



Volume 5 - Issue #5

May 2023

“The Gathering Place:  
Where Friends  
Become Family”

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

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

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

## Be the Change You Wish to See in the World...

We are finally entering the month of May...May is such a beautiful month; all the flowers start to bloom, the trees grow their leaves, animals have cute babies, and everything feels new and refreshing! It also means I get closer to being able to use my pool that I had installed last summer!

Thank you to everyone who reached out to me to let me know how excited you are that we are opening a second location for the Gathering Place in Oneonta! Everything has been falling in place - we are now seeking funding for that project from the businesses and funders out in Otsego and Delaware County to help us get this off the ground. We have a wonderful Advisory Board made up of Otsego and Delaware County residents who are so excited about this project. We have already got a list of people who have contacted us to sign up for memberships! I just know this location is going to be just as successful as our Cobleskill location is. And yes, members can go to either location for activities and programs. As for me, I will be overseeing both locations as is part of my job as Executive Director, but I will have a wonderful team running the Oneonta Center, just as I have a great team with Liz and Nancy who run the Cobleskill location.

Our Cobleskill Everything Shoppe is closing at the end of April. We will reopen the Cobleskill Shoppe to a new location hopefully in the summer. Our Sharon Springs Everything Shoppe will be opening for business June 1st, 2023 at 209 Main Street in Sharon Springs. We are looking forward to this new space and serving the surrounding communities and visitors at this new location. The Conesville Shoppe is also coming along, and we are looking to hopefully have that Shoppe on-line by early Fall. In the meantime, be sure to continue to visit our Middleburgh Shoppe as they have an unbelievable amount of new items every day!

As always, we have lots going on at the Center. Liz keeps coming up with new ideas and activities to keep you all engaged and busy! I hope you all have a wonderful May! As always, if you have any questions or need any assistance, please feel free to contact either me, Liz, or Nancy at 518-823-4338.

-Kim Witkowski, Executive Director

### Reminders:

Please remember to check in at the front desk every time you come to the Center. It is important for us to know who is in the building, and also it helps keep track of the statistics for each of our classes which is important when we write grants to show the difference we are making in people's lives.

### IMPORTANT - PLEASE READ!

We have recently had some concerns that have been brought to my attention regarding hurtful or derogatory comments that others have overheard. I would like to remind you of our Code of Conduct that each of our members sign up with your membership to the Gathering Place. The Gathering Place is open to everyone age 50 and above no matter who you are or what your background may be. Please be more mindful of your conversations and how your words fall on others. We at the Gathering Place pride ourselves on being a loving and welcoming environment and remember that kindness is always the best way to show others who we truly are. Thank you.

## May 2023 CRAFTS WITH LIZ

### Jewelry Making with Liz

Facilitated by Liz Kosier  
Wednesday, May 3rd, 2023  
1:00 to 3:00 p.m.  
Activity Room B  
Cost: Members: \$5 for Earrings or bracelet; \$10 for necklace; Non-members: \$10

Join Liz in creating your very own spring/summer jewelry sets. No experience necessary! Come join us for this fun class!



### Deco Mesh Cross Wreath Making with Liz

Facilitated by Liz Kosier  
Friday, May 19th, 2023  
1:00 to 3:00 p.m.  
Activity Room B  
Cost: Members: \$10; Non-members: \$15

Join Liz in making a beautiful cross Mesh Wreath with flowers to decorate your door or to give as a gift. No experience necessary! Come join us for this fun class!



### Intro to Wood Burning w/Liz

Facilitated by Liz Kosier  
Wednesday, May 31st, 2023  
1:00 to 3:00 p.m.  
Activity Room B  
Cost: Members: \$10 ; Non-members: \$20  
Join Liz in learning how to wood burn on a preserved board. This class is limited to 3 spots. No experience necessary! Come join us for this fun class!



### Learn to Make Your Very Own Greeting Cards with Liz

Facilitated by Liz Kosier  
Wednesday, May 17th, 2023  
1:00 to 3:00 p.m.  
Activity Room B  
Cost: Members: 3 cards for \$5; Non-members: \$10  
Learn to make your very own greeting cards! No experience necessary. Come join us for this fun class!



### Learn to Make Molded Soy Candles with Liz

Facilitated by Liz Kosier  
Wednesday, May 24th, 2023  
1:00 to 3:00 p.m.  
Activity Room B  
Cost: Members: \$5 ; Non-members: 10  
Join Liz in learning how to make molded soy candles. No experience necessary! Come join us for this fun class!



### Saturday Classes:

#### May Paint and Snack w/Liz

Saturday, May 20th, 2023  
10:00 am to 12:00 pm  
Activity Room B  
Cost: \$20  
Join us to paint your very own mailbox painting and personalize with your family name. This is great to share with your loved ones. Join us for lots of laughter, creativity, and snacks!  
**Deadline to register is 5/18/2023!**



## 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. Please note once you sign up for the class you will be responsible for the payment.

Friday, May 12th, 2023

### Fluid Pour Flower Pot

10:00 am to 11:15 am  
Activity Room B  
Cost: \$20

**Deadline to register is 5/10/2023!**

Join us in making this beautiful fluid pour flower pot. This makes a beautiful gift for yourself or someone else. Pre-registration is required by calling the Gathering Place front desk.



Friday, May 26th, 2023

### Bubble Mug

10:00 to 11:15 am  
Activity Room B  
Cost: \$20

**Deadline to register is 5/24/2023!**

Join us in making this beautiful bubble mug. This makes a great gift. Pre-registration is required by calling the Gathering Place front desk.



# May 2023 Programs and Activities at the Gathering Place

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.

**\*\*\*NEW\*\*\***

## Gathering Place Outreach Group

Facilitated by Liz Kosier  
Thursday, May 25th, 2023  
1:00 to 3:00 p.m.  
Activity Room B  
Cost: Free

Come join our new 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!

## Learn to Play Piano - Private Lessons with Rebecca

Facilitated by Rebecca  
Friday, May 12th, 2023  
10:00 am to 2:30 p.m.  
Register for a half-hour private lesson with Rebecca.  
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!



