

“The Gathering Place:
Where Friends
Become Family”

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

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

When I See A Daffodill It Is So Hard Not To Smile...



Usually when March comes along, you can finally see hope that Winter is almost done. However, this year I am a little worried that it might drag on a little since we have been so blessed with a mild winter. As far as our new addition goes, we are very thankful for the weather. We got the floor poured last week and the roof is on, and windows in. Now the contractors can get working on the framing and work inside. They have done a fabulous job as always.

Liz and I have been busy getting the trips for 2023 together. We think you will be pleased with all we have to offer this year. We do have a couple of 3-day trips but they will be so amazing and so worth it. We are working hard to keep the prices reasonable even in this crazy economy. We have the first trips in this newsletter so be sure to look at them and if you are interested, make sure to get your name on the list asap. We are really going to try not to take two buses on any of the trips as it can be quite challenging for behind the scenes, so if you are interested in a trip, don't wait to sign up for them. This year we are going to be very strict with payments as we cannot afford to cover costs for anyone. More details will be in our trip information.

We also wanted to let you know that we will be closing our Cobleskill Everything Shoppe as the Landlord has other plans for the Plaza. We have investigated other options in the area, but none will meet our needs at this time. This does not mean we will never have a Cobleskill Shoppe, we are just going to have to wait until another opportunity presents itself. We are looking at other locations in other areas and will let you know as soon as we finalize our plans. We will also be opening another Everything Shoppe in Conesville hopefully in late spring or early summer this year, thanks to our dear friend and former Board member, Dottie Pickett.. Stay tuned for more information as it becomes available.

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 March! 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.

Also, I am looking for people who would be willing to share what the Gathering Place means to them. We would like to be able to use these comments in our advertising and on our website. We also would like to video any of our members who would be willing to tell their story of what the Gathering Place has done for them. If you are willing to do this for us, please let Liz know.



March 2023 CRAFTS WITH LIZ

Calligraphy and EasterCard Making with Liz

Facilitated by Liz Kosier
Wednesday, March 8th and 15th, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: \$5; Non-members: \$10

Join Liz in using Calligraphy and make 3 Easter cards using our new card making supplies, generously donated to us. No experience necessary! Come join us for this fun class!



St. Patrick's Day or Easter Clay Gnome Making with Liz

Facilitated by Liz Kosier
Wednesday, March 1st, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: \$5; Non-members: \$10

Join Liz in making a cute clay gnome just in time for St. Patrick's Day or Easter. No experience necessary! Come join us for this fun class!



Spring Gnome Fabric Making with Liz

Facilitated by Liz Kosier
Wednesday, March 29th, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: \$5; Non-members: \$10
Make your own Spring fabric Gnome.
Learn to cut out a pattern, sew, and embellish your own gnome. No experience necessary. Come join us for this fun class!



Easter and/or Spring Jewelry Making with Liz

Facilitated by Liz Kosier
Friday, March 22nd, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: \$5 or \$10 for set; Non-members: \$10 or \$15 for set

Join Liz in making beautiful Easter and/or Spring Jewelry No experience necessary! Come join us for this fun class!



Saturday Classes:

February Paint and Snack w/Liz
Saturday, March 18th, 2023
10:00 am to 12:00 pm
Activity Room B
Cost: \$20

Join us to paint this beautiful Moose in a Lake painting. This is great to share with your loved ones. Join us for lots of laughter, creativity, and snacks!

Deadline to register is 3/15/2023!



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, March 10th, 2023 Fluid Pour - Your Choice

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

Deadline to register is 3/8/2023!

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



Friday, March 24th, 2023 Pottery Painting Your Choice

10:00 to 11:15 am
Activity Room B
Cost: See Liz for details

Deadline to register is 3/22/2023!

Join us in picking out a piece of pottery and paint it. This makes a great gift. Pre-registration is required by calling the Gathering Place front desk.



