



Volume 5 - Issue #7

July 2023

“The Gathering Place:
Where Friends
Become Family”

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

gatheringplace50plus.org

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

Welcome Summer...



What a busy couple of months it has been! We finally were able to open our new Sharon Springs Everything Shoppe at 209 Main Street, Sharon Springs. This shoppe is absolutely beautiful! The building is a historical treasure and has been very well kept. There is beautiful mahogany woodwork throughout the shoppe and our staff is ready to greet you. We are taking donations during shoppe hours which are Tuesday through Saturday, 10:00 am to 3:00 pm. Please stop by and take a peak! Of course remember our beautiful Middleburgh Shoppe is also open the same days and hours at 312 Main Street, Middleburgh.

Our Conesville and Cobleskill Everything Shoppes are also being worked on so that we can get them open by Fall. We will then have four beautiful Everything Shoppes to serve our community even better!

We have signed the lease on our brand new Oneonta Gathering Place 50 Plus Community Center, located at 5506 State Highway 7, Oneonta, NY - just down the street from Brooks. Our Advisory Board has been busy getting the word out and trying to fundraise to support this new endeavor. We are so excited and are planning on having an Open House at the end of August, 2023, and hopefully opening the doors officially on September 1st! Stay tuned as we move forward with this great addition!

We have four Senior Council Board positions that will need to be filled, with a term starting October 1, 2023 - September 30, 2025. If you think this would be something you would like to be a part of, please pick up a Board Member application at the front desk. We meet once a month on the 4th Monday at 2:00 pm. at The Gathering Place. Our Board is who is responsible for the not-for-profit that is over everything we do. You must be a Gathering Place member to apply for a Board Position. And you get to work with me! If you have any questions, please feel free to stop by and see me.

As always, if you have any questions or need any assistance, please feel free to contact either me, Liz, Nancy, or Mandy at 518-823-4338.

-Kim Witkowski, Executive Director

Please Join Me in
Congratulating Liz Kosier and
Nancy Becker on their 1st Year
Anniversary for being part of
The Gathering Place!

We could not run this
wonderful place without these
two absolutely wonderful
people! Liz's energy and
creativity is beyond compare,
and Nancy's compassion and
empathy for all of our
members is what helps to
make the Gathering Place so
special! Make sure to stop
and say Thank You to them
when you see them!



July 2023 CRAFTS WITH LIZ

Flower or Nature Coasters w/Liz

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

Join Liz in making a six flower or nature coasters using the dot mandala technique. Finish this lovely set with a wooden holder. This makes a great gift or fun project to keep. No experience necessary! Come join us for this fun class! Please note this class has limited space - ONLY 7 sets available so sign up quick!



Open Art Studio with Liz

Facilitated by Liz Kosier
Every Tuesday
12:00 to 3:00 p.m.
Activity Room B
Cost: Members: Depends on Project
Join Liz in our wonderful Craft Room to work on your own projects. Start a new project that you might have missed or finish something up. Call to reserve your spot and let Liz know what you will be doing. Please note there is a limit of 6 spots each week.

Glass Painting with Liz

Facilitated by Liz Kosier
Wednesday, July 12th, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: \$10 ; Non-members: \$20
Join Liz in learning how to use speciality glass paints to create a beautiful glass votive holder. This class is limited to 8 spots. No experience necessary! Come join us for this fun class!



Elaborate Card Making w/Liz

Facilitated by Liz Kosier/Geraldine
Wednesday, July 18th, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: \$5 for 2 cards; Non-members: \$10
Join Liz and her friend, Geraldine, to start making elaborate cards for Christmas. Try upping your card making skills to use layers of die cuts to make incredible, fun designs.



Flower pendant making w/Liz

Facilitated by Liz Kosier
Wednesday, July 26th, 2023
1:00 to 3:00 p.m.
Activity Room B
Cost: Members: \$5 each; Non-members: \$10
Learn to mix and pour resin to create this beautiful flower pendant. It's never too early to start making your holiday gifts. No experience necessary. Come join us for this fun class!



