



GREENE COUNTY OLDER AMERICANS MONTH PROCLAMATION:

WHEREAS, the older residents of Greene County represent a wealth of knowledge and experience and are one of the county's most valuable resources; and

WHEREAS, the Greene County Legislature is committed to supporting its senior citizens by means of a vast array of programs and services offered by the Department of Human Services, Aging division; and

WHEREAS, over one-fifth of the County's total population is comprised of citizens 65 years of age or older; and

WHEREAS, a growing number of baby boomers are rapidly becoming older citizens, and the number of individuals providing care to family members and friends is expanding significantly; and

WHEREAS, Greene County benefits greatly from the dedication and community awareness of its senior residents; and

WHEREAS, the month of May is nationally recognized as Older Americans Month and this year's theme is "***Aging Unbound***", which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes; and

WHEREAS, this Legislature encourages promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and include exploring an array of aging experiences without being boxed in by expectations and stereotypes. We emphasize the positive aspects of growing older, why everyone has a role to play in combating ageism –

NOW, THEREFORE, we, the members of the Greene County Legislature, hereby proclaim the month of May 2023 as:

GREENE COUNTY OLDER AMERICANS MONTH

AND FURTHER, with great pleasure, we honor our senior citizens and how we all benefit when older adults remain engaged, independent, and included in their communities, and encourage them to continue to play a vital role in the Greene County community.

GREENE COUNTY LEGISLATURE

By: Patrick S. Linger, Chairman

GREENE COUNTY SENIOR SERVICE CENTERS

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested contribution of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. Menu is subject to change based on product availability and circumstance. Centers are closed on legal holidays and inclement weather.

If you wish lunch from any of the nutrition sites, you must notify the appropriate center by noon, a day in advance. We also ask if you have signed up and become unable to show, please call us as soon as you can to cancel. This helps to reduce our food waste.

If you would like lunch at either Athens or Catskill & need transportation, please call the Nutrition office to schedule.

ACRA

Acra Community Center,
Old Rte. 23, Acra
(518) 622-9898

Ashley Reynolds
Meal Site Manager

Elaine Cherrington
Cook

ATHENS

Rivertown Senior Center
39 Second Street, Athens
(518) 945-2700

Roxanne Slater
Senior Service
Center Manager

Shane Dillon,
Central Kitchen Manager

Mary Santiago
Cook

Bonnie Farrell
Food Service Helper

JEWETT

Jewett Municipal Building
3547 Route 23C, Jewett
(518) 263-4392

Gayle Ruvolo
Meal Site Manager

CATSKILL

Robert C. Antonelli
Senior Center
15 Academy Street,
Catskill
943-1343

Penny Konstalid
Meal Site Manager



COXSACKIE

Town of Coxsackie
Senior Center
127 Mansion Street,
Coxsackie
731-8901

Dorothy Barkman
Meal Site Manager

GREENE COUNTY SENIOR NUTRITION PROGRAM

ALL PERSONS, AGE 60 & OLDER (AND SPOUSES) ARE ELIGIBLE - SUGGESTED DONATION IS \$4.00

SERVED DAILY: BREAD WITH PROMISE SPREAD - TARTAR SAUCE SERVED WITH FISH

CONGREGATE DINING RESERVATIONS ARE REQUIRED AT LEAST A DAY IN ADVANCE

BY CALLING THE APPROPRIATE CENTER

MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY AND CIRCUMSTANCE.

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN & BISCUITS CALIFORNIA VEGETABLE MIX MASHED POTATOES LEMON MOUSSE	2 BEEF CHILI MIXED VEGETABLES WHITE RICE PEACHES	3 SALMON w/ Dill Sauce MASHED POTATOES GREEN BEANS PB SWIRL BROWNIE	4 VEAL PARMESAN TOSSED SALAD ITALIAN MIXED VEGETABLES ROTINI FRESH FRUIT	5 CHICKEN CAESAR SALAD COLD BEAN SALAD MACARONI SALAD FRESH FRUIT
8 TURKEY BURGER w/ Peppers & Onions SCALLOPED POTATOES COLD BEET SALAD PEACHES	9 MACARONI & CHEESE 3 BEAN SALAD STEWED TOMATOES FRUITED JELL-O	10 FRENCH ONION CHICKEN BAKE MASHED POTATOES BROCCOLI CHOCOLATE CHIP COOKIES	11 PORK CHOP w/ Gravy APPLESAUCE MASHED SWEET POTATOES GREEN BEANS CORN BREAD FRESH FRUIT	12 BEEF & BROCCOLI ORIENTAL MIXED VEGETABLES WHITE RICE FRESH FRUIT
15 CHICKEN DIVAN CORN STEWED TOMATOES WHITE RICE TROPICAL FRUIT	16 TORTELLINI W/ SAUSAGE ITALIAN MIXED VEGETABLES CHOCOLATE MOUSSE w/ Whipped Topping	17 KNOCKWURST W/ SAUERKRAUT* PEAS BAKED BEANS MACARONI SALAD CHERRY BARS <i>* LOW SODIUM SUBST: CHICKEN CUTLET</i>	18 SEAFOOD SALAD WRAP LETTUCE & TOMATO COLESLAW FRESH FRUIT	19 FISH FLORENTINE SCALLOPED POTATOES BROCCOLI FRESH FRUIT
22 BBQ PULLED PORK GREEN BEANS SWEET POTATO COLESLAW TROPICAL FRUIT	23 CHICKEN DIJON BRUSSELS SPROUTS MASHED POTATOES APPLESAUCE COOKIES	24 MEATLOAF w/ Gravy MASHED POTATOES CALIFORNIA VEGETABLE MEDLEY BUTTER PECAN CAKE	25 TUNA SALAD Over Mixed Greens COLD BEAN SALAD POTATO SALAD FRESH FRUIT	26 ALL-AMERICAN HOT DOG* CARROTS BAKED BEANS ICE CREAM STICKS <i>(Congregate diners)</i> OR PUDDING <i>(Home Delivered Meals)</i> <i>* LOW SODIUM SUBST: TURKEY SWISS BURGER</i>
29 MEMORIAL DAY  ALL SENIOR NUTRITION SITES & MAIN OFFICE CLOSED	30 LEMON PEPPER FISH AU GRATIN POTATOES SPINACH BUTTERSCOTCH PUDDING	31 PHILLY CHEESESTEAK PASTA BAKE GREEN BEANS APPLESAUCE COOKIES		

