

Fraturdays - Spring 2023

F11: Orthodox Christianity Art

Fri. May 5; 10:30-noon

Cornell Cooperative Extension
173 S. Grand Street, Cobleskill, NY

Dr. Cyril Kozak

Explore the architecture, iconography, music and holidays in the expression of Orthodox Christianity. This will give you both an historical and contemporary perspective.

Dr. Kozak is a member of Christ the Savior Orthodox Church of America in Ballston Lake. He is involved with noted architects about design and how it correlates with traditional orthodox architecture. He will help explain the artistic connection between Judaism and the Christian faith.

Dr. Kozak will do a photo presentation. His wife, Maureen, is a remarkable photographer who has created a picture calendar for the Otsego Holy Myrrhbearers Women's Monastery.

F20: Arnell Museum and Canajoharie Library Tour

Fri. Mar. 31; 1:30 - 4 pm

2 Erie Blvd, Canajoharie, NY

Mary Alexander, Curator of Education and Public Engagement

Max 25

Join us as we explore the fine art, history, and architecture of the Arnell Museum and Canajoharie Library. This 45 minute to an hour long tour will provide attendees with the story of the early days of the Beech-Nut company and factory formerly located in Canajoharie. Then we will explore the impressive fine art collection of the Arnell Museum. This collection includes 21 Winslow Homer paintings (not all will be on view), Inness, Wyeth, O'Keeffe, Bierstat, Chase, Tarbell, Hassam, a full-scale reproduction of Rembrandt's Night Watch, and many more.

The group can then enjoy the garden and enjoy the mix of 1920s architecture and modern additions.

Fee: \$6.50 Seniors and Students; all others \$9; payable to SCHOOL. Sign up and pay by March 24. No Refunds after March 24.

Directions: 2 Erie Blvd, Canajoharie, NY

F30: The Bull's Head Inn- Venue Reimagined

Fri. June 2; 11:30 am- 1:30 pm

Christopher Guldner

Park Place, Cobleskill, NY

Min 2 /Max 40

Venues: The Bull's Head Inn- History of "Good Food and Spirits"- Cobleskill's Oldest Establishment; Experience an 1802 home, now inn, as few people do. We will start by sharing lunch. Then Chris Guldner will present the history of the building, its various iterations, and conclude with his and Mary Sagendorf's inspired renovation story. We will then tour the public spaces and consider the possible uses of them. You can order from five choices, each at \$16, payable at registration. Beverages, including NYS brewery beers on tap, dessert, and a tip can be arranged for that day.

Choices: 1. Burger of your choice and Fries 2. Chef Salad with ham, turkey, and cheese
3. Black Bull (roast beef) Sandwich and Fries 4. Chicken Salad and Fries
5. Hummus Veggie Platter

Check their website to help with the decision making.

Fee: \$20 per member/ \$25 per guest (includes gratuity and tip); Beverage and dessert additional; Payable to SCHOOL with your registration. Sign up with SCHOOL and pay fee to SCHOOL by May 26, at the latest. No refunds after May 26.

Directions: 105 Park Place (next to the Park), Cobleskill, NY. We will meet at the Bull's Head when they open at 11:30 am.

F32: Mindfulness and Meditation***Fri. May 5, 12, 19, 26: noon-1 pm***

United Methodist Church- Golding Lounge, Cobleskill, NY

Doreen Russo

Max 15

This course will introduce the basics of mindfulness and mindfulness meditation, covering both the essence of mindfulness and its applications in daily life, including through meditation. Mindfulness is about paying attention in a particular way, about being aware of what is happening in the present moment. It has been called "the art of conscious living," and is known for changing how practitioners show up in the world, bringing calm, clarity, and kindness to their lives. Mindfulness meditation is the practice at the heart of mindfulness. Class time will be spent discussing aspects of mindfulness and doing short guided meditations. Beginners and more experienced practitioners are welcome.

Directions: 107 Chapel Street, Cobleskill, NY

F40: Dr. Talk***Fri. Mar. 24; 1 - 3 pm***

On-line: ZOOM

Min 5 / Max 15

Susan Emerson MD

This is intended to be an interactive discussion of audience-chosen medical topics. Discussion will follow participant questions. If no one asks questions I'll start off with head colds and preventive health (cellulitis topic already requested). Please note I cannot give personalized medical advice in this venue, but am happy to address general topics such as diagnoses, medications, testing, etc. (and translate doctorspeak to plain English...).

F47: Birding How-To***Class 1 - Fri. April 28 at 10am*** at Carlisle Town Hall***Class 2 - Sat. April 29 at 8am: Birdwalk 1*** at Carlisle Town Hall Walking Trail***Class 3 - Sat. May 6 at 8am: Birdwalk 2*** at Landis Arboretum*Chris Keefer*

Max 15

Birding is a fun and rewarding lifelong hobby. Learn some tips and ideas to help you identify birds through field marks, habitats, behavior and vocalizations. Learn how to best use binoculars, spotting scopes, birding apps and field guides. One in-house class and two bird walks will instruct and help you sharpen your skills. Binoculars are a must. Spotting scopes, field guides and tripods can be useful, but not necessary. (For another, optional, opportunity, the Carlisle Historical Society will have its Annual Bird Tour on May 13).

