

FRIDAYS - SPRING 2024

FR2: VV - Danube Waltz River Cruise Fr March 22 at 1:00 - 2:30 pm

Beth Brandel

ZOOM

Reserve your spot on a Viking cruise - only \$25 deposit! That's what we did in 2023 and it morphed into so much more. One can't go to Europe for seven days! My husband, Lanny, immigrated to the US in 1968 from Czechoslovakia. We visited relatives and friends in (what is now called) Czechia (even slept in a castle), went to nearby Poland, then stayed a week in Prague before joining the Viking cruise in Budapest. The weather was lovely for fall. Vienna is where I met Lanny's sister (Jeannette Balins) and where we went to school our Junior Year of college. Wonderful dining and free excursions with Viking! We visited Budapest, Bratislava, Vienna & Linz.

FR6: Planning Healthy Meals

Fr April 5 at 1:00 - 4:00 pm

Dr. Cyril Kozak

Cornell Cooperative Extension

Max 56

Cooking "real food" takes time and planning. This class is designed to give tips on how to plan the week or weekend of cooking. Some things need to be started a few days ahead of time or cooked on the weekend to be consumed during the week. Dr. Kozak will also come up with something to prepare while talking.

FR16: Regional Indian Cuisine Lunch and Market Experience

Fr. Joseph Arockiasamy

Fr May 17 at 10:00 am - 2:00 pm

RSVP by May 9

Min 5 / Max 20

Locations-see below

Join Father Joe at the Farmers Indian Market to explore his authentic ingredients and spices used in his Southern Indian Cooking class last fall. (That class is NOT a prerequisite). We will be able to make purchases on our own. We will then follow up for a buffet lunch to sample the variety of regional Indian cuisines that Father excitedly referenced in his last class; however, time limited us from cooking them all!!

Fee: \$17 payable to SCHOOL (beverage on your own). RSVP and pay by May 9. No Refunds after May 9.

Directions: 1) Farmers India Market 10:00 AM, 1814 Central Ave., Albany NY

2) Karavalli Regional Cuisine of India 12:00 noon, 9 Johnson Rd., Latham, NY



FR17: Fall Prevention from a PT's Perspective Fr April 5 at 10 - 11 am

Nicole Camporese, PT, DPT

Cornell Cooperative Extension

The focus of this course will be for those who are interested in maintaining their independence as they age. You will learn the dangers of falling, if you are at risk of falling, and what to do if you are at risk. Attendees will receive a free gift!

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

FR24: Dr Talk: Making the Most of Your Hospital or ER Experience

Dr. Susan Emerson

Fr May 24 at 1:00 - 3:00 pm

Min 5 / Max 15

ZOOM

Join Dr. Emerson as she gives tips on how to prepare for an ER visit or hospital stay, such as what to do before, during and after, how to feel more at home when there, how to take better care of yourself, how to get the best care from your medical team, what to pack (and what not to pack), how to cope with extended stays, and how to take an active part in your care. Please note she cannot give personalized medical advice in this venue, but will be happy to address general topics (and translate doctorspeak to plain English...).

FR26: Native Pollinators - Conservation and Challenges

Carmen Greenwood

Fr April 26 at 1:00 - 2:00 pm

SUNY-Cobleskill: CANR 110

Who are our native pollinators? What challenges do they currently face and how can we help them? This course will provide an introduction to native pollinators and some of the advantages of relying on pollinators that are well adapted to our region. We will discuss some strategies for enhancing native pollinators and how they can be easily integrated into local gardening practices and small scale production systems. We will be in CANR 110 to see actual insect specimens of some of our native pollinators. The plan is to have another session in the fall semester that will take us outdoors for a walk through the wildflower gardens to see native pollinators in action.

Directions: 114 Rockland Lane, Cobleskill, NY 12043 (SUNY Cobleskill, CANR 110)

FR29: Bridge - Learn and Play

Fr Ongoing except 3/29 10:00 am - noon

Sandy MacKay

Min 4

Community Library

Join our group to learn, relearn, or to just play Bridge. Bridge is FUN, and is to all other card games as Chess is to Checkers! Engage your brain!

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

FR42: Try Your Hand at Playing the Accordion

Russ Pokorny

Fr April 19 at 10 am - noon

588 Middle Road, Delanson NY 12053

Min 2 / Max 6 (or more if others bring accordions)

Russ will demonstrate how piano accordions work and the group will play a few simple pieces of music together. Bring your own accordion, or borrow one from Russ.

