

Wednesday Fall 2019

W-1 Bronck Museum Tour - Don Martin

Bronck Museum 90 County Hwy 42, Coxsackie, NY

10 – noon Sept 11

\$7 payable at site

The Bronck House Museum complex includes the eleven structures that once comprised the Bronck farmstead. The land was purchased from the local Mohican tribe in 1662 by Pieter Bronck, a Swede, and his Dutch wife Hilletje Jans. Pieter built the first house on the site in 1663. Later in 1738, the family built a second dwelling next to the earlier house.

*note – The museum is operated by the Green County Historical Society which operates the Vedder Research Library for genealogical research. The society has graciously waived its usual \$5.00 fee to use the library for our group on the day of our visit. If there is anyone who has family ancestors that lived in Green County for at least one generation this is a good opportunity to do some research. Library space is probably limited so we ask only those with a true genealogical need accept the society's generous offer.

Meet us at the complex

Wednesday Fall 2019

W-2 Ike, Mamie and the Fabulous Fifties - Anna Marie Collins

Wheeler Hall 130

8:30-9:50 Sept 18, 25, Oct 2, 9, 16, 23, 30, Nov 6

max 25

We will take an in-depth look at the days, innocent times, fun people, places and interesting new inventions that brought us out of the war years.

Also the dark side of the 50's will balance off the decade with the Cold War and the rise of uncertainty for democracy.

From Poodle Skirts to rock and roll we will fall in love with our television and movie legends that have shaped our lives.

Come and join us as we "rock" down memory lane....!!!

Wednesday Fall 2019

W-3 The Studio for Art and Craft - Crafty Chicas - Emilie Hazelton

Studio for Art and Craft 576 Main St., Cobleskill

11 – noon Sept 18, 25, Oct 2, 9

Cost-\$39.00 for materials payable at first class

4 - 2 hour Sessions

Paper Quilling

Fluid Art

Mosaics

Fused Glass

W-4 Cooking Healthy, Low Cost Meals - Allyson Wyman

Cornell Cooperative Extension 173 South Grand St, Cobleskill, NY

1:30-2:30pm Sept 18,25, Oct 2,9,16,23

max 15

This class offers a hands-on opportunity to learn about making healthy low cost meals, how to save time and money with meals planning, using food labels to better choices, and exploring new ideas for staying active.

Wednesday Fall 2019

W-5 Who Are These People? - Marianna Tomasino

Community Library 110 Union St., Cobleskill

12:15-1:15pm Sept 25, Oct 2, 9, 16, 23, 30

Millennials? Gen Z? There are 6 living generations alive today. They have lived through WWI to McCarthyism, the Beatles to September 11 and JFK to Trump. The events of each generation shaped everything from their views on authority to war and from consumerism to loyalty. This makes the generations very different. So come, share and learn. You might understand your grandchildren a little better!

W-6 Sing-a-Long - Kathy Burgin

St. Vincent's Church 138 Washington St., Cobleskill

1:30 - 2:30pm Sept 25, Oct 2, 9

"A joyous class; sure to lift your spirits!"

Session 1 Remembering music from the 40's & 50's

Session 2 Remembering Folk music from the 60's

Session 3 Remembering Broadway Hits

Wednesday Fall 2019

W-7 The Studio for Art and Craft - Pottery Plus - Emilie Hazelton

Studio for Art and Craft 576 Main St., Cobleskill

11 – noon Oct 16, 23, 30, Nov 6

Cost-\$39.00 for materials payable at first class

4 - 2 hour Sessions

Pottery wheel

Clay Sculpting

Dot Mandala Plate

Cobblestone Leaf Mug

(Try Me) Yoga for Peace - RN Colleen Nixon

Yoga Den 513 W Main St, Cobleskill

1-2pm Oct 30, Nov 6, 13, and 20

4 free sessions

10 max

This class is for those of all abilities. We focus on individual needs, while considering ability levels, or disability problems. This class includes an overview of several types of yoga and their benefits. We encourage the use of meditation to enhance our practice. We try many yoga poses, including some advanced, but only when students are ready.

Wednesday Fall 2019

(Try Me) Fit for Life - Travis Hyer

Power-Up Gym 1469 State Rt 7, Richmondville

10 – 11am Oct 7, 9, 14, 16

Group fitness training for seniors. The focus includes flexibility, balance, strength, endurance, agility, and functional training to improve overall health, fitness and performance. Fit for Life was designed to add both life to your years and years to your life with emphasis on maintaining and improving your independence during activities of daily living (squatting, pushing pulling, lifting, etc.) as well as recreational activities such as hiking, golfing, traveling and biking. These are 4 free "TRY ME sessions" at this gym for those new to the Fit for Life program. Following your 4 free sessions, you have the option of becoming a member OR joining the Fit for Life 8 week program, or both.