**\*\*\*NEW\*\*\***

## Walking with Wendy

Facilitated by Wendy Miller  
Thursday Evenings  
6:15 to 7:00 p.m.  
Multipurpose Room/Outside  
Gathering Place (weather permitting)  
Cost: Free  
Join Wendy for this fun and refreshing walking workout around the perimeter of the Gathering Place. This class is great for all fitness levels and will include using handweights as well. Please call the Center to register ahead of time as much as possible to give us an idea of how many people will be attending this new class.



**\*\*\*NEW\*\*\***

## Gathering Place Hiker Club with Alison

Facilitated by Alison Smith  
Date: thursday, May 4th, 2023 at 11:30 am  
Where: Christman Sancturary, 3281 Schoharie Turnpike, Delanson, NY.  
Cost: Free  
Join Alison and the group to hike the Christman Sancturary. This is a 120-acre nature preserve. There are 2 trails, blue (shorter) and orange (longer). We will likely be taking the Blue Trail. Bring tick spray and sunscreen, and plenty of water and comfortable shoes to hike in. For more information see Alison or check the front desk for a map and more information. The rain date will be May 18th, 2023.



**\*\*\*NEW\*\*\***

## Tai Chi for Arthritis

Facilitated by Rebecca Sears  
Mondays, beginning March 6th, 2023  
1:00 to 3:00 p.m.  
Multipurpose Room  
Cost: Free  
Come join us for this new 16-week series. Tai Chi for arthritis utilizes the Sun Style of Tai Chi to promote balance and improve relaxation. Rebecca is a certified instructor that will lead this class. Tai Chi will increase strength, balance, and posture, improve your mind, body, and spirit, and reduce stress; and most importantly....reduce your risk of a fall! Please register ahead as there is only spots for 12 people each session. This program will run for 16 weeks and you must be able to commit to attending 11 of the classes to register.



**\*\*\*NEW\*\*\***

## Living with Alzheimer's for Caregivers: Middle Stage

Facilitated by Ann Thayer  
Thursday, May 18th, 2023  
1:00 to 2:00 p.m.  
Multipurpose Room  
Cost: Free  
Alzheimer's disease is not part of normal aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages, and risk factors; current research and treatments available for some of the symptoms; and Alzheimer's Association resources. Please call the front desk to register ahead of time so we have an idea of how many people will be attending.

ALZHEIMER'S ASSOCIATION



# May 2023 Programs and Activities at the Gathering Place – Continued

## Silver Sneakers Classic

Facilitated by Alison Smith  
Mondays and Fridays:  
10:30am to 11:30 am  
Multipurpose Room  
Cost: Members - \$5/class; non-members - \$7/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 Strong & Fit for Life

Facilitated by Alison Smith  
Tuesdays and Thursdays: 8:15 to 9:15 am  
Multipurpose Room  
Cost: Members - \$5/class; non-members - \$7/class  
Join Alison for a basic strength class. We will 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 Intermediate Level. Be sure to bring a mat and water.



## Barre Fusion w/Alison

Facilitated by Alison Smith  
Fridays  
9:00 am to 10:00 am  
Multipurpose Room  
Cost: Members - \$5/class; non-members - \$7/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.  
**Please note that this class is also offered on Tuesday evenings at 5:00 pm!**



## Gentle PiYo is Back!!!

Facilitated by Alison Smith  
Wednesdays: 8:15 am to 9:15 am  
Multipurpose Room  
Cost: Members - \$5/class; non-members - \$7/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. Your instructor can modify exercises for your fitness level.



## 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/class; non-members - \$7/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.



## Silver Sneakers Beginner Stability Ball Class

Facilitated by Alison Smith/Denise Kelly  
Wednesdays: 9:30 to 10:15 am  
Multipurpose Room  
Cost: Silver Sneakers Members - Free; Members \$5/class ; non-members - \$7/ 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. Suitable for all fitness levels. This class is Silver Sneakers Eligible.



# May 2023 Programs and Activities at the Gathering Place – Continued

## Chair Yoga with Denise

Facilitated by Denise Kelly  
Wednesdays: 10:30 to 11:30 am  
Multipurpose Room  
Cost: Members - \$5/class; Non-members - \$7/class - **Now Silver Sneakers 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.



## Traditional Yoga with Denise

Facilitated by Denise Kelly  
Mondays – 9:00 am to 10:00 am  
Activity Room A  
Cost: Members - \$5/class; Non-members - \$7/class Note: **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, and 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 w/Gretchen

Facilitated by Gretchen Cosgrove  
Monday, May 15th, 2023  
10:00 am to 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 one Monday per month. 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 Classes with Wendy

Facilitated by Wendy Miller  
Multipurpose Room  
Cost: Members: \$5;  
Drop In/Non-members: \$7  
Discounts: 3 for \$20 or 5 for \$30  
30 minute classes: members: \$3; Non-members: \$5  
Saturdays @ 10:00 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.



## Office Hours with Ann Thayer from the Alzheimer's Association

Facilitated by Ann Thayer  
Friday, May 19th, 2023 @ 10:00 am  
Board Room/Side Room  
Cost: No Cost

Alzheimer's Disease is not a normal part of aging. Do you have questions about Dementia and/or Alzheimer's? Ann will be here to meet with you individually to discuss any concerns and questions you may have personally. Please be sure to check in at the front desk.



## Line Dancing for Fun!

Facilitated by Linda Aernecke/TBD

**Fridays at 12:00 noon**

Multipurpose Room

Cost: Members – No Cost; Non-members - \$5/class.

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!



## May Lunch and a Movie

Facilitated by Liz Kosier

**Monday, May 8th, 2023**

**12:00 to 3:00 p.m.**

**Activity Room A**

**Cost: \$5 Please note price increase**

**Back by popular demand is our Lunch and a Movie. Join us for a delicious lunch and a fun movie on the above dates. The lunches will be announced a week before the event. Come in and spend some time laughing, enjoying a meal together, and watching a great movie. Pre-registration is required for this event.**



**\*\*\*New\*\*\***

## Life Chat: Parkinson's Workshop

Facilitated by Office for the Aging

**Date and Time: TBD**

Board Room

Cost: Members – No Cost; Non-members - \$5/class.

