

Your Newsletter
Growing Older
in *Rhinebeck*

May 1st 2010: This Calendar is published by the Town of Rhinebeck Committee on Aging to list events during the upcoming months that are of interest or in support of Seniors in Rhinebeck. The associated Newsletter is also viewable on the Town of Rhinebeck website www.Rhinebeck-ny.gov. Printed copies of the Newsletter and Calendar are distributed in town where Rhinebeck Seniors might visit. We would appreciate feedback from you regarding your experience of these activities and if you know of other things going on in town that we should include in the calendar. Please submit comments or items for the newsletter to the newsletter editor at 845-876-2683 or email caroleleib@mindspring.com.

Calendar of Events

Monthly

- Mon 5/3-24 **Mill Street Loft Course:** 5:30-7:30PM, \$100), Red Hook. *Memoir Writing* (Beverly Sloane). \$90. Call 845-471-7477 or go to
- Mon **Rubber Bridge**, at "The Woods" Clubhouse, 1PM. All are welcome.
- Mon. **Satya Yoga Center**, 6400 Montgomery St.: *Meditation*, 7:45-8:45PM.
For more information, call 845-876-2528.
- Mon-Fri **Lunch, conversation, and recreational activities** at the DC OFA Senior Friendship Center, hosted by the Church of the Good Shepherd, 10AM-2PM. Suggested donation for lunch is \$2.50. Call 845-876-8134 to arrange for transportation, if needed.
- Mon-Sat **Wellness Center**, ND Hospital, M-Th, 6AM-8PM; F, 6AM-6PM, S, 7AM-2PM, call 845-871-4300 for information.
- 2nd Mon **Alzheimers Support Group**, 6PM, Thompson House Conference Room.
This is a support group for those caring for or related to individuals afflicted with Alzheimers Dementia. It is sponsored by the Alzheimers Association of Dutchess County. For more information, contact Kevin Kenney, at 845-871-3712.
- Last Mon **Starr Library Book Club**, 7-8:30PM, Starr Library lower level, Apr-Sept. September the club meets on the following Monday (see calendar). Call 845-876-4030 to reserve copy of the book being discussed.
- Tues **ASK Playwrights' Lab**, 6:30-9PM, ASK Arts Center, 97 Broadway, Kingston. Free (donations appreciated). The readings are not performances, but workshops, focusing on process, not product, with a group discussion after the reading. Contact Karen Rich at richkare@frontiernet.net to schedule a play for a reading,

- Tues **Duplicate Bridge Game**, meeting hall behind Church of the Messiah, 10AM-1PM. email Diane Martini at dianeros@optonline.net or call 845-795-1096 for information.
- Tues **Games**: Town Hall, 1-3:30PM. Bring your game of choice with you: Mah Jong, Bridge, Mexican Train dominoes, or any other game you have in mind. Free and open to all adults. For more information, call Roz and Russ Austin at 845-876-0264.
- Tues **Satya Yoga Center**, 6400 Montgomery St.: *Qi Gong Class*: 4-5PM. For more information, call 845-876-2528.
- Tues&Thurs **Weight-Lifting** – at the American Legion in Rhinebeck, 10-11AM, sponsored by the DC OFA. \$10/month to participate. Call 845-486-2555 for information.
- Tues&Fri **Exercise Group** – at Wells Manor in Rhinebeck, 10:30AM, sponsored by the DC OFA. Call 845-486-2555 for information.
- 1st Tues **Bariatric Support Group**, 7PM, ND Hospital: Women’s View, 107Montgomery Street. Call 845-871-4380 for more information.
- Wed **Brain Games**, 1PM, Starr Library, lower level. Free. Exercise your little gray cells. For information, call Joanne Gelb at 845-876-8799.
- Wed **Laughter Club**, 10.30-11.15AM, Community Room at the Starr Library. The Laughter Club combines laughter exercises with deep yoga breathing and gentle stretches to enhance well-being.Experience why laughter is the best medicine! Donations. 845-516-4330.
- Wed **Tai Chi-Quigong Class**, 4PM, ND Hospital Montgomery Street Health Annex, 107 Montgomery Street. Free to NDH Wellness Center members; fee for others. No reservations needed. Call 845-871-4302.
- Wed **Shepherd’s Knitters**, 7-9PM, Brogan Center, Church of the Good Shepherd. For information, call 845-876-1044 or 845-876-5940.
- Wed **Scrabble Game** at the Starr Library, 1-3PM.
- 1st Wed **Skyllkill Chapter of the Embroiderers’ Guild of America, Inc.**, 10AM, St. James Episcopal Church Fellowship Hall, Rte. 9, Hyde Park. For more information about programs and workshops, email Julia Pietruszewski at juliapvero@aol.com or call 845-266-5446.
- 1st Wed **Parkinson’s Support Group**, 6:30PM, STARR Library. lower level. The programs are not only informative, but are sometimes social events. Access to the Community Room is a ground level. Call Alice Plotnick at 845-876-4289 for more information.
- 2nd Wed **AARP meeting**, 11AM, Reformed Church in Rhinebeck, Rt. 9 and South Road. Speakers and discussion on topics of interest and concern to Seniors. For information, call Ruth Queen at 845-876-3270.
- 2nd Wed **Morton Advanced Novel Group**, 4:30PM, Morton Library. Group is limited to 6. Free. For information or to register, call 845-876-2906 or go to mortonmemlibrary@hvc.rr.com.
- 2nd Wed **Senior Citizen Discount ID Cards** issued at the DC OFA, 27 High Street, Poughkeepsie, 9:30-11AM.
- 2nd&4th Wed **Starr Stitchers Needlework Group**: 10AM, Star Library.

