



SENIOR CITIZEN'S ROUNDTABLE NEWS

MARCH 2014

Published by Greene County Department of Human Services since 1976

LEATHERSTOCKING



HONOR FLIGHT

HONOR FLIGHT NETWORK

Honor Flight Network is a non-profit organization created solely to honor America's veterans for all their sacrifices. They transport our heroes to Washington, D.C. to visit and reflect at **their** memorials. Currently, priority is given to the senior veterans – World War II survivors.

Of all of the wars in recent memory, it was World War II that truly threatened our very existence as a nation—and as a culturally diverse, free society. According to the Department of Veterans Affairs, an estimated 640 WWII veterans die each day. Our time to express our thanks to these brave men and women is running out.

The flying season is from April to October each year. The next scheduled flight is Saturday, May 3rd, 2014. Applications for upcoming flight missions are being accepted. Veteran applications are prioritized in the order in which they are received, except in extraordinary circumstances. Please review the Frequently Asked Questions for details.

All trips for veterans are paid for through donations. Volunteer Guardians accompany veterans and are responsible for chaperoning them. Guardians pay for their own trip.

In New York, there are five regional hubs, one of which is the Leatherstocking Honor Flight, which serves Greene County. It is an all-volunteer organization dedicated to taking World War II Veterans, *at no cost*, to Washington, D.C. to the World War II Memorial.

The Leatherstocking Honor Flight was started during the summer of 2008 and since then has taken 711 WWII Veterans, the oldest being 99 years old.

FREQUENTLY ASKED QUESTIONS:

Q: Can my wife (husband) go with me? What about widows/widowers of WWII Veterans?

A: No. At the present time, there are over 16,000 World War II veterans on the national waiting list and thousands more who will apply this year. It is doubtful that Honor Flight will get to every deserving veteran in time. Hundreds of World War II veterans have passed away while patiently waiting their turn. Hundreds more will not live long enough to visit their precious memorial. Imagine how long the waiting list would be if non-veteran spouses were added. The only spouses who are permitted to go are those who are veterans themselves.

Q: Can a family member go as a guardian?

A: Yes! We encourage family members to go as guardians. He/she must devote the same attention to all veterans on the trip. It may not be a one on one situation with your veteran. Our TOP priority is the safe travel of ALL the veterans. Who will or will not serve as a guardian, and how many guardians will be needed, is the sole responsibility of the Hub Director.

Q: How do you decide which veterans get to go?

A: Veterans are flown on a "first-come, first-served basis."

Q: What if the veteran is on oxygen or will need a wheelchair?

A: WHEELCHAIRS -- About 50% of the veterans transported were in wheelchairs. Deluxe motor coaches are ordered based upon this fact and are equipped with wheelchair lifts.

OXYGEN -- If oxygen is required, a prescription must be provided by the veteran's healthcare provider, identifying the delivery method (mask or nasal cannula), frequency (as needed or continuously), and the rate of delivery. No oxygen cylinders are permitted to be used on the aircraft. If the veteran requires oxygen during the trip, please advise us to discuss arrangements.

Q: Are terminally ill World War II veterans given any special priority?

A: YES! Such veterans go to the top of the list for the next flight departing to Washington D.C. as part of our Southwest TLC Program with Leatherstocking Honor Flight.

For further information, call the Greene County Department of Human Services at (518) 719-3555.

See related story on Page 6.

HOW CAN YOU HELP . . .

Q: How are you funded?

A: Funding comes primarily from individuals and organizations across the country who recognize the great accomplishments and sacrifices of veterans and want them to experience their memorial before it's too late.

To make a tax-free donation, mail to: Leatherstocking Honor Flight, c/o Greene County Department of Human Services, 411 Main St, Catskill NY 12414. Checks should be made payable to Leatherstocking Honor Flight.

**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

aging@discovergreene.com

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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

*** Coxsackie Senior Nutrition Site**

at Town of Coxsackie Senior Center

Renee Raffiani, Meal Site Manager

Mansion Street, Coxsackie

(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) 943-1343

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

**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



**at Washington Irving Senior Center
15 Academy Street, Catskill
943-1343**

DFA Information & Assistance
2nd 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**

Monday: 1st Mon. of month, "Movie Time" - 12:30

Tuesday & Friday: Exercise 11:00 – 11:30

2nd & 4th Tues. of month: Crafters 12:45 – 3:00

Wednesday: Certified Zumba Gold classes, 10am
Karaoke 10:30 – 11:00

Thursday: Cards, Games, Billiards 1:00 - done

Friday: Group games ("Mind Your Mind", "Name That Tune", etc.) 11:30 – lunchtime

Ballroom Dance Classes:

Taught by Ballroom Dance Instructor, Guy Apicella
Friday April 4th, 11th, 18th & 25th 1:30 – 2:30 p.m.





