

**HAPPY NEW YEAR**

# SENIOR CITIZEN'S ROUNDTABLE NEWS

JANUARY 2014

Published by Greene County Department of Human Services since 1976



## THANK YOU SENIOR ANGELS

The Greene County Department of Human Services would like to thank all those who donated to their Senior Angel Program. These financial donations for gift purchases made a big difference in the life of an elderly person. For many, the small gift delivered through Senior Angels may have been the only holiday gift they received. The thoughtfulness of each donor towards the needy elderly in Greene County is most appreciated.

The staff who delivered the gifts reported that many were overwhelmed and couldn't believe how generous complete strangers were to them. On behalf of these recipients, we wish many blessings on you for being such wonderful Senior Angels.

## **NOMINATIONS SOUGHT for 2014** **GREENE COUNTY SENIOR CITIZEN AWARDS**

Richard Golden, Chairperson of the Citizens Advisory Council for the Greene County Department of Human Services announces that nominations are being accepted for the annual Greene County Senior Citizen Awards. The two awards presented are the Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. The purpose of the awards is to recognize the outstanding contributions and achievements of senior citizens who have volunteered their time and energy to help other people, their communities, or special projects. The dedication of these volunteers helps make Greene County a better place for us all. The individuals chosen on the county level will in turn be nominated for recognition for New York State awards.

Any Greene County resident over the age of 60 can be nominated for this award. Achievements must be voluntary in nature, not part of paid employment and performed in Greene County. Past award winners may be nominated. However, they cannot receive the same award again if seven years or more have not passed since last awarded.

If you know someone who deserves this recognition or would like further information, contact the department for a nomination form. **Deadline is January 31, 2014.**

## A TIME TO REFLECT

As we welcome in the new year, The Department of Human Services would like to pause for a moment of reflection in memory of all of our clients who passed away in 2013.



*Eternal rest granted unto them, O Lord,  
And may perpetual light shine upon them.  
May their souls and all the departed rest in peace.*

## **AGING SERVICES FOUNDATION** **SPONSORS RAFFLE**

On Saturday, November 23, the Greene County Aging Services Foundation concluded its fall fundraising activities with the drawing for its Stewart's Shops Gas Card Raffle. The fundraising effort produced almost \$2000 for the Foundation.



The winning tickets were drawn by Theresa Greco, long time Athens resident and dedicated volunteer for the Foundation. First prize was a \$500 Stewart's Shops Gas Card and the winner was Paula Van Kuren. Second prize, a \$250 gas card, was won by Doris Carrick. The third prize was a \$100 gas card and Wayne Boyer walked away with that prize.

The Greene County Aging Services Foundation raises funds that are used to supplement senior programs of the Greene County Department of Human Services. They include medical transportation, PERS units (Personal Medical Response Systems) and assistance to individuals whose needs fall outside available government programs. These programs are designed to foster independence.

In his concluding statement, President Chris Pfister expressed his congratulations to the lucky winners and extended his sincere appreciation to Stewart's Shops; to the energetic ticket sellers and to the generous citizens in Greene County who recognize the importance of helping each other when life gets difficult.

**SENIOR CITIZEN'S  
ROUNDTABLE NEWS**

is published monthly by

**GREENE COUNTY**

**DEPT. of HUMAN SERVICES**

**411 Main St. Catskill, NY 12414**

**719-3555 Toll Free (877)794-9266**

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**Hamlet Bus**

**Sue Ormerod**

**Nutrition Vans**

**Janet Osborn**

**Patrick Murphy**

**Bethany Village Case Manager**

**Patricia Gessner**

The office is open 8:30am - 5pm Monday thru Friday, with the exception of July & August (4:30pm). Agency staff specialize in a variety of subjects. **While walk-ins can sometimes be seen, staff who can best assist you may be unavailable. We recommend you call ahead for an appointment.**

**TO SUBSCRIBE**

To receive electronically, please email **aging@discovergreene.com** with your name & email address

**US Postal delivery:** Please contact the address/phone number above.

**TO ADVERTISE:**

To help defray costs of publishing, the RoundTable News will accept paid advertisements. For further information, contact Ken at 719-3555.