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.



## One on One Family Research

Facilitated by Kim Page

Monday, May 15th, Wednesday, May 17th, 2023, and Monday, May 22nd.

Appointment Times: 1:00 Computer Lab

Cost: Free

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 be sure to bring any information you can on who you are looking for and any other information you might have that could be helpful.



## Beginner Crochet with Deb

Facilitated by Deb Kosier

Monday, May 22nd, 2023

1:00 to 2:30 pm

Activity Room A

Cost: \$5

Join Deb in this Beginner Crochet class. You will learn different stitches and also start a pattern. All supplies are included. Call the front desk to register.



## 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.



## Introduction to Photography

Facilitated by Kim Walton

Tuesday, May 9th and Tuesday, May 23rd, 2023

1:00 to 2:30 pm

Multipurpose Room

Cost: Free

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.



**\*\*\*New\*\*\***

## Redneck Life Game Day

Facilitated by Kim Page

**Wednesday, May 24th, 2023**

**1:00 pm**

Board Room

Cost: Members – No Cost; Non-members - \$5/class.

Join us to play this fun board game called "Redneck Life". This game is similar to the Game of Life, but with a Redneck theme. Buy rigs, get hitched and raise young'ens. The player with the most teeth remaining wins! Easy to start, hilarious to play, and hard to forget! No experience needed, just come and share a few laughs. Call the front desk to register so we can keep a count of players. We are looking for 3 to 6 people at least to play this game.



## 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 Illness affects your loved ones, stop in and see us. Jason and Shannon from Schoharie Mental Health, and Crystal and Tom from Schoharie County Council on Alcoholism & Addictions and Open Arms Recovery Resource Center will answer your questions. For more information, contact the Center or contact SCCASA directly at 518-234-8705. Walk-ins are welcome and encouraged.



## Circle of Hope Grief Support Group

Facilitated by Barbara Buongiorno, RN

Every Wednesday

1:00 to 2:30 pm

Please check calendar for the actual dates as there are adjustments during the Winter season.

Game Room

Cost: None

This support group will provide hope that will heal the heart, mind, and body through the grieving process. Insight will be given into the five stages of grief. With support, encouragement, and discussions on the grieving and the healing process, the group will provide an environment of understanding with others who share like experiences.



## Alzheimer's Support Group for Schoharie County.

Facilitated by Ann Marie Thayer

Friday, May 26th, 2023

10:00 am-12:00 pm

Board Room

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

10:00am to 12:00pm

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.



## Rays of Sunshine Band Practice

Facilitated by Crickit Rockwell

Fridays – 3:00 to 4:30 pm

Multipurpose Room

Cost: No Cost

Our Rays of Sunshine Group practices every Friday. If you play an interest or sing, and would like to inquire about joining this group, please see Cricket Rockwell or give your name to Liz and she will pass it along.



## Pinochle Group

Tuesdays and Thursdays

1:00 to 4:00 pm

Activity Room A

Cost: None

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!



\*\*\*New\*\*\*

## Sing-A-Long with Peter Enders

Facilitated by Peter Enders

Fridays at 2:00 pm

Multipurpose Room

Cost: Members – No Cost; Non-members - \$5/class.

Join Peter and his guitar for a fun sing-a-long. Song books are provided. Have fun celebrating music together.





## Beginner Computer Class

### Facilitated by Marcy Holmes

Wednesdays: 10:00 am to 11:00 am

Computer Lab

Note this Class is an 6-week class.

Cost: \$3 for members; \$5 per class for non-members.

Please Note: Next session begins in Fall 2023.

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

Computer Lab

Cost: \$3 for members; \$5 per class for non-members.

Please Note: Next session begins in Fall 2023.

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

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.

## Defensive Driving Course

### Defensive Driving Class

Facilitated by Linda Karpovich

Monday, June 19th, 2023

9:30 am to 3:30 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.



## Android/Smart Phone Tech Class w/Gretchen Randazzo

Facilitated by Gretchen Randazzo

Wednesday, May 17th, 2023

10:00 to 11:00 am

Activity Room A

Cost: Free to Members

Join Gretchen as she helps with questions regarding your Android/Smart phone and how to navigate the tech part of a phone and answer any questions you may have. Hope to see you there!



## Technology Help Desk

By *appointment only!*

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. Please call the front desk to make an appointment.

Some Pictures from our April 19th, 2023 Bus Trip to Silver Birches in Hawley, PA





## Monthly Book Club

Facilitated by Crickit Rockwell

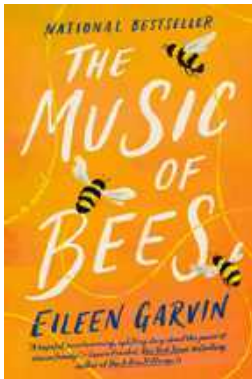
Monthly – Second Tuesday

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. Under New Management, we will be reading the same book together. **The book for the May meeting is “The Music of Bees”**, by Eileen Garvin. 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 to 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/class

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



## Stress Management for the Aging Brain

Facilitated by Sandra Marnell - retired RN, Counselor, and Trainer

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

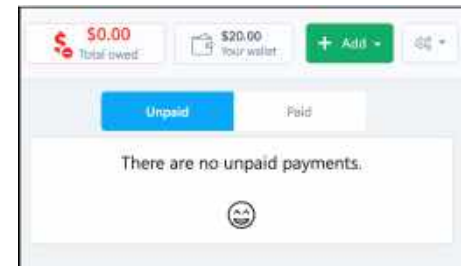
Cost: Members - \$3/class; Non-members - \$5/class

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



## Do you know what the Wallet is?

We can put money on your account here at the 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 Nancy 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.