OLDER
AMERICANS
MONTH



AGING UNBOUND: MAY 2023

GREENE COUNTY OLDER AMERICAN'S MONTH

In April 1963, President John F. Kennedy designated the month of May as Senior Citizen month. Later in 1980, President Jimmy Carter changed the name to Older Americans month. Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2023, ACL has chosen the theme, "*Aging Unbound.*"

With this theme, we will have the opportunity to explore an array of aging experiences without being boxed in by expectations and stereotypes. We'll be discussing the positive aspects of growing older, why everyone has a role to play in combating ageism – and how we all benefit when older adults remain engaged, independent, and included in their communities. Older Americans Month 2023 is a perfect opportunity to recognize and celebrate what getting older looks like today.

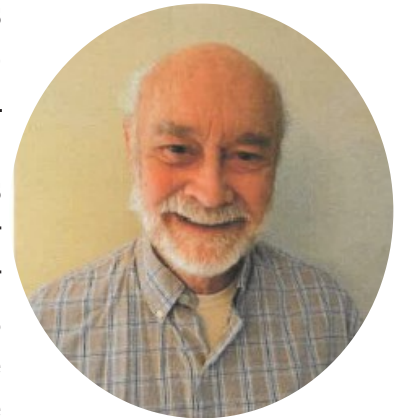
Here in Greene County, the county Legislature proclaims May as Greene County Older Americans Month when it expresses appreciation for the commitment and valuable service of outstanding senior citizens throughout Greene County. In conjunction with this, the Advisory Council to the Greene County Department for the Aging (Human Services) conducts a search for local senior citizens to be recognized for their dedicated and hard work to make our communities a better place to live. In recognition of these significant contributions to the Greene County community, the Legislature will honor all nominees for the senior awards. Two dedicated individuals are chosen to receive special recognition from Greene County Legislature in the categories of Senior Citizen of the Year and Outstanding Contribution by a Senior Citizen. These two county winners will also be submitted to NYS for special recognition.

This year, Patricia Elsbree of Greenville has been honored as the 2023 Senior Citizen of the Year and Robert Knighton of New Baltimore will receive the Outstanding Contribution by a Senior Citizen award.



Patricia Elsbree was nominated by Amelia Scarlata. She has lived in Greene County for over 60 years, and has served as a volunteer for the majority of those years. Pat is the mother of six children, 20 grandchildren and 18 great-grandchildren. For many years, she was employed as a teacher's aide at the Greenville Elementary School. She has given to her community through the United Methodist Women, Greenville Volunteer Fire Co. Ladies Auxiliary, Greenville Rescue Squad, Greenville Quilters, Red Cross blood drives, Clematis Garden Club and the Asbury United Methodist Church. At over 90 years of age, Pat has a compassionate heart and positive attitude.

Robert Knighton was nominated by Janet Angelis. He has served Greene County as a volunteer since he moved here 34 years ago. He retired in 2003 as a NYS employee. He has served as President and Treasurer of the New Baltimore Conservancy, and President of the Greene Land Trust. Bob volunteered his time to develop a comprehensive plan for the Town of New Baltimore. He continues to donate his time monthly for the New Baltimore Food & Fellowship Luncheons. For all his selfless acts, in 1990 Bob was awarded the Pride of New Baltimore Award. Per Bob, "volunteering always returns as much or more than you put into it."



John Pulice of Athens will receive Merit Recognition. He was nominated for the awards by Judith McClung in recognition of his service to the Athens Community Food Pantry and St. Patrick's Church in Athens.

On May 17, these outstanding seniors will be recognized at the Greene County Legislature meeting. Later this year, they will be recognized by NYS at a special ceremony as part of the 2023 Older New Yorkers Day celebration in Albany.





AmeriCorps Seniors



Americans 55+ have a lifetime of experience to share and the desire to make a real difference in their world. Senior volunteers make a contribution that suits their talents, interests and availability. Some serve in teams while others go it alone. Everyone has unique gifts to share and our volunteers make significant contributions by putting their best talents to work. The high number of senior volunteers and their level of commitment make them an essential resource in meeting critical community needs.

