

"EXPERIENCE"

June 7, 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 Office for the Aging. - completely FREE!

Program Details:

- Classes will be offered every Tuesday at 9AM. Next class is June 9, 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: Comparing Medigap options
Insurance companies may offer up to 10 different Medigap policies labeled A, B, C, D, F, G, K, L, M and N. Each lettered policy is standardized. This means that all policies labeled with the same letter have the same benefits, no matter which company provides them or their price. For example, Medigap policy A offered by company 1 provides exactly the same benefits as Medigap policy A offered by company 2. Companies are not required to offer all 10 standardized Medigap policies, meaning some may be unavailable in your state.

Note that Minnesota, Massachusetts, and Wisconsin have different ways of standardizing Medigap policies. If you live in one of these states, please contact your, State Health Insurance Assistance Program (SHIP) or State Department of Insurance for more information on purchasing a Medigap policy.

Medigaps help pay certain Medicare costs, including deductibles, coinsurance, and copays. Medigaps do not help pay for Medicare premiums.

All policies must offer the following basic benefits:

- Hospital coinsurance coverage
- 365 additional days of full hospital coverage
- Full or partial coverage for the 20% coinsurance for provider charges and other Part B services
- Full or partial coverage for the first three pints of blood you need each year
- Hospice coinsurance for drugs and respite care

Laughter Is Good For The Soul

- Why do we say "sleep like a baby"? Babies wake up every two hours screaming. I want to sleep like a cat in a sunbeam who owes no one rent.
- I told my plants a joke... now they're rooted in laughter.