Saturday Classes:

May Paint and Snack w/Liz

Saturday, July 22nd, 2023
10:00 am to 12:00 pm
Activity Room B
Cost: \$20; non-member: \$25
Join us to paint this beautiful painting of an eagle overlooking a lake and mountains. This is great to share with your loved ones. Join us for lots of laughter, creativity, and snacks!
Deadline to register is 7/20/2023!



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, July 14th, 2023

Watermelon Bowl or Plate

10:00 am to 11:15 am
Activity Room B
Cost: \$20; Non-member: \$25

Deadline to register is 7/12/2023!

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



Friday, July 28th, 2023

Fused Glass Suncatcher

10:00 to 11:15 am
Activity Room B
Cost: \$20; Non-member: \$25

Deadline to register is 7/26/2023!

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



July 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.

Gathering Place Outreach Group

Facilitated by Liz Kosier
Thursday, July 20th, 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!

Gathering Place Hiker Club with Alison & Kathy

Facilitated by Alison Smith/Kathy Slater
Date: Tuesday, July 25th, 2023 at 11:30am
Where: Christman Sanctuary located at 3281 Schoharie Turnpike, Delanson, NY
Cost: Free

Join Alison and the group at the Christman Sanctuary in Delanson, NY. Parking is an issue, so a suggestion of carpooling either from the Gathering Place or Schoharie Park and Ride. Take Route 7 East to Quaker Street and continue slight right on Schoharie Turnpike (Rt. 74). The Sanctuary is 3 miles on the right from Quaker Street, and a total of about 10 miles from the Schoharie Park and Ride. Bring tick spray and sunscreen, although the tick spray is more important at this location! Also there is no picnic facilities here, and one has to drive to the nearest restaurant, so please plan accordingly.



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

Monthly Meet and Greet Coffee Hour

Facilitated by Liz Kosier
Thursday, July 13th, 2023
9:00 am
Nick Juried Great Room
Cost: Free
Join Liz to to Welcome our newest members to our Gathering Place family. We encourage our current members to join us in meeting and welcoming our newest additions. Coffee, tea, and breakfast pastries will be served.



NEW

Rainbow Folk Support Group

Facilitated by Vern Hall
Monday Evenings, beginning June 5th, 2023
5:00 to 6:00 p.m.
Board Room
Cost: Free

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



NEW

Low Impact Zumba by Wendy

Facilitated by Wendy Miller
Wednesdays beginning July 5th, 2023
9:30 am to 10:15 am
Multipurpose Room
Cost: Members: \$5;
Non-members: \$7
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.

NEW

Wendy will also be doing some pop-up Zumba Classes while Alison is away: Dates are: Monday, July 3 from 10:30-11:30; Friday, July 7, from 9:00-10:00am.

July 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.



*****New*****

Walk and Weights

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 in lap walking outside the Center on a stable surface interspersed with strength work between laps. Enjoy the beautiful outdoors (or indoors if it is raining) walking together before it gets too hot!



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. Intermediate 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 Stability Ball Class

*****Change of Day and Time***

Facilitated by Denise Kelly
Mondays: 12:00 to 12:45 pm

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. Intermediate Level. This class is Silver Sneakers Eligible.

Gentle PiYo is Back!!!

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

Cost: Members - \$5/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. Intermediate Level. Your instructor can modify exercises for your fitness level.



July 2023 Programs and Activities at the Gathering Place – Continued

Silver Sneakers 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.



Silver Sneakers 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, July 10th, 2023 and July 24th, 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.



*****NEW*****

OREGON TRAIL GAME

Facilitated by Kim Page
Wednesday, July 12th, 2023 at 1:30 pm
Activity Room A

Cost: Free

Come join us for this fun and interactive game. A group of 2-6 people play this collaborative board game which simulates a trip over the Oregon Trail in 1847. Everyone playing is working together to get from Missouri to Oregon without everyone in the group dying a gruesome 19th century death. The goal is to have at least one member of the wagon party survive. If so, then we win. To join this fun event, please let the front desk know you are interested.



