



# SENIOR CITIZEN'S ROUNDTABLE NEWS

NOVEMBER 2014

*Published by Greene County Department of Human Services since 1976*

## THE HISTORY OF VETERANS DAY - Courtesy of US Department of Veterans Affairs

World War I is known at the time as "The Great War" - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."



Soldiers of the 353rd Infantry near a church at Stenay, Meuse in France, wait for the end of hostilities. This photo was taken at 10:58 a.m., on November 11, 1918, two minutes before the armistice ending World War I went into effect

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations."

The original concept for the celebration was for a day observed with parades, public meetings and a brief suspension of business beginning at 11:00 a.m. The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

*Whereas the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.*

On May 13, 1938, the 11th of November in each year was made a legal holiday - a day to be dedicated to the cause of world peace & thereafter celebrated and known as "Armistice Day." The day was primarily set aside to honor veterans of World War I, but in 1954 - after World War II required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation on June 1, 1954, November 11th became a day to honor American veterans of all wars. Later that same year, on October 8th, President Dwight D. Eisenhower issued the first Veterans Day proclamation which stated: *"In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible."*



## SENIOR CITIZEN'S ROUNDTABLE NEWS

is published monthly by  
**GREENE COUNTY**

**DEPARTMENT of HUMAN SERVICES**

**411 Main Street, Catskill, NY 12414**

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

**aging@discovergreene.com**

### TO SUBSCRIBE:

*Do you have computer access?*

*Then Go Greene) with the RoundTable News!*

Help us save printing & mailing costs each month - thus allowing the Department 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

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

### TO ADVERTISE:

The RoundTable News accepts paid advertisements. For further information, contact Ken at 719-3555.

## **GREENE COUNTY DEPARTMENT of HUMAN SERVICES**

### **EXECUTIVE DIRECTOR**

**Therese McGee Ward**

Business Manager - Ken Brooks

### Coordinators:

Aging Services - Connie Bentley

Nutrition - Tezera Hoovler

Volunteer Services - Ruth Pforte

### Office Staff:

Andrea Benjamin-Legg

Rose Bundy Cortney Carlson

Maureen Murphy

Carol Provost Gwen Starke

Danielle Kane-Wade

Youth Case Worker - Carrie Vedder

### Drivers:

Hamlet Bus Janet Osborn

Nutrition Vans Patrick Murphy & Dave Mokszycki

### Bethany Village Case Manager

Patricia Gessner

The office is open 8:30a.m. - 5p.m. Monday thru Friday, with the exception of July & August (4:30p.m.). 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.**

## SENIOR NUTRITION SITES:

Each site serves a hot noon-time lunch, Monday - Friday for a suggested donation of \$3.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. We ask that you call at least one day ahead if you wish to be included in the lunch count. Centers are closed on legal holidays and inclement weather.

In addition, each center has certain programs and activities ongoing. Please see page 3 for further information.

### **RIVERTOWN SENIOR CITIZENS CENTER**

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

**(518) 945-2700**

Tami Bone, Senior Service Center Manager

JoanAnn Rouse

Shane Dillon

John Lawrence

Lana Marrone

### **\* Acra Senior Service Site**

Acra Community Center,

Old Rte. 23B, Acra

**(518) 622-9898**

Sandra Sherman, Aging Services Aide

Staff: Elaine Cherrington

### **\* Catskill Senior Nutrition Site**

*at Washington Irving Senior Center*

15 Academy Street, Catskill

**(518) 943-1343**

Gethen Proper, Meal Site Manager

Martha Schilling

### **\* Coxsackie Senior Nutrition Site**

*at Town of Coxsackie Senior Center*

Mansion Street, Coxsackie

*(Former Knights of Columbus Hall)*

**(518) 731-8901**

Renee Raffiani, Meal Site Manager

### **\* Jewett Senior Service Site**

Jewett Municipal Building

Route 23C, Jewett

**(518) 263-4392**

Gayle Ruvolo, Meal Site Manager

Staff: MaryAnn Brink

# GREENE COUNTY SENIOR SERVICE CENTERS

## ACRA SENIOR SERVICE CENTER



Aging Information & Assistance/  
Medicare Minute:  
2nd monthly Wednesday  
11 a.m.

