

"EXPERIENCE"

April 19, 2026

Schoharie County Office for the Aging 518-295-2001

Laughter Is Good For The Soul

- I have a lot of jokes about retired people...but none of them work.

- If stress burned calories, I'd be a supermodel.

- I finally got my head together...now my body is falling apart.

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

Fun Fact: You burn more calories sleeping than watching TV... so technically, naps are productive.

Health Tip: As temperatures rise, spring allergies can flare up. Tree, grass, and weed pollen are common triggers that cause sneezing, congestion, and itchy or watery eyes. Below are a few preventive steps that can help reduce symptoms and make the season more comfortable:

Check daily pollen levels and limit outdoor time when counts are high. Shower and change clothes after being outside to remove pollen from your skin and hair. Use air conditioning or HEPA air filters to improve indoor air quality and reduce allergens. Take over-the-counter allergy medications as directed and talk with a health care provider if symptoms interfere with daily life. To learn more about managing spring allergies, visit Mayo Clinic's page on spring allergies.

Did you know: Squirrels forget where they hide about half of their nuts. Which means they accidentally plant thousands of trees – productive confusion.

AARP Defensive Driving Class will be held May 8, 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.

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.

Life Chat: Schoharie County Office for the Aging invites you to our monthly Life Chat Meeting. Wednesday, April 22, 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.

Life Chat for May: Please join our Life Chat for our monthly meeting on **May 27th at 1PM** in Celebration of Older Americans Month we will be making soap with Kenna from Mineral Springs Soap, Cobleskill, NY. In this hands-on session, you will create your own batch of soap (about 4 Bars) Making soap from scratch with all-natural ingredients can be fun, rewarding, and interactive. Seats are limited/ workshop length 1 1/2 + hours. RSVP to **Lenore at 518-295-2001**. Schoharie County Office for the Aging 113 Park Place, Suite#3, Schoharie, NY 12157. Door prize and light refreshments!

Thought for the week: "If you can't laugh at yourself, don't worry-other people will happily do it for you."