March 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
Friday, March 3rd, 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, March 10th, 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*****

Living Well with Chronic Disease-Free 6-Week Series

Facilitated by OFA and Bassett
Tuesdays
9:00 to 11:00 a.m.
Board Room
Cost: Free
Are you tired, anxious or in pain? Are you unsure about how to best handle an ongoing health condition? Join us and discover fresh, practical ways to live better and healthier. Learn the tools to manage and take control of your health. Please sign up early - only 12 spots available - call front desk to register.

*****NEW*****

Communicating with Dogs

Facilitated by Andrea Dugan, AAS and canine coach
Mondays, March 20th, 2023
1:00 to 3:00 p.m.
Activity Room A
Cost: Free
Learn ways dogs communicate with us and better ways to communicate with them. This 2-hour Power Point presentation is given by one of our members, professional dog trainer, Andrea Dugan.



*****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.



*****SPECIAL EVENT*****

Gathering Place's 1ST Annual Soup and Chili Cookoff-Rescheduled!

Facilitated by Liz Kosier
Friday, March 24th, 2023
1:00 to 3:00 p.m.
Activity Room A
Cost: Free

Make your best chili or soup recipe to share and have judged by our famous International Judges! There will be prizes and special recognition for the top 5! We hope you can join us for this fun and yummy event!



March 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.



Healthy & Fit Challenge

Facilitated by Alison Smith
Challenge includes Nutrition Classes, Weigh Ins, Boot Camp, and any other exercise classes offered at the center.
Multipurpose Room
Cost for this 12-week program is \$175.00; Silver Sneakers Members cost is \$100.00; and Non-Member cost is \$200.00.

Looking to lose weight and improve your overall health? Then this challenge is for you. Throughout each week you will be encouraged to take part in two strengthening classes, an exercise boot camp, nutrition class, and weigh in. Join Alison on this journey to better health and wellness!



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.



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.



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 be offered on Tuesday evenings at 5:15 pm!



NEW

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.



March 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 hair stylists, Laureen who is available on Thursdays from 9:00 to 2:00 p.m. in January. She provides 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 w/ Gretchen

Facilitated by Gretchen Cosgrove
Monday, March 13th, 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
Thursday, March 16th, 2023 @ 11:00 am
Friday, March 31st, 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

****Fridays: 12:00 to 1:00pm****

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!



March Lunch and a Movie

Facilitated by Liz Kosier

Monday, March 27th, 2023

12:00 to 3:00 p.m.

Activity Room A

Cost: \$3

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. The Movie this month will be "Top Gun Mavrick". Pre-registration is required for this event.



One on One Family Research

Facilitated by Kim Page

Monday March 13th, 2023

Appointment Times: 1:30 and 3:00 pm. and

Thursday, March 30th, 2023

9:30 am and 11:00 am

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, March 13th, 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, March 7th and Tuesday, March 21st, 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.



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 518-295-2001. 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 518-295-2001.

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, March 24th, 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.



Pinocle Group

Tuesdays and Thursdays

1:00 to 4:00 pm

Activity Room A

Cost: None

Pinocle 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!



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 April 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 April 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 19th century in China and is played in groups of four.



Defensive Driving Course

Defensive Driving Class

Facilitated by Linda Karpovich

Monday, March 6th, 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.



NEW

End of the Week Friday Lunches by Rubbin Butts

We are happy to announce partnering with Rubbin Butts to provide another lunch option on Fridays. There will be lunch choices each week for you to choose from. The cost is \$10 per lunch and will be delivered to the Center by 11:00 am. Weekly menus will be available at the Front Desk and are emailed out to our members who have emails on



Technology Help Desk

Monday, Wednesday, and Saturday Mornings **by appointment only!**

Computer Lab

Cost: None

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

Our Partnership with Sarah Hoose and her Green Lunches!