Line Dancing for Fun!

Facilitated by Linda Aernecke/TBD

Fridays at 12:00 noon

Multipurpose Room

Cost: No Cost-**Open only to Members**

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



July Lunch and a Movie

Facilitated by Liz Kosier

Monday, July 17th, 2023

12:00 to 3:00 p.m.

Great Room

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. The movie will be About My Father starring Robert DeNiro. Come in and spend some time laughing, enjoying a meal together, and watching a great movie. Pre-registration is required for this event.



New

Parkinson's Support Group

Facilitated by Office for the Aging

Date and Time: Tuesday, July 25th, 2023 at 1:00 to 2:00 pm

Multipurpose Room

Cost: Free

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



One on One Family Research

Facilitated by Kim Page

Date and Time: TBD

Computer Lab

Cost: Free-**Open only to Members**

Looking for a certain person, this is your chance to find them! Join Kim as she introduces you to researching ancestry and the tips and tools that can help you with your search. You will learn tools, techniques, and so much more. Call the front desk to register for an appointment. Please note that you will need to 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, July 24th, 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, July 11th and Tuesday, July 25th, 2023

1:00 to 2:30 pm

Multipurpose Room

Cost: Free -**Open only to Members**

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



Learn to Play Piano - Private Lessons with Rebecca

Facilitated by Rebecca

Friday, July 7th, 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

BINGO

Facilitated by Liz Kosier

Friday, July 14th, 2023 and Monday, July 24th, 2023

1:00 to 3:00 p.m.

Activity Room A

Cost: Free

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



Overall Wellness Addiction and Mental Health Support Group

Facilitated by SCCASA

Every Wednesday

11:30 am to 12:30 p.m.

Board Room

If you have questions or concerns about Substance Abuse Disorders, the Recovery process or how Mental 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

Now weekly and in-person

Nick Juried Great Room

Cost: None

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



Alzheimer's Support Group for Schoharie County.

Facilitated by Ann Marie Thayer

Friday, July 28th, 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

Nick Juried Great 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-Open only to Members

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!



New

Sing-A-Long with Peter Enders

Facilitated by Peter Enders

Fridays at 2:00 pm

Nick Juried Great Room

Cost: Members – No Cost **Open only to Members**

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-Open only to 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 -Open only to 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: Open only to Members

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



Defensive Driving Course

Defensive Driving Class

Facilitated by Linda Karpovich

Monday, September 18th, 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

No Class in July

Activity Room A

Cost: Free to Members (Open only 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-Open only to Members

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.

NEW

Meet Jubilee and her service dog used for stability

Jubilee Schmid journeyed from China to the United States to be with her forever family at the age of five, and currently resides in Howes Cave, NY. She is the youngest of five children, having three brothers and an older sister. At an early age it was discovered Jubilee was born with a number of birth defects resulting in chronic health issues. She endured nine surgeries to stabilize her health all the while excelling at her studies as a homeschooler which accommodated her vast medical needs and allowed her to pursue her passions.

Sydney, the service dog, entered Jubilee's life at the age of fifteen after her parents began exploring ways for her to be able to experience life beyond a wheelchair. They found a connection with Amazing Tails in Oxford, PA where Jubilee and Sydney were paired and began their life of service. Since then Jubilee and Sydney have been vocal advocates for service dog education as motivational speakers at public and private events.



Monthly Book Club

Facilitated by Crickit Rockwell

Monthly – Second Tuesday

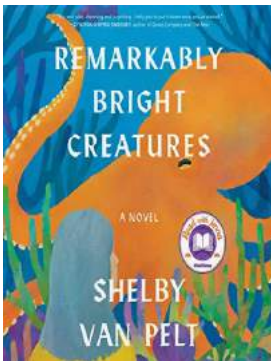
3:00 to 4:00 pm

Board Room

Cost: None-Open only to Members

The Book Club is more than a reading group. It is also a great time to socialize, make new friends. Under New Management, we will be reading the same book together. **The book for the September meeting is “Remarkably Bright Creatures”, by Shelby VanPelt.** Please join us for some great discussion about this book and time for sharing. See you then!

