Your Newsletter

Growing Older in Rhinebeck

Calendar of Events

Monthly

Mon **Rubber Bridge,** at "The Woods" Clubhouse, 1PM. All are welcome.

Mon **Satya Yoga Center,** 6400 Montgomery St.: *Meditation*, 7:45-8:45PM. 10:30-11:30AM Gentle chair yoga to move and heal is available at the Starr Library, led by Max Leeming from the Center. Suitable for people of any age. $10/class. 845-876-2528 or www.satyayogacenter.us.

Mon-Fri **Lunch, conversation, and recreational activities** at the DC OFA Senior Friendship Center, hosted by the Church of the Good Shepherd, 10AM-2PM. Suggested donation for lunch is $2.50. Call 845-876-8134 for transportation.

Mon-Sat **Wellness Center**, ND Hospital, M-Th, 6AM-8PM; F, 6AM-6PM, S,7AM-2PM, call 845-871-4300 for information.

1st Mon **NDH Mothers' Club,** 7PM, ND Hospital. Club's mission is providing women and children's services at ND Hospital. The Club meets Sept.-June at the Hospital.

2nd Mon **Alzheimer's Support Group for Caregivers:** 4-6PM, Starr Library. Call the Alzheimer's Association at 845-471-2655 to register.

3rd Mon **Caregiver's Support Group**, 5-6PM, Saint Francis Home Care, 26 IBM Rd, POK. Call 845-483-5560 for information and to register.

3rd Mon ***New* Rhinebeck Senior Transportation Van Service:** the van will now add a run to the local nursing homes monthly on the 3rd Monday. This is a free service for Rhinebeck Seniors who don't have other means of transportation. Call 845-876-3409 to schedule pick-up for rides.

4th Mon **Medicare Information Sessions:** 4-5:30PM, at Center for Healthy Aging, ND Hospital. DC OFA will present free training sessions on Medicare the first Monday of every Month. Workshops will cover basic information about Medicare, Medicare Prescription Drug Plans, EPIC, Medicare Advantage Plans, changes to the Medigap plans, and information on how the Health Reform Law affects Medicare will also be discussed. RSVP at 845-486-2555.

Last Mon **Starr Library Book Club**, 7-8:30PM, Starr Library lower level, Apr-Sept the club meets on the following Monday. Call 845-876-4030 to reserve copy of the book being discussed.

1st Tues **Bariatric Support Group**, 7PM, ND Hospital: Women's View, 107 Montgomery Street. 845-871-4380

Tues **ASK Playwrights' Lab**, 6:30-9PM, ASK Arts Center, 97 Broadway, Kingston. Free (donations appreciated). The readings are workshops, focusing on process, 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
Tues **Games:** Town Hall, 1:30-3PM. Bring your game of choice with you: Mah Jong, Bridge, Mexican Train dominoes, or any other game you have in mind. Free and open to all adults. For more information, call Roz and Russ Austin at 845-876-0264.
Tues **Satya Yoga Center,** 6400 Montgomery St. *Qi Gong Class*: 4-5PM. 845-876-2528.
Tues **Rhinebeck Senior Transportation Van Service:** The Town of Rhinebeck Senior transportation van has a grocery store run. This is a free service for Rhinebeck Seniors who don't have other means of transportation. The van picks you up at your home and takes you shopping – and back home. 845-876-3409 to schedule pick-up.
Tues&Thurs **Weight-Lifting,** at the American Legion in Rhinebeck, 10-11AM, sponsored by the DC OFA. $10/month to participate. 845-486-2555
Tues&Fri **Exercise Group** – at Wells Manor in Rhinebeck, 10:30AM, sponsored by DC OFA. 845-486-2555.
Last Tues **Healing Steps Support Group,** 5PM, NDH Wound Care Center. Information and RSVP to Lauren Stephenson, 845-871-3881.
Wed **Red Hook VFW Bingo Game, Bingo,** opens at 5PM, Sales start at 6PM, and games begin at 7PM. Corner of Fisk and Elizabeth Sts. Snack bar. 845-758-6212.
Wed **Laughter Yoga,** 11AM, Starr Library. (Through Jan/Feb). Donation
Wed **Scrabble at the Starr,** 1PM at the Starr Library.
Wed **Shepherd's Knitters,** 7-9PM, Brogan Center, Church of the Good Shepherd. 845-876-1044 or 845-876-5940.
Wed **Spinners Group**, 4PM at the Red Hook Library. Open to knitters, crocheters, quilters, and anyone who enjoys doing handicrafts. Free.
Wed **Tai Chi-Quigong Class**, 4PM, ND Hospital Montgomery Street Health Annex, 107 Montgomery St. Free to NDH Wellness Center members; fee for others. Call 845-871-4302.
1st Wed **Death and Donuts,** 2-3:30PM, at Third Lutheran Church. Ongoing discussion of issues related to the end of life. Free. 845-876-4471 for information.
1st Wed **Parkinson's Support Group,** 2:30-4PM, Starr Library Community Room. 845-876-4289.
1st Wed **Skyllkill Chapter of the Embroiderers' Guild of America, Inc**., 10AM, St. James Episcopal Church Fellowship Hall, Rte. 9, Hyde Park. 845-266-5446.
2nd Wed **AARP meeting,** 10:30AM social hour; 11:30AM meeting; 12:30PM entertainment. Reformed Church in Rhinebeck, Rt. 9 and South Rd. Speakers and discussion on topics of interest and concern to Seniors. No meetings in July/August. 845-758-8626. $10/year.
2nd Wed **Senior Citizen Discount ID Cards** at the DC OFA, 27 High St, POK, 9:30-11AM.
3rd Wed **Sew Crafty,** 7-8PM, Starr Library.
4th Wed **Rhinebeck Garden Club**, 10AM-noon. Usually at the Rhinebeck Town Hall. Brenda Brockett, 914-475-3502 www.millstreetloft.org.
Thurs **Brain Games**, 1PM, Starr Library, lower level. Free. Exercise your little gray cells. call Joanne Gelb at 845-876-8799.
Thurs **Hooks & Needles, Yarns & Threads: Needlecrafters' Gathering:** 10AM-2PM, Tivoli Library. $1 suggested donation for the purchase of resource materials.
Thurs **Rhinebeck Senior Transportation Van Service:** The Town of Rhinebeck Senior transportation van has a village/library run. This is a free service for Rhinebeck Seniors who