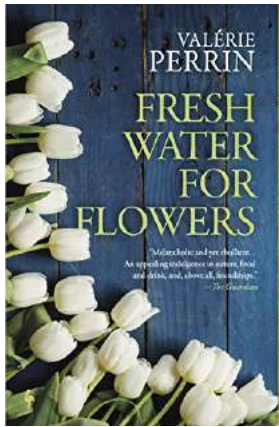
We are so happy to have partnered with Sarah Hoose in bringing healthy lunches to the Gathering Place five days a week. The cost is \$12 per lunch. Weekly menus are available at the Front Desk and are emailed out to our members who have emails on file. Just call the front desk to order.

Below are a couple of examples of the delicious healthy lunches that Sarah creates every week!



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 February meeting is “Fresh Water for Flowers”, by Valerie Perrin.** 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.



NEW

Stress Management for the Aging Brain

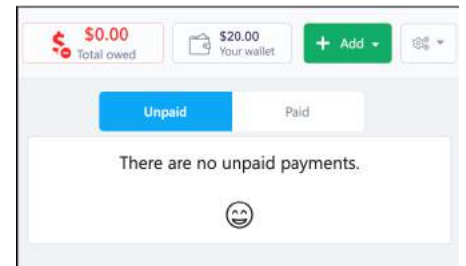
Facilitated by Sandra Marnell - retired RN, Counselor, and Trainer
 Thursdays – 10:00 am to 11:00 am
 Board Room

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

Located in NEW 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.



SAINT PATRICK'S DAY AT THE GATHERING

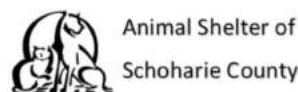
TICKETS; \$13.00
PER PERSON

PLACE

LIVE MUSIC

TRADITIONAL CORNED
BEEF AND CABBAGE
DINNER

MARCH 17TH AT NOON



Senior Fosters for Felines Program



The Gathering Place is so excited to announce our partnership with the Animal Shelter of Schoharie Valley in launching this new program called Senior Fosters for Felines. This program will allow our aging population the opportunity to foster cats from the Animal Shelter of Schoharie Valley. We believe this program will be a huge benefit to both the shelter cats who are looking for a loving home and the aging adult who have love to share. We know this program will be a success for everyone. There will be a contract that will need to be reviewed and signed by the foster person, which will include guidelines to ensure the safety of the animal at all times. Part of this program includes that some or all of the costs of caring for the animal will be covered by the Shelter, including all medical needs of the animal and transportation to and from the veterinarian, as well assistance if necessary, with food, litter, etc. for the animal. In addition, if something should happen to the foster provider and they are no longer able to care for the cat, the Animal Shelter will regain possession. We believe that this program will be such a huge benefit for not only the Shelter cats, but the aging adult who is fostering these wonderful felines. If you are interested in this program, please give your name to the Center's front desk, and we will have a Shelter representative get in contact with you. In addition, the Animal Shelter will also be bringing potential cats needing fostering to the Center a couple days a week. We will let you know when they will be here so that you can meet these wonderful kitties in person.



Cake
Domestic Short Hair
Large, Adult
Howes Cave, NY



Mr. Mittens
Domestic Short Hair
Large, Adult
Howes Cave, NY



Maui
Domestic Short Hair
Medium, Adult
Howes Cave, NY



Juno
Domestic Short Hair
Medium, Adult
Howes Cave, NY



Milton
Domestic Short Hair
Medium, Young
Howes Cave, NY



Jackson
Turkish Van
Large, Adult
Howes Cave, NY



Monica
Domestic Short Hair
Large, Adult
Howes Cave, NY

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 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.



2022-2023

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Thought for the Month

One evening, my mother came home from a long day of work and prepared dinner for the family. As she served the meal, which included eggs, salad, and burnt toast, I couldn't help but notice the burnt toast.

I wondered if my father would be upset about it, but to my surprise, he began to eat the toast with a smile on his face. He even asked me about my day at school. My mother apologized for the burnt toast, but my father reassured her with his kind response, "Honey, I love burnt toast!"

As I went to bed that night, my father came to tuck me in and I asked him if he really liked the burnt toast. He hugged me and explained that my mother had had a hard day and that she put in effort to make dinner for us. He went on to say that burnt toast doesn't matter, but our words and actions do. He reminded me to appreciate the intentions and effort of others, even if things aren't perfect, because no one is perfect.