Greene County Department of Human Services operates the Rivertown Senior Center in Athens, as well as Senior Nutrition Sites throughout the county:

**\* Rivertown Senior Citizens Center**

**Tami Bone, Senior Center Manager**

**2nd & Warren St., Athens**

**(518) 945-2700**

**Staff:**

**JoanAnn Rouse**

**Shane Dillon**

**John Lawrence**

**Lana Marrone**

**\* Acra Senior Service Site**

**Sandra Sherman, Meal Site Manager**

**Acra Community Center,**

**Old Rte. 23B, Acra**

**(518) 622-9898**

**Staff: Elaine Cherrington**

**\* Cossackie Senior Nutrition Site**

**at Town of Cossackie Senior Center**

**Renee Raffiani, Meal Site Manager**

**Mansion Street, Cossackie**

**(Former Knights of Columbus Hall)**

**(518) 731-8901**

**\* Catskill Senior Nutrition Site**

**at Washington Irving Senior Center**

**Gethen Proper, Meal Site Manager**

**15 Academy Street, Catskill**

**(518) 943-5820**

**Staff: Martha Schilling**

**\* Jewett Senior Service Site**

**Jewett Municipal Building**

**Route 23C, Jewett**

**(518) 263-4392**

**Staff: Gayle Ruvolo (Site contact)**

**MaryAnn Brink**

**Patricia Merwin**

**CONGREGATE MEALS**

Each site serves a hot noon-time lunch, Monday - Friday for a suggested donation of \$3.00. They are closed on legal holidays and inclement weather.

All congregate meals include:

**Meat or Alternative Entrée Vegetables & Fruit Bread & Milk Dessert**

We ask that you call at least one day ahead to make sure you are included in the lunch count.



**Please  
consider a  
contribution  
to the Greene  
County Aging  
Services  
Foundation**

**Seniors Helping Seniors**

The Greene County Aging Services Foundation, Inc. raises funds to support some of the essential programs of the Department of Human Services.

The Foundation reimburses the kind, generous volunteers who transport local seniors to medical appointments. With cutbacks at all levels of government and the costs associated with Hurricane Irene, the County is in need of our support more than ever.

Volunteers provide this essential benefit out of goodness of their hearts, but very few of these wonderful people can afford to carry out this effort without some reimbursement for vehicle costs.

We, as seniors, recognize the value that such programs bring to our communities. Let us remember that many of our loved ones, friends and families have received personal benefits from this important service.

Please select one of the donation levels listed below:

\_\_\_ \$5 Senior Friend

\_\_\_ \$10 Senior Supporter

\_\_\_ \$20 Senior Benefactor

\_\_\_ \$50 Senior Patron

\_\_\_ Other

Please make checks payable to the Greene County Aging Services Foundation Inc., and mail to the Foundation c/o Department of Human Services, 411 Main Street, Catskill, NY 12414



# GREENE COUNTY SENIOR SERVICE CENTERS

## ACRA SENIOR SERVICE CENTER 622-9898



**Acra Community Center  
Old Route 23B, Acra**

DFA Information & Assistance:  
2nd monthly Wednesday, 11 am

Cairo Crafters:  
1st & 3rd monthly Wednesday  
1 pm

## COXSACKIE SENIOR SERVICE CENTER 731-8901



**at Town of Coxsackie Sr. Center  
127 Mansion St., Coxsackie**

DFA Information & Assistance:  
3rd monthly Mon, 11 am

Blood Pressure: 2nd Mon., 11 am  
Exercise Class: Tues/Thurs 10:30 am  
Knitting: Tuesday, 11am  
Line Dancing: Friday, 10am

**STARTING DEC 23 for 10 weeks:  
Zumba Gold - Mondays at 10am**

## JEWETT SENIOR SERVICE CENTER 263-4392



**Jewett Municipal Building  
Route 23C, Jewett**

DFA Information & Assistance:  
4th monthly Fri - 11 am

Blood Pressure:  
2nd monthly Tues - 11am

## CATSKILL SENIOR NUTRITION SITE 943-5820



**at Washington Irving Senior Center  
15 Academy Street, Catskill**  
DFA Information & Assistance  
2<sup>nd</sup> Thurs of month, 11am

### CENTER ACTIVITIES

*Sponsored by Town of Catskill*

- \* **Mon:** Crafters - 1 pm
- \* **Tues:** Line Dancing - 10:30 am  
Weight Watchers - 11am  
Cards & Games - 1 pm
- \* **Wed:** Water Colors - 10am  
BINGO - 10:30 am  
Movie of Week - 1pm
- \* **Fri:** Exercise Class - 11 am

