

TUESDAYS - FALL 2025

TU09 Women in Wars

Tues., Sept 2, 1:00 - 2:30, & Mon, Nov 24, 12- 1:30 pm

Heather Johnson

ZOOM

As a former preschool teacher, a retired elementary school teacher, and a former college adjunct instructor for 8 years, I love to read. I would like to share two of the best books I have ever read. Both deal with women who were deeply involved in warfare. When class meets, we will share relevant thoughts/experiences from our own lives and compare those to the women in the books. Please procure the books ASAP so you can have them read by the respective class times. I suggest using Thrift Books or other suppliers of used books. Please read My Name is Mary Sutter by Robin Oliveira for September 2, and The Women by Kristin Hannah for November 24.

Bio: Masters Degree plus 60 hours in education

Participants should bring:

Book one: *MY NAME IS MARY SUTTER* by Robin Oliveira

Book two: *THE WOMEN* By Kristin Hannah

TU10 Preventing Bird-Window Collisions and Why It Matters

Tues., Sept 2, 10:00 - 11:00 am

Susan O'Handley *Education Chair, Delaware-Otsego Audubon Society*

Min 10

ZOOM

Birds are facing significant population challenges all over the world. Changes in habitat, seasons that are shifting, severe storms, and increased temperatures are all playing a part in an overall decline in numbers. The National Audubon Society is working to find ways to change those trajectories through significant and ambitious goals in conservation from both ends of the spectrum: increasing the chances for successful breeding bird seasons and reducing bird mortality rates.

We hear a good deal about bird-window collisions that occur in urban environments, because really, when you can show pictures of hundreds of bird deaths in a day during migration season, it becomes news. We read about it, we see pictures of it, and in response, we work to find solutions to prevent it from happening again. What we don't hear about are the average of two birds per residence per year that occur from window strikes in suburban and rural neighborhoods. Although these don't feel significant in comparison, if you add those numbers up, the deaths of birds as a result are staggering—more than in any city. It is estimated that over 1 billion birds die as a result of window collisions per year in North America. It is considered to be the third highest cause of bird mortality, following habitat loss and predation by domestic cats. Susan provides an overview of the issues that surround building collisions and actions that can be taken at our homes, businesses, schools, and other public buildings to help reduce the number of bird deaths each year.

Bio: Susan O'Handley has been involved with local Audubon chapters for over thirty years and has served on the Board of Directors for the Delaware-Otsego Audubon Society since 2012 (ten years as a co-president). Susan also works with the Audubon NY/CT Council Board, which is composed of twenty-seven Audubon chapters in NY State and six chapters in CT. She also serves on the Advisory Board for Audubon NY/CT Regional Office as the Chapter Representative. Susan owns and operates a small digital marketing agency in Hartwick, NY.

TU11 Cultivating Mindfulness and Practicing Meditation

Doreen Russo

Tues., Sept 9, 16, 23, 30, noon - 1:00 pm

St. Vincent's Quiet Room

Max 15

This course is for anyone who wants to learn about, or learn more about, mindfulness and meditation and how to establish a regular meditation practice. Mindfulness is about paying attention in a particular way to what's happening in the present moment. It has been called "the art of conscious living," and is known for enhancing people's health and well-being by helping them manage stress, reduce anxiety, increase their self-compassion and gratitude for others, and feel more ease and joy in life. Meditation is the practice at the heart of mindfulness. Class time will be spent discussing both the essence of mindfulness and its applications in daily life as well as how to meditate, and doing short guided meditations. Beginners and more experienced practitioners are welcome.

Bio- Doreen Russo has been studying and regularly practicing mindfulness and meditation for over 10 years, and teaching a variation of this course for three years.

Directions: St. Vincent de Paul Church- upper level, 138 Washington Ave, Cobleskill, NY

TU12 The Cause for Newspaper Decline

that Nobody's Talking About

Christopher Eastman

Tues., Sept 9, 5:00 - 7:00 pm

Middleburgh Library

Min 5 / Max 40

"*Stripped for Parts*" is a documentary film facilitated by Christopher Eastman. From the documentary's website: Hedge fund Alden Global Capital is quietly gobbling up newspapers across the country and gutting them, but no one knows why— until journalist Julie Reynolds begins to investigate. Her findings trigger rebellions across the country by journalists working at Alden-owned newspapers. Backed by the NewsGuild union, the newsmen and women go toe-to-toe with their "vulture capitalist" owners in a battle to save and rebuild local journalism in America

Students need not bring anything but their curiosity and attention and possibly pen and paper or tablet or laptop to take notes.