Please note: There will be no Book Club in July or August. We will resume in September.



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

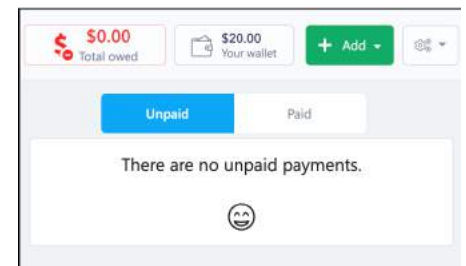
Cost: Members - \$3/class; Non-members - \$5/class

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.



Join us for a fun Pool Tournament on July 27th, at 1:00 pm!

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-Open only to Members

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



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!

**Join us for a Meet and Greet for One of Our Local Authors
on Wednesday, July 12th at 11:00 am at The Gathering Place**

Niamh and Rebecca Schmid are a sister-in-law duo who grew up writing at the Schoharie Free Library. They write in the genres of fantasy, steampunk, and sci-fi, and have self-published five books. They are currently working on publishing their eight book series, A Daughter's Ransom, which explores three unique worlds and eventually ties them together in an exciting, world-colliding climax.



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 online, 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:

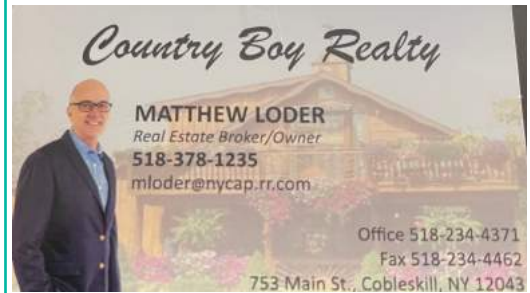


The Nicholas J. Juried Family Foundation



A plan for life.

wellcare™



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

Thought for the Month

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



Barely the day started and... it's already six in the evening.
Barely arrived on Monday and it's already Friday.
... and the month is already over.
... and the year is almost over.
... and already 40, 50 or 60 years of our lives have passed.
... and we realize that we lost our parents, friends.
and we realize it's too late to go back...
So... Let's try, despite everything, to enjoy the remaining time...
Let's keep looking for activities that we like...
Let's put some color in our grey...
Let's smile at the little things in life that put balm in our hearts.
And despite everything, we must continue to enjoy with serenity this
time we have left. Let's try to eliminate the afters...
I'm doing it after...
I'll say after...
I'll think about it after...
We leave everything for later like " after " is ours.
Because what we don't understand is that:
Afterwards, the coffee gets cold...
afterwards, priorities change...
Afterwards, the charm is broken...
afterwards, health passes...
Afterwards, the kids grow up...
Afterwards parents get old...
Afterwards, promises are forgotten...
afterwards, the day becomes the night...
afterwards life ends...
And then it's often too late....
So... Let's leave nothing for later...
Because still waiting see you later, we can lose the best moments,
the best experiences,
best friends,
the best family...
The day is today... The moment is now...

We are no longer at the age where we can afford to postpone what
needs to be done right away.

-Author Unknown



**YOUR DONATIONS TO
SCHOHARIE COUNTY
COUNCIL OF SENIOR
CITIZENS, INC. ARE
WELCOME AND TAX-
DEDUCTIBLE!**



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.

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.



Please welcome one of our newest members, Tom. Tom attended our Beginning of Summer Barbeque. Welcome Tom!

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



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

Our New Shoppe is Open!!!

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!



**CELEBRATING
OUR VETERANS**

JULY 19TH, 2023 AT 12 PM

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

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

FREE LUNCH BUFFET

Life Chat

WHAT IS NY CONNECTS?