## RIVERTOWN SENIOR CENTER 945-2700



**2ND & WARREN STS., ATHENS**

Info. & Assistance: 2<sup>nd</sup> Mon, 11am

BINGO: Wednesdays, 10:30 am

Blood Pressure: 3rd Thurs, 10:30

Crafters: 2nd & 4th Tues, 1pm

Exercise Class: Tues & Fri, 10:30

Games & Cards: Thurs 1:15 - 4pm

**"Save Energy/Save Dollars"**

**Fri. Jan. 24 10 - 11:30am**

*Low and no-cost Energy Reduction Options*





*Participants will receive an "Energy Tool Kit"*

*Please call Tami at 945-2700 to register.*

# GREENE COUNTY SENIOR SERVICE CENTERS NUTRITION PROGRAM

**ALL PERSONS OVER AGE 60 CAN ATTEND LUNCH at ANY SITE - SUGGESTED DONATION: \$3.00**

**All meals include Bread with Promise spread; Milk; Coffee and Tea**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN. 1 - 3			<b>HAPPY NEW YEAR</b>  ALL SENIOR SERVICE CENTERS CLOSED  NO MEALS SERVED OR DELIVERED 	SPAGHETTI in Meat Sauce SPINACH ITALIAN BREAD CHOCOLATE MOUSSE* <i>* Diet Dessert Subst</i>	ROAST TURKEY w/Gravy STUFFING CRANBERRY SAUCE FRESH SWEET POTATO BRUSSEL SPROUTS SEASONAL FRUIT
JAN 6 - 10	CHICKEN DIJON RICE BROCCOLI TROPICAL FRUIT	MEATLOAF w/Gravy BAKED POTATO SPINACH FRUIT COCKTAIL	PORK CHOPS w/STUFFING FRESH SWEET POTATOES ASPARAGUS PEACH CRISP* <i>* Diet Dessert Subst.</i>	WHITE CHICKEN CHILI w/RICE CARROT COINS ORANGE JELL-O w/MANDARIN ORANGES* <i>* Diet Dessert Subst</i>	VEGETABLE LASAGNA TOSSED SALAD ITALIAN MIXED VEGETABLES CINNAMON GRAPE DESSERT* <i>* Diet Dessert Subst</i>
JAN 13 - 17	TUNA NOODLE CASSEROLE SPINACH FRESH TANGERINE	CHILI CON CARNE w/Rice OLD FASHIONED MIX VEGETABLES CORNBREAD APPLESAUCE & COOKIES* <i>* Diet Dessert Subst.</i>	BAKED CHICKEN QUARTER w/Gravy CRANBERRY SAUCE FRESH SWEET POTATOES PEAS & MUSHROOMS CHOCOLATE MOUSSE* <i>* Diet Dessert Subst.</i>	CORNED BEEF & CABBAGE* ☆ Low-Salt Diet Subst PARSLEY POTATOES CARROTS TROPICAL FRUIT	BAKED ZITI BROCCOLI TOSSED GREEN SALAD ITALIAN BREAD BIRTHDAY CAKE* <i>* Diet Dessert Subst</i>
JAN 20 - 24	 MARTIN LUTHER KING JR HOLIDAY  ALL SENIOR CENTERS CLOSED - NO MEALS SERVED OR DELIVERED	TURKEY BURGERS w/PEPPERS & ONIONS SCALLOPED POTATOES CARROT COINS BUTTERSCOTCH PUDDING* <i>* Diet Dessert Subst.</i>	CHICKEN PICATA MASHED POTATOES OLD FASHIONED MIXED VEGGIES OATMEAL COOKIES* <i>* Diet Dessert Subst.</i>	 COOK'S CHOICE DAY	ROAST PORK w/Gravy BRAISED RED CABBAGE OVEN BROWNED POTATOES FRESH BUTTER-NUT SQUASH BANANA
JAN 27 - 31	LUAU CHICKEN w/Rice APRICOT NECTAR ORIENTAL BLEND VEGETABLES FRESH ORANGE	BEEF STEW FRENCH CUT GREEN BEANS MANDARIN ORANGES & PINEAPPLE	SHEPHERD'S PIE CARROTS BROWNIE* <i>* Diet Dessert Subst.</i>	LEMON PEPPER FISH SCALLOPED POTATOES WINTER VEGETABLE MIX FRUITED JELL-O <i>* Diet Dessert Subst.</i>	VEAL PARMESAN w/Rotini ITALIAN VEGGIES TOSSED SALAD DINNER ROLL FRESH APPLE



# NUTRITION NOTES

The holidays are a time of indulging in sweets and treats during festivities with family and friends. It's hard to stick to your healthy eating habits all of the time, but it becomes even more difficult from Thanksgiving through New Year's. If you're like most people, you've probably indulged more over the holidays than you planned to.

