

Your Newsletter
Growing Older
in *Rhinebeck*

June 15th 2009: This Calendar is published by the Town of Rhinebeck Committee on Aging to list events during the upcoming months that are of interest or in support of Seniors in Rhinebeck. The associated Newsletter is also viewable on the Town of Rhinebeck website www.Rhinebeck-ny.gov. Printed copies of the Newsletter and Calendar are distributed in town where Rhinebeck Seniors might visit. We would appreciate feedback from you regarding your experience of these activities and if you know of other things going on in town that we should include in the calendar. Please submit comments or items for the newsletter to the newsletter editor at 845-876-2683 or email caroleleib@mindspring.com.

Calendar of Events

Monthly

- Mon Individual counseling on **Medicare Choices** is available at the Starr Library on Monday afternoons. Appointments need to be made through the DC Office of the Aging, 845-486-2566.
- Mon **Rubber Bridge**, at "The Woods" Clubhouse, 1PM. All are welcome.
- Mon. **Satya Yoga Center**, 6400 Montgomery St.: *Meditation*, 7:45-8:45PM. For more information, call 845-876-2528.
- Mon-Fri **Adult Day Care**, at Ferncliff, River Road, 8AM-4PM. Call 845-876-2011, ext.3248 for information.
- Mon-Fri **Lunch, conversation, and recreational activities** at the DCOA Senior Friendship Center, hosted by the Church of the Good Shepherd, 10AM-2PM. Suggested donation for lunch is \$2.50. Call 845-876-8134 to arrange for transportation, if needed.
- Mon-Sat **Wellness Center**, Northern Dutchess Hospital, M-Th, 6AM-8PM; F, 6AM-6PM, S, 7AM-2PM, call 845-871-4300 for information.
- 2nd Mon **Alzheimers Support Group**, 6PM, Thompson House Conference Room. This is a support group for those caring for or related to individuals afflicted with Alzheimers Dementia. It is sponsored by the Alzheimers Association of Dutchess County. For more information, contact Kevin Kenney, at 845-871-3712.
- Last Mon **Starr Library Book Club**, 7-8:30PM, Starr Library lower level, Apr-Sept. September the club meets on the following Monday (see calendar). Call 845-876-4030 to reserve copy of the book being discussed.
- Tues **Games, Games, Games**, Town sponsored games have moved back to the Town Hall, 1-3PM. Bring the game of choice with you: Mah Jong, Bridge, Mexican Train dominoes, or any other game you have in mind.

This weekly event is free and open to all adults. For more information, call Joanne Gelb at 845-876-8799.

- Tues **ASK Playwrights' Lab**, 6:30-9PM, ASK Arts Center, 97 Broadway, Kingston. Free (donations appreciated). The readings are not performances, but workshops, focusing on process, not product, with a group discussion after the reading. Contact Karen Rich at richkare@frontiernet.net to schedule a play for a reading,
- Tues **Duplicate Bridge Game**, meeting hall behind Church of the Messiah, 10AM-1PM. email Diane Martini at dianeros@optonline.net or call 845-795-1096 for information.
- Tues **Satya Yoga Center**, 6400 Montgomery St.: *Qi Gong Class*: 4-5PM. For more information, call 845-876-2528.
- Tues&Thurs **Weight-Lifting** – at the American Legion in Rhinebeck, 10-11AM, sponsored by the Dutchess County Office of Aging. \$10/month to participate. Call 845-486-2555 for information.
- Tues&Fri **Exercise Group** – at Wells Manor in Rhinebeck, 10:30AM, sponsored by the Dutchess County Office of Aging. Call 845-486-2555 for information.
- 1st Tues **Bariatric Support Group**, 7PM, ND Hospital: Women's View, 107Montgomery Street. Call 845-871-4380 for more information.
- Wed **Brain Games**, 1PM, Starr Library, lower level. Free. Exercise your little gray cells. For information, call Joanne Gelb at 845-876-8799.
- Wed **Movie Night at Leonardo's Café --** Leonardo's Café is showing free, weekly, Italian-theme movies on Wednesdays, at 7PM.
- Wed **Tai Chi-Quigong Class**, 4PM, ND Hospital Montgomery Street Health Annex, 107 Montgomery Street. Free to NDH Wellness Center members; \$10/class for others. No reservations needed. Call 845-871-4302.
- Wed **Shepherd's Knitters**, 7-9PM, Brogan Center, Church of the Good Shepherd. For information, call 845-876-1044 or 845-876-5940.
- Wed **Scrabble Game** at the Starr Library, 1-3PM.
- 1st Wed **Skyllkill Chapter of the Embroiderers' Guild of America, Inc.**, 10AM, St. James Episcopal Church Fellowship Hall, Rte. 9, Hyde Park. For more information about programs and workshops, email Julia Pietruszewski at juliapvero@aol.com or call 845-266-5446.
- 1st Wed **Parkinson's Support Group**, 6:30PM, STARR Library. lower level. The programs are not only informative, but are sometimes social events. Access to the Community Room is a ground level. Call Alice Plotnick at 845-876-4289 for more information.
- 2nd Wed **AARP meeting**, 11AM, Reformed Church in Rhinebeck, Rt. 9 and South Road. Speakers and discussion on topics of interest and concern to Seniors. For information, call Ruth Queen at 845-876-3270.
- 2nd Wed **Morton Advanced Novel Group**, 4:30PM, Morton Library. Group is limited to 6. Free. For information or to register, call 845-876-2906 or go to mortonmemlibrary@hvc.rr.com.
- 2nd Wed **Senior Citizen Discount ID Cards** issued at the Office for the Aging, 27 High Street, Poughkeepsie, 9:30-11AM.
- 2nd&4th Wed **Starr Stitchers Needlework Group**: 10AM, Star Library.