## The Pool Table is Ready for Playing!

### Pool Table and Darts!!!

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

and Saturday 9:00 am to 2:00 pm

\*\*\*Please note you must be a member to use the game room.\*\*\*

Cost: None

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.



## 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!

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### **Gathering Place Outreach Committee Update from Liz**

The Gathering Place's Outreach Group will hold their next meeting on Thursday, May 25th at 1:00 p.m. This new group has been started so that we can help with volunteer services in the community and to send cards and/or gifts to any community members who are getting out of the hospital or have been ill or injured.

We have also taken on the task of preparing meals once a month for the Veteran's Honor flight Program who has a weekend retreat for 20 combat veterans. We are making 4 large dinner entrees such as lasagna, chicken pot pie, ziti, or anything that goes in a large pan and can be reheated in the oven. I would also love to send homemade cookies and/or desserts that travel well. The next retreat will be held the weekend of May 26th. The Honor Flight Coordinator will pick up the meals on Friday, May 26th at noon and take them to the retreat. Anyone interested in helping, please call Liz at the Center. We will also periodically stuff envelopes and do mailings for the Veteran's Honor Flight Organization. Please call Liz if you have time to help.

The Gathering Place is also hosting a Veteran's Luncheon once a month at the Center and we need 3 to 4 volunteers for this each month. The next luncheon will be on Wednesday, May 17th at noon. Again, please call Liz if interested in helping with this event.

Thank you all so much for your continued help and support! Together we can do great things!

-Liz



## 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 Center at 518-823-4338, 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:



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

We have a wonderful book lending area set up in Activity Room B. 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.



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

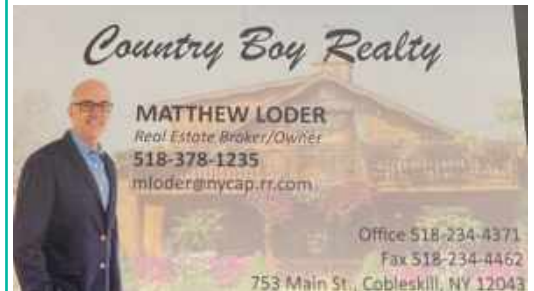


The Nicholas J. Juried Family Foundation



A plan for life.

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## Thought for the Month

### Perspective

An elderly woman had two large pots, each hung on the ends of a pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be a bitter failure, it spoke to the woman one day by the stream.

“I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house”. The old woman smiled, “Did you notice that there are flowers on your side of the path, but not on the other pot’s side?” “That is because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.”

Each of us has our own unique flaw. But it is the cracks and flaws we each have that make our lives together so very interesting and rewarding. You have just got to take each person for what they are and look for the good in them.

SO, to all of my cracked pot friends, have a great day and remember to smell the flowers on your side of the path!

-Author Unknown

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We are so saddened to have to share with you that we lost one of our own Gathering Place Family Members. Deb Smith who has been a very active member at the Center, passed away suddenly yesterday, Tuesday, April 25, 2023. We want to extend our sincere condolences, thoughts, and prayers to Deb’s husband, Richard, and her entire family and friends. Deb will always be part of our Gathering Place Family.



2022-2023

Board of Directors:

Marion Bernocco, Director

Vern Hall, Director

Betty Karlau, Director

Vincent LaGanga, Director

Najam Razvi, Director

Crickit Rockwell, Director

Anna Slavinski, Director

Constance Vrooman, Director





## 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 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.
- 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!



We are selling Magnetic Gathering Place Signs for your Car. It is a great way to support the Center as well as helping to spread the word. The cost is only \$5 each! We have a limited supply so see the front desk if you would like to purchase one.



## 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!



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

**Opening June 1st, 2023!**

**Sharon Springs Everything Shoppe**  
209 Main Street  
Sharon Springs, NY

**Hours will be:**  
**Tuesday through Saturday**  
**10:00 am to 3:00 pm**  
**Look for our Grand Opening**  
**Announcement!**





# Magic Show

## AT THE GATHERING PLACE

FRIDAY, MAY 26TH AT 2:00 PM

STARRING SEAN DOOLAN

**\$8.00 PER TICKET**

JOIN MAGICIAN SEAN DOOLAN FOR MAGIC ON MAIN - AN INTIMATE PARLOR EXPERIENCE, A MAGIC SHOW AT THE GATHERING PLACE. SEAN WILL WEAVE HIS PERSONAL STORY OF TRANSITIONING FROM A TRIAL LAWYER TO A MAGICIAN IN INTERACTIVE, MIND-BLOWING MAGICAL ROUTINES. IN THIS PARLOR SHOW, SEAN WILL DEMONSTRATE THE LIMITATIONS OF THE HUMAN MIND THROUGH TECHNIQUES HE LEARNED AS A STUDENT OF THE ANCIENT ART OF SLEIGHT OF HAND, AND A LIFETIME AS A TRIAL LAWYER.

**LIGHT REFRESHMENTS PROVIDED**

Mikael Gregg's **NORTH COUNTRY Stand-Up Comedy**

**The Gathering Place**  
50 Plus Community Center  
Council of Senior Citizens  
Schoharie County

## FRIDAY MAY 12TH

SHOWTIME 6PM-7:30PM

\$20 IN ADVANCE / \$25 DAY OF SHOW

**WITH HEADLINER STEVE VAN ZANDT**

Dee Watson

Mikael Gregg

abc **Bananas COMEDY CLUB** **THE COMEDY STORE**

Tickets at  
NorthCountryComedy.com  
or at The Gathering Place  
127 Kenyon Road, Cobleskill NY

Thanks to our sponsors  
Hampton Inn Oneonta  
Upside (promo code) HPNE1

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.

**MAKE SURE TO GET YOUR GATHERING PLACE T-SHIRTS AND SWEATSHIRTS WHILE THEY ARE AVAILABLE!**

**T-SHIRTS ARE \$15 EACH AND SWEATSHIRTS ARE \$30 EACH. SEE LIZ AT THE CENTER TO PLACE YOUR ORDER. ALL PROCEEDS GO TO THE GATHERING PLACE.**






Grab and Go Lunch Menu for May 2023. Make sure to call 24 hours in advance (by 2:00 pm) to order. Call 518-920-3757 (Judy).