AmeriCorps Seniors volunteers must be 55 years of age or older and willing to serve on a regular basis. They can choose how, where, and when they want to serve, with time commitments starting from as little as an hour a week. AmeriCorps Seniors volunteers are not paid any wage or stipend, but can be reimbursed for mileage expenses incurred.

LOOKING FOR A CHANGE?

Are you feeling like you are not doing enough with your life? Are you bored? Lonely? Do you think you would like to do something new? Consider volunteering!

When you volunteer, you're not just helping others - you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies have shown that volunteering helps you live longer and promotes a positive outlook on life. Volunteering leads to lower rates of depression in individuals 65 and older because helping others makes people healthier and happier.

The Greene County Department of Human Services' AmeriCorps Seniors' Program has volunteer opportunities available. Whether you want to contribute just an hour a month, or more time over a week, we could use you. We are looking for volunteers for:

HOMEBOUND MEAL DELIVERY

*Needed to deliver noon-time meals to homebound seniors.
Various routes throughout Greene County.*

HOMEBOUND MEDICAL TRANSPORTATION

*Needed to provide transportation for seniors to medical appointments
in Greene County and neighboring counties.*

**If you would be interested in volunteering,
please contact Ruth Pforte at (518) 719-3555
or by email at rpforte@discovergreene.com**

All applicants will be required to complete a volunteer registration
and consent to a background check.



Attention Greene County Seniors living in Catskill, Coxsackie-Athens or Greenville

HELPING HANDS PROGRAM

Greene County Department of Human Services' Senior Angels Program has teamed up with local Rotary Clubs on the "**HELPING HANDS**" program.

If you need assistance with getting groceries or some minor repairs done around the home (i.e.: changing out screens to storm windows, changing light bulbs, and any minor repairs) please let the Greene County Senior Angels know.

Please call: 518-719-3555 and ask for the Helping Hands Coordinator.



Note: Large jobs requiring a contractor are not eligible (i.e.: new roof, deck or fencing)



39 Second Street, Athens



STORE HOURS:

MONDAY 9:00 A.M. – 11:30 A.M.

WEDNESDAY 9 A.M. – 11:30 A.M. & 12:30 P.M. – 2:00 P.M.

SPRING & SUMMER ITEMS AVAILABLE - MEN'S & WOMEN'S SIZES XS - 4X

DONATIONS ACCEPTED DURING BUSINESS HOURS ONLY

**WE DO NOT ACCEPT MEDICAL SUPPLIES, GAMES,
CHILDREN'S TOYS, ELECTRONICS, DISHES*



ATTENTION U. S. VETERANS AND CURRENT MILITARY PERSONNEL
May Events of Interest in Greene County



Tues. May 2	7:00 p.m.	Greenville Legion Riders meeting
Thurs. May 4	7:00 p.m. 7:00 p.m.	Greenville American Legion meeting Catskill American Legion meeting @ Elks Lodge
Sat. May 6	11:00 a.m.	Operation Firemen's Home, Hudson
Tues. May 9	7:00 p.m.	Cairo American Legion meeting
Wed. May 10	7:00 p.m. 7:00 p.m. 7:00 p.m.	Athens American Legion meeting Coxsackie American Legion meeting @ Town of Coxsackie Senior Center Windham VFW Meeting
Thurs. May 11	7:00 p.m. 7:00 p.m.	Prattsville American Legion meeting Greenville S.A.L. meeting
Sat. May 13	1:00 p.m.	Louise McRoberts Memorial, Windham
Tues. May 16	7:00 p.m.	New Baltimore American Legion meeting @ Cornell Hook & Ladder firehouse
Fri. May 19	7:00 p.m.	Greene County American Legion meeting @ Cairo
Sat. May 20	9 a.m. - 3 p.m. 10:00 a.m. 11:00 a.m. 1:00 p.m.	Athens Legion Flea Market & Craft Sale Honor-A-Vet Memorial Ceremony honoring John I. Cameron, Coxsackie, USAF KIA 2-2-66 @ The Warehouse, Catskill Point Catskill VFW meeting Farewell Sendoff Ceremony, Catskill Cemetery
Wed. May 24	7:30 p.m.	Marine Corps League Meeting @ East Durham firehouse



MEMORIAL DAY - MONDAY, MAY 29

Remember to honor those that made the ultimate sacrifice

Parades:

Athens - 9 a.m. Greenville - 10 a.m.
 Catskill - 2 p.m. followed by ceremony at Catskill Warehouse



Angelo Canna Park, Mountain Avenue, Cairo

Thursday, July 27 - Sunday, July 30, 2023

Hours: 9:00 a.m. - 9:00 p.m. Sunday: 9:00 a.m. - 3:00 p.m.

Saturday, Fireworks at 9:00 p.m.

For more information, go to: www.thegreencountyyouthfair.com

GREENE COUNTY YOUTH FAIR

PIG RAFFLE

WHOLE HOG WITH PROCESSING

\$10 PER TICKET

ONLY 500 TICKETS SOLD!