Directions: Middleburgh Library, 323 Main Street, Middleburgh, NY 12122

TU13 Confident Beginners Quilt Class

Sharon Aitchison

Tuesdays Ongoing; 10 am - 4 pm

Max 5

St. Vincent's Church Hall

This class is for students who have already completed classes with this instructor, including sewing and machine maintenance as well as beginner quilting.

Students will have their own machines and tools for classes, as well as a good understanding of quilting.

Directions: 138 Washington Ave, Cobleskill, NY 12043

TU20 It's Not Your Grandmother's DAR!

Today's Daughters of the American Revolution

Tues, Sept 16. 10:30 - 11:30 am

Kathleen Slater / Sue DeBruijn-

Members of Captain Christian Brown and Schoharie Chapters, NSDAR

Schoharie Library

Have you ever wondered what it takes to become a Daughter of the American Revolution? Or for that matter, wonder why you might want to?

PATRIOTISM.....HISTORIC PRESERVATION.....EDUCATION

If any of those words ignite a spark of interest in you, then come learn about the evolution of the DAR from its origins in Washington in 1890 as it spread across the country and internationally, as well as the founding of the two Schoharie County Chapters whose members are rolling up their sleeves and volunteering their time and efforts within our community. Presenters Sue deBruijn and Kathleen Slater will discuss the enduring mission elements of the organization. Leslie Smith and Dianne Rizzo will be available for quick searches of an individual's eligibility in DAR.

Directions: Schoharie Library (Mary Beatrice Cushing Library), 103 Knowler Ave, Schoharie, NY

TU14 Conversational Spanish

Tues, Sept 23, 30, Oct 7, 14, 21, 28, Nov 4, 11, 1:30 - 3:30 pm

Marge Dafeldecker

St. Vincent's Quiet Room

Min 2 / Max 6

This *CONVERSATIONAL* Spanish class is a continuation of previous classes. However, new participants are welcome to join former students. We will prepare and present conversations re: travel, shopping, leisure time, family, etc. It is advisable that all participants have a minimum of 3 yrs. H.S. Spanish or the equivalent. We will focus on speaking in Spanish at each session. Participants should bring an open mind, an adventurous spirit and a 'chatty' tongue.

Directions: 138 Washington Ave, Cobleskill, NY 12043

TU15 Small Community, Big Ideas: Greater Oneonta

Marcela Micucci

Tues, Sept 30, 10:00 am

Oneonta, NY

Min 10 / Max 30

This visit to the Greater Oneonta History Center (183 Main Street) will include a curator-led tour of GOHS' permanent exhibition, "Small Community, Big Ideas: Greater Oneonta," exploring the history of the town and city of Oneonta, New York. The exhibit includes modern, interactive, and digital features and a variety of different objects from GOHS's object and archival collections. On the tour, attendees will encounter five chronological modules, each shedding light on the everyday people, places, and events that have shaped the town and city of Oneonta over the past three centuries. They will learn about the inspiring stories of how Natives, settlers, immigrants, and residents created a community, and how they built and rebuilt Oneonta to become a destination city—one that was adaptable and evolved with the changing geography, economy, culture, and society. Throughout the exhibit attendees will experience floor maps, ambient sound, audio and visual content, and additional interactive components. At the close of the exhibition, they will also have an opportunity to contribute their own ideas of what they believe the next "big idea" for Oneonta might be.

Bio: Marcela Micucci is the Executive Director of the Greater Oneonta Historical Society. GOHS announced Dr. Micucci's appointment in January 2021 following two curatorial tenures in both New York City and Philadelphia, at the Museum of the City of New York and Museum of the American Revolution, respectively. Her online and physical exhibitions have been featured in esteemed publications, notably the New York Times, Washington Post, and Philadelphia Inquirer. She received her PhD from Binghamton University in 2016, where she specialized in American and women's and gender history.

Fee: By Donation

Directions: The tour will be held at the Greater Oneonta Historical Society's History Center, 183 Main Street (Oneonta, NY).

TU16 Contemporary Poetry

Tues, Oct 14, 21, 28, 10:00 - 11:30 am

Sandra Manchester

CUMC - Golding Lounge

Max 7

Contemporary poetry is poetry written within our lifetime – from Mid-20th century to the present day. It is less focused on traditional form and explores modern issues, personal experience, and reflection. In class we will be reading poems aloud and discussing the topics presented in the poems. Sandra will be introducing us to the works of Mary Oliver, Donald Hall, and Billy Collins to name a few contemporary poets. Participants will be encouraged to bring some of their favorite poems.

