

"EXPERIENCE"

May 31, 2026

Schoharie County Office for the Aging 518-295-2001

SCAM Prevention Series: Stay safe from Digital & Technology-based Scams. Learn how to recognize and protect yourself from today's most common scams. Presented by: Nicole Lent Pollard, CFCI VP, Fraud Risk Manager, NBT Bank. June 12, 2026, 10:00 AM at Office for the Aging, 113 Park Place, Suite 3 Schoharie NY 12157. Please call to RSVP 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. Next class is June 2, 2026.
- 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.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM, the next meeting will be **June 9, 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 June: June is Elder Abuse Awareness Month. Please join Life Chat for our monthly meeting on **June 17th at 1PM**. Darlene D'Onofrio, Paralegal from Legal Aid Society, Gloversville will present information on Elder Abuse, Scams, and Housing. 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!

AARP Defensive Driving Class will be held June 19, 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.

MEDICARE REMINDER:

How to enroll in Medicare if you are turning 65

Most people become eligible for Medicare when they turn 65. Your Medicare enrollment steps will differ depending on whether or not you are collecting retirement benefits when you enter your Initial Enrollment Period (IEP).

If you are receiving Social Security retirement benefits or Railroad Retirement benefits, you should be automatically enrolled in both Medicare Part A and Part B.

If you are not receiving Social Security retirement benefits or Railroad Retirement benefits, you will need to actively enroll in Medicare.

If you are eligible for automatic enrollment, you should not have to contact anyone. You should receive a package in the mail three months before your coverage starts with your new Medicare card. There will also be a letter explaining how Medicare works and that you were automatically enrolled in both Parts A and B. If you get Social Security retirement benefits, your package and card will come from the Social Security Administration (SSA). If you get Railroad Retirement benefits, your package and card will come from the Railroad Retirement Board.

If you are 65 but are not receiving Social Security retirement benefits or Railroad Retirement benefits, you will need to actively enroll in Medicare.

Signing up for Medicare: Follow the steps below if you need to actively enroll in Medicare. **If you decide to enroll in Medicare during your Initial Enrollment Period, you can sign up for Parts A and/or B by:**

- Visiting your local Social Security office
- Calling Social Security at 800-772-1213
- Mailing a signed and dated letter to Social Security that includes your name, Social Security number, and the date you would like to be enrolled in Medicare or, by applying online at www.ssa.gov

If you are eligible for Railroad Retirement benefits, enroll in Medicare by calling the Railroad Retirement Board (RRB) or contacting your local RRB field office.

Keep proof of when you tried to enroll in Medicare, to protect yourself from incurring a Part B premium penalty if your application is lost.

Laughter Is Good For The Soul

- Why did the robber jump in the shower? He wanted to make a clean getaway.
- What is white when it is dirty and black when it is clean?
A blackboard.
- What's always found on the ground but never gets dirty?
A shadow.