Join Ashley Benson from our NY Connects Department

Schoharie County Office for the Aging

July 27th at 1:00 pm

The Gathering Place

127 Kenyon Rd. Cobleskill



Creating a plan for the future?

Gather information about how NY Connects long term services and supports can help assist in your planning. Time for questions and answers.

Light refreshments and a door prize



NEW YORK
STATE OF
OPPORTUNITY.

NY Connects
Your Link to Long Term
Services and Supports

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.

Free Public Forum
"Aging In Place"
Town Hall Meeting
Sunday July 16, 2023 at 1:00pm (rsup not required)

Taking care of ourselves, our families and our neighbors. To be as independent and safe as possible at home and in the community.

Guest Speaker - Senator Peter Oberacker
Come Share your questions and concerns.

Sponsored by
Congregation B'nai Israel
347 Wagner Ave
Fleischmanns, New York



FESTIVAL FARMERS MARKET



AT THE GATHERING PLACE

127 KENYON ROAD
COBLESKILL, NY

OUR FESTIVAL FARMERS MARKET OPENS ON
SATURDAYS BEGINNING JULY 8TH, 2023
10:00 AM TO 2:00 PM

WE HAVE BEEF, EGGS, POULTRY, PORK, LAMB,
HONEY, MAPLE, BAKED GOODS, FUDGE, GOAT MILK
SOAPS, WOOL BLANKETS, ARTWORK, AND SO
MUCH FOR ALL FROM OUR LOCAL FARMERS!
WE ALSO WILL BE HAVING A HARVEST INDOOR
MARKET ON SATURDAY, NOVEMBER 4TH AND A
HOLIDAY INDOOR FARMERS MARKET ON SATURDAY,
DECEMBER 9TH, 2023. FOR MORE INFORMATION,
PLEASE CONTACT THE GATHERING PLACE AT
518-823-4338.

We are able to accept SNAP/EBT this season!

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.

Please note we have added a second date to the Alexandria Bay trip due to interest.

Alexandria Bay Luncheon Cruise on Wednesday, August 9th and Friday, August 11th, 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 11th, 2023.**

Essex Connecticut Rail and Sail Trip on Friday, September 1st, 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. This trip is sold out!**

Cape Cod Getaway on September 25 -27, 2023

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 10th – Thursday, October 12th, 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 16th – Saturday, November 18th, 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 16th, 2023.**


