

Your Newsletter  
*Growing Older*  
in *Rhinebeck*

**September 1<sup>st</sup>, 2008:** This Newsletter is published by the *Town of Rhinebeck Committee on Aging* to report on functions of interest to Seniors and to spread the word about activities during the upcoming months that are of interest or in support of Seniors in Rhinebeck. The Newsletter is viewable and maintained on the Town of Rhinebeck website [www.Rhinebeck-ny.gov](http://www.Rhinebeck-ny.gov). Printed copies 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](mailto:caroleleib@mindspring.com).

### **Senior Expo at DC Fairgrounds**

A Senior EXPO will be held on *Wednesday, September 24<sup>th</sup>, from 9:30AM-2PM* at the Dutchess County Fairgrounds, Building A, with parking immediately adjacent to the building. The EXPO has been organized jointly by the Senior Committees of the towns of Red Hook and Rhinebeck. A year ago, the town of Rhinebeck held a Senior Forum to find out what the Senior population in Rhinebeck felt was needed and wanted to support them. Following that Forum, talks began with the town of Red Hook's Senior Committee, who had been sponsoring a Senior Forum in Red Hook for many years, to determine if a collaborative effort would benefit the two towns and would result in a much larger annual meeting in support of Seniors. This is how the plan for the Senior EXPO was born.

When you enter the building, there will be a reception table where early arrivals can meet the Town of Red Hook Supervisor Sue Crane, the Town of Rhinebeck Supervisor Tom Traudt, and members of the Senior Committees of the two towns. You will have the opportunity to sign up for some activities sponsored by these committees and pick up a copy of the monthly newsletter "Growing Older in Rhinebeck" which has a calendar of events and timely articles, and the yearly Brochure, which contains descriptions of the organizations and activities available to Seniors in our area and opportunities for Seniors to volunteer their services locally.

As you proceed into the building, you will pass information tables with representatives from the following organizations:

Alzheimer's Association  
Arbor Ridge  
Central Hudson  
Community Action Agency

Northern Dutchess Caregivers  
Northern Dutchess Hospital  
NY Connects  
Premier Home Health Care Services

DC Department of Social Services  
DC Office for the Aging  
Hospice, Inc  
Hudson Valley Home Care  
Kingston Hospital Lifeline  
Meditation Center of Dutchess County

RSVP  
Social Security Administration  
St. Francis Home Care, Inc.  
Thompson House  
Transitional Care Unit at Ferncliff  
Ulster Savings Bank

In addition, several organizations will provide presentations and medical testing in curtained areas at the rear of the building:

- 9:30AM Town Supervisors Sue Crane (Red Hook) and Tom Traudt (Rhinebeck) will open the EXPO
- 9:30AM-on Northern Dutchess Hospital will have a booth in which Seniors can get tested, on site, for some age-related potential problems.
- 10AM Presentation on Reverse Mortgages – Ulster Savings Bank
- 10AM Panel on Home Care – DC Office for the Aging
- 11AM Presentation on Financial Products for Seniors – Ulster Savings Bank
- 11AM An open forum requesting input from attendees on ‘Needs for Seniors in this Area’
- 1PM Presentation by the Alzheimer’s Association
- 1PM Presentation about Arbor Ridge, a community designed and dedicated to Seniors

There will also be information tables for organizations that will not be able to attend, but want to provide literature about their products and services for Seniors.

*In order to make this a pleasant and educational experience for attendees, a conversation area will be provided in the front of the building where Seniors can sit and discuss what they have learned during the day and enjoy some light refreshments.*

We wish to acknowledge and thank the sponsors of this EXPO: *Arbor Ridge* and *Ulster Savings Bank*.

### **Growing Older in Rhinebeck Brochure**

The 1<sup>st</sup> edition of the ‘Growing Older in Rhinebeck Brochure’ is now available at the Town Hall and everywhere that the printed copies of the newsletter are distributed. Copies of the brochure will also be available at the Senior EXPO next month at the DC Fairgrounds on 9/24. The brochure contains descriptions of all of the activities and services available to Seniors in our area. It also contains descriptions of volunteering opportunities for Seniors and a list of local shops and services that offer discounts to Seniors. Since this is the first edition of the brochure, some services and activities may have been overlooked. If you are aware of other information that should be included, please provide input to the editor at [caroleleib@mindspring.com](mailto:caroleleib@mindspring.com) or call 845-876-2683.