FOR MORE INFO EMAIL
GREENECOUNTYAGSOCIETY@GMAIL.COM



DRAWING WILL BE HELD JULY 30, 2023

WHOLE HOG APPROXIMATELY CONSISTS OF:

2 HAMS, 20 LBS.

BACON, 16-20 LBS.

2 PORK LOINS, 30-32 PORK CHOPS

2 PORK BUTTS & 2 PORK SHOULDERS

SAUSAGE, ABOUT 16 LBS.

2 RACKS OF SPARERIBS 3-3 1/2 LBS.

DONATED BY JOHNK FAMILY FARM LLC

TICKETS
AVAILABLE AT
GREENE COUNTY
DEPARTMENT OF
HUMAN SERVICES
MAIN OFFICE



SHOPPING BUS

The Greene County Department of Human Services offers a shopping bus to Greene County residents age 60 or older. Seniors are picked up at their door, driven to Catskill for shopping, and then have lunch at a local Senior Center before returning home.

For further information: call 518-719-3555

Advanced notice, of at least one day, to bus driver is required.

MONDAY: Mountaintop
(Windham, Ashland, Prattsville, Jewett & Hunter)

TUESDAY: Cairo/Greenville/Leeds

WEDNESDAY: Athens/Coxsackie/Catskill

NOTE:

The shopping bus does not run on the following holidays:

New Year's Day

Martin Luther King, Jr. Day

Presidents' Day

Memorial Day

Independence Day

Columbus Day

Election Day (November)

Veterans Day

Thanksgiving

Christmas

During inclement weather, it may be necessary for us to close our senior service centers because of hazardous driving conditions. When we close the centers, we also cancel transportation services for the day.

COMING in JUNE

SHOPPING BUS TRIP TO COLONIE CENTER

THURSDAY, JUNE 15, 2023

\$10 Per person - Payment due at time of departure/boarding.

No exceptions please.

Reservations must be made no later than 4:30 p.m. Friday, June 9

Each person is required to make their own reservation

**MUST HAVE A MINIMUM OF EIGHT RESERVATIONS
FOR TRIP TO OCCUR**



LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?

TRY BINGOCIZE®!

Bingo + Exercise = BINGOCIZE®



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

For further information, contact Michele Johnson, Wellness Director, Capital District YMCA Greene County at 518-731-7529, ext 1640

TOWN OF COXSACKIE SR. CENTER
127 Mansion St, Coxsackie
Tues. & Thurs., 10 a.m. – 11 a.m.
Starting Tuesday, May 2

RIVERTOWN SENIOR CENTER
39 Second Street, Athens
Wednesday 1 p.m. – 2 p.m.
Friday 12:30 p.m. – 1:30 p.m.
Starting Wednesday, May 3

Limited to 20 individuals.

Sign-up at the Center

so as not to miss out on this opportunity!

*Sponsored by Capital District YMCA
& Greene County Department of Human Services*



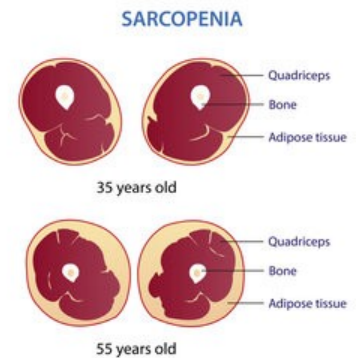
JOIN THE FUN!



NUTRITION NOTES

By: Nicole Gehman, MS, RD, CD-N

Muscle tissue makes up our vital organs, supports our body frame together with our bones, gives the body shape, and allows for movement. Our muscles also maintain our body temperature by contracting when we need to make heat. It is important to build and maintain muscle mass through our lives, as resistance exercise helps prevent age related sarcopenia (muscle loss) and osteoporosis. At ages 30-40 years old, the body has slight, gradual losses in muscle mass. Over the age of 60, there is an accelerated loss of muscle tissue, contributing to reduced strength and function.



Resistance training exercises the muscles by making them work against force, such as weights, bands, or your own body weight. Currently, the *Physical Activity Guidelines* recommend resistance exercise at least twice weekly, which can help slow the rate of muscle loss by a small percentage. Studies also show slight reversal of sarcopenia from weight bearing exercise. In addition, it may reduce the risk of osteoporosis. Always discuss your exercise goals with your physician to ensure the activities are safe.

Along with exercise, always ensure you are eating adequate protein in your diet. Protein is one of our essential macronutrients, meaning the body requires it in large quantities. Protein is often referred to as the building blocks of our muscles, in addition to our bones, blood and other tissues. Higher quality lean protein (more grams per serving) includes low fat dairy, lean meats, skinless poultry, eggs, and fish and seafood. Vegetarian sources include nuts, seeds, tofu, beans and legumes, and meat alternatives. Our protein need is based on our weight and pertinent health history, which can be calculated by a registered dietitian or medical doctor.