- 4th Wed **Rhinebeck Garden Club**, 10AM-noon. Usually at the Rhinebeck Town Hall. See calendar, below, for location of meeting and monthly topics. Questions: Brenda Brockett, 914-475-3502
www.millstreetloft.org.
- Thurs 5/6-27 **Mill Street Loft Course**: 6-8PM, Red Hook. *Introduction to Stained Glass*, \$117). Call 845-471-7477 or go to www.millstreetloft.org.
- Thurs **Senior Activities** at the Town Hall, 9:30AM-1:30PM. For information, call the Town Hall at 845-876-3409.
- 3rd Thurs **Lunch and conversation**: 11:30AM-1PM, Church of the Messiah, Rt. 9. \$6. Call 845-876-3533 for information or 'take-out' lunch.
- 3rd Thurs **Oblong Book Group Meeting**: 7PM, Oblong Books. To join, email suzanna@oblongbooks.com.
- 4th Thurs* **Soup Sale**: 11AM-1PM. Rhinecliff Fire Co. Ladies Auxiliary
*usually: call 845-876-6149 for information
- Last Thurs **AWAKE Across the Hudson -- Sleep Apnea support group**: 7PM, ND Hospital. Support group for those living with Sleep Apnea and their partners. Speakers present topics related to sleep. Call 845-871-3611 for more information.
- Fri **Satya Yoga Center**, 6400 Montgomery St.: *Chair Yoga with Petra Ruger*, 2-3PM, beginning in March. For more information, call 845-876-2528.
- Fri **Zumba Exercise Classes** – 4-5PM, Wellness Center. Free to members/ \$10/session for drop-ins. 845-871-4300.
- Sat **Zumba Gold**: 10:30AM, Town Hall. Drop-in fee-- \$6. Low-impact aerobic exercise to tango-cha-cha, etc.
- Alt.Sat **Fiction writers' group**, Morton Library, call 845-876-2903.
- 3rd Sat **Wiltwyck Quilters Guild**, 9:30AM, September-May (2nd Saturday in December), Grace Community Church, 160 Seremma Court, Lake Katrine, NY. Short meeting for guild interest groups followed by In-House Workshops, provided by members for members. For information: www.wiltwyckquilters.org or call Shirley Swenson at 845-876-2556.

May

- 5/1 **Arbor Day Tree Planting**: 9AM-1PM (rain date 5/2), Fairgrounds Parking lot on North Mulberry St. Come and help plant about 30 trees -- to celebrate Arbor Day and the greening of Rhinebeck. No experience needed. Bring a shovel. Call Cecily Frazier, 845-876-7462, or email michaelfrazier@earthlink.net to register.
- 5/1 **Bard: Conservatory Students in Concert**, noon, Olin Hall. Free. Information: call 845-758-7196 or see www.conservatory@bard.edu .
- 5/1-19 **Bard: Philippe Parreno**: moving images, film, introspective. Opening reception 5/4, 1-4PM. Information: ccs@bard.edu or www.bard.edu/ccs
- 5/2 **Bard: Conservatory Students in Concert**, noon, Olin Hall. Free. Information: call 845-758-7196 or see www.conservatory@bard.edu .
- 5/3-24 **Memoir Writing Class**: 4 Wednesdays. 5:30-7:30PM, The Mill Street Loft, St. Paul's Parish Hall, Red Hook. 10% Senior discount. Information: call 845-471-7477 or website info@millstreetloft.org/about/brochures. Learn essentials of writing a compelling memoir – whether to publish or pass along to your family.