Cairo Crafters:  
1st & 3rd monthly Wednesday  
1 p.m.

## COXSACKIE SENIOR SERVICE CENTER



Aging Information & Assistance/  
Medicare Minute  
3rd monthly Monday, 11 a.m.

Genealogy class: Mon./Wed. 10:30a.m.

Blood Pressure: 2nd Monday, 11 a.m.

Exercise Class: Tues./Thurs.  
10:30 a.m.

Knitting: Tuesday, 11a.m.

Line Dancing: Friday, 10am

## JEWETT SENIOR SERVICE CENTER



Aging Information & Assistance/  
Medicare Minute:  
4th monthly Friday  
11 a.m.

Blood Pressure:  
2nd monthly Tuesday  
11a.m.

## CATSKILL SENIOR NUTRITION SITE



Aging Information & Assistance/Medicare Minute  
2<sup>nd</sup> Thurs of month, 11a.m.

### CENTER ACTIVITIES

*Sponsored by Town of Catskill*

\* Mon. & Wed. *Senior Choir - 10:30 a.m.*

\* Mon.: *Crafters - 1 p.m.*

\* Tues.: *Line Dancing - 10:30 a.m.*  
*Weight Watchers - 11a.m.*

\* Wed.: *Paint with Bill - 10 a.m.*  
*BINGO - 10:30 a.m.*

\* Thurs.: *Qiqong - 10:45 a.m.*

\* Fri.: *Exercise Class - 11 a.m.*

## RIVERTOWN SENIOR CENTER



Aging Information & Assistance/Medicare Minute  
2<sup>nd</sup> Mon of month, 11 a.m.

1st Mon. of month - "Movie Time" - 12:30 p.m.

Tuesday & Friday: Exercise 11:00 a.m. ó 11:30 a.m.

2nd & 4th Tues. of month: Crafters 1 p.m. ó 2 p.m.

Wednesday: Certified Zumba Gold classes, 10 a.m.  
Karaoke 10:30 a.m. ó 11:00 a.m.

Thursday: Cards, Games, Billiards 1:00 p.m. - done  
3rd Thursday, 11a.m.: Blood Pressure Screening

Friday: Group games  
(“Mind Your Mind”, “Name That Tune”, etc.)  
11:30 a. m. ó Lunch served



## Annual Village of Athens Victorian Stroll

Saturday December 13, 2014

Starting at 1pm & ending with

Tree Lighting at Riverfront Park at 5pm



### Activities at Rivertown Senior Center

Holiday music & sing along

Handbell Choir performances

Baked goods & Chocolate fountain

Senior Angel table



Face painting

Holiday BINGO with prizes

Thrift Shop open 11a.m. till 4p.m.

Trolley-stop for horse-drawn carriage rides  
through village

## Billiards

The Rivertown Senior Center has formed a Ladies Billiards Club. It meets the first and third Wednesdays every month from 1:00pm to 2:00pm. Charlie D'Agostino and Al Ramm instruct the ladies in the art of the game. For more information, call Tami Bone at 945-2700.



*In photo above: Coach Charlie D'Agostino, Kay Brunner, Joann Sommers, Liz Jarvis, Joyce Pellicano, Martha McPartland, Coach Al Ramm and Agnes Duncan.*

## Rivertown Seniors Enjoy Autumn Brunch . . . and a visit from Congressman Chris Gibson





# ***Senior Angels: Spreading Cheer 365 Days a Year***



## **PLEASE BECOME A SENIOR ANGEL**

The Greene County Department of Human Services would like to invite you to become a Senior Angel. The County has elderly, limited-income clients who could use a special gift during the holiday season. These gifts lift their spirits and fulfill a need.