don't have other means of transportation. The van picks you up at your home and takes you into town/library – and back home. 845-876-3409 to schedule pick-up.

Thurs **Walk Over the Hudson,** 7-8AM. Senior Walking group meets at the entrance to the Poughkeepsie side of the bridge. Parking is free before 8AM.

1st & 3rd Thurs **Caregiver Support meetings:** 3:30-5PM. ND Hospital has free Caregiver Support meetings in their Center for Healthy Aging. Information: Allison Gould LCSW-R, 845-876-4745.

3rd Thurs **Arboretum Walks with the Director:** March-November, 1-2PM, Bard, Ludlow – For a stroll around campus and hug trees. Free. Rain/shine. Questions: 845-758-7179.

3rd Thurs **Lunch and conversation:** 11:30AM-1PM, Church of the Messiah, Rt. 9. $6. Call 845-876-3533 for information or 'take-out' lunch. (resume 10/18)

3rd Thurs **Oblong Book Group Meeting**: 7PM, Oblong Books. suzanna@oblongbooks.com.

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 **Chair Yoga,** 10:30AM, Starr Library. Run by Satya Yoga Sudio. $10. 845-876-2528.

Sat **Classes in Landscapes & Historic Landmark Paintings in Watercolor, Oil, and Drawing by Betsy Jacaruso.** Noon-4PM or by appointment, Betsy Jacaruso Studio & Gallery, Courtyard behind Bread Alone.

Sat **Farmer's Market:** -- 10AM-3PM, Grieg Farm, Red Hook. Veggies, plus!

Sat **Teen Geek Squad:** 10AM-2PM, Starr Library. Teens will help get you started in the electronic world: set up email addresses, use new cell phone gadgets, use Facebook, etc. Free.

Sat **Teen Geek Squad:** 10:30AM-1:30PM, Tivoli Library. Teens will help get you started in the electronic world: set up email addresses, use new cell phone gadgets, use Facebook, etc. Free.

Sat **Zumba:** – 10:30AM, Wellness Center. Free to members/$10/session for drop-ins. 845-871-4300.

Alt.Sat **Fiction writers' group**, Morton Library, call 845-876-2903.

2nd Sat **Spoken Word:** 7PM, Unitarian Congregation of the Catskills, 320 Sawkill Rd, Kingston. Interesting writers and poets read from their works each week. $5 donation.

2rd Sat **Wiltwyck Quilters Guild**, 9:30AM, Sept-May (2nd Sat. in Dec.), Grace Community Church, Lake Katrine, NY. Short meeting followed by In-House Workshops. Shirley Swenson at 845-876-2556.

Sun **Farmer's Market,** 10AM-2PM, municipal parking lot (the winter market starts in December in the Rhinebeck Town Hall on alternate Sundays)

Apr

4/2 **Kaatsbaan International Dance Center:** Tivoli. 2PM. Free open rehearsal for ZviDance.

4/14 **The Taste of Rhinebeck:** Starting at 6PM, you can visit and sample the fare at more than 20 participating area restaurants, spirit shops, and specialty food stores. Information or Reservations: 845-871-1711 or email nsheehan@health-quest.org.

4/24 **Photographs, documents, and prints acquired from local DAR.** 7:30PM, Local History Room, Starr Library. The main focus of the talk will be the 100-year-old photos of buildings in Rhinebeck. Don McTernan and David Miller recently re-photographed the properties for a "before and now perspective." Free. Refreshments.

4/25 **Auction and Antique Appraisal:** Rhinebeck Reformed Church, Mill Street.. Viewing at 4PM;

appraisals 3-6PM (maximum of 3, no coins/stamps); auction 5PM. Absentee bids available. Light supper/snacks available to purchase. Information: 845-876-3727.