But with this busy season behind you, you'll have more time to concentrate on yourself and get back to healthy habits. To get started, here are some New Year's resolutions for a healthier 2014.

## 1. Start Fresh

You may have a lot of leftover Christmas cookies, pumpkin pie, and fruitcake, but it's okay to toss them. "Clean out what's lingering from the holidays, and start the new year with a clean slate," says Dian Griesel, PhD, a nutritionist and co-author of *TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust*. "It's like Halloween candy — if it's there, you eat it." Purge your refrigerator and pantry of holiday goodies as one of your New Year's resolutions, and replace them with healthier snacks and treats, like cut-up veggies, fresh fruit, slices of chicken or turkey, and low-fat cheese.

## 2. Snack Smart

The belief that you must eat three meals a day and nothing in between in order to lose weight is outdated. Recent research shows that this way of eating can slow down your metabolism. The new and improved way of dieting is to eat smaller meals and snacks throughout the day, which can crank up your metabolism and help you burn more calories more easily. Good foods to snack on between meals include cut-up fruit and vege-

tables with low-fat dips and high-fiber crackers with peanut butter or low-fat cheese. Filling up on fruits and vegetables is ideal because they are low in calories and high in fiber.

## 3. Pack Your Lunch

"If you're really serious about healthy eating, eat out as little as possible," says Tom Griesel, co-author with Dian Griesel of *TurboCharged*. "When you go out to eat, you have no idea what you're going to eat, and without a plan, you leave yourself open to making less-than-ideal choices." At restaurants, you may also feel obligated to get your money's worth and end up overeating, especially since many restaurant portions are oversized.

## 4. Practice Portion Control

Even if you're eating only healthy foods, if you're not mindful of how much you're eating, you won't lose weight. By practicing portion control, you can eat the foods you like and successfully manage your weight. Portion control can be as simple as having one helping and not going back for seconds. With portion control you can even eat your favorite indulgent foods. Eating one bite of something you really want will be more satisfying than multiple bites of something you don't want or like.

## 5. Try Something New

The fact that you're watching your diet doesn't mean you have to eat boring foods. You can excite your taste buds by trying a new recipe or even just a new fruit or vegetable at least once a week. For example, look for a different variety of a diet staple, such as lettuce. If you're cooking your vegetables, choose low-fat cooking methods such as steamed or baked and served with just a small amount of butter or olive oil.

## 6. Stay Hydrated

We often confuse thirst for hunger. "We reach for food instead of water, and we end up eating when we're really only thirsty," Tom Griesel says. Try keeping a bottle of water handy. When you think you're hungry, take a drink and see whether it "quenches" your need for a snack. Another option: Eat a serving of fruit, such as an apple. Fruit has a high moisture content and is high in fiber, so it can fill you up and make you feel satiated longer.

## 7. Get Moving

Focus on being more active. The more you move, the more calories you burn, and the more calories you burn, the easier it is to control your weight and get in good shape. Try to stay on your feet as much as possible. Incorporate short exercise sessions into your day. Look for activities to do outdoors. Go to a museum instead of the movies. Take the stairs instead of the elevator. Don't sit for more than an hour at a time.

## 8. Eat Breakfast Every Day

Eating breakfast is a simple but easy healthy habit to start in the new year. When you eat breakfast, you not only rev up your metabolism, but you also stay more alert and energized throughout the day. If you skip breakfast, you're probably starving by lunchtime, which can make you more likely to overeat or make unhealthy food choices. Breakfast is also a great time to add some protein and fiber to your day that will help keep you feeling fuller until you eat again. Add some fresh fruit to your cereal, or have a veggie omelet.

These resolutions for healthy habits shouldn't be hard to adopt. Stick with them, and the results you see will be your reward.