- Instructor: Beverly Sloane.
- 5/5 **Ageless and Moving – Aromatherapy and Foot Reflexology Talk:** 9:45-10:15AM, Bard Aerobics Studio, Stevenson Gym. Free. Speaker: Joy Scarano, LMT. For information, contact Charlotte Michos at www.agelessandmoving.com or email <http://athletics.bard.edu/ageless/>.
- 5/5 **Bard: National Climate Seminar:** Elysa Hammond, Clif Bar: Transforming Corporations Around Climate. Bi-weekly phone conversation. 3PM. Conference dial-in number 712-432-3100, conference code 253385. Send advance questions for the speakers to climate@bard.edu. For instructions or to listen online after the call, visit the National Climate Seminar webpage, www.bard.edu/cep/ncs.
- 5/5 **Bard College Symphonic Chorus and Chamber Singers,** 9PM, Fisher Center For tickets, call 845-758-7900 or fishercenterboxoffice@bard.edu.
- 5/6-7 **NDH Auxiliary Mother's Day Plant sale:** 9AM, Lobbies of NDH and The Thompson House.
- 5/6-27 **Introduction to Stained Glass:** 4 Thursdays. 5:30-7:30PM, The Mill Street Loft, St. Paul's Parish Hall, Red Hook. 10% Senior discount. Information: call 845-471-7477 or website info@millstreetloft.org/about/brochures. Learn skills in stained glass design, pattern making, templates, cutting glass, fitting, foiling, assembly, soldering and patina applications.. Instructor: Doris Cultraro
- 5/7-5/23 **Center for Performing Arts: My Fair Lady,** musical adaptation of Shaw's *Pygmalion*. For program/ticket information, www.centerforperformingarts.org or call 845-876-3080.
- 5/10 **Balance and Fall Prevention Screening:** 1:30-4:30PM, St. Francis Hospital Conference Ctr., POK. Call 845-485-5087 to register. *Therapy Connection* is hosting a free balance and visual assessment.
- 5/10 **NDH Foundation Golf Classic:** 11AM registration. Red Hook Golf Club. Call 845-871-3505 for information.
- 5/14 **Bard Orchestra End of Semester concert,** 8PM, Fisher Center. Free. Information: call 845-758-7196 or see www.conservatory@bard.edu .
- 5/14 **5th Annual Golf Tournament [sponsored by] Hillside Fire Company:** 9AM, Dinsmore Golf Course. 4-player scramble format. \$100/player. Includes: coffee, lunch on the Turn, refreshments on the course, and steak BBQ at the firehouse after play. Reservations req'd. <http://www.hillsidefiredepartment.com>. Tournament Director -- Darren Forbes (forbes12572@hotmail.com).
- 5/15 **Gamelan Music Concert:** 8PM, Olin Hall. Featuring Giri Mekar and Chandra Kanchana.. Free. For information, billylitalo@gmail.com.
- 5/15 **Rhinebeck Garden Club Plant and Bake Sale:** 10AM; (rain date 5/16) CVS Parking Lot.
- 5/19 **Luncheon/Card Party Benefit for NDH Rhinecliff/Rhinebeck Auxiliary:** Noon, Blue Stores Hotel, Rte. 9, Germantown. \$20. Door prizes and raffles. Mail check to NDH Auxiliary, c/o NDH Volunteer Office, 6511 Springbrook Ave. Rhinebeck, NY 12572.
- 5/20 **AARP trip: Statue of Liberty and Ellis Island,** date/fee TBD. Full day tour with bus and lunch. For information, contact Kim Koehler at All About Travel, 845-758-1001 or allabouttravel@citlink.net.
- 5/19 **Bard: National Climate Seminar:** Ross Gelbspan, Journalist: Democracy and Climate Solution. Bi-weekly phone conversation. 3PM. Conference dial-in

