

"EXPERIENCE"

March 22, 2026

Schoharie County Office for the Aging 518-295-2001

March is colorectal cancer awareness month

Laughter is good for the soul

- My favorite exercise is a cross between a lunge and a crunch. It's called lunch.
- I remember when "rock and roll" was music – not a doctor's instruction.
- Wisdom comes with age... and so does selective hearing.

We will be offering Grab & Go meals HERE at Office for the Aging 113 Park Place Suite 3, Schoharie – Tuesday-Thursdays in the Community Room from 11 am – 1 pm. Please call us to reserve a meal! 518-295-2001.

Fun Fact: Laughing for 10-15 minutes can burn up to 40 calories. That's basically a fun-sized candy bar – your welcome.

Health Tip

Healthy relationships enhance our emotional health and contribute to physical and mental well-being. Here are a few tips for maintaining a healthy relationship:

Communicate openly: always express your thoughts and feelings honestly and listen actively. Spend quality time together: make time for loved ones, whether it's through shared activities or simply spending quality time together.

Show support: encourage each other's goals and dreams and be willing to compromise when necessary. Show appreciation and affection: small gestures can significantly strengthen connection.

Life Chat: Schoharie County Office for the Aging invites you to our monthly Life Chat Meeting. Presenter, Jessica Whitney, the Public Education & Community Outreach Coordinator for the Cancer Services Program. Wednesday, March 25, 2026, 1PM, at the Office for the Aging, 113 Park Place, Suite #3, Schoharie, NY 12157. Door prize and light refreshments! Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM, the next meeting will be **April 14, 2026**, at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

AARP Defensive Driving Class will be held April 10, 2026, 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.

Thought for today: Laugh loudly. Forgive quickly. Eat the dessert.
