

Your Newsletter
Growing Older
in *Rhinebeck*

October 1st 2008: 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 Individual counseling on **Medicare Choices** is available at the Starr Library on Monday afternoons. Appointments need to be made through the DC Office of the Aging, 845-486-2566.
- 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 **Adult Day Care**, at Ferncliff, River Road, 8AM-4PM. Call 845-876-2011, ext.3248 for information.
- Mon-Fri **Lunch, conversation, and recreational activities** at the Church of the Good Shepherd, 10AM-2PM, sponsored by the Office of the Aging. Suggested donation for lunch is \$2.50. Call 845-876-8134 to arrange for transportation, if needed.
- Mon-Sat **Wellness Center**, Northern Dutchess 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 **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 Dutchess County Office of Aging. \$10/month to participate. Call 845-486-2555 for information.
- Tues&Fri **Exercise Group** – at Wells Manor in Rhinebeck, 10:30AM, sponsored by the Dutchess County Office of Aging. 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 **Tai Chi-Quigong Class**, 4PM, ND Hospital Montgomery Street Health Annex, 107 Montgomery Street. Free to NDH Wellness Center members; \$10/class 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 Office for the Aging, 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 ‘Growing Older in Rhinebeck’ calendar for location of meeting and monthly topics, or www.webjogger.net/rhinebeckgardenclub/index.html.
- Thurs **Senior Activities** at the Rhinebeck Reformed Church, 9:30AM-1:30PM, sponsored by the Association for Senior Citizens. For information about the programs. call Vanessa Graff at 845-876-7163 on Thurs (9:30AM-1:30PM) or 846-505-5807 at other times.

- Thurs **Farmer's Market**, 3-7PM, village parking lot, Market Street.
- 3rd Thurs **Lunch and conversation**: 11:30AM-1PM, Church of the Messiah, Rt. 9. \$5. Call 845-876-3533 for information or 'take-out' lunch.
- 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.
- Alt.Sat **Fiction writers' group**, Morton Library, call 845-876-2903.
- 3rd Sat **Wiltwyck Quilters Guild**, 9:30AM, September-May (2nd Saturday in December), Town of Ulster Town Hall on Enterprise Drive off of Route 209 in Kingston, New York.
- Sun **Farmer's Market**, 10AM-2PM, village parking lot, Market Street.
- October**
- 10/6 **Starr Library Book Club**: 7-8:30PM, lower level. Book being reviewed is *A Thousand Splendid Suns, by K. Hosseinini*. Call 845-876-4030 to reserve your copy of the book being discussed.
- 10/6-11/10 **The New Leaf Program**: Personalized nutrition and exercise program includes a weekly visit with NDH Nutritionist, ongoing phone support, weekly personal training sessions with customized workouts, unlimited use of the NDH Wellness Center during the 6-week period. The fee is \$499. Call 845-871-3600 to register.
- 10/10 **Morton Library**: 6-10PM. Opening of exhibit: Gavin & Gunning Glass. For information, call 845-876-2903.
- 10/13-14 **Clearwater** to be docked at Rhinecliff.
- 10/14 **Feeling Crazy? It Could Be Your Thyroid, Part II**: 6PM, the Women's View, Health Annex Conference Room. To register, call 1-877-729-2444. Sharagim Kemp, DO, of Summitt Medical Healthcare, will further explore hard-to-detect symptoms, prevention, and management of thyroid disease as a continuation of her popular Spring lecture.
- 10/16 **AAUW-sponsored trip to Chinatown, the Chinatown Museum, and the Pearl River Mart**: leaving Kingston at 9AM-5:30PM, Cost (for bus and driver tip) \$40. To sign up for the trip, contact Linda Gold at 845-255-5256 or email artladyLG@aol.com.
- 10/18 **Senior Dance at Rhinebeck Town Hall**: 12:30-4PM, Seniors will be able to take a beginner swing dance lesson from DJ Vito, and then dance the afternoon away. For more information, contact Cathy Washburn at CathyW876@aol.com.
- 10/18 **Bard: A Concert for CHIME** – 5PM, Bard Hall. A chamber concert of Contemporary works by Chinese composers, organized by The Bard College Conservatory of Music for a conference at Bard College of