**SCHOHARIE COUNTY OFFICE FOR THE AGING** 518-295-2001  
 Cobleskill Grab and Go 518-920-3757\* Spa Ritz 518-284-2883  
 Jefferson Community Center 607-652-9075

Nancy Ackertbauer, RDN

**May 2023**

\*All congregate and Grab and Go orders must be called in BEFORE 2PM on the previous day. Note: Jefferson center is open Tues-Wed-Thurs only

1 Turkey Chili w/ sour cream Roasted Sweet Potatoes Zucchini Whole grain bread Peaches Lorna Doone Cookies	2 Veggie-Full Tuna Noodle Casserole California Vegetables Whole grain bread Pears	3 Beef & Noodles Green Cabbage Buttered Carrots Plain Applesauce Whole grain bread Fresh Orange	4 Cheese Omelet Breakfast Sausage Steamed Buttered Potatoes Broccoli Whole grain bread Spiced Apples, Orange Juice	5 Baked Chicken Breast Mexican Rice Buttered Corn Plain Beets Garden Salad w/ dressing Fresh Banana
8 Beef Lasagna Roll Up Tomato Meat Sauce Buttered Italian Vegetables Whole grain bread Grape Juice	9 Greek Lemon Chicken Toasted Herb Rice Garlic Green Beans Stewed Tomatoes Whole grain bread Fresh Orange	10 Roasted Sliced Turkey Mashed Potatoes and Gravy Broccoli Carrots Fruit Cocktail Whole grain bread Strawberry Ice Cream	11 Roasted Pork w/ Plum Sauce Brown Rice Asian Vegetables Apple Juice Whole grain bread Mandarin Oranges	12 Chef's Salad w/ 1/2 hard boiled egg, roast beef, cheese and cucumber Broccoli-Cauliflower Salad Marinated Tomatoes Whole grain roll Chef's choice Dessert
15 Chicken Cacciatore with Vegetables in Red Sauce Whole grain Pasta Buttered Italian Vegetables Whole grain bread Fruit Cocktail	16 Stuffed Baked Potato with Parmesan & Paprika BBQ Pulled Pork Onions & Peppers Whole grain bread Pineapple Tidbits	17 Lemon Baked Fish Oven Roasted Red Potatoes Buttered Green Beans Plain Beets Whole grain bread Chilled Apple-Berry Crisp	18 Chicken Salad Macaroni Salad Marinated Carrots Orange Juice Chef's choice Fruit Whole grain bread Fruited Gelatin	19 Salisbury Steak with Onion Gravy Mashed Potatoes Onions, Peppers & Mushrooms Chilled White Bean Salad Whole grain bread Tropical Fruit
22 American Goulash Whole grain Pasta California Vegetable Blend Orange Juice Whole grain bread Pears	23 Baked Chicken with Strawberry-Pineapple Salsa over White Rice Spring Vegetable Blend Whole grain bread Peaches	24 Meatloaf with Gravy Dutchess Potatoes Scandinavian Vegetables Whole grain bread Grape Juice	25 Baked Mac and Cheese Stewed Tomatoes Broccoli Fresh Banana Whole grain bread Yogurt Cup	26 Chicken and Biscuits Brussels Sprouts Mashed Winter Squash Chef's choice Spring Salad Fruit Cocktail
29 Happy Memorial Day No meals served 	30 Meatballs w/ Red Sauce Whole grain Pasta Buttered Peas & Mushrooms Oven Roasted Cauliflower Whole grain bread Chef's choice Fruit	31 BBQ Chicken Thigh Mashed Sweet Potatoes Green Beans Stewed Tomatoes Green Pepper Slaw Cornbread Square	All meals are served with 8 fl oz 1% milk. Menu is subject to change.  All are welcome at our meal sites! Congregate meal site participants under 60 years old pay \$5.00/meal. Suggested Donation for everyone over 60 years old is \$4.00/meal.	

**Upcoming Bus Trips for the Gathering Place. Please be sure to note the due date for registering and for payment. Once the payment date is passed, you will not be able to get a refund if you cancel, unless you can find someone to take your seat. Thank you for your cooperation with this policy.**

**Sight and Sound “Moses” Show and Bus Trip, May 10<sup>th</sup> – May 11<sup>th</sup>.**

We are heading to Lancaster, PA for the amazing, live show “Moses”. We will be staying at the Eden Resort and Spa. On Wednesday night we will dine at the wonderful Millers Smorgasbord for dinner. This trip will include several other stops and a lot of fun food. Breakfast at the motel is included. Single Occupancy is \$375 for members and \$390 for non-members. Double occupancy cost is \$310 for members and \$325 for non-members. Triple Occupancy is \$290 for members and \$305 for non members. Quad occupancy is \$280 for members and \$295 for non members. **Please note that this trip is now closed for additional sign-ups.**

**Resort World Catskill on Thursday, June 1<sup>st</sup>, 2023:**

We head to Monticello, NY to the Resort World Catskill. You can spend the day playing slots (\$25 free play included), gambling and enjoying the lunch buffet which includes salad bar, chicken breast, penne ala vodka, meatballs, dessert and soft drinks. This trip is \$50 per person for members and \$60 for non-members. **Payment is due by Monday, May 1<sup>st</sup>, 2023.**

**Hudson River Maritime Trip on Friday, July 7<sup>th</sup> 2023**

Spend a relaxing day visiting the Hudson Maritime Museum with a 2-hour walking tour, followed by a wonderful lunch at the Ole Savannah, and end the day with a 1 ½ hour sight-seeing cruise on the Rip Van Winkle II on the Hudson River. Members pay only \$125 and non-members pay \$140. **Payment is due by Wednesday, June 7<sup>th</sup>, 2023.**

