big difference. They are no longer the youthful, carefree, full-of-life friends. Just like me, age shows. And we are now the older people we used to look at and thought it was still a long way off.

I find that these days, taking a shower takes its toll on my breath and energy levels. And an afternoon nap is not just a treat, it's become a necessity. And if I don't, I find myself sleeping in the same chair I started reading or watching television in. Now I have entered this new season of my life, totally unprepared for the discomfort, aches and pains, loss of energy and strength and ability to do what I could, yet sometimes didn't. At least I know that, even though I am in the last quarter, and I have no idea how long this quarter will be, when my time on earth is over, a new adventure awaits too.

Yes, I do have things I wish I had never done. Yet so thankful for those I did. It is all in a lifetime. And if you are not in the last quarter yet, I want to remind you that it comes faster than you could anticipate. Do the things you still want to do as soon as possible. Do not procrastinate. Life runs on fast legs.

Do today what you can. There is no promise that we will all see the seasons of life. Live for today. For now. Say the words to the ones you love. Often.

Hopefully some will appreciate the things you did for them. And if they don't, it is also okay.

Life is truly a gift. Just be happy. It is after all your choice. And remember that health is a treasure, not wealth, gold and silver, property, or your bank balance. You may think that going out is the best but believe me – coming home is better.

You may forget names and that is okay, because some have already forgotten that they knew you. The things you cared about previously, you may lose interest in. If you fall asleep in your favorite chair, stay there.

Growing older is wonderful. It is comfortable. It is loaded with memories that you never grow tired of. It is an absolute treasure.

Look after yourself.



## 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](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:



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:



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FAMILY FOUNDATION**  
*"Making a Difference"*

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Trips  
will  
resume  
in  
2024!



**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](http://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  
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!

**Opening  
January 2024**

The Everything Shoppe  
980 East Main Street  
Cobleskill NY 12043



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   |   |  | December 2023 Calendar of Activities   |  |   |
|---|---|--|--|--|---|
| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
