

# "EXPERIENCE"

June 28, 2026

## Schoharie County Office for the Aging 518-295-2001

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### Laughter Is Good For The Soul

- Retirement means every day is Saturday...and I still don't know what day it is.
- What do you call a priest that becomes a lawyer? Father-in-law!
- What would bears be without bees? Ears!

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### 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 30, 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.

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**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.

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**Life Chat for July:** Please join Life Chat for our monthly meeting on **July 22nd at 1PM**. Our topic will be: **Building Healthy Habits-** Nelta Miller from Cornell Cooperative Extension will present information on Nutrition and Health and prepare a healthy snack. 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!

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**AARP Defensive Driving Class** will be held July 5, 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.

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### MEDICARE REMINDER: Reporting Medicare fraud

If you think there is something wrong with a bill for a Medicare service, call your doctor, provider, or the facility first to check if there was an error. You may want to speak to the billing department as well.

If you are still concerned and have Original Medicare, you can contact the Medicare Administrative Contractor (MAC). The MAC is the company that processed your Medicare claim, and their information can be found on your Medicare Summary Notice (MSN). Alternatively, you can call 1-800-MEDICARE (1-800-633-4227).

If you are still concerned and have a Medicare Advantage Plan, contact your plan directly. Your plan's phone number should be on the back of your benefit card and on your Explanation of Benefits (EOB). To report fraud, contact 1-800-MEDICARE, the Senior Medicare Patrol (SMP) Resource Center (877-808-2468), or the Inspector General's fraud hotline at 1-800-HHS-TIPS (447-8477). Medicare will not use your name while investigating if you do not want it to.

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### Thought for the week: Happy 250th Birthday America!

As we commemorate this historic anniversary, we remember those who came before us, celebrate the strength and diversity of our people, and look with hope toward the future. May we continue to cherish the freedoms we enjoy, uphold the principles that unite us, and work together to ensure that the promise of America shines brightly for generations to come.