- 4th Wed **Rhinebeck Garden Club**, 10AM-noon. Usually at the Rhinebeck Town Hall. See 'Growing Older in Rhinebeck' calendar for location of meeting and monthly topics.
- Thurs **Senior Activities** at the Rhinebeck Reformed Church, 9:30AM-1:30PM, sponsored by the Association for Senior Citizens. For information about the programs. call Vanessa Graff at 845-876-7163 on Thurs (9:30AM-1:30PM) or 846-505-5807 at other times.
- 3rd Thurs **Lunch and conversation**: 11:30AM-1PM, Church of the Messiah, Rt. 9. \$5. Call 845-876-3533 for information or 'take-out' lunch.
- 4th Thurs* **Soup Sale**: 11AM-1PM. Rhinecliff Fire Co. Ladies Auxiliary
*usually: call 845-876-6149 for information
- Last Thurs **AWAKE Across the Hudson -- Sleep Apnea support group**: 7PM, ND Hospital. Support group for those living with Sleep Apnea and their partners. Speakers present topics related to sleep. Call 845-871-3611 for more information.
- Fri **Satya Yoga Center**, 6400 Montgomery St.: *Chair Yoga with Petra Ruger*, 2-3PM, beginning in March. For more information, call 845-876-2528.
- Alt.Sat **Fiction writers' group**, Morton Library, call 845-876-2903.
- 3rd Sat **Wiltwyck Quilters Guild**, 9:30AM, September-May (2nd Saturday in December), Town of Ulster Town Hall on Enterprise Drive off of Route 209. For more information: www.wiltwyckquilters.org or call 845-876-2556
- Sat (until 7/25) **ZUMBA exercise classes**, 10AM-Noon, at Town Hall.
- Sun **Farmer's Market**: town parking lot, 10AM-2PM.

July

- now-10/31 **Wilderstein's "1909" Exhibition**: Thursdays-Sundays, Noon-4PM. Celebrates the 400th Anniversary of the exploration of the Hudson River and Lake Champlain, as well as the 200th anniversary of Robert Fulton's maiden steamship voyage up the Hudson River. The exhibit includes photos and mementos and information on the clothing, decorative arts, books, magazines, household gadgets, and overall lifestyle that connected the residents of Wilderstein to the Hudson River at that time. Many of the featured pieces will be on public display for the first time. Call 845-876-4818 or visit www.wilderstein.org.
- 7/1 **Laughter Club**: 10:30-11:15AM, Starr Library Community Room. Call Liz at 845-516-4330.
- 7/4 **Dutchess County Fairgrounds Philharmonic & Fireworks**
- 7/8 **Laughter Club**: 10:30-11:15AM, Starr Library Community Room. Call Liz at 845-516-4330.
- 7/11 **Ice Cream Social**: 5-8PM, Quitman Resource Center, Rte. 9.
- 7/11 **AAUW trip to Tanglewood Open Rehearsal**: Beethoven's Egmont Overture, Bruch's Violin Concerto #1, and Dvorak's Symphony #8, followed by trip to *Jacob's Pillow* performance of Galtim Dance Fresh. \$79. Bus leaves from Kingston, behind the old Ames store. Fees include entrance, transportation, and

- tip. For reservations, call Pat Whelan at 845-657-6807 (noon-9PM) or email pwhl8@aol.com.
- 7/15, **Laughter Club:** 10:30-11:15AM, Starr Library Community Room. Call Liz at 845-516-4330.
- 7/28 **AAUW trip to Cooperstown and Glimmerglass:** production of *La Traviata* by Verdi. \$86 – balcony; \$106 – orchestra; \$37 – Cooperstown only. Leaving Kingston - 8AM-8PM. Bus leaves from Kingston, behind the old Ames store. Fees include entrance, transportation, and tip. For reservations, call Pat Whelan at 845-657-6807 (noon-9PM) or email pwhl8@aol.com.
- 7/29 **Laughter Club:** 10:30-11:15AM, Starr Library Community Room. Call Liz at 845-516-4330.

