

# "EXPERIENCE"

December 8, 2024

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

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**Laughter is good for the soul - NOTES TO MYSELF:**

1. Stop spending more money to get free shipping.
2. Your coffee is still in the microwave.
3. Don't throw the box with the directions away until it's 100% done.
4. Glasses are on top of your head.
5. Wearing headphones does not make your farts silent.
6. Just because it pops in your head doesn't mean it should come out of your mouth.
7. Don't use your phone as a flashlight to look for your phone.
8. You're never going to remember to do that thing later, do it now.

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**Tis the season of Giving** - Schoharie County Office for the Aging is accepting donations to help bring holiday cheer to home bound 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! 518-295-2001.

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**The open enrollment period is closed.** However, starting in January Medicare Advantage Open Enrollment Period occurs each year from January 1 through March 31. You can switch from your Medicare Advantage Plan to another Medicare Advantage Plan, or to Original Medicare with or without a stand-alone prescription drug plan (Part D), during the Medicare Advantage Open Enrollment Period (MA OEP). Remember, you can only use this enrollment period if you have a Medicare Advantage Plan. Changes made during this period take effect on the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. Unlike Fall Open Enrollment, you can only make a single change during the MA OEP.

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**Reminder The Parkinson Support Group** meets the second Tuesday of every month, at 1PM, the next meeting will be December 10, 2024 at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

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**AARP Defensive Driving Class will be held December 13, 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 you are a member. There will be a 30-minute lunch break. Please arrive a few minutes early for the registration process. Registration Required 518-295-2001.

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**Thought for the Week...**  
**HELLO DECEMBER**

Diamonds turns into gem by  
Enduring what should have  
Crushed it. But instead,  
Every ounce of pressure  
Makes it stronger than  
Before. And if coal can  
Evolve, you can too because you're  
Rare, strong, and beautiful