- number 712-432-3100, conference code 253385. Send advance questions for the speakers to climate@bard.edu. For instructions or to listen online after the call, visit the National Climate Seminar webpage, www.bard.edu/cep/ncs.
- 5/19 **Card Party Luncheon to Benefit ND Hospital:** noon, at the Blue Stores Hotel and Restaurant, Rte 9, Germantown. \$20. Hosted by the Rhinecliff/Rhinbeck Auxiliary, event also includes door prizes and a raffle, featuring gift cards from local establishments. Send registration checks, payable to NDH Auxiliary, to NDH Volunteer Office, 6511 Springbrook Ave. Rhinebeck, NY 12572.
- 5/20 **Caregivers Workshop: Depression.** 6-7:30PM, Wingate at Dutchess, Fishkill. Light refreshments will be served at these sessions. Seating is limited, so call 845-483-5528 for reservations, or 845-483-5551 for more information.
- 5/21 **Rhinebeck Historical Society Open Mike Night:** 7:30PM, Rhinebeck Town Hall. 'Natives' will reminisce about what Rhinebeck was like eons ago. Many great speakers have already signed up. Refreshments. For information, call David Miller, 845-876-6298.
- 5/26 **Rhinebeck Garden Club:** noon-1PM, Rhinebeck Town Hall. Leslie Land, garden editor for the NY Times, will speak about Organic Gardening and Cooking. Refreshments. The public is invited; seating is limited. Fee: \$5 members/\$10 non-members. Questions: Brenda Brockett, 914-475-3502
- 5/28-5/30 **Center for Performing Arts: *The Erick Hawkins Dance Company.*** For program/ticket information, www.centerforperformingarts.org or call 845-876-3080.
- June**
- 6/4 **Open House at Museum of Rhinebeck History:** 6-8PM, 7015 Route 9. New 2010 exhibit on the 250th anniversary of St. Paul's Wurttemberg Lutheran Church. Free. Light refreshments.
- 6/12, 6/19, 6/26 **Bard: HV Chamber Music Circle Concerts:** 8PM, Olin Hall, Concert features Sharon Isbin (guitar) with Brazilian percussion. Concert 2 features Dulce Suono Trio. Concert 3 features Kalichstein-Laredo-Robinson Trio and Miami String Quartet. Haydn's *Trio*, local premieres of Ellen Zwilich *Septet* and Joan Tower's *Quartet No.4*, Schumann's *Piano Quintet*. For tickets, call 845-339-7907 or go to hvcmc.bardcenter@gmail.com
- 6/15 **Caregivers Workshop: Utilizing Respiratory Equip.,** 3-4:30PM, Lutheran Care Ctr., POK. Light refreshments will be served at these sessions. Seating is limited, so call 845-483-5528 for reservations, or 845-483-5551 for more information.
- 6/15 **Rhinebeck Historical Society Picnic at Greig Farm:** noon, Greig Farm, Red Hook. Picnic lunch provided by Gigi's Hudson Valley; lecture by Laura Pensiero, owner of Gigi's, and a tour of Greig farm. Send \$30/person checks to RHS, Box 290, Rhinebeck, NY 12572 by 6/12. For information, call David Miller, 845-876-6298.
- 6/18, 6/25, 7/9, 7/16 **Bard: Aston Magna,** 8PM, Olin Hall. 17th and 18th Century music on period instruments. 6/16-*Bach partitas*; 6/25-*Mozart's Oboe Quartet*, two *Clarinet Quintets*, and *Sinfonia Concertante*; 7/9-*Pergolesi opera buffa La Serva Padrone*, *cantata Orfeo*, and a *trio sonata*; 7/16-*Monteverdi, Caccini*,

- Frescobaldi, Falconieri, etc. For tickets, call 845-758-7887.
- 6/19 Starlight Ball, 6:30PM, DC Fairgrounds. Annual dinner dance to benefit the ND Hospital. Honoring the NDH Mothers' Club, John and Ana Marvin, and Lucas and Maureen Terranova. Call 845-871-3505 for information/reservations.
- 6/23 **Rhinebeck Garden Club**: 10AM-noon, Rhinebeck Town Hall. Donna Stanley will discuss design, plant choices, and maintenance of her Rhinebeck garden. Questions: Brenda Brockett, 914-475-3502
- 6/26-12/19 **The Martin and Rebecca Eisenberg Collection**. Contemporary art. Opening reception 6/26, CCS gallery, Bertelsmann. Information: ccs@bard.edu or www.bard.edu/ccs