His words have stayed with me ever since and taught me the importance of kindness and gratitude.

-Author Unknown



We want to take this opportunity to thank our Sponsors for all of their continued support of the Gathering Place: (Continued from Previous Page)



- Lawn Mowing & Ground Maintenance
- Snow Removal
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- Tree Removal & Trimming
- Excavation -Brush Hogging -York Raking



**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 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
Cobleskill, NY

115 Plaza Lane, Store #8
Cobleskill, NY 12043

518-254-0181

Hours:
Tues thru Sat 10:00 AM to 3:00 PM
Friday's open until 5:00 PM

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



2023 Bus Trips



We are happy to share with you our upcoming bus trips for 2023. These are the ones we have confirmed and have pricing on. The rest of the bus trips will be listed in our April Newsletter so be sure to watch out for them. Liz and I have worked really hard to come up with some fun and interesting trips for all of you. Please note that this year, we are going to need payment by the date listed in order for you to remain on the bus trip listing. We have to do this as I explained in my opening note that we cannot afford to cover costs if someone decides to back out. In addition, our minimum to do the trip is now 40. In other words, we need to have at least 40 people confirmed or we will not be able to do the trip. I think we will be fine as we have now over 850 members so our odds are good. As soon as I have the information on the rest of the trips I will share the information with you. If you have any questions, please feel free to contact Liz or Kim.

Wednesday, April 19th, 2023

Bus Trip to Silver Birches in Hawley, PA. Dinner and a show. Join us for this lovely ride to the Silver Birches Resort in Hawley, PA. Upon arrival we will be treated to coffee and Apple Streusel Cake. From 11:30 to 12:30 there will be live music and dancing, along with an open bar with draft beer, wine, and soda. At 12:30 you will be treated with a buffet style menu consisting of coffee cake, broccoli salad, house baked bread, roasted pork loin, wild rice pilaf, all beef meatloaf with gravy, Yukon mashed potatoes, green bean salad, chef's roasted vegetables, and cinnamon raisin rice pudding. Then at 2:00 pm, you will be entertained by the Country Classics show - be sure to wear your dancing shoes, as this is one show you won't take sitting down. Cost for this wonderful trip is \$110 for members and \$125 for non-members (please note driver gratuity is included in this price). Payment Due Date is March 15th, 2023. Contact the front desk to register.

Wednesday, May 10th through Thursday, May 11th, 2023

Bus Trip to Lancaster, PA to the Sight and Sound Theater to see "Moses". We will depart on Wednesday, May 10th and head to our first stop of the day, The Bird in Hand Market - arriving at 2:30 pm. We will depart the market at around 4:00 pm and head to The Eden Resort hotel for check-in. We will depart from the hotel at 6:00 pm and head to Miller's Smorgusboard for an amazing all you can eat buffet dinner. After dinner we will go back to the resort for either some time at the two restaurants within the resort, pools, etc. or just go back to your room for a good night's rest. In the morning on Thursday, May 11th, we will have a full buffet breakfast at the resort before departing for the 11:00 show at the World famous Sight and Sound Theater where we get to see "Moses". For anyone who has not gone to the Sight and Sound Theater, this is an amazing show with live animals and talented singers who will bring the books of the Bible to life! You will not be disappointed! After the show, we will head out on our bus and go to a late lunch at Cracker Barrel Restaurant. Cost for this wonderful trip is as follows: For Members the prices are: Single - \$375; Double - \$310; Triple - \$290; and Quad is \$280. For non-members the cost is as follows: Single - \$390; Double - \$325; Triple - \$305; and Quad - \$295. Payment Due Date is April 10th, 2023. Contact the front desk to register.

Wednesday, May 31st, 2023

Bus Trip to Resorts World Catskills Casino and Resort in Monticello, NY. We will head to this beautiful Casino for a day of fun, slots, games, shopping, and a delicious buffet luncheon. Price includes transportation, \$25 free slot play, and a buffet luncheon. Cost for this trip is \$50 for members and \$60 for non-members. Payment Due Date is April 20th, 2023. Contact the front desk to register.