The department is requesting monetary donations. These funds will be placed in our Senior Angel Fund and distributed under the supervision and discretion of the Senior Angel Committee. The gifts will be delivered mid December.

In addition, year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds have been exhausted and there is no other source to help.

Please call the Greene County Department for the Aging at (518) 719-3555 or toll free at (877) 794-9266 for more information. Please make checks payable to Greene County Department for the Aging Senior Angel Fund. Donations may be dropped off or mailed to Greene County Department of Human Services, Greene County Office Building, 411 Main Street, Catskill, NY 12414.

Please note that due to confidentiality we cannot give out the names of our recipients. Thank you for your understanding.

Senior Angel Committee  
Pat, Tezera, Andrea, Rose & Ken



November 13, 2014  
10am - 2pm  
Greene County Office Building  
411 Main St, Catskill

ALL proceeds will benefit  
Senior Angels Program

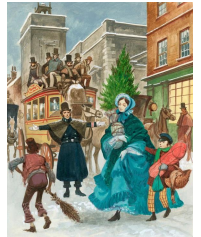
## **ATHENS VICTORIAN STROLL**

**Sat. Dec. 13      1pm - 5pm**

The Senior Angel Committee  
will be serving hot chocolate & coffee  
at the Rivertown Senior Center.

Donations will be accepted  
for the Senior Angel Fund.

*Stop by and say hi.*



## **Attention Coxsackie-Athens Seniors:**



## **HANDY NEIGHBORS PROGRAM**

Greene County Department of Human Services' Senior Angels have teamed up with the Coxsackie - Athens Rotary Club to get the "HANDY NEIGHBORS" program back up and running.

If you need some minor repairs done around the home (i.e.: changing light bulbs, changing out screens to storm windows, and any minor repairs), please let G. C. H. S. Senior Angels know.

For further information, call 719-3555 and ask for the Handy Neighbors Coordinator.

**Note:** Large jobs requiring a contractor (i.e.: new roof, new deck or new fencing) will not be considered.






# 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**

<b>2014</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Nov 3 - 7</b>	<b>KNOCKWURST on a BUN w/SAUERKRAUT</b> <i>(Low Salt Diet Subst)</i> <b>BAKED BEANS CARROTS APPLESAUCE &amp; COOKIES</b> <i>(Diet Dessert Subst)</i>	 <b>ELECTION DAY MAIN OFFICE CLOSED</b> <b>ALL NUTRITION SITES CLOSED NO MEALS</b>	<b>LEMON PEPPER FISH FILET w/Tartar Sauce BAKED POTATO OLD FASHIONED MIXED VEGETABLES CHOCOLATE MOUSSE</b> <i>(Diet Dessert Subst)</i>	<b>CHICKEN DIJON MASHED POTATOES SPINACH TROPICAL FRUIT</b>	<b>BAKED ZITI ITALIAN GREEN BEANS ROMAINE SALAD DINNER ROLL SEASONAL FRUIT</b>
<b>Nov 10 - 14</b>	<b>CHICKEN DIVAN RICE OLD FASHIONED MIXED VEGETABLES FRUIT COCKTAIL</b>	<b>VETERANS DAY</b>  <b>MAIN OFFICE CLOSED</b> <b>ALL NUTRITION SITES CLOSED NO MEALS</b>	<b>PORK CHOPS w/Gravy BRAISED RED CABBAGE WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES BANANA PUDDING</b> <i>(Diet Dessert Subst)</i>	<b>SALISBURY STEAK w/Gravy POTATOES O'BRIEN CARROT COINS MANDARIN ORANGES</b>	<b>VEGETABLE LASAGNA ITALIAN VEGETABLES TOSSED SALAD FRESH SEASONAL FRUIT</b>
<b>Nov 17 - 21</b>	<b>SHEPHERD'S PIE CORN FRESH ORANGE</b>	<b>CHICKEN CUTLET w/ Mushroom Gravy FRESH SWEET POTATO BRUSSEL SPROUTS TROPICAL FRUIT</b>	<b>MEATLOAF w/Gravy BAKED POTATO OLD FASHIONED VEGETABLES CHOCOLATE CHIP COOKIES</b> <i>(Diet Dessert Subst)</i>	<b>BROCCOLI CHEESE FISH FILET w/Tartar Sauce RICE PILAF SPINACH SLICED PEACHES</b>	<b>ROAST TURKEY w/Gravy STUFFING WHIPPED POTATOES GREEN BEAN ALMONDINE RELISHES DINNER ROLL PUMPKIN PIE</b> <i>(Diet Dessert Subst)</i>
<b>Nov 24 - 28</b>	<b>MACARONI &amp; CHEESE STEWED TOMATOES OLD FASHIONED MIXED VEGETABLES SLICED PEACHES</b>	<b>BAKED HAM w/Pineapple</b> <i>(Low Salt Diet Subst)</i> <b>ESCALLOPED POTATOES CALIFORNIA MIXED VEGETABLES BUTTERSCOTCH SWIRL PUDDING</b> <i>(Diet Dessert Subst)</i>	<b>BEEF STEW GREEN BEANS CRANBERRY JUICE OATMEAL COOKIE</b> <i>(Diet Dessert Subst)</i>	<b>THANKSGIVING</b>  <b>MAIN OFFICE CLOSED</b> <b>ALL NUTRITION SITES CLOSED NO MEALS</b>	<b>COOK'S CHOICE DAY</b>