SCHOHARIE COUNTY OFFICE FOR THE AGING 518-295-2001

Nancy Ackebauer RDN

Jefferson Community Center 607-652-9075 Spa Ritz 518-284-2883

Cobleskill Grab and Go 518-920-3757

July 2023

<p>3 Italian Marinated Chicken Peppers, Onions & Shrooms Hot Potato Salad Steamed Broccoli Fresh Banana Whole grain bread</p>	<p>4 Happy 4th of July No Meals Served</p> 	<p>5 Hot Dog in a Bun Ketchup and Mustard Baked Beans Buttered Green Beans Carrots Chilled Peaches</p>	<p>6 Savory Baked Fish Wild Rice Stewed Tomatoes Mandarin Spinach Salad Balsamic Dressing Packet Chef's Choice Juice Whole grain bread</p>	<p>7 Roast beef w/ Gravy Mashed Potatoes Harvard Beets Warm Spiced Apples Whole grain bread Fresh Melon</p>
<p>10 Pizza Burger on a Bun Italian Green Beans Cauliflower Apple Juice Chef's Choice Fruit</p>	<p>11 Cheese Omelet Breakfast Sausage Steamed Buttered Potatoes Broccoli Blueberry Oat Muffin Orange Juice Applesauce</p>	<p>12 Meatballs w/ Red Sauce Whole Grain Pasta Buttered Yellow Wax Beans Brussels Sprouts Whole grain bread Blueberry-Peach Cobbler</p>	<p>13 Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Green Cabbage Fresh Melon</p>	<p>14 Baked Mac and Cheese Honey Mustard Chicken Asian Vegetables Chef's Choice Side Salad Whole grain bread Cranberry Juice Angel Food Cake w/ Peaches</p>
<p>17 Spanish Rice Italian Blend Vegetables Fruit Cocktail Whole grain bread Lorna Doone Cookies Grape Juice</p>	<p>18 Chicken Breast with Coconut Curry Sauce Steamed Potatoes Asian Vegetables Tropical Fruit Whole grain bread</p>	<p>19 BBQ Pulled Pork Mashed Sweet Potatoes Warm Cornbread Square Steamed Broccoli Coleslaw Blueberry-Raspberry Cup</p>	<p>20 Turkey Salad Confetti Macaroni Salad Broccoli-Cauliflower Salad Orange Juice Chef's Choice Fruit Whole grain bread</p>	<p>21 Lemon Baked Fish Rice Pilaf Buttered Yellow Wax Beans Plain Beets Whole grain bread Diced Pears</p>
<p>24 American Goulash Whole Grain Pasta California Vegetables Whole grain bread Orange Juice Fresh Banana</p>	<p>25 Turkey Chili Warm Cornbread Square Warm spiced Apples Cucumber & Onion in Sour cream Grape Juice</p>	<p>26 Lemon Garlic Chicken Mashed Potatoes Mediterranean Vegetables Fresh Melon Whole grain bread</p>	<p>27 Egg Salad Sandwich Triple Bean Salad Marinated Tomatoes Chef's Choice Fruit Apple Juice</p>	<p>28 Apple-Plum Chicken Mashed Sweet Potatoes Prince Edward Vegetables Mandarin Oranges Whole grain bread</p>
<p>31 Swedish Meatballs Buttered Egg Noodles Bavarian Cabbage Scandinavian Vegetables Fruit Cocktail, Apple Juice Whole grain bread</p> <p>*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 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.</p>				



Solar Energy

Join the New York Power Authority for a hands-on, no-cost **Solar Energy Education Workshop**

Wednesday, July 26

12:00 p.m. – 2:00 p.m.

Location: **The Gathering Place**
127 Kenyon Road Cobleskill, NY 12043

Contact: **Elizabeth Kosier**
elizabeth@gatheringplace50plus.org
(518) 823-4338

At this workshop, you will receive a **free Weatherization Kit** that includes:

- Squeeze Tube Caulk
- Deluxe Shrink Wrap Window Kit
- Self-Adhesive Weather-strip Foam Tape
- LED Night Lights with Photocell
- Self-Adhesive Door Sweep
- Hot Water Gauge
- Deluxe Shrink Wrap Window Kit
- LED Light Bulb
- Bi Metal Refrigerator Freezer Thermometer
- Smart Power Strip



THE WORKSHOP WILL PROVIDE DIFFERENT WAYS FOR YOU TO SAVE MONEY AND ENERGY!

Food will be provided!

You will learn about solar technology, rooftop and community solar options, financing and incentives. By making informed choices, you will be able to leverage available resources to reduce electricity bills and save money.



For more information:

@ EnvironmentalJustice@nypa.gov
☎ 914-287-3084



Scan Here or Visit
nypa.gov/communities/nypa-engagement/environmental-justice

Environmental Justice  NY Power Authority

SAVE THE DATES!!!

WE HAVE SO MANY THINGS HAPPENING HERE AT THE GATHERING PLACE. WE FIGURED WE WOULD GIVE YOU SOME OF THE CONFIRMED DATES SO YOU CAN “SAVE THE DATE” ON YOUR CALENDARS!

