

"EXPERIENCE"

June 21, 2026

Schoharie County Office for the Aging 518-295-2001

Stay Tuned for information on upcoming Farmers Market Coupons we will let you know when they come in!

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 23, 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 **July 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 for July: Please join Life Chat for our monthly meeting on **Wednesday, July 15th at 1PM**. 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 July 10, 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—Tips for preventing Medicare fraud
Protect your Medicare number. Treat your Medicare card and number the same way you would a credit card number. Only give your Medicare number or your Social Security number to your doctors and other providers. Be careful when others ask for your Medicare number or offer free services if you provide your Medicare number.

Protect your medical information. Be cautious if people other than your doctors or other medical professionals want to see your medical records or recommend services.

Learn more about Medicare's coverage rules. Be careful if a provider tells you there is a way to get Medicare to cover a service that normally is not covered.

Do not accept services you do not need. If a provider is pressuring you into getting tests or other services you feel are unnecessary, turn down care or ask to get a second opinion from another physician.

Be skeptical. It does not hurt to be wary if a provider says Medicare will pay for services that do not sound medically necessary (mud treatments, Swedish massages, and dance classes are examples of services promised in past fraud cases). Use your best judgment and refer to Medicare's coverage rules as needed.

Laughter Is Good For The Soul

- My partner and I always hold hands when we go out. If I let go, she shops.
- Don't worry if plan A doesn't work out. There are 25 more letters in the alphabet.
- I don't need an alarm clock. My knees tell me when it's morning.