### **Advocating for Loved Ones**

This talk isn’t ‘local’ but the subject may be important to you. St. Francis Hospital Home Care will present a caregiver support workshop titled “Advocating for Your Loved

Ones” at 6PM. on Thursday, August 28<sup>th</sup> at *Wingate at Dutchess*, 3 Summit Court, Fishkill. This program will look at the ways friends and family can advocate for loved ones. Topics will include what to do when accompanying a loved one to doctors’ offices, how to help them process the events of the visits and make decision when they can, and how to make decisions for them when they cannot. The workshop is funded in part by DC Government, the U.S. Administration on Aging, and New York State Office for the Aging. Refreshments will be served. To register, call 845-483-5528

### **Clearwater to dock at Rhinecliff**

The Clearwater has been the embodiment of the 20+ year effort by Pete Seeger and others to keep the Hudson River from dying and turn it back into the gem it is now. The Clearwater will be docking at Rhinecliff on October 13<sup>th</sup> and 14<sup>th</sup>. Let’s make it welcome.

### **Eating Healthy**

Here are some foods that are very healthy for you (and even taste good): eggs, sweet potatoes, avocados, broccoli, kale, almonds, raspberries, and yoghurt – as well as some you may not know: *quinoa*, a complete protein grain, and *teff*, a grain that is loaded with iron and calcium. Don’t forget to eat 5-8 servings of fruits or veggies everyday. Eat healthy!

### **email ‘Scam of the Month’**

The newest scam uses the IRS name in identity theft emails. The IRS cautions people to be wary of -mails or faxes pretending to come from the IRS. The most common scams involve tax refunds and, this year, economic stimulus payments. Most of these scams consist of emails requesting detailed personal information. *The IRS generally does not send emails to taxpayers, does not discuss tax account matters with taxpayers in emails, and does not request security-related personal information, such as PIN numbers, from taxpayers.* This notice came from the DC Office for the Aging’s email newsletter – Golden Living – which is an excellent source of information for Seniors. Go to <http://www.dutchessny.gov/CountyGov/Departments/Aging/AGIndex.htm>.

### **LLI (Lifetime Learning Institute) at Bard**

The new class catalog is now available for the LLI program for Seniors, which is resident on the Bard Campus. For a fee of \$125/year, members can take up to 4 courses/semester in this ElderHostel-affiliated program. The courses are not part of the Bard curriculum, but are specifically for (and by) members of the LLI program and visiting lecturers. The lecturers are not only academics, but may be retirees who bring their expertise and lifelong experience to the programs. The on-campus classes are all held on Friday: other classes are held at various sites on other days of the week. One of the extras that a member of this program gets is Bard student status, which enables a member to participate in Bard events and elsewhere at the student rate. For more information about the courses being offered for the coming semester, or information about how to join the program, go to [www.bard.edu/institutes/lli/courses.shtml](http://www.bard.edu/institutes/lli/courses.shtml) or call 845-758-7314.

## **Northern Dutchess Hospital Announces New Programs**

**"Back School" program:** 9/16, 6-8PM, in Cafeteria Conference room 2. Larry Flowers, PTA will offer a simple approach to understanding back injuries, their causes, and possible preventative steps. Topics include basic anatomy of the back, body mechanics, posture, and common types of back injuries. Free. For information call 871-3427.

**Long Term Care insurance workshop:** 9/17, 7PM, Cafeteria Conference room. A representative of Genworth Financial of NY and Kevin Wade, Esq. of Red Hook will present the workshop, which will look at options and solutions. Free. For reservations, call Laura Duntz at 845-266-3824.

**Get Real Weight Results:** 9/17-10/15, 11AM or 7PM. The class includes nutrition and weight loss education and membership to the NDH Wellness Center. The fee is \$149. To register, call 845-871-3600.

**The New Leaf Program:** 10/6-11/10. Highly-personalized nutrition and exercise program includes a weekly visit with NDH Nutritionist, ongoing phone support, weekly personal training sessions with customized workouts, unlimited use of the NDH Wellness Center during the 6-week period, and a discounted fee for extended membership to the NDH Wellness Center for continued benefits. Participants have seen great results with this sensible, medically based program that flexes around even the most demanding schedules. Participation is limited. The fee is \$499. Call 845-871-3600 to register.

