

"EXPERIENCE"

November 16, 2025

Schoharie County Office for the Aging 518-295-2001

November is National Caregiver Month

We will be closed on Thursday, November 27th for Thanksgiving Day, and Friday, November 28th. Home delivered meals **will not** be delivered on those days. We will reopen Mon., December 1st.

• **Starting November 18, we will be offering Grab & Go meals HERE At Office for the Aging 113 Park Place Suite 3, Schoharie - pick up will be in the Community Room from 11 am – 1 pm. To receive a meal, you must call our office to make a reservation the day before. 518-295-2001.**

Fun Fact – Thanksgiving was first celebrated in 1621 by the Pilgrims and the Wampanoag tribe, marking a harvest feast.

Laughter Is Good For The Soul

- "What happened to the turkey that got in a fight?"
"He got the stuffing knocked out of him!"
- "How did the peas feel when they found out everyone preferred mashed potatoes?" "They were green with envy."
- "Why do pilgrims' pants always fall down?"
"Because they wear their buckles on their hats!"

This is the last week to reserve 38th Annual Thanksgiving Dinner 2025. Schoharie County Office for the Aging (Delivery in Schoharie County ONLY) **Please call 518-295-2001 by noon on Friday, November 21st.**

Reminder: The Parkinson Support Group will not meet in November. We will resume Tuesday, December 9, 2025 at The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y. Questions or to RSVP contact Lenore Tsami at 518-295-2001.

HEAP Program opens November 17th: Applications for adults over 60 years old who are new to the program will be available after November 17th at Office for the Aging or you can call to be put on the mailing list 518-295-2000.

AARP Defensive Driving Class will be held **Nov. 14, 2025**, from 9:00 AM to 4:00 PM, 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.

Health Tip: November is National Chronic Obstructive Pulmonary Disease (COPD) awareness month. COPD is a chronic disease that makes it more difficult to breathe and affects 11.7 million Americans. According to the American Lung Association, early detection and treatment is very important. If you are experiencing any of the following symptoms, you should discuss COPD with your doctor:

- Chronic cough
- Shortness of breath while doing everyday activities
- Frequent respiratory infections
- Blueness of the lips or fingernail beds
- Producing a lot of mucus, Wheezing, & Fatigue

Did you know? Thanksgiving became an official national holiday in the United States in 1863 when President Abraham Lincoln proclaimed a national day of "Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens."

Thought for the Week: Almost every successful person begins with two beliefs: the future can be better than the present, and I have the power to make it so.