Bio- Sandra Manchester has a BA in Literature from the State University of New York at Oneonta. Poetry has been a part of her life for over thirty years. She has participated in writing workshops through the New York Writers Institute, Pyramid Life Center, and Sharon Springs Poetry Festival. She participates locally in a writers critique group.

Directions: Cobleskill United Methodist Church, 107 Chapel St., Cobleskill, NY 12043

TU17 Journey Reimagined: How to slow your biological age

Nasreen Haque, PHD

Tues., Oct. 21, 28, Nov. 4, 11; 4:30 - 6 pm

SUNY Cobleskill- Room TBD

Aging is not just about wrinkles or birthdays. It's about reclaiming time, energy, and evolution—on your terms.

Across different communities, stories of elders who defy age have always coexisted with silent struggles—heart disease, diabetes, memory loss. The paradox? We are living longer but not necessarily better. “Journey Reimagined” is covered in 4 sessions and it challenges the notion that aging is simply a decline. Instead, it's a remix—a conscious process that we can influence biologically, culturally, and socially- in which Aging positively may be considered a Civic Responsibility.

Bio- Chief Scientific Officer, Genomic Observatory, New York, NY.; Adj. Assistant Professor, Brooklyn College, CUNY, NY

TU18 Willie Wildlife Marsh Hike

Kathy Livingston

Tues., Nov. 4, 1 - 3 pm

Near Caroga Lake, NY

Raindate TBD

Min 2

Join us to explore this 1.4-mile loop trail that is part of the Peck Hill State Forest near Caroga, New York. This is generally considered an easy route and there is a viewing platform, interpretive stops and boardwalks that traverse the marsh and open water, as well as some features that are accessible for people of all abilities. This trail is great for birding and walking, and it's unlikely you'll encounter many other people while exploring. This is a pleasant trail through mixed forest and around a marsh. It's a mixture of a natural surface and boardwalk, lightly trafficked and can be muddy after rain. Trail Details: Trail surface: a natural surface (dirt, grass, leaves, rocks, roots), wooden boardwalk with railings; Average trail width: 6 feet; Estimated average grade category: mostly gentle (5% or less).

Participants should dress for the weather; wear sturdy hiking shoes. Bring walking stick, phone, bug spray, sunscreen, water and a snack.

Directions: Take Route 30N to Johnstown, then to Rte 67W, to 29A W, to Willie Road. There are several parking areas on or just off Willie Road. More detailed directions will be sent to the participants closer to the hike date.

TU19 Gullah Geechee Culture (African American slavery)

Beth Brandel

Tues., Nov. 11, 10 - 11:30 am

ZOOM

The Gullah Geechee is a unique African American cultural group with deep roots in the coastal regions of the SE US, particularly in the Lowcountry of South Carolina, Georgia & parts of Florida. Their ancestors, brought from West and Central Africa to work on coastal plantations, developed a distinct culture marked by unique language, traditions and a strong connection to the land and sea.

Charleston's new International African American Museum is full of information about the Gullah. It is located at a former shipping wharf where approximately 40% of the nation's enslaved people disembarked. We also visited Boone plantation and saw where they worked and what their lives were like.

Bio: Seasoned traveler

TU21 Line Dancing for Mental Health and Fun!

Tues., Nov. 18, 10 - 11:30 am

Dee Benedict / Karen Simmons

St. Vincent's Church Hall

Min 4

Line dancing is a choreographed dance where people are performing the same sequence of steps simultaneously. Although commonly associated with country music, it is often set to other genres – think Lollipop, Stand By Me and Boogie Fever. It engages the brain in a positive way through memory, coordination, and concentration and also has mood-boosting effects that can improve memory. This class will teach some of the basic steps so that by the time you leave you will have learned a few new dances!

Directions: 138 Washington Ave, Cobleskill, NY

TU22 Maintaining & Optimizing your Computer's Performance

Mary Carrier / MVLS

Tues. Nov. 18, 1 - 2:30 pm

Middleburgh Library

Min 2 / Max 16

Being aware of some basic maintenance functions on your computer can help you optimize your computer's performance. Gain confidence in understanding computer and web browser settings. Find out more about the life span of your computer and what it needs to live a happy life.

Participants should bring: Bring your own laptop or borrow one of ours. Sorry, no Macbooks for this class.

Directions: Middleburgh Library, 323 Main Street, Middleburgh, NY 12122