## **Northern Dutchess Hospital Benefit Dinner & Wine Tasting**

The Northern Dutchess Hospital Foundation is the beneficiary, this year, of the Hudson Valley Wine and Food Fest's Grand Reserve Wine Tasting on September 5<sup>th</sup>, 7-10PM, in the Horticultural Building at the DC Fairgrounds. The dinner is the kick-off to the Festival at the DC Fairgrounds, 9/6-7. This year's dinner features 8 prestigious Hudson Valley chefs and 8 wineries (Finger Lakes, Hudson Valley, and international locations). Michael Green, Wine and Spirits consultant to *Gourmet Magazine*, will make opening remarks, and be on hand to offer wine pairing advice to guests. \$80. Call 888-687-2517 or go to [www.HudsonValleyWineFest.com](http://www.HudsonValleyWineFest.com) to buy tickets.

## **Osteoporosis Screening at Friendship Centers**

The DC Office for the Aging will be holding Osteoporosis Screenings at four of its Senior Friendship Centers beginning 9/23 (sorry folks, I don't know which ones: you have to call the Wellness Institute at 845-638-4574 to schedule screenings at the nearest center providing the service). The screenings are covered under Medicare. Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a fracture occurs. It most commonly affects women after menopause and men over the age of 60. Those at most risk are Seniors who are smokers, underweight, sedentary, have a family history of the disease, or have a low intake of calcium. Certain medications can also cause a higher risk of osteoporosis.

## **Problems Sleeping?**

**Sleep Studies Lab at Northern Dutchess Hospital:** More than 50 million Americans are plagued with some form of chronic sleep or wake disorder. Under the supervision of

board certified physicians and registered Polysomnographers, the Sleep Studies Lab at Northern Dutchess Hospital diagnoses and treats patients suffering from sleep apnea, restless leg syndrome, snoring, and other forms of sleep disorders. Set in a hotel-like room, patients spend the night while technicians monitor breathing, snoring, sleep stages, and oxygen levels. After just one night's visit, a physician is often able to diagnose the condition and immediately prescribe a treatment plan. People who have problems sleeping can ask their doctor to call the Sleep Diagnostic Lab at Northern Dutchess Hospital and arrange for an evaluation or may call 845-871-3611 for more information.

### **Progressive Dinner**

The 2008 Progressive Dinner, sponsored by the Museum of Rhinebeck History and the Quitman Resource Center, will be held on Sunday, 9/7, at 4PM. Enjoy dinner at the Classical Revival Mansion "Mansakenning", with delicious sampling of Wine, hearty hors d'oeuvre, and carving stations. Dessert will be served at the former Riverside Gothic Chapel, now a residence, from 6-7:30PM. Reservations are limited to 100. Tickets are \$35, if reserved by 8/24: \$40 thereafter. No Refunds. Please make checks payable to QRC and mail to :Brenda Klapproth, 132 E.Market St.,Rhinebeck NY. For information, call 845 876 2436.

### **Senior Law Day**

On 9/16, 9AM-Noon, the Jewish Community Center of D. C., 110 S. Grand Ave, Poughkeepsie, will host a talk by Assemblyman Joel Miller and both DC Election Commissioners on Voting Rights, Responsibilities, and Issues. Call 845-486-2555 to register.

### **Senior Services Directory**

The DC Office for the Aging's *Directory of Senior Services* is now available on the County's website at [www.dutchessny.gov](http://www.dutchessny.gov) in an easy to download PDF format. The directory is a comprehensive guide that provides Seniors, and those who serve them, with easy access to the most up-to-date information regarding Senior services available in Dutchess County. The directory covers such topics as: transportation, nutrition services, housing, and volunteer opportunities. A printed version of the directory is available by calling the Office for the Aging at 845-486-2555.

### **Trips**

**AAUW Trips:** All trips leave from and return to the rear of the former Ames in the Kingston Plaza. For reservations, call Pat Whelan, noon-9PM, at 845-657-6807 or email [PWHL8@aol.com](mailto:PWHL8@aol.com) then send your check, made out to AAUW–Kingston Branch, to Pat Whelan, 1321 County Rt. 2, Olivebridge NY 12461. (Ask about member discounts and cancellation policies.)

