

## WEDNESDAYS - SPRING 2024

### **WE21: The Right Words at the Right Time**

*Anna Marie Collins*

We April 24, May 1, 8 at 10:00 - 11:15 am  
Cornell Cooperative Extension

Marlo Thomas wrote *The Right Words at the Right Time* as a result of inviting more than 100 people to share the moment when just the right words changed their lives, or as she says, "a moment of awakening, a lightbulb that revealed a truth that has stayed with them for a lifetime, or a challenge that moved them to action." Join Anna Marie as she facilitates our discussion, based on the book, of the particular people that resonate the most with us.

Copies of the book will be available to borrow if you don't wish to purchase a copy. Each person's story is fairly short, and you can opt to read as few or as many of the chapters as you wish.

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

### **WE30: The Vietnam War Policy of Lyndon Johnson 1965-68**

*Dr. Sal Rivera*

We March 13 at 5:30 - 7:30 pm  
SUNY-Cobleskill: Warner 108

The session will examine the Vietnam War policy of President Johnson's administration.

Directions: Turn onto the SUNY-Cobleskill campus at the entrance near Speedway. Take an immediate left onto Albany Avenue. You will follow that road (at a speed of 20 mph) until just before the big turn, passing the Health Center, Vroman Hall, and Wieting Hall, among other buildings. There will be a small sign that lists Library, Wheeling Hall and Warner/Holmes Hall. Park in the Faculty/Staff area there, enter Warner Hall and go upstairs.

### **WE32: Understanding Alzheimer's & Dementia**

*Ann Thayer*

We March 6 at 1 - 2 pm  
Middleburgh Library

Max 45

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources. Anne is the Associate Director of Programs and Services for the Alzheimer's Association.

Directions: Middleburgh Library, 323 Main St., Middleburgh, NY 12122

### **WE33: Recycling and Sustainability**

*Adam Stoutenburg*

We March 27 at 4:30 - 5:45 pm

SUNY-Cobleskill: Warner 108

Min 3

Join Casella's Adam Stoutenburg as he informs us about the current state of recycling and sustainability. He will cover where to recycle, what materials are able to be recycled (or not), the facilities that work with recycling materials, how we can keep waste out of landfills, and the local statistics on the state of waste and recycling in our area.

Directions: Turn onto the SUNY-Cobleskill campus at the entrance near Speedway. Take an immediate left onto Albany Avenue. You will follow that road (at a speed of 20 mph) until just before the big turn, passing the Health Center, Vroman Hall, and Wieting Hall, among other buildings. There will be a small sign that lists Library, Wheeling Hall and Warner/Holmes Hall. Park in the Faculty/Staff area there, enter Warner Hall and go upstairs.

### **WE34: Libby for Overdrive**

*Kimberly Zimmer*

We March 27 at 1:00 - 2:30 pm

Community Library - Community Room

Max 12

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 and a device.

Participants should bring: Bring your laptop, tablet, e-reader, phone, power cords, 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: Community Library, 110 Union St, Cobleskill, NY 12043

### **WE36: Seated Tai Chi**

*Kathryn Sorrentino*

We March 13, 20, 27, April 3, 10, 17 at 10:00 - 10:45 am

ZOOM

Tai Chi is a gentle, no impact activity. Tai Chi helps with strength building for better balance, promotes flexibility and increases awareness between mind and body. It is a pain free range of motion and helps to improve circulation. The movements used in this course have been modified to perform in a safe manner while seated. Your participation in this class can help to improve quality of life by focusing on the Tai Chi principles and generating energy. Tai Chi can help you sleep better and feel invigorated while increasing range of motion. The movements taught can be used by anyone, whether seated on a train, bus or at home.

## **WE39: Soap Making 101**

*Kenna Cote*

RSVP by April 24

**We May 1 at 1:00 - 3:00 pm**

Mineral Springs Soap, Cobleskill

Min 6 / Max 16

Ever dreamed of creating your own luxurious handmade soap?