| <p>4 December</p> <p>9:00: Inter. Line Dancing</p> <p>9:00 SS Yoga</p> <p>10:00 Shamanism Workshop</p> <p>10:00 Card Making with Liz</p> <p>10:30: SS Silver Sneakers Classic</p> <p>11:00: Grab &amp; Go Meal P/U</p> <p>11:30 Surprise Party</p> <p>12:00 Card Making with Liz</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>5 December</p> <p>8:15 SS Strong and Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00 Cancer Awareness Meeting</p> <p>11:00: Movement Class II</p> <p>11:00 – 2:00pm: OPEN Art Studio</p> <p>11:00: Grab &amp; Go Meal P/U</p> <p>1:00 Pool table OPEN</p> <p>1:00 Photography Class</p> <p>1:00: Pinochle</p> <p>1:00 Resin Ornament Making</p> <p>9:00 am to 2:00 pm: Haircuts with Terri</p> <p>6:15 pm: Zumba Evening Class</p> | <p>6 December</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 &amp; Go Meal P/U</p> <p>11:30: Family Support Grp</p> <p>11:30 Intermediate Computer class</p> <p>1:00 Deco Mesh Christmas Centerpiece</p> <p>1:00: Circle of Hope Grp</p> <p>5:15 pm: Pumping Iron 2</p>  | <p>7 December</p> <p>8:15 SS Strong and Fit</p> <p>9:45: Movement Class I</p> <p>10:00 Making Corsages with Liz</p> <p>11:00 Movement Class II</p> <p>11:00: Grab &amp; 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>8 December</p> <p>9:00: Barre Fusion</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab &amp; Go Meal P/U</p> <p>12:00 Beginner Line Dancing for FUN</p> <p>3:00 Sunshine Band Practice</p>   | <p>9 December</p> <p>Center Wide Craft Show and Farmer's Market 10-4</p>  |
| <p>11 December</p> <p>9:00: Inter. Line Dancing</p> <p>9:00: SS Yoga</p> <p>10:00 Shamanism Work Shop</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab &amp; Go Meal P/U</p> <p>1:00 BINGO</p> <p>1:00: Pool Table Open</p> <p>10:00 Massage with Gretchen</p> <p>5:00 pm Rainbow Folk Support Group</p> <p>5:15: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>   | <p>12 December</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 – 2:00pm: OPEN Art Studio</p> <p>11:00: Grab &amp; Go Meal P/U</p> <p>12:00 Movement Class Luncheon</p> <p>1:00 Parkinson's Support Group</p> <p>1:00: Pinochle</p> <p>3:00: Book Club</p> <p>1:00 Pool table OPEN</p> <p>9:00 am to 2:00 pm: Haircuts with Terri</p> <p>6:15 pm: Zumba Evening Class</p>    | <p>13 December</p> <p>8:15 Gentle PiYo</p> <p>9:30 SS Stability Ball</p> <p>10:00 Beginner Computer class (Last Class)</p> <p>10:30 SS Chair Yoga</p> <p>11:00: Grab &amp; Go Meal Pickup</p> <p>11:30 Intermediate Computer class (Last Class)</p> <p>11:30: Family Support Grp</p> <p>12:00 Cobleskill Senior Club Meeting</p> <p>1:00 Snowman Pinecone Ornaments</p> <p>1:00: Circle of Hope</p> <p>5:15 pm: Pumping Iron 2</p> | <p>14 December</p> <p>8:15 SS Strong and Fit</p> <p>9:00 Coffee and Chat</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class 2</p> <p>11:00: Grab &amp; Go Meal P/U</p> <p>1:00: Mahjong</p> <p>1:00 Outreach Meeting</p> <p>1:00: Pinochle</p> <p>1:00: Pool Table Open</p> <p>6:15 High Intensity Chair One Fitness</p> | <p>15 December</p> <p>9:00: Barre Fusion</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00   Phone Help Class</p> <p>11:00: Grab &amp; Go Meal</p> <p>12:00 Beginner Line Dancing for FUN</p> <p>12:00 HOLIDAY Open House and Cookie Exchange</p> <p>1:30 Sunshine Band Concert</p>  | <p>16 December</p> <p>8:30 Gentle PiYo</p> <p>9:00: Pool Table Open</p> <p>9:45: Zumba</p> <p>11:00 Chair One Fitness -low Intensity</p> <p>Center Closes at 12:00 pm</p> |