**Newport Rhode Island Adventure & Return to Camelot on Thursday, July 20<sup>th</sup> & Friday, July 21<sup>st</sup>**

To begin our adventure, we will have lunch in Newport and a guided tour of Return to Camelot. Visit the St. Mary’s Church for a presentation and live music and video from the Kennedy’s Wedding and reception. Check in at the Hampton Inn and Suites for a wonderful night’s rest and enjoy a breakfast the next morning. After breakfast we will have a 75 minute morning cruise on Narragansett Bay. Later we will have a tour of the spectacular Gilded Age Mansion, The Breakers. End of day have a lunch (on your own) at the Brick Market and follow-up it up with a little bit of shopping. Cost for members is \$410 Double and \$540 Single. Non members are \$425 Double and \$555 Single. **Payment is due by Thursday, June 20<sup>th</sup>, 2023.**

**Alexandria Bay Luncheon Cruise on Friday, August 11<sup>th</sup>, 2023**

We are heading to Alexandria Bay for a boat tour on the Uncle Sam’s boat tour of the 1000 Islands. We will have lunch while touring the 1000 Islands, stopping to tour Boldt Castle at the end. Members will pay \$130 and non members are \$145. **Payment is due by Tuesday, July 11<sup>th</sup>, 2023.**



**Essex Connecticut Rail and Sail Trip on Friday, September 1<sup>st</sup>, 2023**

We will be cruising and riding the Essex Steam Train and Riverboat for 3 ½ hour excursion with wonderful luncheon with choices of Eggplant Parm, Beef tips with gravy or baked chicken. Members will pay \$140 and non-members will pay \$155. **Payment is due by Tuesday, August 1st, 2023.**

**Cape Cod Getaway on September 25 -27<sup>th</sup>**

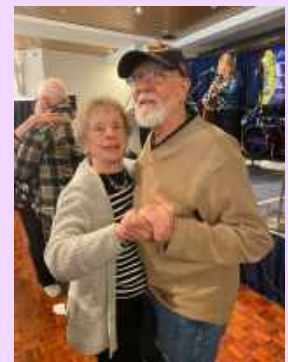
This amazing three-day, 2 night trip will include a lovely stay at the Cape Cod Resort, 2 big buffet breakfasts at the resort, a plated 3 course Dinner Show, An Irish sing a long, free time at the shops in Hyannis Villiage, Cape Cod Canal Cruise, Cranberry Bog Tour in Plymouth and a tour of the Whydah Pirate Museum in Yarmouth. Cape Cod Trip will be \$555 Single, \$425 Double and \$405 Triple for Members and \$580 Single, \$450 Double and \$430 Triple for non-members. **Payment is due by Friday, August 25th, 2023.**

**Atlantic City Getaway on Tuesday, October 10<sup>th</sup> – Thursday, October 12<sup>th</sup>, 2023**

This fun trip includes a 2 night accommodation at the Caesars World Class Casino Resort Hotel, \$50 Slot Bonus, \$50 food credit, 2 FANTASTIC Shows including a Dolly Parton and Kenny Rogers Tribute Show. Atlantic City Trip will be \$425 Single, \$325 Double and \$315 Triple for Members and \$450 Single, \$435 Double and \$340 Triple for non-members. **Payment is due by Friday, September 8th, 2023.**

**Miracle at Christmas at Sight and Sound on Thursday, November 16<sup>th</sup> – Saturday, November 18<sup>th</sup>, 2023**

We will start our trip at Sight and Sound Theater seeing the Miracle of Christmas. We will stay at the Double Tree by Hilton for 3 days and 2 nights, dinner at Millers Smorgasbord, 2 breakfast buffets at Double Tree, Amish farmlands tour, Amish quilt and craft shop, a stop at Kitchen Kettle Village, Dutch Apple Dinner Theater featuring A Christmas Carol and a wonderful buffet, and a stop at National Christmas Center to browse and shop. Our final stop will be at Hershey's chocolate world to browse, shop and snack on our own. Single Occupancy is \$795 for members and \$820 for non-members. Double occupancy cost is \$615 for members and \$640 for non-members. Triple Occupancy is \$555 for members and \$580 for non members. Quad occupancy is \$525 for members and \$550 for non members. **Payment is due by Monday, October 16<sup>th</sup>, 2023.**



## The Gathering Place 50 Plus Community Center - Oneonta Location Update

I wanted to give everyone an update as to our progress of opening up a second location for the Gathering Place in Oneonta. We have a building that we are ready to lease and a wonderful Advisory Board made up of Otsego and Delaware County residents. We are also partnering with a number of other groups down in that area. We just recently did our first interview with the Daily Star and a copy of the article is below. I know some of you were worried I would be relocating my office to Oneonta, but that is definitely not the case. I will spend probably 1 day a week at the Oneonta site, maybe a little more when we are first opening, but we will have a "Liz" and a "Nancy" down at the Oneonta site to run the Center. So you can't get rid of me that easily:). I am so thankful to the excitement about opening a second site and I know we will do great things down in Oneonta just as we have for all of you at our Cobleskill Center. As always, thank you for your continued support! We are just broadening our Gathering Place family!



Vicky Klukkert | The Daily Star

The Gathering Place 50 Plus Community Center will expand to this building, as shown April 19, along state Route 7 in the town of Oneonta.

### Senior gathering place coming to Oneonta

**VICKY KLUKKERT**  
STAFF WRITER

Senior citizens will soon have a place to gather in Oneonta.

The Senior Council of Schoharie County announced it will expand of The Gathering Place 50 Plus Community Center to a second site at 5506 state Highway 7 in Oneonta later this year. "We started with Otsego County because it is similar to Schoharie County," said Kimberly Witkowski, executive director of The Gathering Place 50 Plus Community Center and The Schoharie County Council of Senior Citizens, Inc. "It's a very rural, farming community that is starting to fade away."

The Gathering Place 50 Plus Community Center at 127 Kenyon Road in Cobleskill opened in June 2021 and within the first week had 200 members,

Witkowski said. She said the organization is working with the Otsego County Office for the Aging and started an advisory board for the new center coming to Oneonta.

