

THURSDAYS - SPRING 2024

TH1: VV - Rhone River Cruise

Beth Brandel

Th March 28 at 4:00 - 5:30 pm

ZOOM

Imagine five-star dining on a river cruise with all the wine you can drink. Our cruise was through Vegan Travel who hired a Tauck ship for our week-long journey from Lyon to Avignon. Every town, small or large, had so much history. Valence, for example, was an important Roman fortification with trees planted 800 years later by Napoleon. Arles is where Van Gogh spent his last years and painted Starry Night in many different variations. Avignon is where the Pope's Palace was during the 14th century. Join me on this adventure.

TH5: Ready to Grow Your Best Garden Now

Ron Ketelsen

Th March 21 at 4:30 - 5:45 pm

ZOOM

Gardening is a great way to stay healthy and grounded any time. However, when it gets frustrating, you might want to throw in the trowel. But, in this presentation, you'll throw out the frustration instead. And you'll find yourself digging in with that trowel more effectively than ever before. As well, you'll likely find much more joy along the way! You will learn how to get past your gardening challenges without leaving the safety of your home. Learn how to preserve, craft & make the most from your garden. In this presentation, you'll score some priceless takeaways you can put into action in your garden right away.



TH8: Staying Safe Online: Social Media Ins and Outs

Stephanie Palmer

Th May 30 at 5:00 - 6:30 pm

SUNY-Cobleskill Warner 108

Min 8 / Max 30

Staying safe online has never been more critical. Each day brings more threats to your entire electronic environment. This class will not be just a repeat of the very popular “Social Media Ins and Outs” of last semester. We will also address any of the latest scams that may be lurking. We will talk about the “friends” and “connections” on Facebook, Twitter, and Instagram, quizzes and games that you may enjoy, as well as the hidden world behind the screen. All may not be as it seems online!

If you missed this last semester, you won't want to miss it again. If you attended last semester, you may want the review and/or an update.

Participants should bring: Laptop or tablet would be handy but not required

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.

TH12: A Guided Tour of The NYS Capitol Th May 9 at 11:00 am - noon

Michael Collins

State Street & Washington Ave, Albany, NY

RSVP by April 25

Min 5 / Max 10

We will take a 45-minute guided tour through the historical and elegant capitol building. We will see where the legislators do their jobs, and the million-dollar staircase. The building was completed in 1899 at a cost of \$25million equivalent to \$703 million in modern dollars. It took 32 years for three teams of architects, guiding the builders, to finalize the design.

*You will have the day to explore other features of the Empire State Plaza. See - <https://empirestateplaza.ny.gov/memorials> and other sites of your choice. Print the maps.

*Starting Place – State Street Lobby

*Parking – see map, charges must be paid with card

<https://empirestateplaza.ny.gov/system/files/documents/2020/10/visitor-lots.pdf>

***Security:** Visitors to the Capitol are required to pass through metal detectors and have bags scanned through an x-ray machine. Personal belongings such as backpacks and large bags should be left behind. Sharp objects, such as pocket knives, nail clippers, weapons, and nuisance devices such as whistles and noisemakers are not allowed into the building.

*LUNCH on your own: <https://empirestateplaza.ny.gov/dining-plaza>

Participants should bring: Walking Shoes, printed maps noted above, charge/debit card, ID, compliance with security regulations

Fee: Parking lot fee

Directions: State St. and Washington Ave, Albany, NY 12224. Nearest parking is V-Lot beneath the Empire State Plaza (from I-787 take Empire State Plaza exit).

TH13: The Men and Women Who Made Howe Caverns, 1830-2007

Dana Cudmore

Th May 23 and 30 at 3:00- 4:00 pm

Community Library- Community Room

Min 10 / Max 20

A fascinating look at the explorers, entrepreneurs, innovators, showmen, and scoundrels whose exploits and enterprise have made Howe's Cave world-renowned and Schoharie County's Cave Country a unique, remarkable place to live. Dana Cudmore has been a local cave enthusiast and spelunker for many years, as well as a writer. THE REMARKABLE HOWE CAVERNS STORY was published in 1990, but other books are included in his authorship list. His daughter Libby followed in his footsteps and sometimes the two authors proudly present together.

