

"EXPERIENCE"

April 26, 2026

Schoharie County Office for the Aging 518-295-2001

Laughter Is Good For The Soul

- They said follow your dreams. So I went back to bed.
- What did the beach say when the tide came in? Long time no sea.

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.

Vivo! An Exciting New Virtual Strength Training Program

We are thrilled to announce a new program aimed at improving your strength, balance, and overall well-being starting this May. Vivo will offer live and interactive, online, small group strength training program scientifically tailored for older adults here at the Schoharie Senior Center.

Program Details:

- Classes will start Tuesday, May 12th at 9am
- Join the exercise class from the community room at Office for the Aging (113 Park, Suite 3, Schoharie)
- Exercise classes are virtual and led by a certified trainer and tailored to your ability

This is a fantastic opportunity to prioritize your health in a safe and supportive exercise environment. We encourage you to take advantage of this program to get stronger! For more information, call the senior center front desk to receive the registration details, 518-295-2001.

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 **May 12, 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 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!

Schoharie County has been working on a partnership with the New York State Department of Veterans' Services to expand telehealth access and connectivity for veterans. The Digital Access Hub is a dedicated room at the **Schoharie County Office Annex Building** where Veterans, Service Members, and Military Families can connect to a high-quality computer and secure internet. This hub is specifically designed to allow veterans or their families to access:

- **Telehealth Appointments:** Private access to healthcare consultations with VA or community providers.
- **Benefits Counseling:** Virtual sessions with accredited Veterans Benefits Advisors.
- **Peer-to-Peer Wellness:** A secure environment for participating in support groups.
- **Resource Navigation:** A centralized point for online applications and services.

We are hosting a Ribbon-cutting Ceremony on April 28 at 2:00 PM.

Thought For The Week: Sometimes you Never know the value of a Moment until it Becomes a Memory." (Dr.Seuss)