**Finger Lakes, Mirbeau Inn and Spa, and Michelangelo Exhibition:** 9/7, leaving Kingston at 9:30AM. Cost: \$465 includes the motorcoach, 4-star hotel, 5 meals in the 4-diamond restaurant of the inn, admission to "Michelangelo: The Man and the Myth," tour of MacKenzie Childs Victorian farmhouse, private tour and wine tasting at the vineyard, handling of one piece of luggage, and all gratuities. The Inn has Monet-like gardens to sit in when not enjoying the luxurious accommodations. En route, visit the

"Michelangelo: The Man and the Myth," exhibit. The return trip includes a stop at MacKenzie Childs, a tour of the restored 1870 Victorian farmhouse, and a wine tasting at a Finger Lakes Vineyard, including complimentary champagne and wine on the bus. To sign up for the trip, contact Linda Gold at 845-255-5256 or email [artladyLG@aol.com](mailto:artladyLG@aol.com).

**Chinatown, the Chinatown Museum, and the Pearl River Mart:** 10/16, leaving Kingston at 9AM-5:30PM. Cost (for bus and driver tip) \$40.

**The Chocolate Show:** NYC. 11/7, leaving Kingston at 9AM-5:30PM. Show features CHOCOLATES, cooking lessons, and a fashion show. Cost (for bus, driver tip, and the show) \$65.

**New York City and The Metropolitan Museum of Art:** NYC. 12/18, leaving Kingston 8AM-6PM. Featuring special exhibits: Landscapes Clear and Radiant: The Art of Wang Hui -- The Montebello Years: Three Decades of Acquisitions; New York, N. Why?: Photographs by Rudy Burckhardt; Art and Love in Renaissance Italy; Calder Jewelry; plus the annual Christmas Tree and Neapolitan Baroque Crèche. Cost (includes bus, driver tip, and museum) Seniors \$55; Adults \$59; add \$4 to reserve an audio guide. NYC alone \$40.

**the Metropolitan Opera on Large Screen:** Hudson, NY. 1/17, Leaving Kingston at 9:30AM-5 PM. Puccini's "La Rondine". Cost (includes bus, driver tip and show) \$58

## **Health-Related Activities**

**Air Conditioners Provided for Seniors in Jeopardy from Heat:** Seniors who are susceptible to heat-related illnesses can apply for home air conditioners through the Home Energy Assistance Program (HEAP) for the purchase and installation of air conditioners for eligible individuals. Seniors must meet HEAP income guidelines and have at least one member of the household who suffers from an acute medical condition aggravated by extreme heat. A physician's letter indicating the need for an air conditioner is required and must be dated within the previous 6 months. Local social services districts will target medically-needy households that would receive the greatest benefit from cooling services. Seniors who believe they are eligible for this benefit should apply through the DC Office for the Aging at 845-486-2555.

**In-Home Services:** *Hudson Valley Home Care* provides an extensive range of in-home services to Seniors, including: total nursing care, skilled intermittent care, home infusion therapies, congestive heart failure management, wound care, and diabetic care. They also offer a Care Connections program for Seniors who need some assistance with the activities of daily living. Call 845-471-4243 for more information.

**Personal Emergency Response Systems (PERS):** Wearing an *Emergency Medical Alert System* provides us with the ability to live active, independent lives without this concern. The PERS unit always keeps us connected to Fire, Police, and Medical emergency services. PERS consists of a voice-activated emergency alert unit.

<b>Local Suppliers</b>	<b>Telephone</b>	<b>initial fee</b>	<b>monthly fee</b>
Kingston Hospital/Lifeline	845-334-2747	\$75.	\$41.
Lifefone	(800) 882-2280 x365	\$49.	\$21.
Response Ability	(800) 685-5252	none	\$23.
St. Francis/House Watch	845-483-5528	none	\$36.

**Day Care** -- Ferncliff, on River Rd., has an active, participatory adult day care program, M-F, 8AM-4PM. The program, open to people with referrals from doctors, includes interesting recreational activities, meals and snacks during the day, physical/occupational therapy, medicinal and dietary supervision, transportation, podiatry, and lots more. For more information, call the Director, Regina Pasco, at 845-876-2011, x3248.