Recommended reading: "Underground Empires: Two Centuries of Exploration, Adventure & Enterprise in NY's Cave Country" (available at local bookstores or online - \$21.95) AND blog posts at www.howecavernstales.com.

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

TH19: Greenhouse Tour

Chris Cash

Th April 4 at 10:00 - 11:30 am

SUNY-Cobleskill: Greenhouse

Min 10 / Max 22

Have you ever wondered about hydroponics and how modern greenhouses function? The greenhouse complex at SUNY-Cobleskill has a tropical plant area, hydroponic tomato production, computer automation and much more. Chris Cash will provide a fun walk that will give a glimpse of the facilities, a look at the technologies, and the fun of growing plants.

Directions: 114 Rockland Lane, Cobleskill, NY 12043 (SUNY-Cobleskill Greenhouse)



TH25: History of Vaccines

Dr. Illona "Iggy" Gillette-Ferguson

Th May 2 at 2:30 -4:00 pm

ZOOM

For centuries, humans have looked for ways to protect ourselves from deadly diseases. From experiments and taking chances (some unethical by today's standards) to a global vaccine roll-out, immunization has been around a long time. Join Dr. Iggy as she shares with us the history of vaccines: the good, the bad, and the incredible.

TH35: Mahjong

Linda Carpenter

Th Ongoing at 1:00-4:00 pm

The Gathering Place

Want to learn the game of Mahjong? Mahjong is a tile-based strategy game developed in China in the 19th century. We meet every Thursday at The Gathering Place. If you are new to the game, we will teach you. Come join us and learn an exciting new game!

Directions: The Gathering Place, 127 Kenyon Road, Cobleskill, NY 12043

TH43: Smartphone Savvy - Editing & Organizing Your Photos

(Androids & iPhones welcome)

Mary Carrier/ MVLS

Th April 18 at 3:00 - 4:30 pm

Schoharie Library

Min 2 / Max 12

Learn how to edit your photos and organize them into albums on your smartphone. We will also upload photos to a laptop and organize them into folders.

Students are welcome to bring their smartphone cord and Windows laptops (no MacBooks, please) for the upload exercise.

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



TH44: Internet Safety and Privacy

Mary Carrier/ MVLS

Th April 4 at 3:00 - 4:30 pm

Middleburgh Library

Min 2 / Max 12

Learn about protecting your computer from viruses, hacks, and attacks. Gain helpful tips about internet browsing and privacy settings. This will be a demonstration

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

TH45: What is AI (Artificial Intelligence) and Where is it Heading?

Mary Carrier/ MVLS

Th April 25 at 3:00 - 4:30 pm

Community Library - Community Room

Min 2 / Max 12

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. This is a demonstration and discussion.

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

TH46: Understanding Cloud Storage and Google Drive

Mary Carrier/ MVLS

Th April 11 at 3:00 - 4:30 pm

Schoharie Library

Min 2 / Max 12

Do you want easy access to your files and photos? Whether you want to back up your files, access them away from home, or share and collaborate with others, cloud storage is just a click away. This will be a demonstration.

Directions: Schoharie Library, 103 Knowler Ave, Schoharie 12157



TH56: Explore Sharon Springs

Pam Kostbar-Jarvis

Th June 27 at 10:30 am -2:30 pm

Various Sharon Springs locations

Min 5 / Max 20

The Sharon Springs Historical Society web page describes the village as “one of the best-kept secrets in New York.” We’ll begin discovering its secrets with a visit to Slate Hill Flower Farm where we will hear about Maria’s experience with growing lavender and what brought her to the area. We will plan to order takeout lunches from Brimstone Bakery (or bring your own brown bag lunch) and will relax in the beautiful surroundings of the farm for lunch. We will also have time to visit their farm store.