August

- 8/12 **AAUW trip to Boscobel:** HV Shakespeare's production of *Much Ado About Nothing*. \$59. Leaving Kingston - 4-11:30PM. (Bring picnic supper to eat on lawn.) Bus leaves from Kingston, behind the old Ames store. Fees include entrance, transportation, and tip. For reservations, call Pat Whelan at 845-657-6807 (noon-9PM) or email pwhl8@aol.com.
- 8/16 **Rhinecliff Waterfront Day:** 11AM-4PM. Lecture at Morton Library (4PM) *Phenomenon of the River Front Estates* by Nancy Kelly.
- 8/25-
8/30 **Dutchess County Fair.**

September

- 9/13 **Annual Progressive Dinner:** Sponsored by the Quitman Resource Center and the Museum of Rhinebeck History. Ticket sales limited to 100. \$35/person paid by 9/1, \$40 at door. Call 845-871-1798 for information
- 9/15 **Annual USO Party:** 10AM-2PM, Church of the Good Shepherd. Featuring Big Band music of the WWII era, lunch of stuffed chicken breast, mashed potato, green beans, cookies and more! Military uniforms and other dress from the swing era is encouraged but not required. The suggested donation for lunch is \$3/seniors; \$4/others. Call 845-876-8134 to register.
- 9/20 **Let's Go Deutsch:** at the Palatine Farmstead Open House. Demonstrations include: baking bread in an 18th century bake oven, churning butter, blacksmithing, peg-making in the barn, as well as carding and weaving fabric. Taste delicious food cooked in the hearth. For information: 845-876-7462.
- 9/23 **Rhinebeck Garden Club:** 10AM, Rhinebeck Village Hall. (*A chair lift is available.*) *Childhood Dreams: The Garden and the Artist, Sylvia R. Weinberg, Gardener & Artist*, followed by horticulture discussion and business meeting. Refreshments. All welcome. For further information, call Brenda Brockett, 914-475-3502.
- 9/26 **Dinner and Lecture Henry Hudson's Four Voyages:** Rhinecliff Hotel. Speaker is Patrick Higgins, Milan Historian. For information – 845-876-6298.
- 9/27 **Quad for the Quad Race:** 9AM. 4-mile race over the Kingston/Rhinecliff Bridge. Buses will shuttle runners to toll plaza in Kingston and then run over the bridge back to Rhinebeck.

9/29 **Chinese Cocktail Party:** 5PM, China Rose Restaurant (Rhinecliff), sponsored by Rhinecliff/Rhinebeck NDH Auxiliary. Call Ethel 845-876-4987 for information.

October

10/1-10/8 **Exhibit at Morton Library—Light on New Netherland:** 14 double-sided panels, each containing text and graphics on topics such as, New Amsterdam, West India Company, Wiltwijck, Family Life, Dutch Legacy, Relations with the Indians, and the People of New Netherland;

10/3 **Walkway over the Hudson opening and parade.**

10/28 **Rhinebeck Garden Club:** 10AM, Rhinebeck Town Hall. *Color for the Winter Garden.* Master Gardener, Cooperative Extension, followed by horticulture discussion and business meeting. Refreshments. All welcome. For further information, call Brenda Brockett, 914-475-3502.

November

11/14 **Christmas Auction:** 1-2PM viewing and refreshments, Auction at 2PM, Town Hall. Sponsored by Chancellor Livingston DAR and The Museum of Rhinebeck History. Contact Lida Traver Landy at 845-876-3867 or Brenda Klaproth at 845-876-2426 (bklaproth@hvc.rr.com) for information.

11/18 **Rhinebeck Garden Club:** 10AM, Rhinebeck Town Hall. *Using Nature's Gifts, Dot Chenevert.* AFID, Business Owner, Green Oak Florist, Hyde Park, followed by horticulture discussion and business meeting. Refreshments. All welcome. For further information, call Brenda Brockett at 914-475-3502.

December

12/2 **Rhinebeck Garden Club Holiday Luncheon:** time/location TBA. Installation of New Officers.