**Nutrition Lecture Focuses on Food Safety:** Millions of Americans get sick from unsafe food preparation every year, and Seniors are more likely to suffer severe effects. A lecture on this subject will be given at the Rhinebeck Friendship Center, Church of the Good Shepherd, 3 Mulberry St., on Tuesday, 8/26, 11:15AM, covering a few simple steps for handling food safely at home and what to look out for when eating out. The lecture will be given by Patricia Brown, a registered dietician. Call 845-876-8134 to register for this event. Lunch is provided after the lecture (\$3 donation for Seniors; \$4 donation for others).

**Weight-Lifting (Senior Exercise)** – Pump iron at the Rhinebeck American Legion, 10-11AM, Tues&Thurs. This activity is run by the DC Office for the Aging, and costs \$10/month to participate. Call 845-486-2555 for information and to register. Exercise classes are also available at Wells Manor in Rhinebeck, 10:30AM, Tues&Fri, also sponsored by the DC Office for the Aging.

The **Wellness Center at Northern Dutchess Hospital** in Rhinebeck, has an extensive program for fitness and wellbeing and is open M-Th, 6AM-8PM; F, 6AM-6PM; and S, 7AM-2PM. Their program includes various classes (stretch, pilates, Tai Chi) and specialized programs for osteoporosis and weight management. For more information, call 845-871-4300 or visit their website: [www.northerndutchesshospital.org](http://www.northerndutchesshospital.org).

## **Music, Arts, Crafts, and Education**

**Bard College** provides events and concerts (fee and free) throughout the year. Call 845-758-7412, email [pr@bard.edu](mailto:pr@bard.edu), or go to <http://www.bard.edu/nws/calendar/> to find out what's happening.

**CCS Bard Hessel Museum of Art:** The CCS Galleries and Hessel Museum of Art at Bard College are open Wed.-Sun., 1-5PM. Free. Full descriptions of the exhibitions can be found at [www.bard.edu/ccs](http://www.bard.edu/ccs).

**Knitting:** The *Shepherd's Knitters* meets 7-9PM, Wednesdays, at the Brogan Center, Church of the Good Shepherd. For information, call 845-876-1044 or 845-876-5940.

**Montgomery Row, 2<sup>nd</sup> Level:** 9/4-10/26, gallery hours 9AM-6PM (mon-fri); 10AM-6PM (weekends). Artist's Reception 9/12, 6-9PM. New show of Jeannie Friedman's mixed media paintings, featuring diverse subject matter: clothes, women, animals, and landscapes. The works are for sale through the artist at [www.jeanniefriedman.com](http://www.jeanniefriedman.com), 845-876-5588, or [www.jeannie@jerseyandginger.com](mailto:www.jeannie@jerseyandginger.com). For information about the show, call Sue Hartshorn at 845-876-0543 or [www.montgomeryrow.com](http://www.montgomeryrow.com).

**Music 'As You Like It':** The Bob Martinson Band, Cunneen-Hackett Theater, 12 Vassar Street, Poughkeepsie, concert series: 9/3 and 9/10, 1-2:30PM. Call 845-473-1265 to reserve tickets (\$5.00). Send checks to: DCASC, 9 Vassar Street, Poughkeepsie, NY 12601. (Please state the kind of music you want the band to play: the program will be planned based on requests.)

## Libraries

In the **Starr Library**, you can *surf the internet*, join the *scrabble game* or *brain games* (Wed), do *genealogical research* (Tues&Thurs), get *Medicare counseling* (Mon), go to the annual *book sale and art show*, or join the *Starr Library Book Club*. For information about events at the library, call 845-876-4030 or go to [www.starrlibrary.org](http://www.starrlibrary.org). The **Morton Library** has an opening on 9/5, 6-9PM, of Elisa Shaw's photographic exhibition '*Wistful Wilderness*.' The Library also has a *fiction writers' group* (alt.Sat) and the *Morton Advanced Novel Group* (2<sup>nd</sup> Wed). They are also a venue for *concerts, plays, poetry readings, & art shows* and have begun a monthly *cookie swap day*. They are adding a disabled ramp for easier access to the building. For more information, go to <http://morton.rhinecliff.lib.ny.us> or call 845-876-2903. To get on their email list, go to [mortonmemlibrary@hvc.rr.com](mailto:mortonmemlibrary@hvc.rr.com).