| The Cobleskill Gathering Place 50 Plus Community Center   |  | Yellow means change or new item   |  | December 2023 Calendar of Activities   |   |
|---|--|---|--|--|---|
| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
| 18 December<br>9:00: Inter. Line Dancing<br>9:00 SS Yoga<br><b>10:00 Shamanism Workshop</b><br>10:30 Silver Sneakers Classic<br>11:00: Grab & Go Meal P/U<br><b>1:00 Movie and Ice Cream Sundaes</b><br>1:00: Pool Table open<br>5:00 pm Rainbow Support Grp<br>5:15: Pumping Iron<br>6:25 pm: Zumba Toning | 19 December<br>8:15 SS Strong and Fit for Life<br>9:45: Movement Class<br>11:00: Movement Class II<br><b>11:00 – 2:00pm. OPEN Art Studio</b><br>11:00 Grab & Go Meal P/U<br>1:00: Pinochle<br><b>1:00 Photography Class</b><br>1:00: Pool Table Open<br><b>9:00 am to 2:00 pm: Haircuts with Terri</b><br>6:15 pm: Zumba Evening Class | 20 December<br>8:15 Gentle PiYo<br>9:30 SS Stability Ball<br>10:30: Chair Yoga<br>11:00: Grab & Go Meal P/U<br>11:30 Family Support Group<br><b>12:00 Veteran's Luncheon</b><br>5:15 pm: Pumping Iron 2       | 21 December<br>8:15 SS Strong and Fit<br>9:45: Movement Class I<br>11:00: Movement Class 2<br>11:00: Grab & Go Meal P/U<br>1:00: Mahjong<br>1:00: Pinochle<br>1:00: Pool Table Open<br>6:15 High Intensity Chair One Fitness | 22 December<br>9:00: Barre Fusion<br><b>10:00 Alzheimer's Support Group</b><br>10:30: Silver Sneakers Classic<br>11:00: Grab & Go Meal<br>12:00 Beginner Line<br>Dancing for FUN<br>3:00: Sunshine Band Practice         | 23 December<br><b>The Cobleskill Gathering Place is Closed for the Holiday</b>  |
| 25 December<br>Merry Christmas<br><b>The Cobleskill Gathering Place is Closed</b><br>   | 26 December<br>9:45: Movement Class<br>11:00: Movement Class II<br>11:00: Grab & Go Meal Pick Up<br>1:00 Pool Table Open<br>1:00: Pinochle<br><b>9:00 am to 2:00 pm: Haircuts with Terri</b>   | 27 December<br>8:15 Gentle PiYo<br>9:30 SS Stability Ball<br>10:30 Chair Yoga<br>11:00: Grab & Go Meal Pick Up<br>11:30: Family Support Grp<br>1:00: Zoom Meeting for Circle of Hope<br>5:15 pm: Pumping Iron | 28 December<br>8:15 SS Strong and Fit for Life<br>9:45: Movement Class I<br>11:00: Movement Class II<br>11:00: Grab & Go Meal Pick Up<br>1:00: Pinochle<br>1:00: Mahjong<br>1:00 Pool Table Open                             | 29 December<br>9:00: Barre Fusion<br>10:30: Silver Sneakers Classic<br>11:00: Grab & Go Meal<br>12:00 Beginner Line<br>Dancing for FUN<br>3:00: Sunshine Practice<br><b>4:00 NEW Year's EVE Early Dinner Celebration</b> | 30 December<br><b>The Cobleskill Gathering Place is Closed</b>  |
| 1 January 2024<br><b>The Cobleskill Gathering Place is Closed for New Year's Day</b>  | 2 January 2024<br><b>8:15 NO SS Strong and Fit for Life</b><br>9:45: Movement Class<br>11:00: Movement Class II<br>11:00 Grab & Go Meal P/U<br>1:00: Pinochle<br>1:00: Pool Table Open<br>6:15 pm: Zumba Evening Class   | 3 January 2024<br><b>8:15 NO Gentle PiYo</b><br>9:30 SS Stability Ball<br>10:30 Chair Yoga<br>11:00: Grab & Go Meal Pick Up<br>11:30: Family Support Grp<br>5:15 pm: NO Pumping Iron                          | 4 January 2024<br><b>8:15 NO SS Strong and Fit for Life</b><br>9:45: Movement Class I<br>11:00: Movement Class II<br>11:00: Grab & Go Meal Pick Up<br>1:00: Pinochle<br>1:00: Mahjong<br>1:00 Pool Table Open                | 5 January 2024<br>9:00: NO Barre Fusion<br><b>10:30: NO Silver Sneakers Classic</b><br>11:00: Grab & Go Meal<br>12:00 Beginner Line<br>Dancing for FUN<br>3:00: Sunshine Practice  | 6 January 2024<br><b>8:30 NO Gentle PiYo</b><br>9:00: Pool Table Open<br>9:45: Zumba<br>11:00 Chair One<br>Fitness -low<br>Intensity<br>Center Closes at 12:00 pm |