# NUTRITION NOTES

## NOVEMBER is GOOD NUTRITION MONTH

November is a great month to bolster your efforts to eat healthier while being a great time to try out new nutritious recipes.

Why not set a goal of eliminating another one of your food addictions this month? Try to commit to looking up nutrition tips each week by trying out a new healthier dish that you can add to your regular meal plan. Use this month to learn about eating right and the My Food Pyramid.

There are a few other dedications for November. This includes being known as Peanut Butter Lover's Month, Latin American Month and National American Indian Heritage Month. Why not incorporate these ideas as inspiration for new dishes.

There are also an array of special days for celebrating different types of foods during November. These include National Candy Day and National Doughnut Day. (Why they land in Good Nutrition Month isn't clear, but allows for a couple of treats to break up an otherwise strict diet month). November 2<sup>nd</sup> is Sandwich Day, the birthday of John Montague, 4<sup>th</sup> Earl of Sandwich, the official inventor of sandwiches. Of course you can't forget about Thanksgiving. While traditionally a day people like to gorge themselves and fall asleep on the couch, there are plenty of healthy dishes you can put on the table. We've included one recipe here.

So enjoy Good Nutrition Month as a month for exploring new foods and tastes!

## HEALTHY HOLIDAY PLATE Turkey with Potatoes, Beans & Stuffing

### Turkey:

- 1 turkey breast (5 - 5 1/2 lbs)
- 1 medium white onion
- 2 stalks celery, cut in half
- Vegetable cooking spray
- 1 1/2 tablespoons of the following seasonings:
  - Lemon Pepper
  - Onion Powder
  - Garlic powder
  - Poultry seasoning
- 1/2 teaspoon paprika
- 1 browning bag

Remove and discard the skin from turkey breast, rinse & pat dry. Place the onion & celery into the breast cavity. Spray it all over with cooking spray.

Combine the seasonings and paprika in a bowl and sprinkle over the turkey breast.

Place in browning bag prepared to package directions. Place in a shallow baking pan and bake at 325° for 1 hour, or until meat thermometer registers 170°. Transfer the breast to a serving platter and let it stand for 15 minutes before carving into thin slices.