Saturday, July 8th - We will be at the Lily Park Festival in Schoharie

Tuesday, July 11th - Solar for All presented by the Power Authority at the Center

Friday, August 25th - End of the Summer Picnic Celebration at the Center

Friday, September 8th - Comedy Show at the Center

Thursday, September 28th - “Ready, Set, Connect - Connecting the Dots to Long-term Care - presented by Office for the Aging here at the Center

Thursday, October 5th - Our Annual Gathering Place Health Fair with Vendors and Presentations throughout the event


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. HERE IS OUR NICK JURIED MODELING OUR T-SHIRT ALL THE WAY IN TEXAS!



The Gathering Place 50 Plus Community Center

Yellow means change or new item

July 2023 Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 July 9:00: Inter. Line Dancing 9:00 Yoga 10:30: NO Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00 SS Stability Ball Class 1:00: Pool Table Open 5:00 pm Rainbow Folk Support Group 5:15 pm: NO Pumping Iron 6:25 pm: Zumba Toning</p>	<p>4 July Gathering Place is Closed Happy 4th of July! </p>	<p>5 July 8:15 NO Gentle PIYo 9:30 Low Impact Chair Zumba 10:30 Chair Yoga 11:00: Grab & Go Meal Pick Up 11:30: Family Support Grp 1:00: Circle of Hope Grp 1:00: NO Young at Heart Senior Club Meeting 1:00 Crafting with Liz – Dot Mandala Coaster Set 5:15 pm: NO Pumping Iron 2</p>	<p>6 July 8:15: NO Walk and Weights 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</p>	<p>7 July 9:00: NO Barre Fusion 10:00: Piano Lessons 10:30: NO Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00 Beginner Line Dancing for FUN 2:00 Rays of Sunshine Sing Along with Peter 3:00: Rays of Sunshine Band Practice Trip to Hudson River Maritime Trip</p>	<p>8 July 8:15 NO Gentle PIYo 9:00 Pool Table Open 10:00: Zumba 10:00 Festival Farmer's Market Center Closes at 2:00 pm</p>
<p>10 July 9:00: Inter. Line Dancing 9:00: Yoga 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00 SS Stability Ball Class 1:00. Meet Jubilee's Service Dog 1:00: Pool Table Open 10:00: Light Touch Massage or Reiki/Energy Healing Sessions w/Gretchen 5:00 pm Rainbow Folk Support Group 5:15: Pumping Iron 6:25 pm: Zumba Toning</p>	<p>11 July 8:15: Walk and Weights 9:45: Movement Class I 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 11:00 – 2:00 pm OPEN ART Studio 1:00: Pinochle 1:00: Photography Class 1:00 Parkinson's Support Group 1:00 Pool table OPEN 3:00: NO Book Club 9:00 am to 2:00 pm: Haircuts with Terri 6:15 pm: NO Zumba Evening Class w/Wendy</p>	<p>12 July 8:15 Gentle PIYo 9:30 Low Impact Chair Zumba 10:30: Chair Yoga 11:00: Grab & Go Meal Pick Up 11:00 Book Talk with Neive and 11:30: Family Support Grp 1:00: Circle of Hope Grp 1:00 Cobleskill Senior Club Meeting 1:00 Crafts with Liz – Glass Painting on a Tea Light holder 1:30 Oregon Trail Game 5:15 pm: Pumping Iron 2</p>	<p>13 July 8:15: Walk and Weights 9:45: Movement Class I 10:00: Stress Mgmt Class 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 12:00 Narcan Demonstration 1:00: Mahjong 1:00: Pinochle 1:00: Pool Table Open 9:00 am to 2:00 pm: Haircuts with Laureen 6:15 Walk with Wendy</p>	<p>14 July 9:00: Barre Fusion 10:00 Fun Friday – Watermelon Bowl or Plate 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00 Beginner Line Dancing for FUN 1:00 BINGO 2:00 Rays of Sunshine Sing Along with Peter 3:00: Rays of Sunshine Practice</p>	<p>15 July 8:15 Gentle PIYo 9:00: Pool Table Open 10:00: Zumba 10:00 Festival Farmer's Market Center Closes at 2:00 pm</p>