## Recreation/Sports

**Squash, Tennis, or Pickle Ball:** sports for Seniors available at Bard. To join them or go on trail walking or other recreational activities that promote fun and fitness for Seniors, call Arthur Kaufman at 845-876-2582 or [sticksandstones@frontiernet.net](mailto:sticksandstones@frontiernet.net). Visit Wilcox Memorial Park. Milan (swimming, miniature golf, hiking trails, fishing, campgrounds, 9AM-7PM weekdays; 9AM-8PM weekends, 845-758-6100); Burger Hill Park off Rte.9G, (845-876-4213); and the Mills-Norrie State Parks, off Rte.9, Staatsburg (hiking trails, other activities (889-4646).

**Senior Golf:** The Dutchess County Retired Teachers Association is sponsoring a 9-hole golf tournament at Vassar College on 9/12. While the tournament is open to golfers of all ages, it is designed to attract senior golfers with its shorter length (9 holes) and lower cost (\$45). The event includes lunch and prizes. Any profits from the event will go toward the group's scholarship fund. For more information, contact Dave Moxey at 845-462-6284.

## Transportation for the Disabled

Paratransit service is available to those with physical or mental disabilities who cannot use regular bus service. Those who meet the requirements are eligible to schedule next day service for trips that start and end within ¾-mile of an existing DC LOOP bus route. The trip days and times must coincide with existing fixed route schedules. So, for

Seniors who are disabled and live several blocks from a bus route, this service could be quite beneficial, as the vehicle would travel to their homes. For more information, including an application and reservations, call 845-473-0171 (select '0', ask to speak with someone in Operations, and state that you are looking for “ADA Complementary Paratransit Service.”

## **Volunteering Opportunities**

**Drivers needed for meal delivery:** The DC Office for the Aging is looking for new volunteers to supplement the Dutchess County Home Delivered Meals program. Volunteer drivers deliver over 300 nutritious meals each weekday just before the noontime hour. Drivers usually volunteer one day a week for one hour or less, to deliver from one of the Senior Friendship Centers located throughout the county. Drivers use their own vehicle, but can be reimbursed for mileage. In addition to providing clients with a hot, nutritious, midday meal, the program also facilitates much needed socialization for homebound seniors. In some cases, the volunteer driver may be the only contact a senior has each day. If you are interested in volunteering as a driver, call the Office for the Aging at 845-486-2555 or email [ofa@co.dutchess.ny.us](mailto:ofa@co.dutchess.ny.us).

**Ombudsman Program is Looking for Volunteers:** The Hudson Valley Ombudsman Program is seeking bright, motivated people who would like to make a difference to residents in nursing homes and other long-term care facilities. If you have a few hours each week to volunteer, you can become an Ombudsman and play a crucial role in resolving conflicts and maintaining a high quality of life and care for residents of long-term care. The Hudson Valley Ombudsman program offers free training and ongoing support in exchange for your good will and life skill. A new training session is beginning in October. For more information and to apply, contact Anne Salamone at 845-452-5600, x104.

## **Calendar of Events**

### **Monthly**

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|---------------------|--|
| Mon                 | Individual counseling on <b><u>Medicare Choices</u></b> is available at the <i>Starr Library</i> on Monday afternoons. Appointments need to be made through the DC Office of the Aging, 845-486-2566.  |
| Mon                 | <b><u>Rubber Bridge</u></b> , at “The Woods” Clubhouse, 1PM. All are welcome.  |
| Mon.                | <b><u>Satya Yoga Center</u></b> , 6400 Montgomery St.: <i>Meditation</i> , 7:45-8:45PM. For more information, call 845-876-2528.   |
| Mon-Fri             | <b><u>Adult Day Care</u></b> , at Ferncliff, River Road, 8AM-4PM. Call 845-876-2011, ext.3248 for information.   |
| Mon-Fri             | <b><u>Lunch, conversation, and recreational activities</u></b> at the Church of the Good Shepherd, 10AM-2PM, sponsored by the Office of the Aging. Suggested donation for lunch is \$2.50. Call 845-876-8134 to arrange for transportation, if needed. |
| Mon-Sat             | <b><u>Wellness Center</u></b> , Northern Dutchess Hospital, M-Th, 6AM-8PM; F, 6AM-6PM, S, 7AM-2PM, call 845-871-4300 for information.  |
| 2 <sup>nd</sup> Mon | <b><u>Alzheimers Support Group</u></b> , 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 **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](mailto: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](mailto: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.
- 1<sup>st</sup> 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 **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.
- 1<sup>st</sup> 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](mailto:juliapvero@aol.com) or call 845-266-5446.
- 1<sup>st</sup> 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.
- 2<sup>nd</sup> 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.
- 2<sup>nd</sup> 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](mailto:mortonmemlibrary@hvc.rr.com).