"The difference The Gathering Place has made to our aging population has been unbelievable," she said. "People who have lost spouses or have had to put them in nursing homes can attend support groups or just come to the center where friends become family."

She said there were 11 senior groups in Schoharie County that were starting to "age out. Then COVID hit and they couldn't meet." She said seniors wanted somewhere to meet but there wasn't a place to meet, so she asked the council to open the gathering place. The center includes a reception area, a creative arts room, a recreation area, a small library, a computer lab and a

help desk, the website said.

Seniors pay \$25 per year for membership and can visit the center as many times as they want, she said. "Some people stay all day," she said. The center offers healthy for life exercise programs, activities and events, bus trips, art classes, computer help and support groups, she said. Witkowski said the bus trips and some classes cost extra.

She said people underestimated how popular the center was going to be, as there are almost 900 members, including residents of Otsego and Delaware counties. "People come from Albany and Schenectady too," she said. "We have members from Worcester, Stamford, Bloomville, Delhi and Andes."

She said the center created a flier about the new Oneonta location and "five people in Oneonta have already called to become members. We're

very, very excited to offer this space."

She said the 8,000 square foot building and the 200 parking spaces are needed by the center, as the parking lot at the center in Cobleskill sometimes has more cars parked at it than Walmart.

"We hope to open this summer," Witkowski said. "The building's lease will start July 1. We are now raising the upfront money."

She said the center might also expand to other areas in the state as well. "People from Saint Johnsville are coming down to see our facility later this week," she said.

For more information about the center, or to make a donation, visit [www.gatheringplace50plus.org](http://www.gatheringplace50plus.org), or call 518-823-4338.

Vicky Klukkert, staff writer, can be reached at [viklukkert@thedailystar.com](mailto:viklukkert@thedailystar.com) or 607-441-7221



The Gathering Place 50 Plus Community Center

Yellow means change or new item

May 2023 Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 May</p> <p>9:00: Inter. Line Dancing</p> <p>9:00: Yoga</p> <p>10:30: Silver Sneakers Classic</p> <p>1:00: <b>NO Tai-Chi</b></p> <p>1:00 pm: Pool Table Open</p> <p>5:15 pm: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>2 May</p> <p>8:15: Strong &amp; Fit for Life</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class II</p> <p>11:00: Grab &amp; Go Meal Pick Up</p> <p>1:00: Pool table OPEN</p> <p>1:00: Pinochle</p> <p>9:00 am to 2:00 pm: <b>Haircuts with Terri</b></p> <p>5:00 Barre Fusion</p> <p>6:15 pm: Zumba Evening Class w/Wendy</p> <p>6:30 Healthy and Fit Nutrition Class</p>	<p>3 May</p> <p>8:15 Gentle PIYO</p> <p>9:30: Beg. SS Stability Ball Class</p> <p>10:00 Beginner Computer Class</p> <p>10:30: Chair Yoga</p> <p>11:00: Grab &amp; Go Meal Pick Up</p> <p>11:30 Intermediate Computer Class</p> <p>11:30: Family Support Grp</p> <p>1:00: NO Circle of Hope Grp</p> <p>1:00 <b>Jewelry making with Liz</b></p> <p>5:15 pm: Pumping Iron 2</p>	<p>4 May</p> <p>8:15: Strong &amp; Fit for Life</p> <p>9:00 Helios Training</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab &amp; Go Meal Pick Up</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00 Pool table OPEN</p> <p>9:00 am to 2:00 pm: <b>Haircuts with Laureen</b></p> <p>6:15 Walk with Wendy</p> <p><b>Off Site Walk with Alison: Christman's Sanctuary</b></p>	<p>5 May</p> <p>9:00: Barre Fusion</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab &amp; Go Meal Pick Up</p> <p>12:00 Beginner Line Dancing for FUN</p> <p>1:00 Watercolor Series (Last week)</p> <p>2:00: <b>Sing Along with Peter</b></p> <p>3:00: Rays of Sunshine Practice</p>	<p>6 May</p> <p>8:30 Healthy and Fit Boot Camp</p> <p>9:30 Weigh In</p> <p>Healthy and Fit Challenge</p> <p>9:00: Pool Table Open</p> <p>10:00: Zumba</p> <p>10:00: <b>Sons of Union Veterans Mtg</b></p> <p>Center Closes at 2:00 pm</p>
<p>8 May</p> <p>9:00: Inter. Line Dancing</p> <p>9:00: NO Yoga</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab &amp; Go Meal Pick Up</p> <p>1:00: Tai Chi Class</p> <p>1:00: Pool Table Open</p> <p>12:00 <b>Movie and Lunch</b></p> <p>5:15 pm: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>9 May</p> <p>8:15: Strong &amp; Fit for Life</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class II</p> <p>11:00: Grab &amp; Go Meal Pick Up</p> <p>1:00: Pinochle</p> <p>1:00: <b>Photography Class</b></p> <p>2:00: Pool Table Open</p> <p>3:00: <b>Book Club</b></p> <p>9:00 am to 2:00 pm: <b>Haircuts with Terri</b></p> <p>5:00 Barre Fusion</p> <p>6:15 pm: Zumba Evening Class w/Wendy</p> <p>6:30 Healthy and Fit Nutrition Class</p>	<p>10 May</p> <p>8:15 Gentle PIYO</p> <p>9:30: Beg. SS Stability Ball Class</p> <p>10:30 Chair Yoga</p> <p>10:00 Beginner Computer Class</p> <p>11:00: Grab &amp; Go Meal Pick Up</p> <p>11:30 Intermediate Computer Class</p> <p>11:30: Family Support Grp</p> <p>1:00: NO Circle of Hope Grp</p> <p>1:00 Life Chat</p> <p>1:00: <b>Young at Heart Senior Club Meeting</b></p> <p><b>Sight and Sound "Moses" (2 day Trip)</b></p> <p>5:15 pm: Pumping Iron 2</p>	<p>11 May</p> <p>8:15: Strong &amp; Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class II</p> <p>11:00: Movement Class II</p> <p>11:00: Grab &amp; Go Meal Pick Up</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00 Pool Table Open</p> <p>9:00 am to 2:00 pm: <b>Haircuts with Laureen</b></p> <p>6:15 Walk with Wendy</p> <p><b>Sight and Sound "Moses" (2 day Trip)</b></p>	<p>12 May</p> <p>9:00: Barre Fusion</p> <p>10:00: <b>Piano Lessons</b></p> <p>10:00 <b>Fun Friday Acrylic Pour Pot</b></p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab &amp; Go Meal Pick Up</p> <p>12:00 Beginner Line Dancing for FUN</p> <p>2:00: <b>Sing Along with Peter</b></p> <p>3:00: Rays of Sunshine Band Practice</p> <p><b>6:00 pm Comedy Show</b></p>	<p>13 May</p> <p>8:30 Healthy and Fit Boot Camp</p> <p>9:30 Weigh In</p> <p>Healthy and Fit Challenge</p> <p>9:00 Pool Table Open</p> <p>10:00: Zumba</p> <p>Center Closes at 2:00 pm</p>

