

"EXPERIENCE"

October 27, 2024

Schoharie County Office for the Aging 518-295-2001

Our office will be closed on Tuesday, November 5th, for Election Day, Home Delivered Meals will still be delivered.

Laughter is good for the soul

- Did you hear about the cat that ate a lemon? Now it's a sour puss.
- When does a joke become a dad joke? When it becomes apparent
- How much money does a skunk have? Just one scent.

37th Annual Thanksgiving Dinner - Thursday, November 28, 2024, Reservations must be made by noon on Friday, November 22nd. To reserve a Home Delivered Meal, Please Call the Schoharie County Office for the Aging at 518-295-2001.

HEAP programs opens November 1st: Applications for older adults who are new to the program will be available **after** November 1st at Office for the Aging or you can call to be put on mailing list 518-295-2001.

AARP Defensive Driving Class will be held **November 8, 2024**, 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 your Driver's license & AARP Card if member. There will be a 30-minute lunch break. Please arrive a few minutes early for the registration process. Registration Required 518-295-2001.

Reminder The Parkinson Support Group meets the second Tuesday of every month, at 1PM, the next meeting will be November 12, 2024 at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

November Life Chat: When hearts take over, the impossible happens. Schoharie County Office for the Aging invites you to attend our Life Chat on a presentation from Marathon for a Better Life of Schoharie, Friday, November 15th at 1:00pm. Marathon for a better Life provides relief, support, and encouragement to those fighting cancer in Schoharie County. **Stay tuned for more details** on location to come. Door prize and light refreshments. For Questions or to RSVP contact Lenore Tsamis at 518-295-2001

According to the CDC, living a heart-healthy lifestyle can help prevent you from experiencing serious chronic diseases, like heart disease, diabetes, and some kinds of cancer. Here are the tips they share:

- Know your risks and discuss your health history with your family and doctor.
- Eat more fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- Move more, sit less.
- Quit smoking—call 1-800-QUIT-NOW for free support.
- Take medications as directed.
- Choose your drinks wisely. For example, reach for more water!
- Monitor your blood pressure at home.

Thought for the Week- "Stay positive. The only difference between a good day and a bad day is your attitude."

Dennis S. Brown