GREENE COUNTY 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
MARCH 3-7	KIELBASA Bun & SAUERKRAUT <i>Low-salt diet subst</i> POTATOES O'BRIEN CARROTS ORANGE JUICE PEACHES	CHICKEN & BISCUITS WHIPPED POTATOES GREEN BEANS APRICOTS	 LEMON PEPPER FISH OLD FASHIONED VEGETABLES ORANGE JUICE BROWNIE <i>Diet Dessert Subst</i>	ROAST PORK w/Gravy APPLESAUCE WHIPPED POTATOES FRESH SQUASH PINEAPPLE DELIGHT <i>Diet Dessert Subst</i>	MACARONI & CHEESE CALIFORNIA MIXED VEGETABLES STEWED TOMATOES FRESH ORANGE 
MARCH 10-14	CHICKEN CACCIATORE over RICE OLD FASHIONED MIXED VEGETABLES MANDARIN ORANGES	BEEF STEW w/Carrots, Potatoes & Tomatoes GREEN BEANS RICE PUDDING <i>Diet Dessert Subst</i>	BAKED SPAGHETTI PIE WINTER BLEND VEGETABLES CHOCOLATE CHIP COOKIES <i>Diet Dessert Subst</i>	BAKED CHICKEN QUARTER w/Gravy CRANBERRY SAUCE MASHED POTATO SPINACH BUTTERSCOTCH PUDDING <i>Diet Dessert Subst</i>	BROCCOLI CHEESE FISH ESCALLOPED POTATOES CALIFORNIA MIXED VEGETABLES ORANGE JUICE FRESH SEASONAL FRUIT
MARCH 17-21	CORNED BEEF w/ CABBAGE  <i>Low-Salt Diet Subst: Chicken</i> PARSLEY POTATOES CARROTS CHOCOLATE MINT PUDDING w/Whipped Topping <i>Diet Dessert Subst</i>	PORK CHOPS w/Gravy STUFFING APPLESAUCE WHIPPED POTATOES GREEN BEANS ORANGE JUICE OATMEAL COOKIES <i>Diet Dessert Subst</i>	CHICKEN DIVAN w/RICE OLD FASHIONED MIXED VEGGIES MANDARIN ORANGES & PINEAPPLE	MEATLOAF w/Gravy WHIPPED POTATOES SPINACH GINGERBREAD w/Whipped Topping <i>Diet Dessert Subst</i>	BAKED ZITI BROCCOLI TOSSED GREEN SALAD ITALIAN BREAD FRESH SEASONAL FRUIT
MARCH 24-28	CHILI CON CARNE over RICE CALIFORNIA MIXED VEGETABLES TROPICAL FRUIT	BAKED HAM w/Pineapple Sauce FRESH SWEET POTATOES BRUSSELS SPROUTS PEACHES	CHICKEN DIJON w/Gravy MASHED POTATO SPINACH CHOCOLATE MOUSSE <i>Diet Dessert Subst</i>	ROAST TURKEY w/Gravy STUFFING CRANBERRY SAUCE MASHED POTATO CARROTS in Orange Sauce SUGAR COOKIE	BAKED TILAPIA w/Lemon Butter Sauce BAKED POTATO SCANDINAVIAN VEGETABLES CINNAMON GRAPE DESSERT
MARCH 31	CHICKEN RICE CASSEROLE SPINACH MANDARIN ORNAGES	 "St. Patrick's Day in the Morning"			



NUTRITION NOTES

MARCH: NATIONAL NUTRITION MONTH® "ENJOY THE TASTE OF EATING RIGHT"

National Nutrition Month® is a nutrition education & information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating & physical activity habits.

Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. While social, emotional and health factors also play a role, the foods people enjoy are likely the ones they eat most. This year's key messages for NNM will focus on how to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines recommendations.

When it comes to choosing what to eat, nutrition is important but flavor is likely the true motivator and also the key to eating right, according to the Academy of Nutrition and Dietetics. This March, during National Nutrition Month®, experiment with new flavors and flavor combinations in healthy meals and "Enjoy the Taste of Eating Right."

"According to consumer research, taste tops nutrition as the main reason why consumers buy one food over another. The foods we most commonly eat are often those we enjoy the most," says registered dietitian and Academy spokesperson Joy Dubost. "So make taste a priority when preparing nutritious meals." Dubost offers the following cooking tips to help enhance flavor without adding extra fat, calories or salt.

To maximize food's flavor and nutrition, choose high-quality ingredients at their peak quality, and be

sure to store and handle foods properly. "Proper food handling and storage can enhance the natural flavors of food and keep nutrient loss to a minimum," Dubost says. "Overcooking can destroy both flavor and nutrients. So be sure to cook foods properly to retain nutrients and enhance flavor, color, texture and overall appeal."

