



# 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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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

**\* 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  
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**

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 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> 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				



# 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**

## 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](mailto:flags@honorflight.org).

### 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.

- 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.





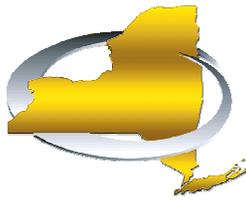
# Volunteers Reap What They Sow



Lead With Experience

## ATTENTION VOLUNTEERS:

Kindly remember that all mileage reimbursement requests must be submitted to the office by the 25<sup>th</sup> 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.