

# "EXPERIENCE"

**December 4, 2022**

## **Schoharie County Office for the Aging 518-295-2001**

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***Dear Santa, All I want is a FAT bank account & A Skinny Body.  
PLEASE don't mix it up again like Last Year!***

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Schoharie County Office for the Aging is accepting donations to help bring holiday cheer to homebound older adults in Schoharie County! Some gift ideas include; hats, lap blankets, socks, mittens, tea, easy crafting kits, crossword books - etc. Donations can be brought to our office! If you have any questions - give our office a call & ask for Meg!

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**AARP Defensive Driving Class IS BACK.** January 13, 2023, from 9:00AM to 4:00PM, Course fee \$25.00 AARP Members, \$30.00 Non-AARP Member. Payment by check or Money Order Only made out to AARP. No Cash payments will be accepted. Bring driver's license & AARP Card if member. There will be a 30-minute lunch break. Please arrive 15 to 30 minutes early for registration process. Registration Required 518-295-2001.

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**Powerful Tools for Caregivers classes** help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you! This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

Mondays from 1 pm -2:30 pm starting December 5, 2022. Class will be held IN PERSON at The Gathering Place for 50 Plus Community Center (127 Kenyon Road, Cobleskill) and via ZOOM (same days and times as the in-person class!) We have options! Class size is limited, please RSVP to secure your spot by calling 518-295-2001 and asking for Meg OR by emailing meg.parsons@co.schoharie.ny.us Zoom link will be emailed before November 21! Class facilitators; Meg and Deb.

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**Come Join Us for Life Chat** will be Thursday, December 8th at 2PM at Office for the Aging. It will include a general overview of the Five Wishes document utilized with Hospice, an inner look at our own "bucket list" and a seasonal activity with floral designer, Linda Angell.

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**Office for the Aging has a Medical Equipment loan closet** (Walkers, canes, wheelchairs, etc.) on loan at NO charge to all ages.

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**Important Tax Prep Update:** Our tax site will now have an income threshold for the year 2022, your income must be under \$60,000.