Thursday, November 16th through Saturday, November 18th, 2023

Bus Trip to Lancaster, PA to the Sight and Sound Theater to see "The Miracle of Christmas". Depart the Gathering Place on Thursday and head to the Sight and Sound Theater in Lancaster, PA to see this amazing show (3:00 showtime). After the show, we will head to Millers Smorgusboard for an amazing all-you-can-eat buffett dinner. We will then head to our hotel - Double Tree by Hilton for a great night of rest. On Friday, we will have a buffet breakfast at the hotel and then head out for a guided tour and stops at various Amish homes and markets. We will then have lunch at the Kitchen Kettle on your own. At approximately 2:30 we will head back to the hotel for some rest and relaxation. We will then depart at 5:30 pm for the Dutch Apple Dinner Theater where we will enjoy a delicious buffet dinner and then be entertained by "A Christmas Carol Show." On Day three, we will again have a buffet breakfast at the hotel and then depart and head to the National Christmas Center where you can shop and be inspired by the beautiful Christmas decorations and all the things to see there. We will then depart for Hershey, PA and visit Chocolate World and have lunch on your own. We will then depart for home. Cost for this amazing trip is as follows: Single - \$795.00; Double - \$615; Triple - \$555; and Quad - \$525.00. Non-members: Single - \$820; Double - \$640; Triple - \$580; and Quad - \$550. Payment is due by October 15th, 2023. Contract the front desk to register.


More trips to come in the next newsletter!!! Stay tuned!!!

The Gathering Place 50 Plus Community Center

Yellow means change or new item

March 2023 Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27 February 9:00: Inter. Line Dancing 9:00: Yoga 10:30: Silver Sneakers Classic 11:00: Ann Thayer Office Hours 1:00: Powerful Tools for Caregivers Series 1:00 pm: Pool Table Open Open 1:30: One-on-One Family Research w/Kim 2:00 pm: Board Meeting 5:15 pm: Pumping Iron 6:25 pm: Zumba Toning</p>	<p>28 February 8:15: Strong & Fit for Life 9:45: Movement Class I 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 12:00: Lunch & a Movie 1:00: Pinochle 6:15 pm: Zumba Evening Class w/Wendy</p>	<p>1 March 9:30: Beg. SS Stability Ball Class 10:30: SS Chair Yoga 11:00: Grab & Go Meal Pick Up 11:30: Family Support Grp 1:00: Circle of Hope Grp 1:00 Pool Table Open 1:00: St. Patrick's Day or Easter Clay Creations w/Liz 5:15 pm: Pumping Iron 2</p>	<p>2 March 8:15: Strong & Fit for Life 9:45: Movement Class I 10:00: Stress Mgmt Class II 11:00: Grab & Go Meal Pick Up 1:00: Pinochle 1:00: Mahjong 9:00-2:00 Hair Cuts with Laureen</p>	<p>3 March 9:00: Barre Fusion 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00: Beg. Line Dancing 1:00 Outreach Meeting 3:00: Rays of Sunshine Practice</p>	<p>4 March 8:30 Healthy and Fit Boot Camp 9:00: Pool Table Open 9:30 Healthy and Fit Challenge Weigh In 10:00: Zumba 10:00: Sons of Union Veterans Mtg Pool Table 10-2pm Center Closes at 2:00 pm</p>
<p>6 March 9:00: Inter. Line Dancing 9:00: Silver Sneakers Yoga 9:30 Defensive Driving Course 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 1:00 Tai Chi for Arthritis 1:00: Pool Table Open 5:15 pm: Pumping Iron 6:25 pm: Zumba Toning</p>	<p>7 March 8:15: Strong & Fit for Life 9:00 Living Well with Chronic Disease 9:45: Movement Class I 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 1:00: Pinochle 1:00 Intro to Photography with Kim Walton 2:00: Pool Table Open 5:00 Barre Fusion Evening Class 6:15 pm: Zumba Evening Class w/Wendy 6:30 Healthy and Fit Challenge Nutrition Meeting</p>	<p>8 March 9:30: Beg. SS Stability Ball Class 10:00 SS Chair Yoga 10:00: Calligraphy & Card Making w/Liz 11:00: Grab & Go Meal Pick Up 11:30: Family Support Grp 1:00: NO Circle of Hope Grp 1:00: Young at Heart Senior Club Meeting-New Members welcome 1:00: Pool Table Open 5:15 pm: Pumping Iron 2</p>	<p>9 March 8:15: Strong & Fit for Life 9:45: Movement Class I 10:00: Stress Mgmt Class II 11:00: Grab & Go Meal Pick Up 1:00: Pinochle 1:00: Mahjong 1:00 Pool Table Open 9:00-2:00 Hair Cuts with Laureen</p>	<p>10 March 9:00: Barre Fusion 10:00: Fun Friday Craft- 10:00: Piano Lessons 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00: Beg. Line Dancing 1:00: Pool Table Open 3:00: Rays of Sunshine Band Practice</p>	<p>11 March 8:30 Healthy and Fit Challenge Boot Camp 9:00: Pool Table Open 9:30: Healthy and Fit Challenge Weigh In 10:00: Zumba Pool Table 10-2pm Center Closes at 2:00 pm</p>

