

Your Newsletter
Growing Older
in *Rhinebeck*

HAPPY NEW YEAR!

January 1st 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 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 **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 **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 **Games, Games, Games**, Rhinebeck 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 **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 **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, or 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.
- 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 in Kingston, New York.

January

- 1/6 **Games, Games, Games**: 1-3PM, Rhinebeck Town Hall. 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.
- 1/7 **Golden Age Singers Concert**: noon, at the ***First Evangelical Lutheran Church***, Mill & Catharine Streets, Poughkeepsie, the Golden Age Singers will perform as part of the church's ***Lunch N Listen free Concert Series***. At 12:45PM, light refreshments will be served. For more information, call 845-452-6050.
- 1/9 **Art Exhibit Opening**: 6-8PM, Morton Library. Two Views of the Hudson Valley, by Paul Sandiford and Maribeth Blum Tuton. The exhibit runs through January. For information, call 845-876-2903.
- 1/10 **Book-Signing Party for Margaret De Wys**: 4-5:30PM, ***Rhinecliff Hotel***. Margaret De Wys will be available to sign copies of her new book, ***BLACK SMOKE: A Woman's Journey of Healing, Wild Love, and Transformation in the Amazon*** which will be on sale at a special event hosted by the Morton Memorial library and Rhinebeck's Oblong Books and Music store. There will be a cash bar in the hotel's banquet room. For more information about the event, call the library at 845-876-2903, or Oblong Books and Music at 845-876-0500. To contact the author, go to www.blacksmokethebook.com.