The Gathering Place 50 Plus Community Center		Yellow means change or new item		May 2023 Calendar of Activities	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 May 9:00: Inter. Line Dancing 9:00: NO Yoga 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 1:00: One on One Family Research 1:00: Tai Chi Class 1:00: Pool Table Open  10:00: Light Touch Massage or Reiki/Energy Healing Sessions w/Gretchen 5:15: Pumping Iron 6:25 pm: Zumba Toning	16 May 8:15: Strong & Fit for Life 9:45: Movement Class I 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 1:00 Pool table OPEN 9:00 am to 2:00 pm: Haircuts with Terri  5:00 Barre Fusion 6:15 pm: Zumba Evening Class w/Wendy 6:30 Healthy and Fit Nutrition Class	17 May 8:15 Gentle PiYo 9:30: Beg. SS Stability Ball Class 10:00: Smart Phone Tech Class for Android w/Gretchen 10:30: Chair Yoga 11:00: Grab & Go Meal Pick Up 11:30: Family Support Grp 1:00: NO Circle of Hope Grp 1:00: One on One Family Research 1:00 Crafts with Liz: Making Greeting Cards 12:00 Veteran's Luncheon 5:15 pm: Pumping Iron 2	18 May 8:15: Strong & Fit for Life 9:45: Movement Class I 10:00: Stress Mgmt Class 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 1:00 Understanding Alzheimers 1:00: Pinochle 1:00: Mahjong 1:00: Pool Table Open  9:00 am to 2:00 pm: Haircuts with Laureen  6:15 Walk with Wendy	19 May 9:00: Barre Fusion 10:00 Office Hours with Anne Thayer 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00 Beginner Line Dancing for FUN 1:00 Cross Mesh Wreath 2:00: Sing Along with Peter 3:00: Rays of Sunshine Practice	20 May 8:30 Healthy and Fit Boot Camp 9:30 Weigh In Healthy and Fit Challenge 9:00: Pool Table Open 10:00: Zumba 10:00: Paint and Snack w/Liz – Mailbox Painting Center Closes at 2:00 pm
22 May 9:00: Inter. Line Dancing 9:00: Yoga-Rm A 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 1:00: Pool Table open 1:00: One on One Family Research 1:00: Beg. Crochet w/Deb 1:00: Tai Chi Class (Last Class) 2:00 Board Meeting  5:15: Pumping Iron 6:25 pm: Zumba Toning	23 May 8:15: Strong & Fit for Life 9:45: Movement Class 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 1:00: Photography Class 1:00: Pinochle 2:30: Pool Table Open 9:00 am to 2:00 pm: Haircuts with Terri 5:00 Barre Fusion 6:15 pm: NO Zumba Evening Class w/Wendy 6:30 Healthy and Fit Nutrition Class	24 May 8:15 Gentle PiYo 9:30: Beg. SS Stability Ball Class 10:30: Chair Yoga 11:00: Grab & Go Meal Pick Up 11:30 Family Support Group 1:00: Circle of Hope 1:00 RED NECK Life Game (Please pre-register) 1:00 Crafting with Liz – Molded Soy Candles 5:15 pm: Pumping Iron 2	25 May 8:15: Strong & Fit for Life 9:45: Movement Class I 10:00: Stress Mgmt Class 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 1:00: Gathering Place Outreach Group Meeting 1:00: Pinochle 1:00: Mahjong  9:00 am to 2:00 pm: Haircuts with Laureen  6:15 Walk with Wendy	26 May 9:00: Barre Fusion 10:00 Fun Friday – Bubble Mug 10:00: Alzheimer's Support Group 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00 Beginner Line Dancing for FUN 2:00 Magic Show	27 May 9:00: Pool Table Open 10:00: Zumba  Center Closes at 2:00 pm
29 May CENTER CLOSED FOR MEMORIAL DAY 	30 May 8:15: Strong & Fit for Life 9:45: Movement Class 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 1:00 Pool Table Open 1:00: Pinochle 9:00 am to 2:00 pm: Haircuts with Terri  5:00 Barre Fusion 6:15 pm: Zumba Evening Class w/Wendy	31 May 8:15 Gentle PiYo 9:30: Beg. SS Stability Ball Class 10:30 Chair Yoga 11:00: Grab & Go Meal Pick Up 11:30: Family Support Grp 1:00: NO Circle of Hope 1:00 Intro to Wood Burning 5:15 pm: Pumping Iron 2	1 June 8:15: Strong & Fit for Life 9:45: Movement Class I 10:00: Stress Mgmt Class 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 1:00: Pinochle 1:00: Mahjong 1:00 Pool table OPEN 9:00 am to 2:00 pm: Haircuts with Laureen 6:15 Walk with Wendy Trip to Catskill Casino Resort World	2 June 9:00: Barre Fusion 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00: Beginner Line Dancing for FUN 2:00: Sing Along with Peter 3:00: Rays of Sunshine Practice	3 June 9:00: Pool Table Open 10:00: Zumba Center Closes at 2:00 pm