Participants should bring: Binoculars are a must. Spotting scopes, field guides and tripods can be useful, but not necessary

Directions: **Class 1:** Carlisle Town Hall, 541 Crommie Road, Carlisle, NY; **Class 2:** Carlisle Town Hall Walking Trail, 541 Crommie Road, Carlisle, NY; **Class 3:** Landis Arboretum, 174 Lape Road, Esperance, NY

F51: Play Bridge***Fri. Mar 10, 17, 24, 31; 10:30-11:30 am***

Community Library Program Room

Min 4 / Max 8

Sandy MacKay

Bridge is to other card games as Chess is to checkers. Come and learn the basics of the game so you can enjoy this occupation. This class is intended for total beginners, but also for those who used to play and would like to "re-learn."

Students should bring: Familiarity with a standard card deck.

Directions: 110 Union Str., Cobleskill, NY

F57: Starting Your Garden

Fri. Apr. 14, 21, 28; 1-2 pm

Cornell Cooperative Extension.
173 S. Grand Street, Cobleskill, NY

David Laraway

Max 30

Want to get a head start on your garden? Join Dave as he discusses ways to start your garden before you can plant things outside. Learn some tips and tricks on how to get the most produce from your garden this summer.

F73: Staying Safe at Home as We Age

Fri. May 19; 2-4 pm

Office for the Aging, Schoharie
Min 10 / Max 15

Nancy Dingee

Do you know how to modify your home to be "Age-Friendly"? In this presentation, the Office for the Aging personnel will explore the easy adjustments you can make to help you remain safe in your home as you age.

Directions: Community Room at the Office for the Aging, 113 Park Place - Suite 3, Schoharie (Rte 30A, behind Green Grocery Mobil and across from Dunkin)

F74: Safety for Senior Citizens

Fri. Mar. 17; 4-5:30 pm

SUNY-Cobleskill: Wheeler 100

Chief Richard Bialkowski

Topics on safety for senior citizens will be discussed, including fraud, parking, walking on the street, carrying personal possessions in public, things to be aware of in your surroundings, and some basics on how to defend yourself.

VICARIOUS VOYAGES

F2: VV- European Vacation 2022 with a Twist

Fri. May 12; 2-3:30 pm

On-line: ZOOM

Min 2 / Max 20

Beth Brandel

A PowerPoint presentation - Lanny & I had a different kind of adventure this past summer when we flew to Europe via Iceland from Stewart Airport (Newburgh). Our itinerary - an Airbnb in the Netherlands with trips to Belgium and then a cruise from Hamburg, Germany to Scotland & Iceland. Not. We caught COVID after two weeks, were denied boarding the cruise ship and stumbled along for two weeks on our own "spontaneous" vacation. Nevertheless, we do have great pictures and met very nice people.

F3: VV- Southwest US 2022 Mesa Verde & More

Fri. May 26; 2-4pm

On-line: ZOOM

Min 2 / Max 20

Beth Brandel

I will be presenting a PowerPoint on our 2nd cross-country trip to California with our Tesla. En route we stopped for my 50th High School Reunion in South Dakota, then spent a week in Pagosa Springs, Colorado, drove on to Mesa Verde (amazing!), Chimney Rock, 4 Corners, the Vermillion Cliffs, and Horseshoe Bend in Arizona. Let's not forget the delightful winery in Paso Robles, California.

F46: VV- Saudi Arabia

Fri. Apr. 21; 4-5 pm
SUNY- Cobleskill: Warner 110

Amy M. Wilson

Known mostly for its oil riches, the Kingdom of Saudi Arabia also contains a wealth of hidden treasures: beautiful canyons and mountain desert scenery, ancient mud brick cities, and of course, many archaeological sites. The country is just opening to visitors and this presentation aims to open a window to some of its astonishing sights.

Instructor Amy Wilson has practiced archaeology throughout the northeastern US and the Middle East (Egypt and Saudi Arabia). She has worked a total of nine seasons in Egypt, and most recently completed an archaeological survey within the northwestern desert of Saudi Arabia. Amy has authored and co-authored publications on ancient Egyptian material culture, and has taught history classes at SUNY Cobleskill.

F81: VV- San Romedio- Sanctuary on a Cliff

Fri. Apr. 14; 4-5 pm
SUNY- Cobleskill: Warner 110

Kathleen Slater

In the far North of Italy, near Coredo, is the Sanctuary of San Romedio. It is a 10th Century Hermitage, typical of a movement throughout Europe in which “holy men chose to live alone and isolated, up on rocks and in caves, to better search for God in a time of social-religious upheaval.” We will explore the history of San Romedio, an Italian saint, the establishment of the Sanctuary, and the legend of the Bear. To this day, a bear is always in residence at the Sanctuary, cared for by State wildlife staff, and visited by tourists and local pilgrims from all over the world. Join Kathy Slater and Kathy Livingston as they describe their trek across the Italian countryside on a quest to find the Sanctuary, and what they discovered which was much more than they expected.