July

- 7/8-11 **SummerScape: Dance**: *Trisha Brown Dance Company*, Fisher Center – with Robert Rauschenberg and a *duet from Twelve Ton Rose*, music by Anton Webern. For time and tickets, call 845-758-7900 or go to www.fishercenter.bard.edu
- 7/8-22 **SummerScape: Spiegeltent**, family-oriented entertainment, evenings-adult fare, restaurant. Fisher Center. For time and tickets, call 845-758-7900 or go to www.fishercenter.bard.edu
- 7/13-25 **SummerScape: Theater**: Odon von Horvath's *Judgement Day*. Reflection on mentality of populace under the Third Reich. Fisher Center. For time and tickets, call 845-758-7900 or go to www.fishercenter.bard.edu
- 7/15 **Caregivers Workshop: Hearing Problems**, 3-4:30PM, the Manor, 168 Academy St, POK. Light refreshments will be served at these sessions. Seating is limited, so call 845-483-5528 for reservations, or 845-483-5551.
- 7/18 **MFA Thesis Exhibition**: work by MFA students in film/video, music/sound painting, photography, sculpture, and writing. Opening reception 7/18, 2-5PM. Gallery hours: M-F 1-5PM, Sat-Sun. Information: mfa@bard.edu or call 845-758-7481 or go to www.bard.edu/mfa
- 7/28 **The Funeral Consumers Alliance of the Hudson Valley (FCAHV)**, 11AM, Adriance Library, POK, Teen Conference room. This volunteer organization helps people achieve simplicity, dignity, and economy in funeral arrangements. The next meeting will be 7/28,. See www.fcahv.org/home for information.
- 7/30-8/6 **SummerScape: Opera**: Franz Schreker's *The Distant Sound*, Fisher Center. for time and tickets, call 845-758-7900 or go to www.fishercenter.bard.edu

August

- 8/5-14 **SummerScape: Operetta**: Oscar Straus's *The Chocolate Soldier*. Fisher Center. for time and tickets, call 845-758-7900 or go to www.fishercenter.bard.edu
- 8/8 **SummerScape: Oratorio**: Franz Schmidt's *The Book with Seven Seals*. Fisher Center. For time and tickets, go to www.fishercenter.bard.edu or call 845-758-7900.
- 8/11 **Caregivers Workshop: Slips, Trips, and Falls**, 5-6:30PM, Wingate at Beacon. Light refreshments will be served at these sessions. Seating is limited, so call 845-483-5528 for reservations, or 845-483-5551 for more information.
- 8/13-15; 8/20-22 **SummerScape: Annual Bard Music Festival: Alban Berg and His World**. Fisher Center. For time and tickets, call 845-758-7900 or go to www.fishercenter.bard.edu

September

9/13 **Caregivers Workshop: When Homecare Can Help**, 3-4:30PM, Hyde Park United Methodist Church. Light refreshments will be served at these sessions. Seating is limited, so call 845-483-5528 for reservations, or 845-483-5551 for more information.

9/22 **Rhinebeck Garden Club**: 10AM-noon, Rhinebeck Town Hall.

Members-only meeting: plant swap. Questions: Brenda Brockett, 914-475-3502

October

10/7 **Caregivers Workshop: Safety and Personal Care**, 3-4:30PM, the Manor, 168 Academy St, POK Light refreshments will be served at these sessions. Seating is limited, so call 845-483-5528 for reservations, or 845-483-5551 for more information.

10/27 **Rhinebeck Garden Club**: 10AM-noon, Rhinebeck Town Hall. *"Twenty Questions"*, Michelle Decker, Master Gardener Cornell Cooperative Extension of Dutchess County. Questions: Brenda Brockett, 914-475-3502

November

11/? **Caregivers Conference**, TBD

11/10 **Fashion Show**: 5:30PM, Rhinecliff Hotel, hosted by NDH Mother's Club. For information, call 845-871-3505.

11/17 **Rhinebeck Garden Club**: 10AM-noon, Rhinebeck Town Hall. *"Thanksgiving Centerpiece and Wreath Designs"* Kathy Herzing of Hyde Park Florist. Questions: Brenda Brockett, 914-475-3502

11/20 **Holiday Auction**, Rhinebeck Town Hall, to benefit Chancellor Livingston DAR and The Museum of Rhinebeck History. Contact Steven Mann, 845-876-6892 or Brenda Klapproth, 845-876-2436 - email bklapproth@hvc.rr.com. Donations of auction items welcomed.

December

12/7 **Caregivers Workshop: Eating Healthy**, 5-6:30PM, Wingate at Ulster Light refreshments will be served at these sessions. Seating is limited, so call 845-483-5528 for reservations, or 845-483-5551 for more information.