Try some of these simple techniques to enhance flavor while experimenting with flavor combinations," Dubost says.

- Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling.
- Pep it up with peppers. Use red, green and yellow peppers of all varieties—sweet, hot and dried.
- Try roasting veggies in a very hot (450°F) oven or grill for a sweet, smoky flavor. Brush or spray them lightly with oil so they don't dry out. Sprinkle with herbs.
- Caramelize sliced onions to bring out their natural sugar flavor by cooking them slowly over low heat in a small amount of oil. Use them to make a rich, dark sauce for meat or poultry.
- Simmer juices to make reduction sauces. Concentrate the flavors of meat, poultry and fish stocks.
- Reduce the juices by heating them—don't boil. Then use them as a flavorful glaze or gravy.
- For fuller flavors, incorporate more whole grains such as brown rice, or experiment with wild rice.
- Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange. Acidic ingredients help lift and balance flavor.
- Enhance sauces, soups and salads with a splash of balsamic vinegar.

- Give a flavor burst with good-quality condiments such as horseradish, flavored mustard, chutney, wasabi, bean purees, tapenade and salsas of all kinds.

"These simple cooking steps can really transform your favorite meals and foods," Dubost says. "But keep in mind the average adult has 10,000 taste buds, and people sense the same foods differently. So don't be afraid to try *new* foods, flavors and taste combinations."

SPECIAL NUTRIENT NEEDS FOR SENIORS

As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D

Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D-fortified low-fat or fat-free milk each day. Other calcium-rich foods include yogurt, fortified cereals & fruit juices and dark green leafy vegetables. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12.

Fiber

Eat more fiber-rich foods, such as whole-grain breads and cereals, and beans and peas to stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent type 2 diabetes. Fruits and vegetables also provide fiber.

Potassium

Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, select and prepare foods with little or no added salt.



*Do you have computer access?
Want to help Greene County save money?
Then Go Green(e) with the RoundTable News!*

**The RoundTable News is now
available electronically!**

**By going Green(e), you would help us save printing
& mailing costs each month - thus allowing the De-
partment to redirect the money to core services.
Plus you would receive a FULL-COLOR VERSION
of the RoundTable News!**

**If interested, just send a note with your name &
email address to:**

**aging@discovergreene.com
SUBJECT: RTN email subscription**

SENIOR NUTRITION & CAREGIVING

It is true we all need protein, fruit, veggies, calcium, grains and a lot of water in our diet to live healthy vibrant lives! Maybe you have heard that for seniors things become a little more complex? As we age, our concentration on nutrient dense meals should be paramount. But what if the very act of getting the food to one's mouth and swallowing has become an issue? For many, what we think of as a simple act becomes a complicated situation. Many caregivers become frustrated in trying to assist those they love to ingest the calories that will sustain them.

Here are several tips on supporting senior nutrition for those who are challenged:

- Try using a straw for liquids.
- Try finger foods – sandwiches, cut vegetables, and fruits.
- Try softer foods – it is possible that chewing is difficult.
- Try adding more flavor – sugar or honey when appropriate; often the sense of taste is diminished.
- Stick to foods your care recipient enjoys.
- Try a nutritional supplement shake – mix it with some ice cream to improve the flavor if your care recipient doesn't seem to enjoy it plain.



FLAGS OF OUR HEROES

The newest initiative of Honor Flight, conceived by Dave Bauer, a Vietnam Veteran & recipient of the Purple Heart, is "Flags of Our Heroes". This program is designed to show the respect so richly deserved to deceased WWII veterans. Even though they will never see their memorial, Honor Flight wants to provide the families with the opportunity to know that their loved one was shown the highest regard and respect at their memorial.

In order to do this, Honor Flight requests from the family of the deceased, a 5x7 photo of the veteran and a copy of the obituary notice, if available. A flag of a deceased WWII Veteran has been donated and is taken along with your Veteran's photo on a tour to the memorial in Washington, D.C. The flag & and veteran's photo are placed in front of the memorial with a photo taken. The family receives back an 8x10 photo with a certificate from Honor Flight honoring the veteran. All items taken to Washington are returned to the family after the trip.

For further information, please contact Honor Flight at flags@honorflight.org.

- Try switching to smaller, more frequent meals; sometimes a big meal can be too overwhelming or too exhausting.
- Decrease distractions at meal time such as TV, radio, too much activity.
- Try serving soup in a cup rather than a bowl so the care recipient can drink as opposed to having to steady a spoon full of liquid soup.
- Use an apron instead of a bib – it is more dignified
- Try adaptive eating utensils
- Give your care recipient a small, manageable task to do to help.
- Use a bright colored plate so the food stands out.
- Turn the plate when they have eaten all the food from one side of the plate.