The Gathering Place 50 Plus Community Center			Yellow means change or new item		July 2023 Calendar of Activities	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
17 July 9:00: Inter. Line Dancing 9:00 Yoga 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00 SS Stability Ball Class 12:00 Movie and Lunch 1:00: Pool Table open 5:00 pm Rainbow Folk Support Group 5:15: Pumping Iron 6:25 pm: Zumba Toning	18 July 8:15: Walk and Weights 9:45: Movement Class 10:00 Christmas Card Making with Liz and Geraldine 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 11:00 – 2:00 pm OPEN ART Studio 1:00: Pinochle 1:00: Pool Table Open 9:00 am to 2:00 pm: Haircuts with Terri 6:15 pm: Zumba Evening Class w/Wendy	19 July 8:15 Gentle PiYo 9:30 Low Impact Chair Zumba 10:30: Chair Yoga 11:00: Grab & Go Meal Pick Up 11:30 Family Support Group 1:00: Circle of Hope 12:00 Veteran's Luncheon 5:15 pm: Pumping Iron 2	20 July 8:15: Walk and Weights 9:45: Movement Class I 10:00: Stress Mgmt Class 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 12:00 Gilboa Seniors 1:00: Gathering Place Outreach Group Meeting 1:00: Pinochle 1:00: Mahjong 1:00: Pool Table Open 9:00 am to 2:00 pm: Haircuts with Laureen 6:15 NO Walk with Wendy	21 July 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 Rays of Sunshine Sing Along with Peter 3:00: Rays of Sunshine Band Practice	22 July 8:15 Gentle PiYo 9:00: Pool Table Open 10:00: Zumba 10:00: Paint and Snack with Liz – Eagle Landscape 10:00 Festival Farmer's Market Center Closes at 2:00 pm	
24 July/July 31 9:00: Inter. Line Dancing 9:00 Yoga 10:30: Silver Sneakers Classic(No Class on 7/31) 11:00: Grab & Go Meal Pick Up 12:00 SS Stability Ball Class 1:00 BINGO(Only on 7/24) 1:00: Beg. Crochet w/Deb(Only on 7/24) 1:00: Pool Table Open 10:00: Light Touch Massage or Reiki/Energy Healing Sessions w/Gretchen 1:00 Board Meeting(Only the 24 th) 5:00 pm Rainbow Folk Support Group 5:15: Pumping Iron(No class on 7/31) 6:25 pm: Zumba Toning (NO for 7/24)	25 July 8:15: Walk and Weights 9:45: Movement Class 11:00: Movement Class II 11:00: Grab & Go Meal Pick Up 11:00 – 2:00 pm OPEN ART Studio 1:00: Photography Class 1:00 Pool Table Open 1:00 Parkinson's Support Group 1:00: Pinochle 1:30 One on One Family Research 9:00 am to 2:00 pm: Haircuts with Terri 6:15 pm: Zumba Evening Class w/Wendy	26 July 8:15 Gentle PiYo 9:30 Low Impact Chair Zumba 10:30 Chair Yoga 11:00: Grab & Go Meal Pick Up 11:30: Family Support Grp 12:00 Solar for ALL Meeting 1:00: Circle of Hope 1:00 Crafting with Liz – Resin Pendant 1:30 One on One Family Research 5:15 pm: Pumping Iron 2	27 July 8:15: Walk and Weights 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 Tournament 9:00 am to 2:00 pm: Haircuts with Laureen 6:15 Walk with Wendy	28 July 9:00: Barre Fusion 10:00 Fun Friday – Fused Glass Suncatcher 10:30: Silver Sneakers Classic 11:00: Grab & Go Meal Pick Up 12:00 Beginner Line Dancing for FUN 1:00 Alzheimer's Support Group 2:00 Rays of Sunshine Sing Along with Peter 3:00: Rays of Sunshine Practice	29 July 8:15 Gentle PiYo 9:00: Pool Table Open 10:00: Zumba 10:00 Festival Farmer's Market Center Closes at 2 pm	