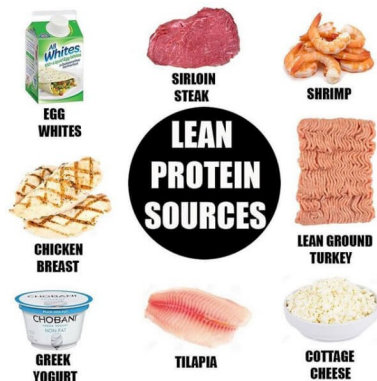


Preventing age related sarcopenia can help reduce the risk of falls and improve quality of life. Exercising twice weekly does not need to seem daunting or challenging. Activities can include lifting light weights, yoga, using a resistance band, or basic body weight exercises to get started. Being outside doing yard work or gardening, carrying groceries, and activities of daily life all help build muscle mass.

However, it is difficult to build muscle with inadequate protein intake. Try aiming for a source of lean protein at all 3 meals and ensure you are eating adequate calories for your needs.

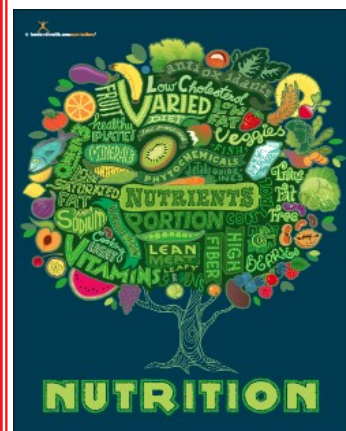
Treatment and prevention of sarcopenia are constantly being studied. For now, we can focus on the knowledge we have and strive to eat healthfully and be more physically active. Losing some muscle as we age is normal, but taking steps to potentially slow down the process improves your quality of life and ability to perform daily tasks.

Additional information on this topic or for a specific meal plan, always consult a registered dietitian. Please feel free to contact me through the main office at (518)719-3555 to request an individual nutrition referral or if you have any other personal nutrition concerns.



NUTRITION EDUCATION with **Nicole Gehman, MS, RD, CD-N**

Sponsored by Greene County Department of Human Services



THURSDAY MAY 11 THURSDAY JULY 13
RIVERTOWN SENIOR CENTER, ATHENS 945-2700

THURSDAY MAY 18
ANTONELLI SENIOR CENTER, CATSKILL 943-1343

THURSDAY JUNE 1
TOWN of COXSACKIE SENIOR CENTER 731-8901

WEDNESDAY JUNE 14
ACRA SENIOR NUTRITON SITE 622-9898

THURSDAY JUNE 29
JEWETT SENIOR NUTRITON SITE 263-4392

All sessions at 12:00 p.m.

Come learn about healthy nutrition habits.
Feel free to ask questions. Recipe and tasting to follow.

***If you would like lunch that day at the site,
please call at least a day in advance to reserve.***

Nutritional information and/or counseling is always available.

GREENE COUNTY DEPARTMENT of HUMAN SERVICES
CONTRIBUTIONS POLICY

Contributions



For services under the Older Americans Act and in Community Services for the Elderly which propose contributions, such contributions must be used for costs allowable under applicable regulations and incurred during the budget period that contributions were received. The suggested contributions will not be more than the actual cost of the service. The purpose is to offer participants the opportunity to contribute and to increase the units of services, particularly to those in greatest need. Envelopes are provided to participants that desire to make voluntary and confidential contributions. **Services will not be denied to anyone unable or unwilling to make a contribution.**

CONSULTATION and ASSISTANCE: This includes such client assistance activities as case assistance, Health Insurance Information Counseling and Assistance Program (HIICAP), help with public benefit applications, etc. The suggested level is \$5.00 per office visit (*Actual cost \$20.00/hour*).

IN-HOME SERVICES: This is discussed with the client by the case manager at the time of assessment. The suggested level of contribution is \$3.00 per hour (*Actual cost \$21.56/hour*).

LEGAL SERVICES: The suggested level of contribution is \$10.00 per attorney consultation (*Actual cost \$149.00/hour*).

NUTRITION:

- **Senior Congregate Meal or Home Delivered Meals:**
The suggested level of contribution is \$4.00 (*Actual cost \$15.00/meal*).
- **Nutrition Counseling:** Clients requesting diet counseling from the Registered Dietitian are provided with an opportunity to contribute.
The suggested level of contribution is \$5.00. (*Actual cost \$65.00/hour*).
- **Health Promotions:**
There is no suggested contribution for this service. Donations always accepted.

TRANSPORTATION:

- **Shopping Bus:** Door-to-door service is provided directly by the Department. Suggested level of contribution is \$3.00 round trip (*Actual cost \$15.08/one-way*)
- **Senior Center Transportation:**
The suggested contribution is \$1.00 for round trip (*Actual cost: \$7.34/one way*).
- **Medical (Homebound) Transportation:**
The suggested contribution for this service is a sliding scale based on mileage. (*Actual cost is \$29.62 one-way trip, maximum mileage*)

0 – 10 miles	\$3.00 round trip	11 – 20 miles	\$5.00 round trip
21 – 40 miles	\$9.00 round trip	41+ miles	\$15.00 round trip

Remember to make checks payable to Greene County Department of Human Services & note in memo the service.



As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates donations. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your donation will be used to provide service to an older adult in need.