### Stuffing:

- 1 cup chopped onion
- 1 cup sliced mushroom
- 1 cup brown rice, uncooked
- 1 teaspoon vegetable oil
- 2 cups chicken broth
- 1 small tart red apple, cored & chopped
- 3 Tbsp chopped pecans
- 1 teaspoon poultry seasoning

Preheat oven to 350°. Heat a large Dutch oven over medium-high heat. Add the oil and sauté the onions and

mushrooms until golden, about 3 minutes. Add the rest of the ingredients, bring to a boil, cover and bake in the oven until rice has absorbed the liquid, about 30 minutes. Remove from oven, allow to stand for about 5 minutes and then fluff with a fork.

### Beans:

- 16 ounces frozen green beans
- 1/2 teaspoon vegetable oil
- 1/4 cup chopped fresh cranberries
- 2 tablespoons chopped walnuts
- 1 tablespoon honey

Place green beans in a medium casserole dish and microwave on high until heated through and tender, about 6 minutes. Meanwhile, heat a small nonstick skillet over medium-high heat and add the oil. Cook the cranberries and walnuts briefly until tender. Toss in the green beans and honey. Serve hot.

### Potatoes:

- 2 lbs baking potatoes, peeled
- 1/4 - 3/4 cup skim milk
- 1 Tbsp trans-free margarine
- 1/2 teaspoon garlic powder
- Black pepper to taste

Cut potatoes into chunk and place in a large pot. Cover them with water, bring to a boil and cook until soft, about 20 minutes. Drain water and place pot back on stove. Mash potatoes then add the rest of the ingredients. Reheat potatoes & serve hot.

*See nutrition facts for this holiday meal at*

*[www.foodandhealth.com/recipes.php?id=1123](http://www.foodandhealth.com/recipes.php?id=1123)*





# RSVP

## Lead With Experience



### \$500 FUEL RAFFLE



\$5.00 Donation per Ticket

Drawing - December 11, 2014

*Winner will need to provide Supplier's Name & Account Number*

#### **Benefit of**

**Greene County Department of Human Services RSVP**

*The proceeds of this raffle will be used to help fund  
RSVP Volunteer Mileage Reimbursement*

To obtain tickets, contact any RSVP Advisory Council Member,  
stop into Greene County Department of Human Services  
or call Ruth at (518) 719-3555.

**Last chance for 2014**



**Washington Irving Senior Center  
15 Academy Street, Catskill**

**November 6<sup>th</sup> & 7<sup>th</sup>  
8:30 a.m. to 11:30 a.m.**

**Call 943-1343 to register**



**DO YOU HAVE SPARE TIME? DO YOU LOVE TO BE BUSY?**  
**WOULD YOU ENJOY HELPING SENIOR CITIZENS IN THE COUNTY IN NEED?**  
**IF SO, GREENE COUNTY DEPARTMENT OF HUMAN SERVICES NEEDS YOU!**

#### **VOLUNTEERS NEEDED TO DELIVER HOMEBOUND MEALS**

*Sometimes seniors need meals for a short time because they just got out of a hospital and can't make meals until after recovering. Or, they may need meals for a longer time because they can't do many of the things they use to do on their own. For Greene County residents, age 60 or older, who can't prepare meals for themselves, the Department provides healthy, nutritious, balanced meals to their residence, up to five days a week.*

**Volunteers needed to deliver meals. Mileage reimbursement is available. Current shortages are in Catskill, Hunter, Tannersville & Windham.**



#### **HOMEBOUND TRANSPORTATION DRIVERS NEEDED**

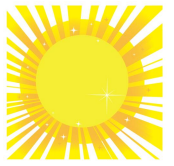
*Homebound Transportation Service is available through the Department to county residents over age 60 that do not have other options for needed transportation. The program arranges for a volunteer driver for medical appointments and special entitlement agencies.*

**Volunteers needed to transport clients. Are you willing to drive out-of-town (e.g. Kingston or Albany)? Mileage reimbursement is available. We could especially use you.**

**If interested, please contact Ruth Pforte  
Greene County Department of Human Services Volunteer Coordinator  
(518) 719-3555**