The Gathering Place 50 Plus Community Center			Yellow means change or new item			March 2023 Calendar of Activities		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<p>13 March</p> <p>9:00: Inter. Line Dancing</p> <p>9:00: Silver Sneakers Yoga-Rm A</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>1:00: Tai Chi for Arthritis</p> <p>1:00: Beg. Crochet w/Deb</p> <p>1:00: Pool Table Open</p> <p>1:30 and 3:00 One on one Genealogy with Kim P</p> <p>10:00: Light Touch Massage w/Gretchen</p> <p>5:15: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>14 March</p> <p>8:15: Strong & Fit for Life</p> <p>9:00 Living Well with Chronic Disease</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>1:00 Pinochle</p> <p>3:00: Book Club</p> <p>5:00 Barre Fusion Evening Class</p> <p>6:15 Zumba Evening</p> <p>6:30 Healthy and Fit Nutrition Meeting</p>	<p>15 March</p> <p>8:00 Chamber Breakfast Event</p> <p>9:30: Beg. SS Stability Ball Class</p> <p>10:00: Smart Phone Tech Class for Android w/Gretchen</p> <p>10:30: SS Chair Yoga</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>11:30: Family Support Grp</p> <p>12:00: Veterans Monthly Luncheon – Private Group</p> <p>1:00: Circle of Hope Grp</p> <p>1:00: Easter Card Making w/Liz</p> <p>5:15 pm: Pumping Iron 2</p>	<p>16 March</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>11:00 Ann Thayer Office Hours</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00: Pool Table Open</p> <p>9:00-2:00 Hair Cuts with Laureen</p>	<p>17 March</p> <p>9:00: Barre Fusion</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>12:00: No Line</p> <p>Dancing due to Event</p> <p>St. Patrick's Day Buffet</p> <p>12-2:00-Please purchase tickets prior to this event.</p> 	<p>18 March</p> <p>8:30 Healthy and Fit Challenge Boot Camp</p> <p>9:00: Pool Table</p> <p>Open</p> <p>9:30: Healthy and Fit Challenge Weigh In</p> <p>10:00: Zumba</p> <p>10:00 Paint and Snack with Liz</p> <p>Pool Table 10-2pm</p> <p>Center Closes at 2:00 pm</p>			
<p>20 March</p> <p>9:00: Inter. Line Dancing</p> <p>9:00: Silver Sneakers Yoga-Rm A</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>1:00: Tai Chi for Arthritis</p> <p>1:00: Communicating with Dogs</p> <p>1:00: Pool Table Open</p> <p>5:15: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>21 March</p> <p>8:15: Strong & Fit for Life</p> <p>9:00 Living Well with Chronic Disease</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>1:00: Pinochle</p> <p>1:00 Intro to Photography with Kim Walton</p> <p>2:30: Pool Table Open</p> <p>5:00 Barre Fusion Evening Class</p> <p>6:15 Zumba Evening</p> <p>6:30 Healthy and Fit Nutrition Meeting</p>	<p>22 March</p> <p>9:30: Beg. SS Stability Ball Class</p> <p>10:30: