

"EXPERIENCE"

May 10, 2026

Schoharie County Office for the Aging 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. - completely FREE!

Program Details:

- Classes will be offered every Tuesday at 9AM. Starting May 12th.
- 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.

Ready, Set, Connect!! Please join us for a day of learning how to connect the dots of Aging in Place. When & Where: 9:30AM-12:30PM, Registration at 9:00AM. May 28, 2026 at the Gathering Place 50 Plus Community Center, 127 Kenyon Road, Cobleskill, NY 12043. Brunch will be provided. OPEN to the PUBLIC * RSVP to 518-295-2001.

Health Tip: May is Healthy Vision Month. Below are some tips to help you keep your vision sharp:

Eat a Nutritious Diet: Incorporate foods rich in vitamins and minerals that support eye health. This includes leafy greens, citrus fruits, and fish high in omega-3 fatty acids.

Get Regular Eye Exams: Schedule comprehensive dilated eye exams to detect eye diseases early, even if you don't have symptoms.

Stay Active: Regular physical activity can help reduce the risk of conditions that affect your vision, like diabetes and high blood pressure.

Quit Smoking: Smoking increases the risk of eye diseases such as cataracts and age-related macular degeneration. Quitting smoking can greatly improve your eye health. To learn more about healthy vision visit the American Academy of Ophthalmology.

Fun Fact: The Eiffel Tower grows about 6 inches taller in the summer due to hat expansion. Even landmarks have a "Summer Body."

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.

AARP Defensive Driving Class will be held May 15, 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.

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: Peace doesn't come from having everything go your way-it comes from learning not to be shaken when it doesn't.