

## TUESDAY - SPRING 2025

### **TU5: Nutrition and Habits that can Improve Brain Function and Neurologic Disease**

*Cyril Kozak*

***Tues., Mar. 25; 10:30 am -12:30 pm***

Cobleskill United Methodist Church Social Hall

Nutrition and brain health will be discussed in this interactive discussion. Yes, brain cells can regenerate. We will discuss foods, vitamins, relaxation, and exercise to improve mental function and decrease symptoms of neurologic disease.

Directions: Cobleskill UMC, 107 Chapel Street, Cobleskill, NY 12043

### **TU17: Confident Beginners Quilt Class**

*Sharon Aitchison*

***Tues., Ongoing; 10 am -4 pm***

*Max 5*

St. Vincent's hall, 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.

Directions: St. Vincent's Church, 138 Washington Ave, Cobleskill, NY 12043

### **TU25: Conversational Spanish**

*Marge Dafeldecker*

***Tuesdays- Ongoing; 1:30 - 3 pm***

*Min 2 / Max 5*

St. Vincent's 'Quiet Room'

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 years of H.S. Spanish or the equivalent. We will focus on speaking in Spanish at each session. Bring an open mind, an adventurous spirit and a 'chatty' tongue.

Directions: St. Vincent de Paul Church, 138 Washington Ave., Cobleskill, NY. Parking lot is just past the church and the Quiet Room is on the upper level at the back right corner of the main sanctuary.

## **TU29: Journey Reimagined: How to slow your biological age**

*Nazreen Haque*

**Tues., Apr. 15, 22, 29 and May 6; 4:30 - 6 pm**

SUNY Cobleskill- Room TBD

Aging in today's world is evolving, with increasing life expectancy and changing gender roles. It's no longer about growing old but embracing later life stages with vitality. This framework sets the tone for rethinking aging in a modern context, challenging traditional views of decline and instead focusing on opportunities for reinvention and purpose. This course consists of 4 sessions. 1. What It Means to Age Today 2. Aging in the Animal Kingdom 3. Innovations: Tools at Your Disposal 4. Age Activism: Aging as a Civic Responsibility

## **TU39: Mindfulness and Meditation**

*Doreen Russo*

**Tues., Apr. 1, 8, 15, and 22; noon - 1 pm**

*Max 8*

St. Vincent's 'Quiet Room'

This course is for anyone interested in learning more about mindfulness and meditation. It covers both the essence of mindfulness and its applications in daily life, including through meditation. Mindfulness is 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 to enhance 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, and then we will do a short guided meditation together. People at all levels of experience are welcome. Join us!

Directions: St. Vincent de Paul Church, 138 Washington Ave., Cobleskill, NY. Parking lot is just past the church and the Quiet Room is on the upper level at the back right corner of the main sanctuary.

## **TU53: 25 Ways to Use Your Smartphone Camera**

*Mary Carrier*

**Tues., Mar. 18; 3:30 - 5 pm**

*Mohawk Valley Library System*

Schoharie Library

*Min 2 / Max 16*

Many of us don't leave home without our smartphone but don't realize how it can be a very useful tool. Discover a variety of handy tips for using your smartphone camera to capture everyday life.

Participants should bring: Please bring your smartphone to class – Androids and iPhones welcome.

Directions: Schoharie Library (Mary Beatrice Cushing Library), 103 Knower Ave., Schoharie, NY 12157

## **TU57: The Cause for Newspaper Decline that Nobody's Talking About**

*Christopher Eastman*

*Min 5 / Max 40*

***Tues., May 27; 5:30 - 7:30 pm***

Sharon Springs Library

“Stripped for Parts” 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.

Directions: Sharon Springs Library, 129 Main Street, Sharon Springs, NY 13459

## **TU65: Walter Elwood Museum of the Mohawk Valley - Guided Tour**

*Mike Parillo / Director*

*And Museum Staff*

***Tues., May 6; 10 am - noon***

Amsterdam, NY

The Walter Elwood Museum is a gateway to learning, using the past to illuminate the present. Utilizing the stories and artifacts of local experience, we examine history and culture in all its dimensions. We offer access to information through educational programs, unique collections and creative activities to enrich our understanding of ourselves and each other.

The Walter Elwood Museum's extensive collection of approximately 25,000 artifacts falls into four categories: multicultural, Victorian, natural history, and items that relate to Mohawk Valley's colorful industrial past (documentary, photographic and tangible). As a teacher in 1939, Walter Elwood began to share with his students the items he collected from having traveled the world as a young man. Upon his death in the 1950's, his collection was left to the Greater Amsterdam School District. The Mohawk Valley Heritage Association was formed in 1981 to help protect the school-owned museum and the school has since turned over management to that group.

**Fee:** Free admission. Donations welcome.

Directions: 100 Church Street, Amsterdam, NY 12010

## **TU75: Bring Back the Pollinators**

*Elaine Thuener*

***Tues., May 20; 2-3 pm***

CCE Cobleskill

This class will discuss The Xerces Society's work with invertebrate pollinators and what you can do at home to help them. Although birds, bats, and other creatures are also pollinators, insects are the animals that do the bulk of the pollination that affects our daily lives. Some of these insect pollinators will be familiar (bees and butterflies), but you might be surprised by some of the others (flies, wasps, and beetles). Pollinator conservation is a big task, and it all begins with each of us adopting four simple steps: growing pollinator-friendly flowers, providing nest sites, avoiding pesticides, and spreading the word. With these core values, pollinator conservation can be adapted to any location, whether you tend an urban community garden or a suburban yard, work in a city park or on a farm.

Participants should bring: Bring your curiosity, and all questions are welcome. There will be take-home materials supplied by The Xerces Society for Invertebrate Conservation.

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

## **TU82: Breitenbach Castle Tour & Sculpture Park Walk**

*Thom Breitenbach*

***Tues., June 3; 1 - 4 pm***

*Rain date June 4*

Altamont, NY

CASTLE BREITENBACH, located near Altamont, NY, is dedicated to preserving and presenting the artistic legacy of Thom E. Breitenbach. It is certain to entertain, inspire, and educate all who visit. Welcomed to come by the artist himself, we will be able to study his famous and humorous "Proverbidioms" paintings and other exhibits, tour his hand-built castle and studio, and explore the beautiful grounds with its artistic stone walls, gardens, woodland trails (all built by hand by the artist), and 40' waterfall. Explore the evolving outdoor sculptural trail.

Over time, Proverbidioms has become America's best selling poster. It has reached over 100 countries around the globe, primarily as a teaching device. Proverbidioms appears or is discussed in many books and scholarly works, has been twice published by jigsaw puzzle companies, appeared on television sets, and has been counterfeited several times. Search online for more information on the artist, the castle, and the many paintings and other endeavors by T E Breitenbach.

**Fee:** \$10 per person payable to SCHOOL. Register and pay by May 1. No refunds after May 15.

Participants should bring: Dress for the weather and wear comfortable shoes.

Directions: 809 Township Rd, Altamont, NY 12009

## TUESDAYS AND THURSDAYS

### **TU/TH52: Water Fitness**

*Linda Carpenter*      ***Every T and TH in July and August; 5-6 pm***

*(Cancelled if Raining)*

Cobleskill Village Pool

Want to do a water workout and cool off at the same time? Linda will be leading a water workout at the Cobleskill Village pool this summer. It will be held Tuesday and Thursday night, 5-6 pm whenever the pool is open.

Fee: Buy a pool pass at the pool

Directions: Cobleskill Village Pool, 112 Pleasantview Dr, Cobleskill, NY 12043 (behind the Cobleskill Diner)