SS Chair Yoga</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>11:30: Family Support Grp</p> <p>1:00: NO Circle of Hope</p> <p>1:00 Pool Table Open</p> <p>1:00: Spring and Easter Jewelry Making w/Liz</p> <p>5:15 pm: Pumping Iron 2</p>	<p>23 March</p> <p>8:15: Strong & Fit for Life</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>1:00: Pool Table Open</p> <p>9:00-2:00 Hair Cuts with Laureen</p>	<p>24 March</p> <p>9:00: Barre Fusion</p> <p>10:00: Fun Friday Craft-</p> <p>10:00: Alzheimers Support Group-Rm A</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>12:00: Beg. Line</p> <p>Dancing</p> <p>1:00: Pool Table Open</p> <p>3:00: Rays of Sunshine Practice</p>	<p>25 March</p> <p>8:30 Healthy and Fit Challenge Boot Camp</p> <p>9:00: Pool Table</p> <p>Open</p> <p>9:30: Healthy and Fit Challenge Weigh In</p> <p>10:00: NO Zumba</p> <p>Pool Table 10-2pm</p> <p>Center Closes at 2:00 pm</p>			
<p>27 March</p> <p>9:00: Inter. Line Dancing</p> <p>9:00: Silver Sneakers Yoga-Rm A</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>12:00 Lunch and a Movie</p> <p>1:00: Tai Chi for Arthritis</p> <p>1:00: Pool Table Open</p> <p>2:00: Senior Council Board Meeting</p> <p>3:00 MVP presentation - Medicare</p> <p>5:15: Pumping Iron</p> <p>6:25 pm: Zumba Toning</p>	<p>28 March</p> <p>8:15: Strong & Fit for Life</p> <p>9:00 Living Well with Chronic Disease</p> <p>9:45: Movement Class I</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>1:00: Pinochle</p> <p>2:30: Pool Table Open</p> <p>5:00 Barre Fusion Evening Class</p> <p>6:15 Zumba Evening</p> <p>6:30 Healthy and Fit Nutrition Meeting</p>	<p>29 March</p> <p>9:30: Beg. SS Stability Ball Class</p> <p>10:30: SS Chair Yoga</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>11:30: Family Support Grp</p> <p>1:00: Circle of Hope Grp</p> <p>1:00 Pool Table Open</p> <p>1:00: Pumping Iron 2</p> <p>5:15 pm: Pumping Iron 2</p>	<p>30 March</p> <p>8:15: Strong & Fit for Life</p> <p>9:30 and 11:00 One on one Genealogy with Kim P</p> <p>9:45: Movement Class I</p> <p>10:00: Stress Mgmt Class</p> <p>11:00: Movement Class II</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>1:00: Pinochle</p> <p>1:00: Mahjong</p> <p>9:00-2:00 Hair Cuts with Laureen</p>	<p>31 March</p> <p>9:00: Barre Fusion</p> <p>10:00: Ann Thayer Office Hours</p> <p>10:30: Silver Sneakers Classic</p> <p>11:00: Grab & Go Meal Pick Up</p> <p>12:00: Beg. Line</p> <p>Dancing</p> <p>3:00: Rays of Sunshine Practice</p>	<p>1 April</p> <p>8:30 Healthy and Fit Challenge Boot Camp</p> <p>9:00: Pool Table</p> <p>Open</p> <p>9:30: Healthy and Fit Challenge Weigh In</p> <p>10:00: Zumba</p> <p>Pool Table 10-2pm</p> <p>Center Closes at 2:00 pm</p>			