## **IT'S A WONDERFUL LIFE: FAMILY STORYTELLING**



As we age, our memories seem not only more significant, but more vivid. For many wistful seniors, what happened 40 years ago may be more clear than the day before. As the mission statement to the Memoir Project says succinctly, “Countless unique stories are brimming in the hearts of and minds of our elderly people.”

When we encourage those seniors around us to remember their past and talk about their memories and feelings, it validates the importance of their life’s experiences and strengthens family bonds. It reveals previously unknown facets of their character and past, helping us better understand who we are and where we came from.

Our older loved ones are also living, breathing history. The Memoir Project mission is worth quoting further: “Having lived through most of the decades of the twentieth century, seniors have seen and participated in sweeping changes in history, technology, culture, communities and the arts, and are in a unique and powerful position to offer their memories and interpretations of those changes.”

It’s wise to learn more about our loved ones and our past while we still have this precious opportunity.

### **Witnessing the Power of Memory**

*Alive Inside*, a documentary about music therapy for elderly people, powerfully demonstrates the potent and beneficial effects of engaging positively with the past. The clip shows an elderly man with advanced dementia who is seemingly only able to answer yes or no questions. But when someone puts headphones over his ears and plays music from his youth, he suddenly transforms,

becoming happy and animated, even eloquent. Shortly after this experience he tells an interviewer, “It [music] gives me the feeling of love, of romance. I figure right now the world needs to come into music, singing.”

Even elderly people with advanced Alzheimer’s or dementia enjoy poring over old photos or listening to favorite songs. When you’re close to someone, you can tell when they’re happy by just the twinkling in their eye.

### **Ways to Connect with Seniors**

The projects or activities that your older loved ones will appreciate will depend, of course, on their unique personalities. But you can rarely go wrong with photos. Humans are strongly visually oriented creatures, so family photos and mementos will trigger sentimental feelings in just about anyone.

Joan Lunden, describes how much her mother with late-stage dementia, loved looking at digital photo books: *“I made her one this past year that I titled ‘It’s a Wonderful Life.’ The album began with the newspaper announcement of when my mom and dad were married, and was filled with photos and holiday cards that told our family story. The best part of making that album was seeing how the photos jogged my mom’s memory. As she flipped through pages of black and white images of herself as a young woman being courted by my dad, I saw a glimmer in her eye that I rarely see these days.”*

Of course, if you’re crafty, old fashioned scrapbooks can work just as well.

### **Asking Great Questions**

Talk with your loved ones that are elderly about the mementos and photos you’re sharing. Ask them what was happening in this scene. How did they feel at the time? How do they feel now, looking back?

Memories will be most strongly engaged when you make this a multisensory experience of looking, listening, & talking. Talk doesn’t necessarily need to center around objects such as photos and keepsakes. Conversation itself can trigger long forgotten memories and emotions, and provide surprising insight into your parent’s personality. Take the time to ask questions that are out of the ordinary, questions you’d really like to hear your parent reflect on, and that you’re genuinely curious about.

Below is a list of interesting and quirky questions to ask elderly loved ones. Better yet, maybe you have some of your own. .

1. What was the hardest moment you had when I was growing up?
2. How much did candy cost when you were a kid?
3. What were your favorite foods?
4. What was the first thing you learned to cook?
5. Who was your best friend in grade school? Favorite teacher?
6. What are your memories of school?
7. What was your favorite song in high school? Do you have a favorite song today?
8. What was your first car?
9. What was the first movie you saw or what movie is your favorite?
10. Did you have a favorite pet growing up?
11. Where is your family from?
12. What family traditions do you hope will be carried on?
13. What have you done that makes you the proudest?
14. What were the biggest milestones in your life?
15. If you could do *anything* now, what would you do? Why?
16. If you won the lottery, what would you do?

Finally, if your loved one is open to being recorded, consider making an audio recording or video based on these discussions.



# Volunteers Reap What They Sow



Lead With Experience

## RSVP FUEL RAFFLE



Greene County Department of Human Services Executive Director Terry McGee Ward draws the winning ticket for the \$500 Fuel Raffle sponsored by RSVP. Joe McCarthy of Catskill was the winning ticket holder. Looking on are RSVP Fund Raising Committee members Liz Jarvis and Lillian Moore.