NAME: _____

ADDRESS: _____

I designate \$ _____ in appreciation of services **OR** In memory of _____
to the following:

- Consultation & Assistance In-home services Legal Services
 Nutrition Program (Congregate/Home Delivered/Nutrition Counseling)
 Transportation (Shopping Bus, Senior Center van, Medical)
 Round Table News Senior Angel Program Where most needed

Make checks payable & mail to: Greene County Dept. of Human Services
411 Main Street
Catskill, NY 12414

*Thank
you* 

*Karen & Dennis Templeton
In Memory of Ray Brooks
to Senior Angel Program*

GREENE COUNTY SENIOR CITIZENS CLUBS



ATHENS

ATHENS SENIOR CITIZENS

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

Contact person: President Al Ramm, 518-945-1061

CAIRO:

CAIRO GOLDEN AGERS

2nd & 4th monthly Wednesday, 1:30 p.m.

Acra Community Center

Contact person: President Pat Asaro, 518-821-6508

CATSKILL:

CATSKILL SILVER LININGS

2nd monthly Thursday, 1:00 p.m.

Robert C. Antonelli Senior Center

Contact person: President Sheila Pedersen, 518-719-5361

COXSACKIE:

COXSACKIE AREA SENIORS

2nd & 4th monthly Tuesday, 1:00 p.m.

Van Heest Hall, Bethany Village

Contact: Mary Kibbey, 518-634-7524

SENIOR CITIZENS of COXSACKIE

1st & 3rd monthly Monday, 2:00 p.m.

Town of Coxsackie Senior Center

Contact: Pres. Dawn M. Smith, 518-857-4780

GREENVILLE

GREENVILLE GOLDEN YEARS

1st monthly Wednesday, 1:00 p.m.

American Legion Hall

Contact person: President Beverly Myers, 518-966-8482

MOUNTAIN-TOP:

MOUNTAIN TOP GOLDEN AGERS

4th monthly Thursday, 1:30 p.m.

Tannersville Fire Hall

Contact person:

President Margaret Robinson

518-299-0218

W-A-J-P-L GOLDEN AGE CLUB

1st & 3rd Monday, 1:00 p.m.

Windham Town Building

Contact person:

President Lula Anderson

518-734-5360

ATTENTION CLUBS: WE DO OUR BEST TO ACCOMMODATE ALL REQUESTS FOR POSTING ITEMS. HOWEVER DUE TO SPACE LIMITATIONS, WE WILL INCLUDE ITEMS BASED ON THE DATE OF THE EVENT IN THE SPACE THAT IS AVAILABLE. WHEN WE DO NOT HAVE SUFFICIENT ROOM, WE WILL HOLD & INCLUDE FOR THE FUTURE.

Mountaintop Golden Agers



WEDNESDAY, MAY 31, 2023

Resorts World Catskills Casino



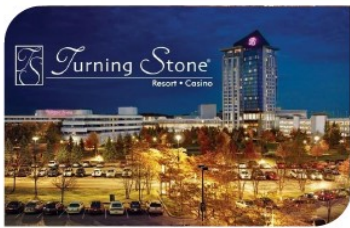
\$75 per person

Includes \$25 Slot Play & Lunch Buffet

**For reservation, please contact
Patty (518) 821-8670**

W-A-J-P-L Golden Age Club Trip

WEDNESDAY, JULY 12, 2023



**Turning Stone
Casino**

and

**Fort Stanwix
National Monument**



\$25 per person

Includes \$25 Free Play & \$5 Food Voucher

**For reservation, please contact
MaryLouise (518) 622-3397
Vicky (518) 734-4164**

Mountaintop Golden Agers



WEDNESDAY, JULY 12, 2023

**The Log Cabin,
Holyoke, MA**



\$80 per person

Lunch Choice: Twin Lobsters or Prime Rib

**For reservation, please contact
Patty (518) 821-8670**



WILLIAMSBURG & CHARLOTTESVILLE

With Berkeley Plantation & Thomas Jefferson's Monticello

5 DAYS - 4 NIGHTS

SEPTEMBER 11 - 15, 2023

\$ 780.00 per person *double occupancy*
\$ 740.00 per person *triple occupancy*
\$1004.00 per person *single occupancy*

\$100 deposit with reservation
Balance due by 7/17/23



PACKAGE INCLUDES:

- * 4 Nights lodging
- * 4 Breakfasts
- * Buffet Lunch at Historic Michie Tavern
- * 3 Dinners including Captain George's Smorgasbord & The Whaling Company
- * 2-Day Ticket to Colonial Williamsburg
- * Guided Tour of Colonial Williamsburg
- * Self-guided tour of Jamestown Settlement
- * Tour of Thomas Jefferson's *Monticello*
- * Admission to Berkeley Plantation
- * Drive-by University of Virginia
- * Souvenir gift
- * Luggage handling
- * Taxes and meal gratuities
- * Motorcoach transportation

Cancellation insurance available upon request; see reverse side

FOR INFORMATION AND RESERVATIONS CONTACT:

WAJPL GOLDEN AGE CLUB
Mary Louise (518) 622-3397
or
Vicky (518) 734-4164

Make checks payable and mail to
WAJPL Golden Age Club
P. O. Box 96
Hensonville, NY 12439

WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 * 610-775-5000 * 800-437-2323 * www.whitestartours.com



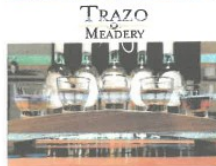
CLARKSVILLE, TENNESSEE BBQ, BISCUITS & BOOZE