# Volunteers are a Ray of Sunshine



On Thursday, October 9, 2014, the 37th Annual Greene County Volunteer Recognition Luncheon was held at the Community Life Church in Catskill. Doors opened at 12:30pm and the honored volunteers were greeted by RSVP Advisory Council members with door prize tickets, as well as a 50/50 raffle. Congrats to winners Janice Harty/Fred VanLoan and Liz Jarvis. Terry McGee Ward, Executive Director for the department, welcomed those in attendance. Greene County's own Kate Smith, none other than Rosemary Graham, led the group in singing "God Bless America". Special thanks to the chefs at the Community Life Church and to Catskill High School's Future Career and Community Leaders of America who prepared & served a delicious meal. Entertainment was provided by the Peaceful Country Band. Special thanks to all the businesses and individuals who graciously donated door prizes or table favors for the day.





## HAMLET BUS

The Greene County Department of Human Services offers a hamlet shopping bus to Greene County residents over age 60. The schedule is arranged by designated towns in the county for a specific day of the week shopping. Our friendly driver will pick seniors up at their door and bring them to area stores for shopping followed by lunch at the Catskill center.

**MONDAY:** Mountaintop (Jewett, Windham, Hunter, Ashland & Prattsville)

**TUESDAY:** Cairo/Catskill

**WEDNESDAY:** Athens/Coxsackie

**THURSDAY:** Greenville

**FRIDAY:** Special periodic trips as announced

You must call at least one (1) business day in advance to make arrangements to be picked up. The bus can only hold 16 passengers so it is first come, first served.

Contact our friendly driver, Janet, for further information at 719-3559.



### SCENIC MOUNTAIN-TOP FALL TRIP

In October, the DHS Hamlet bus took two groups of senior citizens on a lovely fall ride through our own local Catskill Mountains.



The seniors left their valley homes and traveled through Windham, Jewett and Prattsville. They made several stops including the Windham Country Store,

the East Jewett stone church and had lunch at the Jewett Senior Nutrition site.

In addition, they stopped at the Veterans Memorial Wall in Tannersville which was a sentimental favorite for senior,



Charlotte Layton, as it includes the names of family members.

All enjoyed the day's outing and are looking forward to the next trip.



Your kind support and generosity by donating to the Greene County Department of Human Services will help provide services to needy, senior citizens of the county.

In Memory of Rosemarie Alberti  
from  
Diane Bartholomew

### To the Nutrition Program/Congregate Meals

In Memory of Al Fischer  
from Clifford & Marie Couchman

and

an %6 Lieu of Flowers+donation

### To Home-delivered Meals:

In Memory of John & Margaret Kordich  
from  
MaryAnn Kordich



## CONVERSATIONS ABOUT DEMENTIA

Tips to Help with Family Conversations

This workshop will offer tips on how to have honest and caring conversations with family members about:



Going to  
the doctor



Deciding when  
to stop driving



Making legal and  
financial plans

**Location:** Heermance Memorial Library, 1 Ely St. Cossack, NY

**Date:** Wednesday November 12, 2014

**Time:** 6:30 - 7:30PM

This program is FREE, but registration is required. To register, please call Tonya at 518-867-4999 Ext. 200 or e-mail [tgarmley@alz.org](mailto:tgarmley@alz.org).

alzheimer's  association



### 3<sup>rd</sup> ANNUAL GREENE COUNTY HOLIDAY HAPPENINGS

**Saturday November 29th 3 p.m. - 7 p.m.**

**Red Rooster Roadhouse/Gallagher's Banquet Hall, Cairo**

***Support local business owners on Small Business Saturday!***

***Purchase holiday gifts from local crafters & entrepreneurs!***

Hand crafted soaps, Candles, Jewelry, Pampered Chef, Silpada, Thirty One, Origami Owl & more

Free will offering at the door - Pay a little, a lot or nothing at all

Prizes & raffles

***Proceeds to benefit Emergency Services of Community Action of Greene County, Inc***

For more information, call 943-9205



# GREENE COUNTY SENIOR CITIZENS CLUBS' MEETINGS

## 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

## 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.



*Calling All Seniors!*