In this class, you'll learn the cold process method of soapmaking - the most straightforward and least labor-intensive method that relies on the heat generated by saponification. Although it may seem daunting initially, making soap from scratch with all-natural ingredients can be fun, rewarding, and addictive! In this hands-on session, you'll create your own batch of soap (about 4 bars). Once it hardens, you can slice it into bars and let them cure for 4-6 weeks before use.

We'll cover:

- Step-by-step instructions on cold process soapmaking
- Tips on selecting and combining fragrances and colors
- All materials and supplies provided

You'll choose a colorant or additive, like a dried herb or exfoliant, and a fragrance or essential oil for your cold process soap.

All materials and supplies will be provided; no prior experience is necessary. Suitable for students ages 18 and up. You will need to pick up your soap from our shop after 24 hours. (Fresh soap is not set up enough to transport!)

**Fee:** \$40 paid at the studio

**Directions:** Mineral Springs Soap, 578 Main Street - Ste 1, Cobleskill, NY 12043

## **WE40: Blown-Glass Ornament**

*Emilie Hazelton*

**We April 10 at 12:00 noon -1:00 pm**

Studio for Art and Craft

Min 4 / Max 18

Create a beautiful and unique glass ornament - there are so many ways you can display them in your home! We will show you the process of blowing these glass ornaments and then we will coach you as you make your very own!

**Fee:** \$25 per ornament, payable to Studio for Art and Craft

**Directions:** Studio for Art and Craft, 576 Main St. Cobleskill, NY 12043



## **WE50: Secrets of the Library Catalog and Website**

*Don LaPlant*

We Feb 28 at 11:00 am -12:30 pm

Community Library - Community Room

Min 5 / Max 20

Adult Services Librarian Don LaPlant will introduce participants to a range of resources and services available through the library's online catalog and newly-redesigned website. Learn how to put books on hold, renew items, access research tools, find events, and get more info about books and authors—all without leaving your home. Since all public libraries in the Mohawk Valley Library System use the same online catalog, the information presented here will be useful for public library card holders across Schoharie, Schenectady, Fulton, and Montgomery Counties.

Directions: Community Room, Community Library, 110 Union Street, Cobleskill, NY 12043

## **WE54: Birdwatching (and Listening!) by Sight and Sound**

*Dr. Roger Masse*

We Apr 17 at 9:00 -11:30 am

SUNY-Cobleskill: Curtis Mott 106

Min 8 / Max 20

Wildlife viewing is an extremely popular pastime for millions of people around the world. According to the US Fish and Wildlife Service, more people over 16 years of age participate in wildlife viewing than either fishing or hunting in the USA. In the USA, wildlife watching also generates more economic output than fishing or hunting. Birds are among the most popular wildlife to watch because most species are diurnal, many species are colorful or have bold patterning, and they are generally more conspicuous than other groups of wildlife. Birds are also easily attracted for viewing using birdfeeders. The objectives of this course are to: 1) introduce students to the basics of bird identification by sight and sound, 2) provide opportunities for students to identify and observe local bird species, and 3) outline materials that can help build bird identification skills. This will be a field-based course. Students will learn bird identification in the field as we visit a local site for a birding walk. No prerequisites or past experience required.

Participants should bring: Binoculars are optional if students have their own. College can provide these for those that do not have their own.

Directions:SUNY Cobleskill - Curtis Mott 106. Near the Speedway, turn onto Schoharie Parkway North and follow it around the loop to the right, and past the Animal Science Buildings and Turf Grass.