- 2<sup>nd</sup> Wed **Senior Citizen Discount ID Cards** issued at the Office for the Aging, 27 High Street, Poughkeepsie, 9:30-11AM.
- 2<sup>nd</sup>&4<sup>th</sup> Wed **Starr Stitchers Needlework Group**: 10AM, Star Library.
- 4<sup>th</sup> 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, or [www.webjogger.net/rhinebeckgardenclub/index.html](http://www.webjogger.net/rhinebeckgardenclub/index.html).
- 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.
- Thurs **Farmer's Market**, 3-7PM, village parking lot, Market Street.
- 3<sup>rd</sup> Thurs **Lunch and conversation**: 11:30AM-1PM, Church of the Messiah, Rt. 9. \$5. Call 845-876-3533 for information or 'take-out' lunch.
- 4<sup>th</sup> 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.
- 3<sup>rd</sup> Sat **Wiltwyck Quilters Guild**, 9:30AM, September-May (2<sup>nd</sup> Saturday in December), Town of Ulster Town Hall on Enterprise Drive off of Route 209 in Kingston, New York.
- Sun **Farmer's Market**, 10AM-2PM, village parking lot, Market Street.

## **September**

- 9/3, 9/10 **Music 'As You Like It'**: Concert for Seniors featuring The Bob Martinson Band, 1-2:30PM, Cunneen-Hackett Theater, 12 Vassar Street, Poughkeepsie. State choice of music when calling 845-473-1265 to reserve tickets (\$5.00). Send checks to: DCASC, 9 Vassar Street, Poughkeepsie, NY 12601.
- 9/4-10/26 **Montgomery Place, 2<sup>nd</sup> Floor**: Showing of Jeannie Friedman's mixed media paintings. Gallery hours 9AM-6PM (mon-fri); 10AM-6PM (weekends). For information about the show, call Sue Hartshorn at 845-876-0543 or [www.montgomeryrow.com](http://www.montgomeryrow.com).
- 9/5 Morton Library: Photographic exhibition of work by Elisa Shaw, *Wistful Wilderness*, 6-9PM. Call 845-876-2903 for more information about the exhibition.
- 9/5 **ND Hospital Benefit Dinner & Wine Tasting**: 7-10PM, DC Fairgrounds Horticulture Building. Renowned chefs and speakers. \$80. Call 1-888-687-2517 or go to [www.HudsonValleyWineFest.com](http://www.HudsonValleyWineFest.com) for tickets.
- 9/7 **AAUW-sponsored trip to Finger Lakes, Mirbeau Inn and Spa, and Michelangelo Exhibition**: leaving Kingston at 9:30AM. Cost: \$465. To

