

TUESDAYS - FALL 2024

TU12: Funeral Preplanning

Nicole Barber & Isaiah Cechnicki

Tu Nov 19, 1 - 3 pm

Cobleskill Cooperative Extension

The presenters will share and discuss Information regarding funeral preplanning and preplanning options.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY 12043

TU13: Senior Living, Housing, Safety

Cheryl Plant

Schoharie County Office for the Aging

Tu Nov 12, 10:30 am - 12:30 pm

Cobleskill Cooperative Extension

We always hear the phrase “The Golden Years” which may not always be so Golden. Many individuals go through life with no issues; others encounter issues that interfere with daily activities. We will look into what can be done to age safely in place. This will involve many areas from mobility to personal care, transportation, housing, and adapting to your current living situation. Of utmost importance is to realize when help is needed. We will look at what services Schoharie County Office for the Aging offers.

Directions: 173 S. Grand Street, Cobleskill, NY 12043

TU27: Conversational Spanish

Margaret Dafeldecker

Tu Oct 1, 8, 15, 22, 29, Nov 5, 12, 19; 1:30 - 3:30 pm

Min 4 / Max 8

Cobleskill UMC- Golding Lounge

This CONVERSATIONAL Spanish class is a continuation of the fall class. Former and new participants are welcome. However, 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. We will focus on talking in Spanish at each session. Bring an open mind, an adventurous spirit and a 'chatty' tongue.

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

TU29: Lest We Forget – Remembering the WWII Fallen from Schoharie County

Sue deBruijn

Tu Oct 8, 10:30 - 11:30 am

Cobleskill Cooperative Extension

A banner with a gold star is presented to the families of fallen service members. The Stories Behind the Stars initiative was created to organize one central digital location to collect the stories of the more than 421,000 Americans who were killed during WWII. These stories are currently being digitally linked to war memorials and cemeteries by a Smartphone app so visitors can read the stories of the fallen at their graveside. DAR member, Sue deBruijn, is a volunteer with Stories Behind the Stars and is researching and writing the stories of the 68 men

and 1 woman from Schoharie County who gave their lives during WWII. Many will be names with which you may be familiar – Bellinger, Empie, Slater, Pratt, Freed to name a handful. Sue will share some of those stories, as well as describe the project and research involved. Along the way she has also had the opportunity to meet descendants of these brave men and woman, and will share the many ways families and friends, most of whom never met the service person, are continuing to honor their memory.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY 12043

TU33: Unveiling the Clock: Why We Age Differently

Nasreen Haque

Tu Sept 3, 10, 17, 24, 4:30 - 6pm
SUNY- Cobleskill- Room TBD

This course explores the science behind aging and the reasons why some people age differently. We'll delve into the interplay between genetics, lifestyle choices, and the environment to understand the aging experiences. The Course consists of four sessions (Session 1 - The role of DNA and genes in aging; Session 2 - Cellular Senescence and its impact on aging; Session 3 - How lifestyle factors (Diet, Exercise & Sleep) play a role in aging process; Session 4 - Beyond the Individual - Environment & Social Connection). Students will perform a Group project: Designing a community program for promoting healthy aging.

Directions: Turn onto the SUNY campus at the entrance near Speedway. Make an immediate left onto Albany Avenue. Follow that road (at a speed of 20 mph) until just before the big turn, passing the Health Center, Vroman Hall, and Wieting Hall, There will be a small sign that lists Library, Wheeling Hall and Warner/Holmes Hall. Park in the Faculty/Staff area.

TU38: Mindfulness and Meditation

Doreen Russo

Max 15

Tu Oct 8, 15, 22, 29, noon - 1 pm

Cobleskill UMC- Golding Lounge

This course is for anyone interested in learning more about the basics of mindfulness and meditation. It covers both the essence of mindfulness and its applications in daily life, including through meditation. Mindfulness is about paying attention in a particular way to what's happening in the present moment. Meditation is the practice at the heart of mindfulness. Living mindfully and practicing meditation are known for enhancing people's health and well-being by bringing more calm, clarity, and kindness into their lives. Each week we will discuss a different aspect of what it means to be mindful and how to meditate, followed by a short guided meditation. Beginners as well as those interested in deepening their practice are welcome.

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

TU43: Libby for Overdrive

Kimberly Zimmer

Max 15

Tu Nov 19, 10:30 - noon

Community Library, Cobleskill

Are you interested in using your device to download books, audiobooks and magazines? Are you currently downloading but paying for your books? I will introduce you to the Libby App on the Overdrive platform and demonstrate how you can get your books and magazines for free. All you need is your library card.

Participants should bring your laptop, tablet, kindle/Fire, phone, power cords, Amazon passwords and your library card. Don't have a library card? Stop into your local library and staff will assist you. Reminder for a new card you will need identification and a piece of mail.

Directions: The Community Library, 110 Union St., Cobleskill, NY 12043

TU53: Confident Beginners Quilt Class *Tuesdays ongoing 10 am - 4 pm*

Sharon Aitchison

Max 5

St. Vincent's R/C Church, Cobleskill

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.

Students should bring their own machines and accessories to class, as well as a basic understanding of sewing.

Directions: St. Vincent de Paul Church, 138 Washington Ave., Cobleskill, NY 12043.
Parking lot is just past the church and the entry is on the side below the sanctuary.

TU54: What is AI (Artificial Intelligence) and Where is it Heading?

Mary Carrier

Min 2 / Max 20

Tu Oct. 1, 3 - 4:30 pm

Schoharie Library

Learn about how artificial intelligence (AI) works, how it has evolved over the years, and the pros and cons of an automated digital world. We will introduce Chat GPT and other AI tools.

Directions: Schoharie Library, 103 Knower Ave., Schoharie, NY 12157

TU55: Ditch It & Downsize

Mary Carrier

Min 2 / Max 15

Tu Oct 8 3 - 4:30 pm

Community Library, Cobleskill

Ready to downsize and send your treasures elsewhere? Learn about your options: Ebay, Craigslist, Facebook Marketplace, and more. Donation options will also be discussed.

Directions: The Community Library, 110 Union St., Cobleskill, NY 12043

TU57: Train Your Brain: Think Smarter, Not Harder

Mary Carrier

Tu Oct. 29, 3 - 4:30 pm

Min 2 / Max 12

Schoharie Library

Challenge your brain with games and exercises. You will be introduced to a number of websites and apps to help you improve your memory, concentration, and attention span.

Directions: Schoharie Library, 103 Knowler Ave., Schoharie, NY 12157