**WE55: Roses and More in Schenectady** We June 12 at 10:30 am-2:30 pm

*Pam Kostbar-Jarvis*

Schenectady Central Park Rose Garden  
& NY Folklore Gallery

rain date: Fr June 14

Min 5 / Max 20

We'll begin our day with a visit to the Schenectady Central Park Rose Garden, with its 300 rose varieties celebrated in 4,000 rose bushes including grandiflora, shrub, floribunda and hybrid tea roses in myriad colors. Experience the entry staircase, view the gatehouse, fountain, pergola, spring pond and perennial bed, and the lower pond and waterfall. Following our self-guided tour of the rose garden, we will travel to Jay Street where we can visit the New York Folklore Gallery, shops such as Open Door Books, Jay Street Collective, Lennon's Irish Shop, The Silver Shop, Bittersweet Candy Company, Downtown Designs, or the nearby Whitney Book Corner (a used book store operated by the Friends of the Library) and get lunch at Simone's, The Whistling Kettle, Ambition Cafe, Herbie's Burgers or any of the many other establishments located nearby.

From the delicate scents of roses to the tantalizing aroma of a variety of restaurants, let's nose around and experience what Schenectady has to offer.

Participants should bring: Be ready to walk.

**Fee:** Since each person's experience may be different, each student is responsible for her/his own expenses for the day on the day. There is no fee for the rose garden. There will be a charge for parking near Jay Street.

Directions: Schenectady Central Park Rose Garden is located at the corner of Wright and Central Parkway, at 500 Iroquois Lane, Schenectady, NY 12309. New York Folklore Gallery is located at 129 Jay Street, Schenectady, NY 12035.

**WE57: Democracy in the United States** We April 3, 10, 17, 24 4 - 5:30 pm

*Anne Myers*

Community Library- Community Room

Max 20

A Chinese curse is "May you live in interesting times" and we certainly are now. The class will be a discussion of the changes in our country, and will include historical discussion of the founding (and yes, it will require reading the Declaration of Independence and the Constitution). At the conclusion, the class will come up with some suggestions "we the people" might change.

Participants should bring: Mind and heart:-)

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



**WE58: Silver Screenings** We Feb 21, Mar 20, Apr 17, May 15 at 1:00 - 3:30 pm

*Don LaPlant*

Community Library - Program Room

Max 40

This film series, hosted by librarian Don LaPlant, will feature small, independent, and foreign films where senior citizens are the real, dynamic, engaging main characters, not just secondary characters providing comic relief, generic "wisdom," or obstacles for younger characters to deal with. We'll meet in the library's program room for mid-day matinees, free popcorn, and post-screening conversation.

Directions: Program Room, Community Library, 110 Union Street, Cobleskill, NY 12043

**WE63: Opioids and Addictions**

We May 29 at 10:00 - 11:00 am

*Joseph Sellers, MD*

Cornell Cooperative Extension

With the outbreak of the opioid epidemic, Dr. Sellers was instrumental in implementing a treatment program that was a combination of medication and counseling.

Dr. Sellers will share the journey of creating and implementing this program. He will explain the brain chemistry of addiction, specifics of how opiates work within the human body and brain, and discuss various aids of treatment of addiction and overdose.

In recent years Joseph R. Sellers, MD, FAAP, FACP, has served as Physician Executive for Bassett Medical Group, and President of the Medical Society of the State of New York (MSSNY). Dr. Sellers practices Internal Medicine and Pediatrics at Bassett Medical Center, Cobleskill Regional Hospital, and at the Primary Care offices in Cobleskill and Sharon Springs. He has served in medical missions in Haiti and Kenya and is a volunteer physician with the Boy Scouts of America. He has been a trustee of Cobleskill Regional Hospital for 20 years and served on the Schoharie County Board of Health.

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

**M/W37: Functional Integrated Training** M/W April 1, 3, 8,10 at 10 - 11 am

*Travis Hyer*

Power-Up Gym/ Richmondville

Max 5

Group fitness training for seniors. This class works all parts of the body and is accessible to all. Following your four free sessions, you have the option of becoming a member (if you are not already) OR joining the Functional Integrated Training class 8 week program, or both.

Directions: Power-Up Gym, 1469 NY 7, Richmondville, NY 12149