- sign up for the trip, contact Linda Gold at 845-255-5256 or email [artladyLG@aol.com](mailto:artladyLG@aol.com).
- 9/7 **2008 Progressive Dinner:** sponsored by the Museum of Rhinebeck History and the Quitman Resource Center, 4PM. Dinner at the Classical Revival Mansion "Mansakenning", including wine, hors d'oeuvre, and carving stations. Dessert will be at the former Riverside Gothic Chapel, 6-7:30PM. Reservations limited to 100. \$35, if reserved by 8/24: \$40 thereafter. No Refunds. Please make checks payable to QRC and mail to :Brenda Klaproth, 132 E.Market St.,Rhinebeck NY. For information, call 845 876 2436.
- 9/12 **Montgomery Place, 2<sup>nd</sup> Floor:** Showing of Jeannie Friedman's mixed media paintings. Artist's Reception, 6-9PM. For information, call Sue Hartshorn at 845-876-0543 or [www.montgomeryrow.com](http://www.montgomeryrow.com).
- 9/16 **Senior Law Day:** 9AM-Noon, the Jewish Community Center of Dutchess County, 110 S. Grand Ave, Poughkeepsie. Assemblyman Joel Miller and both DC Election Commissioners will talk on Voting Rights, Responsibilities, and Issues. Call 845-486-2555 to register.
- 9/16 **"Back School" program:** 6-8PM, ND Hospital Cafeteria Conference room 2. Simple approach to understanding back injuries, their causes, and possible preventative steps. Free. For information call 871-3427.
- 9/17 **Long Term Care insurance workshop:** 7PM, ND Hospital Cafeteria Conference room. Workshop looking at options and solutions. Free. For reservations, call Laura Duntz at 845-266-3824.
- 9/17-10/15 **Get Real Weight Results:** 11AM or 7PM. The class includes nutrition and weight loss education and membership to the NDH Wellness Center. The fee is \$149. To register, call 845-871-3600.
- 9/24 **Senior EXPO at the Dutchess Country Fairgrounds:** 10AM-3PM. Important information for Seniors, including demonstrations, presentations, and Refreshments, jointly sponsored by the Rhinebeck Committee on Aging and the Red Hook Senior Committee.
- 9/24 **Rhinebeck Garden Club:** 10AM-noon, Rhinebeck Town Hall. Lecture on "Putting Your Garden to Bed".
- October**
- 10/6 **Starr Library Book Club:** 7-8:30PM, lower level. Book being reviewed is *A Thousand Splendid Suns, by K. Hossenini*. Call 845-876-4030 to reserve your copy of the book being discussed.
- 10/6-11/10 **The New Leaf Program:** Personalized nutrition and exercise program includes a weekly visit with NDH Nutritionist, ongoing phone support, weekly personal training sessions with customized workouts, unlimited use of the NDH Wellness Center during the 6-week period. The fee is \$499. Call 845-871-3600 to register.
- 10/13-14 **Clearwater** to be docked at Rhinecliff.
- 10/16 **AAUW-sponsored trip to Chinatown, the Chinatown Museum, and the Pearl River Mart:** leaving Kingston at 9AM-5:30PM, Cost (for bus and driver tip) \$40. To sign up for the trip, contact Linda Gold at 845-255-5256 or email [artladyLG@aol.com](mailto:artladyLG@aol.com).

10/27 **Starr Library Book Club:** 7-8:30PM, lower level. Book being reviewed is *Enduring Love, by Iwan McEwan*. Call 845-876-4030 to reserve your copy of the book being discussed.

4<sup>th</sup> Wed. **Rhinebeck Garden Club:** 10AM-noon, Rhinebeck Town Hall. Talk by an organic farmer; recipes for winter vegetable dishes.

### **November**

11/17 **AAUW-Sponsored Trip to the Chocolate Show:** NYC, leaving Kingston at 9AM-5:30PM. Cost (for bus, driver tip and the show) \$65. To sign up for the trip, contact Linda Gold at 845-255-5256 or email [artladyLG@aol.com](mailto:artladyLG@aol.com).

3<sup>rd</sup> Wed. **Rhinebeck Garden Club:** 10AM-noon, Rhinebeck Town Hall. Speaker: a florist presents ideas for holiday decorating.

### **December**

12/18 **New York City and The Metropolitan Museum of Art:** NYC, leaving Kingston 8AM-6PM. Seniors \$55; Adults \$59; add \$4 to reserve an audio guide. NYC alone \$40. To sign up for the trip, contact Linda Gold at 845-255-5256 or email [artladyLG@aol.com](mailto:artladyLG@aol.com).

4<sup>th</sup> Wed. **Rhinebeck Garden Club:** 10AM-noon, Rhinebeck Town Hall. No meeting: The club has a holiday luncheon for members.

### **January**

1/17 **AAUW-Sponsored Trip to the Metropolitan Opera on Large Screen:** Hudson, NY, Leaving Kingston at 9:30AM-5 PM. Puccini's "La Rondine". Cost (includes bus, driver tip and show) \$58. To sign up for the trip, contact Linda Gold at 845-255-5256 or email [artladyLG@aol.com](mailto:artladyLG@aol.com).