We will then venture into town where, following a brief presentation by Anthony Leberto at Brimstone Bakery, we will visit the Sharon Springs Historical Society’s Museum Complex which consists of the Museum, Chestnut Street Schoolhouse, an outhouse, a barn, and an exhibit of tombstones. The Museum features items of local interest and artifacts related to the mineral baths and early hotels. By the time of our visit, the Sharon Springs Historical Society should have completed their expansion project to convert cottages into vignettes of a General Store, Barbershop, Doctor’s Office, Synagogue, and more.

After our visit to the museum we will have time to visit Beekman 1802 Kindness Shop, Cobbler and Company, Black Cat Café, Sharon Springs Fine Dried Florals and Gifts, The Everything Shoppe, and the other shops located on Main Street.

To finish off your day, you may want to stop for ice cream at Dairyland or Stewart’s Shops. If your day lasts a bit longer, you may want to stop for dinner at Fancy Farmer or Sharon Tavern.

By the end of day, you, too, will hopefully know some of the secrets of Sharon Springs.

Participants should bring: Be prepared to walk.

Fee: Since each person’s experiences may be different, each student is responsible for her/his own expenses for the day on the day.

Directions: Slate Hill Flower Farm at 342 Slate Hill Road, Sharon Springs, NY 13459 ; Brimstone Bakery 922 Chestnut St, Sharon Springs, NY 13459; Sharon Historical Society Museum 238 Main St, Sharon Springs, NY 13459

TH61: Basic Self Defense

Officer Carlianne Ferretti

University Police SUNY-Cobleskill

Th May 16, 23 at 5:00 - 6:00 pm

SUNY-Cobleskill: Warner 108

Max 15

Officer Ferretti’s “Safety for Senior Citizens” was so well-received that she was asked to return as an instructor. This semester, she will offer education in basic self defense. The two-session class will also offer optional hands-on exercises.

Participants should bring: Please dress comfortably.

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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.

TH64: Grow Your Own Culinary Herbs

Betty Pillsbury

Th May 2 at 11:00 am - noon

St. Vincent de Paul church hall

Growing and using culinary herbs is satisfying to the soul and stomach! It can also save you money. Many of these herbs can be grown in pots as well as the ground. Herbalist Betty Pillsbury will share her insights with herbs.

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

TH69: Albany Pine Bush Hike- Lure of the Lupines

Kathy Livingston

Th June 6 at 12:30 - 4:30 pm

195 New Karner Rd, Albany, NY

Rain date Th June 13

Min 2 / Max 20

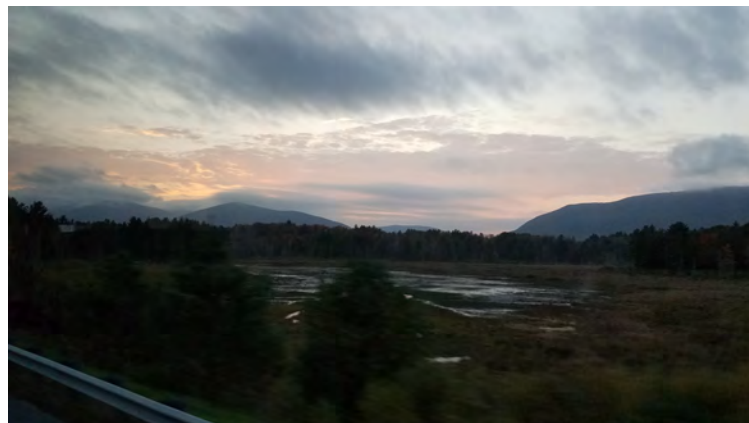
Albany Pine Bush Preserve is home to one of the best remaining inland pitch pine-scrub oak barrens in the entire world! The wind swept sand dunes support a unique variety of rare plants and animals that create exceptional pine barrens natural communities. **The Preserve** is 3,350 acres and is host to a unique diversity of plants and animals.