6 DAYS - 5 NIGHTS

SEPTEMBER 17 - 22, 2023

Deposit: \$25
\$ 935.00 Per Person
Double Occupancy

\$1268.00 Single Occupancy
Balance due: July 19, 2023
Clarksville



PACKAGE INCLUDES:

- * 5 Nights lodging, including overnights
- * 5 Breakfasts
- * 3 Dinners, including a BBQ Dinner
- * 3 Evenings of Entertainment to include: Blue Grass Music
- * "Music Throughout the Years" Show
- * Sweet Charlotte Fun Store
- * Storyteller Farm (formerly owned by Johnny Cash)
- * Visit to a local Tobacco Farm
- * Customs House Museum & Cultural Center
- * Tour of Fort Defiance (American Civil War)
- * Tour of Historic Collinsville
- * Tour & Tasting at Beachaven Winery
- * Great Biscuit Bake-Off
- * Trazo Meadery
- * Souvenir Gift
- * Luggage Handling
- * Taxes & Meal Gratuities
- * Motorcoach Transportation



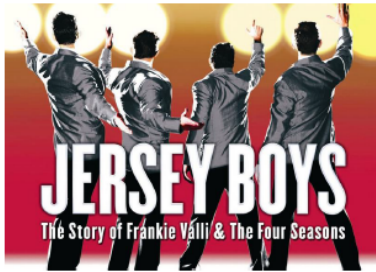
Cancellation insurance available upon request; see reverse side

FOR INFORMATION AND RESERVATIONS CONTACT:

CATSKILL SILVER LININGS
Georgianna Ramsay
P.O. Box 162
Round Top, NY 12473
(518) 622-3257

WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 * 610-775-5000 * 800-437-2323 * www.whitestartours.com

Mountaintop Golden Agers



WEDNESDAY, AUGUST 23, 2023

The Mac-Haydn Theatre

Buffet Lunch at **KOZEL'S**

\$70 per person

For reservation, please contact
Patty (518) 821-8670

HOLIDAY SIGHTS & SOUNDS OF LANCASTER, PENNSYLVANIA

Featuring Sight & Sound's "Miracle of Christmas"
& "The First Noel" at American Music Theatre

3 DAYS - 2 NIGHTS
NOVEMBER 15 - 17, 2023

\$499 Per Person *Double Occupancy*
\$648 Per Person *Single Occupancy*



PACKAGE INCLUDES:

- * 2 Nights Lodging
- * 2 Breakfasts
- * 2 Dinners including a Smorgasbord Dinner
- * Guided Tour of the Amish Countryside, including stops at an Amish Craft Farm & Bake Shop
- * "The First Noel" at the American Music Theatre
- * "Miracle of Christmas" at Sight & Sound
- * Tanger Outlets
- * Kitchen Kettle Village
- * Souvenir Gift
- * Luggage Handling
- * All Taxes & Meal Gratuities
- * Motorcoach Transportation

\$25 Deposit at Sign Up
Balance Due No Later than Sept. 1, 2023

Cancellation insurance available upon request; see reverse side

FOR INFORMATION AND RESERVATIONS CONTACT:

CAIRO GOLDEN AGERS
Pam O'Reilly 11 Rolling Meadow Rd. Cairo, NY 12413 (518) 634-7303
Patty Asaro (518) 821-6508

WHITE STAR TOURS 26 E. Lancaster Avenue, Reading PA 19607 * 610-775-5000 * 800-437-2323 * www.whitestartours.com

Mt Top Golden Agers presents
"MOSES" in Lancaster, PA

Set adrift as a baby, Moses is an unlikely hero – until God calls him to lead His people out of Egypt and into the promised land. Experience one of the Bible's most epic stories as MOSES comes to life with massive sets, special effects, and live animals in this original stage production from Sight & Sound Theatres.

2 Day Tour - October 3-4, 2023



\$375. Double

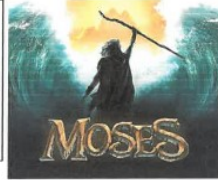
\$365 Triple \$465 Single

DEPOSIT of \$50 at SIGN UP

Balance due: 9/1/23

Cancellation Protection

Only \$39 per person



Package Includes:

- Roundtrip Deluxe Motor Coach
- 1 Night at the EDEN RESORT
- 1 Breakfast Buffet at the Hotel
- Dutch Apple Dinner Theatre
- "MOSES" at Sight Sound Theater
- *RESERVED Great Orchestra Seats!
- Longwood Gardens admission (1st Day)
- Bird in Hand Farmers Market
- Baggage Handling
- All Hotel and Meal Tax

For Reservations:
Patty at
(518) 821-8670



Make Checks Payable to:
 Mt. Top Golden Agers
 Mail to:
 P.O. Box 818
 Tannersville, NY 12485



BUS DEPARTS at 7am :
 Windham, NY
 Tannersville, NY
 Catskills, NY
 Approx. return at 8:00pm