# ONEONTA LOCATION

## Yellow means change or new item

## December 2023 Calendar of Activities


| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--|--|---|--|---|
| <p>4 December</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>12:00: Presentation on the Construction of Gilbert Lake State Park by the C.C.C.</p> <p>1:00: Navigating Cell Phones</p> <p>2:00: Movement Class w/Erica</p> <p>3:00: East Coast Swing Dancing class</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>5 December</p> <p>9:00-5:00: Card Games/Board</p> <p>9:00-4:00 – OFA office hours</p> <p>10:00: Christmas Card Making</p> <p>11:00: Silver Sneakers Chair Yoga w/Alison</p> <p>11:00: No Tech Tuesday Phone Assistance</p> <p>12:00: Classic Holiday Movie Series – White Christmas</p> <p>12:30: Silver Sneakers Classic w/Alison Smith</p> <p>2:00: Poetry Featuring Fred Lape Poems</p> <p>1:00-4:00 pm: Ping Pong Table Open</p>  | <p>6 December</p> <p>9:00-5:00: Card Games/Board</p> <p>9:00: Intro to Dot Art w/Liz</p> <p>9:30: Blown Glass Class w/Studio for Art and Craft</p> <p>11:00: Paint &amp; Snack-Cardinal Painting</p> <p>1:00: Therapy Dog Presentation</p> <p>2:00: Movement Class w/Erica</p> <p>3:00: ELLI-Q Presentation</p> <p>4:00: Pottery Wheel Class</p> <p>1:00-4:00 pm: Ping Pong Table Open</p> | <p>7 December</p> <p>9:00-5:00: Card Games/Board</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: Oneonta Fair Presentation</p> <p>1:00: Pitch Card Game</p> <p>2:00: Bridge Lessons (Beg)</p> <p>2:00: Girls Night Out Christmas Quartet</p> <p>5:30: Step Up Evening Class</p> | <p>8 December</p> <p>9:00-5:00: Card Games/Board</p> <p>9:00: Holiday Crafts w/Glistening Waters</p> <p>10:00: Gentle Yoga</p> <p>11:00 R.I.S.E. Support Group</p> <p>2:00: Hand &amp; Foot Card Games-Play and Learn</p> <p>1:00-4:00 pm: Ping Pong Table Open</p> <p>Oneonta Gathering Place Holiday Open House with Musician Jim Matthews</p> <p>1:00 pm to 4:00 pm</p>  | <p>9 December</p> <p>7:00: Sizzle &amp; 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>9:00: Corn Hole</p> <p>10:00: Chess</p> <p>Center Closes at 12:00 pm</p>  |
| <p>11 December</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>2:00: Movement Class w/Erica</p> <p>3:00: East Coast Swing Dance Class</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>12 December</p> <p>9:00-5:00: Card Games/Board</p> <p>Games Open all day</p> <p>9:00-5:00: Mahjong Area</p> <p>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>12:00: Classic Holiday Movie Series-Last Holiday</p> <p>12:30: Silver Sneakers Classic w/Alison Smith</p> <p>1:00: Presentation on the History of Oneonta</p> <p>1:00-4:00 pm: Ping Pong Table Open</p> | <p>13 December</p> <p>9:00-5:00: Card Games/Board Games Open all day</p> <p>9:00-5:00: Mahjong Area</p> <p>Open all day</p> <p>9:00: Intro to Dot Art w/Liz</p> <p>10:00: Cancer Awareness Presentation</p> <p>2:00: Movement Class w/Erica</p> <p>4:00 pm: Pottery Wheel Class w/Mel</p> <p>1:00-4:00 pm: Ping Pong Table Open</p> <p>3:00 Special Musical Performance by Judy Pitel</p>  | <p>14 December</p> <p>9:00: Step Up Class</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>12:00: Jewelry Class – bracelet making</p> <p>12:30: Silver Sneakers Classic w/Alison</p> <p>3:00: Book Club First Meeting</p> <p>1:00-4:00 pm: Ping Pong Table Open</p> <p>5:30: Step Up Evening Class</p>  | <p>15 December</p> <p>10:00: Gentle Yoga</p> <p>11:00 R.I.S.E. Support Group</p> <p>12:00: Bridge Cards</p> <p>1:00: Poker Card Game</p> <p>2:00: Hand &amp; Foot Card Games-Play and Learn</p> <p>2:00: Spelling Bee Fun w/Todd</p> <p>3:00: Trivia with Todd</p> <p>1:00-4:00 pm: Ping Pong Table Open</p>   | <p>16 December</p> <p>7:00: Sizzle &amp; Drizzle Class</p> <p>9:00: Gift Wrapping by Susie</p> <p>9:00 am to 2:00 pm: Foot Care Clinic by Appointment</p> <p>9:00-2:00: Card Games/Board Games</p> <p>Table Open</p> <p>10:00: Chess</p> <p>10:00: Christmas Cookie Decorating</p> <p>Center Closes at 12:00 pm</p> |