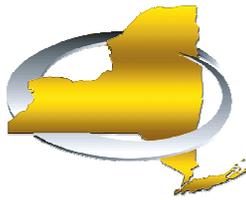
Volunteers Reap What They Sow



Lead With Experience

ATTENTION VOLUNTEERS:

Kindly remember that all mileage reimbursement requests must be submitted to the office by the 25th of each month. Also, we cannot pay any requests that are over 60 days. Please allow ample time for processing.



**IN THESE TRYING TIMES,
WOULD YOU LIKE
TO MAKE A DIFFERENCE
IN THE LIVES OF OLDER ADULTS?**

**Volunteer Ombudsmen are needed
for area nursing homes
and adult care facilities.**

**Ombudsmen help give vulnerable seniors
a stronger voice!**

Ideal volunteers for this important position:

- ☆ are over the age of 21
- ☆ can commit to 2 - 4 hours each week for a 1 year period
- ☆ will take the 36 hour training course that is provided
- ☆ have good communication and interpersonal skills

If you would like additional information concerning this exciting volunteer position, call Ruth Pforte at 518-719-3555



*Want to learn more
about the Ombudsman Program?
Attend an informational presentation
sponsored by Adult Learning Institute*

*Thursday March 13th 10am
Columbia-Greene Community College*

*Speaker: Gwen Starke
Greene County Ombudsman Coordinator*

Call 828-4181 if interested in attending



CHECKMATE!

Do you enjoy playing chess?

Would you enjoy teaching others
this classic game of strategy?

There is a need for a volunteer
to teach people of all ages the game of chess.

The community of Athens has a long standing tradition of playing chess. They wish to continue the tradition and are seeking an instructor for budding chess players.

If you would consider volunteering to teach interested "chess students", please contact Ruth Pforte at 719-3555.



GREENE COUNTY DEPARTMENT OF HUMAN SERVICES'
DEPARTMENT FOR THE AGING . . .
WHERE CARING PEOPLE HELP

Our knowledgeable and capable staff can assist you or the person you are caring for in accessing a wide variety of human service resources available in Greene County. Appointments required. For more information, please call (518) 719-3555 or toll free (877) 794-9266.

Our goal is to

- ♥ assist older adults in maintaining and/or improving their social, economic, health, safety and nutritional status;
- ♥ secure and maintain maximum independence and dignity for older persons;
- ♥ ensure a network of supportive services to assist the County's residents age 60 and older and their caregivers;
- ♥ advocate for the elderly before government or private agencies

The Department informs Seniors & Caregivers of news via:

- ♥ Local Area newspapers
- ♥ Senior Citizens Round Table News
- ♥ Senior Citizen Club Monthly Updates

HELP US HELP OTHERS

The Department for the Aging neither charges a fee nor applies a means test for its services. Service users, however, have the right to make confidential donations to the costs of the service so that programs may be expanded. No one is denied services for inability to contribute. (NOTE: There may be a sliding fee for in-home services.)

SERVICES:

AGING SERVICES:

- ♥ Information and Assistance (Outreach visits) to senior centers & in-home
- ♥ Health Insurance Counseling & Assistance (HIICAP) including Medicare assistance
- ♥ Home Energy Assistance Program (HEAP)
- ♥ Legal Services
- ♥ Long Term Care Ombudsmen to assist residents of Long Term Care Facilities

EISEP (In-home) Services:

- ♥ Case Management
- ♥ Homemakers & Personal Care Aides
- ♥ Personal Emergency Response Units

Caregivers Support:

- ♥ Caregivers Information, Assistance, Support & Counseling
- ♥ Respite Workers

Volunteer Services:

- ♥ Volunteer Recruitment and placement within the Department and various Community Agencies

Transportation:

- ♥ Homebound Transportation for Medical Appointments & Entitlements - Two (2) week advance notice required
- ♥ Hamlet Shopping Bus: Door-to-Door Service for Local Shopping & Errands
- ♥ Greene County Transit Bus: Fixed routes to Catskill - Call 943-2852 for schedule & information - Subsidized fare when senior ID card presented

NUTRITION

SERVICES:

- ♥ Congregate Meals at our Greene County Rivertown Senior Center in Athens, as well as our Senior Nutrition Sites in Acra, Catskill, Coxsackie and Jewett
- ♥ Home-delivered Meals to Eligible Homebound Individuals
- ♥ Nutrition Education; Diet Counseling & Recreational Programs
- ♥ Farmer's Market Coupons
- ♥ Transportation to certain Centers so seniors can have social interaction with their noontime meals

HOORAY for HOLLYWOOD!



COMING SOON!
4th Annual Senior Citizens Day
at the Historic Catskill Point
Thursday May 15th 1pm—3pm



Vendor displays! Entertainment! Refreshments!
Dress as your favorite Hollywood personality!
Door prizes! Prize for best costume!

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
 Coxsackie Center



Calling All Seniors!

GREENVILLE:

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

**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.