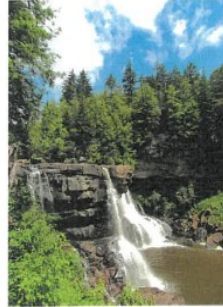
RIDING THE RAILS
WEST VIRGINIA



3 DAYS - 2 NIGHTS
SEPTEMBER 27 - 29, 2023

\$ 585.00 per person double occupancy

\$ 760.00 per person double occupancy



PACKAGE INCLUDES:

- 2 Nights lodging
- 2 Breakfasts
- 1 Lunch
- 2 Dinners, including an evening of entertainment
- Cass Scenic Railroad
- Seneca Caverns
- Blackwater Falls State Park
- Souvenir gift
- Luggage handling
- Taxes and meal gratuities
- Motorcoach transportation

Cancellation insurance available; see reverse side for details

FOR INFORMATION AND RESERVATIONS CONTACT:

COXSACKIE SENIORS
 Linda Wilkinson
 80 Saco Mill Rd.
 Coxsackie, NY 12051
 (518) 731-8648
 (518) 225-1611
 or
 Lorrie Dudley
 (518) 424-8099

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Mountaintop Golden Agers



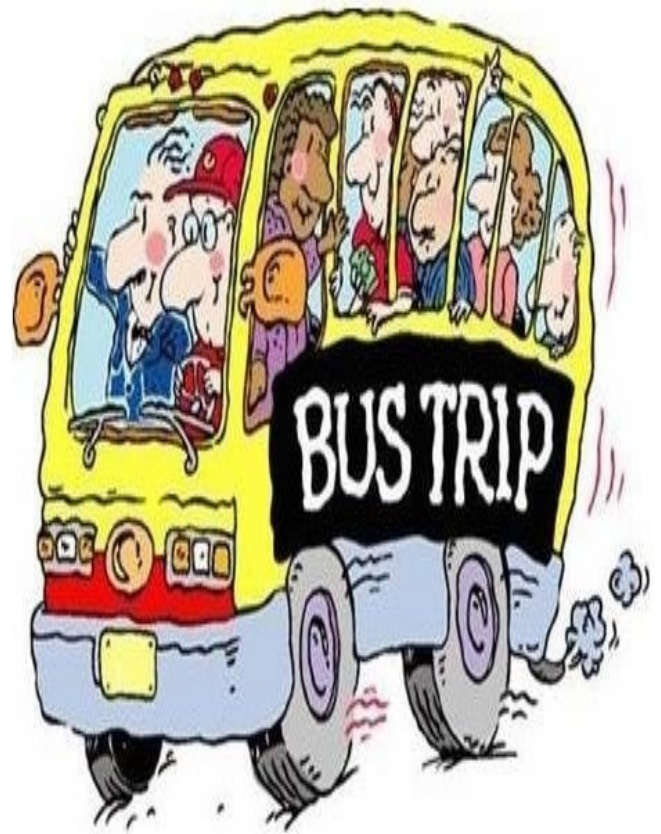
Wednesday, September 27, 2023

LAKE GEORGE DINNER THEATRE

Lunch Choice of Medallions of Beef, Chicken Piccata,
 Seared Salmon or Vegetarian

\$72 per person

For reservation, please contact
 Patty (518) 821-8670



GREENE COUNTY DEPARTMENT of HUMAN SERVICES

411 Main Street, Catskill, NY 12414

(518) 719-3555 Toll Free (877) 794-9266

aging@discovergreene.com



EXECUTIVE DIRECTOR STEPHANIE SCHLEUDERER

DEPUTY DIRECTOR: Tami Bone

SENIOR CASE MANAGER: Danielle Kane-Wade

NUTRITION COORDINATOR: Tezera Pulice

CASE MANAGERS/WORKERS:

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Christopher Lewoc	
YOUTH: Carrie Wallace	Laura Anderson

AMERICORPS SENIORS COORDINATOR: Ruth Pforte

ADMINISTRATIVE ASSISTANT: Maureen Murphy

AGING SERVICES SPECIALISTS: Bonnie Snyder - Medical Transportation
Rachel Wright - NY Connects

AGING SERVICES AIDE: Rose Bundy

RECEPTIONIST: Racine Wallace

SHOPPING BUS DRIVER: Robert Laird

NUTRITION VAN CHAUFFEUR: Patrick Murphy

The office is open 9:00 a.m. - 5:00 p.m. Monday thru Friday, though staff are unavailable between 12:00 p.m. and 1:00 p.m. As agency staff specialize in a variety of subjects, it is recommended that you call the main office to schedule an appointment to discuss services available. Walk-ins are always welcome but will be seen only if we are able to accommodate at the time.

Programs are made possible through funds from the NY State Office for the Aging, NY Connects, Administration for Community Living, NY State Office of Children and Family Services, and the generous support of the Greene County Legislature. Contributions are gratefully accepted and used to expand programs and services. **No person will be denied service if they are unable or unwilling to contribute.** All contributions are confidential.

For individuals with disabilities or language interpretation needs, requests for reasonable accommodations should be made with at least five days notice.

GREENE COUNTY ROUND TABLE NEWS is published monthly by the Greene County Department of Human Services. If you would like to be added to or removed from our subscriber list, please call Maureen at 518-719-3555 or email aging@discovergreene.com. Issues are available in black & white print and mailed via the U. S. Postal Service or full color via electronic mail.