**ONEONTA LOCATION**

**The Gathering Place 50 Plus Community Center**

**Yellow means change or new item**

**December 2023 Calendar of Activities**

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|---|--|--|--|
| <p>18 December<br/>9:00: Dance Your Heart Out w/Erica<br/>10:00: Quilting Class<br/>2:00: Movement Class w/Erica<br/>1:00-4:00 pm: Ping Pong Table Open<br/><b>3:00 East Coast Swing Dance Class</b><br/>5:30: Dance Your Heart Out Evening Class w/Erica</p> | <p>19 December<br/>9:00-5:00: Card Games/Board Games Open all day<br/>9:00-5:00: Mahjong Area Open all day<br/>9:00-4:00 – OFA office hours<br/>11:00: Silver Sneakers Chair Yoga w/Alison<br/>11:00: Tech Tuesday-Cell Phone Assistance<br/><b>12:00: Classic Holiday Movie Series- A Christmas Story</b><br/>12:30: Silver Sneakers Classic w/Alison Smith</p> | <p>20 December<br/>9:00-5:00: Card Games/Board Games Open all day<br/>9:00-5:00: Mahjong Area Open all day<br/>9:00: Intro to Dot Art w/Liz w/Erica<br/>2:00: Movement Class w/Erica<br/><b>4:00 pm: Pottery Wheel Class w/Mel</b><br/>1:00-4:00 pm: Ping Pong Table Open</p> | <p>21 December<br/>9:00: Mahjong<br/>9:00: Step Up Class<br/><b>10:00: Qi Gong Movement</b><br/><b>11:00: Sing Down Fun Event</b><br/>11:00: Silver Sneakers Chair Yoga w/Alison<br/>12:30: Silver Sneakers Classic w/Alison<br/>1:00: Pitch Card Game<br/>5:30: Step Up Evening Class</p> | <p>22 December<br/>9:00-5:00: Card Games/Board Games<br/><b>11:00 R.I.S.E. Support Group</b><br/>12:00: Bridge Card Games<br/>1:00: Poker Card Games<br/>2:00: Hand &amp; Foot Card Games-Play and Learn</p> | <p>23 December<br/>7:00: Sizzle &amp; Drizzle Class<br/><b>The Oneonta Gathering Place is Closed for the Christmas Holiday</b></p> |
| <p>25 December<br/><b>THE ONEONTA CENTER IS CLOSED FOR CHRISTMAS</b><br/></p>   | <p>26 December<br/>9:00-5:00: Card Games/Board Games Open all day<br/>9:00-5:00: Mahjong Area Open all day<br/>9:00-4:00 – OFA office hours<br/><b>11:00: NO Silver Sneakers Chair Yoga w/Alison</b><br/><b>11:00: NO Tech Tuesday-Cell Phone Assistance</b><br/><b>12:30: NO Silver Sneakers Classic w/Alison Smith</b></p>                                     | <p>27 December<br/>9:00-5:00: Card Games/Board Games Open all day<br/>9:00-5:00: Mahjong Area Open all day<br/>2:00: Movement Class w/Erica<br/>1:00-4:00 pm: Ping Pong Table Open</p>  | <p>28 December<br/>9:00: Mahjong<br/>9:00: Step Up Class<br/><b>10:00: Qi Gong Movement</b><br/><b>11:00: Sing Down Fun Event</b><br/>11:00: Silver Sneakers Chair Yoga w/Alison<br/>12:30: Silver Sneakers Classic w/Alison<br/>1:00: Pitch Card Game<br/>5:30: Step Up Evening Class</p> | <p>29 December<br/>9:00-5:00: Card Games/Board Games<br/><b>11:00 R.I.S.E. Support Group</b><br/>12:00: Bridge Card Games<br/>1:00: Poker Card Games<br/>2:00: Hand &amp; Foot Card Games-Play and Learn</p> | <p>30 December<br/>7:00: Sizzle &amp; Drizzle Class<br/><b>The Oneonta Gathering Place is Closed</b></p>                           |
| <p>1 January 2024<br/><b>The Oneonta Gathering Place is Closed for New Year's Day</b></p>   | <p>2 January 2024<br/>9:00-5:00: Card Games/Board Games<br/>9:00-4:00 – OFA office hours<br/><b>11:00: NO Silver Sneakers Chair Yoga w/Alison</b><br/>11:00: Tech Tuesday-Cell Phone Assistance<br/><b>12:30: NO Silver Sneakers Classic w/Alison Smith</b><br/>1:00-4:00 pm: Ping Pong Table Open</p>   | <p>3 January 2024<br/>9:00-5:00: Card Games/Board Games<br/>2:00: Movement Class w/Erica<br/><b>2:00: Pottery Wheel Class w/Mel</b><br/>3:00: Pottery Wheel Class w/Mel<br/>4:00: Pottery Wheel Class w/Mel<br/>1:00-4:00 pm: Ping Pong Table Open</p>                        | <p>4 January 2024<br/>9:00: Step Up Class<br/>10:00: Qi Gong Movement<br/><b>11:00: NO Silver Sneakers Chair Yoga w/Alison</b><br/><b>12:30: NO Silver Sneakers Classic w/Alison</b><br/>1:00: Movie Series- Twilight Zone- Part 2<br/>5:30: Step Up Evening Class</p>                     | <p>5 January 2024<br/>9:00-5:00: Card Games/Board Games<br/><b>11:00 R.I.S.E. Support Group</b><br/>2:00: Hand &amp; Foot Card Games-Play and Learn<br/>1:00-4:00 pm: Ping Pong Table Open</p>               | <p>6 January 2024<br/>9:00-2:00: Card Games/Board Games<br/>9:00-2:00 pm: Ping Pong Table Open<br/>Center Closes at 12:00 pm</p>   |