Special thanks to everyone who helped make the fund raiser a great success. Proceeds from the raffle will be used to help offset costs of the department's Home Delivered Meal program.

Recently, the Greene County Department of Human Services Community Advisory Council and RSVP Advisory Council members gathered together to celebrate the Christmas season with a Pot Luck Luncheon. Shown in the photo below are (L - R) RSVP members Rosemary Graham, Carol Voeks, Doris Rolfs, HS Advisory Council members Phyllis Beechert and Lillian Moore, and RSVP members Marjorie Gildersleeve and Terri Brett.

## PLEASE HELP US HELP OTHERS!



Please contact Ruth Pforte at (518) 719-3555 to volunteer for one of these positions or the many more we have to offer, or if you would like further volunteer information. We offer mileage reimbursement to help defray expenses.

## HOMEBOUND TRANSPORTATION

Do you enjoy driving? Would you like to help homebound seniors get to their appointments? Volunteer drivers choose the trips that they are available for - be it local or long distance trips.

## HOME DELIVERED MEALS

This program is always in need of volunteers to deliver meals to homebound county seniors. Currently, we have a specific need for drivers for routes in Catskill and Coxsackie. You can be a significant help to us and brighten the day of these seniors with a commitment of approximately one hour per day, as many days as you are able. A personal vehicle is necessary.

## FRIENDLY VISITORS

Visit homebound clients in their homes on a regular schedule - to chat, play cards, discuss the news, etc. This program provides companionship to clients who would otherwise be alone for great lengths of time.

*Life's most persistent and urgent question is,  
"What are you doing for others?"*

Martin Luther King Jr.







*Athens seniors Theresa Balturitis, Marjorie Gilderleeve and Cathy Esposito share a laugh while watching "A Christmas Story" at the Rivertown Senior Center. During the holidays, seniors were treated by the staff to holiday movies complete with popcorn, cookies and beverages.*



### **ALZHEIMER'S CAREGIVER SUPPORT**

Designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. Help participants develop methods and skills to solve problems. Encourages caregivers to maintain their own personal, physical and emotional health, as well as care for the person with dementia.

**1st Wednesday of each month, 6:30pm**  
**The Pines at Catskill - 154 Jefferson Hgts, Catskill**  
**Contact: Karla Flegel, 943-2042**



**Main Street, Catskill . . .  
 Winter, year unknown**

**On the left is the site of the  
 Greene County office building . . .  
 our location today.**



Your kind support  
 and generosity  
 by donating to the  
 Greene County  
 Department  
 of Human Services.  
 will help provide  
 services to an older adult  
 of the county.

Cairo Parish  
 United Methodist Church  
 in memory of  
 Hilda Ballard

Ann Huetter  
 in appreciation  
 for services

## **GREENE COUNTY SENIOR CITIZENS CLUBS**

### **ATHENS:**

**ATHENS SR. CITIZENS**  
 2nd & 4th Monday, 1:15pm  
 Rivertown Senior Center

### **CAIRO:**

**CAIRO GOLDEN AGERS**  
 2nd & 4th Wednesday,  
 1:30pm  
 Acra Community Center

### **CATSKILL**

**CATSKILL SENIOR  
 FELLOWSHIP**  
 3rd Thursday, 1:00pm  
 Washington Irving Center

**RIP VAN WINKLE  
 SENIOR CITIZENS**  
 2nd Thursday, 1:00pm  
 Washington Irving Center

### **COXSACKIE:**

**BETHANY VILLAGE  
 TENANTS ASSOC.**  
 3rd Wednesday, 1:15pm  
 Van Heest Hall

### **COXSACKIE AREA SRS.**

2nd & 4th Wednesday,  
 1:15pm  
 Van Heest Hall,  
 Bethany Village

### **SR. CITIZENS of COXSACKIE**

1st & 3rd Monday, 1:30pm  
 Cocksackie Center

### **GREENVILLE: GREENVILLE**

**GOLDEN YEARS**  
 1st Wednesday, 1:30pm  
 American Legion Hall



*Calling All Seniors!*

### **MOUNTAIN-TOP: MTN. TOP**

**GOLDEN AGERS**  
 4th Thursday, 1:30pm  
 Tannersville Village Hall

**W-A-J-P-L  
 GOLDEN AGERS**  
 1st & 3rd Monday, 1:30pm  
 Hensonville Town Bldg.