Directions: The Octagon Barn, 588 Middle Road, Delanson NY 12053

FR51: Explore Middleburgh

Fr May 10 at 10:30 am - 2:30 pm

Pam Kostbar-Jarvis

Dr. Best House, 1568 Clauverwie Rd, Middleburgh

Min 5 / Max 20

Have you explored Middleburgh lately? We will begin our discoveries with a visit to the Dr. Best House at 10:30 am. Then spend some time exploring the shops on Main Street like The Conglomerate, Middleburgh Mercantile, The Everything Shoppe, and Fish Tales and Fur. Enjoy a cup of coffee at Coffee and Bakery or Benny's Café. Meet for lunch at 12:30 at Mrs. K.'s Kitchen or Pasta and Grill. Check out the Fitness Trail and Community Garden behind the library. Walk through the Art Park. We'll see if the Depot Museum is open. Spend some time walking along the creek and appreciating the lovely homes and gardens. Observe the murals on Main Street. Visit Middleburgh Hardware to see the only Barn Quilt installation that is featured inside a building. At 2:00, enjoy a wine tasting at the Middleburgh Winery (\$8.00 per person). If you are in the area long enough, Green Wolf Brewery opens at 4:00. Don't forget to stop by Barber's Farm or Shaul Farms on your way home.

Or create your own tour of Middleburgh and experience the wonders of a small, rural community's approach to business and visitors.

Fee: Since each person's experiences may be different, each student is responsible for her/his own expenses for the day on the day. Some costs are listed in the description.

Directions: The Dr. Best House is located at 1568 Clauverwie Road, Middleburgh, NY 12122. Middleburgh Winery is located at 2636 State Route 145, Middleburgh, NY 12122

FR47: Exploring the Relevance of Classical Music in the 21st Century

Niamh Paris, Rebecca Schmid

Fr April 12 at 10:00 - 11:00 am

Cobleskill Methodist Church, Golding Lounge

Min 3

This lecture explores the relevance of Classical music in the 21st century. The overview includes a brief introduction to classical music, its influence on modern musical styles and performances, the importance of the classical music scene today, and how to interact with this genre as a whole. The goal of this course is that students walk away with a better understanding and appreciation of classical music and its place in the music world.

Directions: Golding Lounge, Cobleskill United Methodist Church, 107 Chapel Street, Cobleskill, NY 12043

FR70: Thacher Park Hikes

Kathy Livingston

Fr May 3 at 1:00 - 5:00 pm

830 Thacher Park Rd., Voorheesville, NY

rain date Th May 16

Min 2 / Max 20

John Boyd Thacher State Park is perched above Altamont on the Helderberg Escarpment, one of the richest fossil-bearing formations in the world. Even as it safeguards six miles of limestone cliff-face, rock-strewn slopes, woodland and open fields, the park provides a marvelous panorama of the Hudson-Mohawk Valleys and the Adirondack and Green Mountains.

If open, we will first hike the Indian Ladder Trail, which descends the cliff into a place of deep forests, caves, ancient fossils, wildflowers, and spring waterfalls. At the bridge, an underground stream flows from the base of the cliff. In the springtime or after a hard rain, both Outlet and Minelot Falls cascade from the cliff top over the trail, crashing onto the rocks below. At the end of the trail, a second set of metal staircases takes the visitor back to the top of the escarpment. The trail then continues back to the parking lot, offering excellent panoramas.

Then we will drive about 1.8 miles further in the park to the Emma Treadwell Thacher Nature Center located in the Thompson's Lake Campground area and hike one of the fairly easy trails there, passing by an old one-room schoolhouse and looking for local birds and wildlife.

Fee: \$6 per car payable to venue when entering actual park grounds.

Directions: 830 Thacher Park Road, Voorheesville, NY 12186

Take NY 443E out of Schoharie to Gallupville. Then follow Rte NY 146 E to East Berne. Turn left onto Ketcham Road, continue about 1.7 miles, and then turn left onto Rte 157 E. Go about 1.2 miles and the Overlook parking lot will be on your left. (Route 157 traverses Thacher Park for about 2.5 miles; trail heads and parking lots will be on either side. The Thacher Visitor Center will be about 1.8 miles from the park entrance on your right. The Emma Thacher Nature Center is at 87 Nature Center Way Voorheesville, NY 12186;