Gather at the Discovery Center and learn about the natural, geologic and cultural history of the area through their interactive exhibits.

Then we will hike one trail of the over 20 miles of multi-use passive recreational trails to explore this sandy oasis in the middle of the Capital Region, in search of lupines and the rare and elusive Karner Blue butterfly- probably the Yellow Trail at Karner Barrens. This trail is 2.9 miles from beginning to end, and is a moderate loop, due primarily to the length and the few dune climbs. It is advertised as a nice 1.5 hour to 2 hour walk, depending on your speed.

Participants should bring: Wear sturdy hiking shoes. Dress for the weather. Bug spray and sunscreen are recommended. Bring water and snacks.

Directions: Meet at Discovery Center, 195 New Karner Road, Albany, NY 12205



TH71: Opus 40 Nature Hike

Kathy Livingston

Th May 30 at Start Time TBD by group

356 George Sickle Rd., Saugerties, NY

Rain date Fr June 7 at 1 pm

Min 2 / Max 20

“Opus 40” is a 63 acre outdoor sculptural park near Saugerties, NY, set in a series of former blue-stone quarries that have been allowed to return to nature over the past century. The central structure is a hand-hewn 6.5 acre in-earth sculpture called “Opus 40” created by Harvey Fite. It is listed on the National Register of Historic Places. We will visit the Quarryman’s Museum and hike several of the nature and sculpture trails. This is a drive-yourself event.

Participants should bring: Wear sturdy hiking shoes. Dress for the weather. Bug spray and sunscreen are recommended. Bring water and snacks.

Fee: \$9/ senior for self-guided tour, payable at site

Directions: 56 George Sickle Road, Saugerties, NY 12477 - off exit 20 of the NYS Thruway I-87. Meet at the Opus 40 parking lot at 1 pm.

TH/M15: Even More NYS Lore! Body, Boots and Britches

Heather Johnson

Th March 14, Mo March 18, 25 at 4:00 - 5:15 pm

ZOOM

Min 4

Due to the popularity of previous NYS Lore classes, it was decided to continue with the book *Body, Boots & Britches* by Harold W. Thompson. The book is a collection of old-time Upstate New York stories. You will be receiving a list of the stand-alone chapters that we will be discussing together. Many were included based on humor. But all will give you insights into the life of those times. You need not have attended the previous classes, but we feel sorry for you if you didn't!

For the first class: *Body, Boots and Britches* Chapter III and pg. 508 Timothy Murphy

Participants should have available: *Body, Boots and Britches* by Harold Thompson (1939 Green Cover) if possible



MO53*: Cutler Botanic Garden *Now: Th June 20 at 10:30 am - 2:30 pm

Linda Svoboda Cornell Cooperative Extension - Broome County/Binghamton, NY

RSVP by June 3, 2024 Min 5

The Cutler Botanic Garden is a center for teaching horticulture and environmental issues. The garden encourages an appreciation of the environment and helps teach the value of natural resources through educational activities. The purpose of the site is to help participants teach themselves to grow plants with minimal negative effect on the environment.

Fourteen themed areas are represented in Cutler Botanic Garden: propagation, hemerocallis, composting and rain barrel demonstration, shade garden, perennials, health and heathers, rock garden, native habitats, ornamental grasses, herbs, roses and vegetable garden, a hydrangea collection, and several annual flower beds.

At the conclusion of our tour of the Botanic Garden, we will be able to have lunch. Lunch is available for purchase at the Taste NY café located on the premises, or you can plan to bring a brown bag lunch.

Following lunch we will listen to a presentation by a Master Gardener on Container Vegetable Gardening.

Participants should be prepared to walk. Dress for the weather.

Fee: \$9 per person payable to SCHOOL. Sign up and pay by June 3, 2024. No refunds after that date.

Directions: Meet your guide at the Taste NY Store entrance at 840 Upper Front Street, Binghamton, NY 13905