- CHIME European Foundation For Chinese Music Research. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 10/21 **Bard: Conservatory Noon Concert Series** – Noon, Olin Hall. Conservatory students in concert. Presented by The Bard College Conservatory of Music. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 10/21 **Sleep Apnea support group:** 7PM, ND Hospital cafeteria conference room. AWAKE (Alert, Well and Keeping Energetic) support group for patients with obstructive sleep apnea. The discussion will cover tips on becoming a comfortable and compliant patient while wearing a CPAP (continuous positive airway pressure) device. Light snacks will be served. The support group will meet bi-monthly. For information and scheduling, call 845-871-3611.
- 10/22 **Rhinebeck Garden Club:** 10AM-noon, Rhinebeck Town Hall. Talk by an organic farmer; recipes for winter vegetable dishes.
- 10/22 **Bard:** Faculty Recital. Kayo Iwama pianist with guest artist soprano Kendra Colton. Songs by Fauré, Schubert and Wolf. Call 845-758-7196 or conservatory@bard.edu for information about time/place of concert. Free.
- 10/24-26 **Book Sale at the Starr Library:** Fri/noon-5PM; Sat/10AM-4PM; Sun/1-4PM. Hundreds of hard and soft-cover fiction and non-fiction books for adults starting at fifty cents; children's books as low as 10 cents. Friday, noon - 5 p.m.; Saturday 10 a.m - 4 p.m.; Sunday, 1 p.m. - 4 p.m. For information, call 845-876-4080.
- 10/28 **Bard: Conservatory Piano Master Class.** 4PM, Olin Hall. Martin Vojtisek, piano, conducts master class with selected Conservatory students. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 10/27 **Starr Library Book Club:** 7-8:30PM, lower level. Book being reviewed is *Enduring Love*, by Iwan McEwan. Call 845-876-4030 to reserve your copy of the book being discussed.
- 10/28 **Fall's Bounty of Nutrition:** the Women's View, Health Annex Conference Room. To register, call 1-877-729-2444 Roufia Payman, NDH Director of Outpatient Nutrition Education, explores the health benefits of choosing fresh, locally grown, in-season produce, and shares innovative recipes for healthful eating.
- 10/29 **Men's Prostate Health: the Good, the Bad and the Ugly:** 6PM, NDH Cafeteria Conference room. To register, call 1-877-729-2444. Paul Pietrow, MD, of Hudson Valley Urology Associates, will discuss prostate health including benign disease, typical aging symptoms, and an overview of prostate cancer.
- 10/30 **Stroke Prevention and Treatment:** 6/PM. NDH Cafeteria Conference room. To register, call 1-877-729-2444. Gerald Kufner, MD, of Kingston Neurological Associates, will discuss stroke risk factors, symptoms, and available treatments.

November

- 11/4 **Bard: Conservatory Noon Concert Series.** Noon, Olin Hall. Conservatory students in concert. Presented by The Bard College Conservatory of Music. Olin Hall, noon. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 11/5 **Hip and Knee Replacement: Keys to Top Outcomes:** 6PM. NDH Cafeteria Conference room. To register, call 1-877-729-2444. Russell Tigges, MD, of Orthopedic Associates of Dutchess County, will discuss what you can expect from joint replacement surgery and the keys to top outcomes, as well as providing an overview of the latest new technologies.
- 11/5 **Bard: Music Alive,** 8PM, Olin Hall, *Music Alive Ensembles* - Joan Tower and Blair McMillen, directors. A dynamic mix of classics by Samuel Barber, Gustav Holst and Astor Piazzolla and new works by Conservatory composers Conor Brown and Ben Pesetsky featuring a full string orchestra (conducted by Grammy Award winner Joan Tower) and outstanding soloists from the Conservatory. Presented by The Bard College Conservatory of Music. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 11/6 **The A-to-Zzzzzs of Sleep Testing:** 6PM. NDH Cafeteria Conference room. To register, call 1-877-729-2444. Barbara Chatr-Aryamontri, MD, Medical Director of the NDH Sleep Lab, will speak about the benefit of sleep testing and solutions to apnea and other sleep disorders, including a tour of the Sleep Lab.
- 11/8 **Caregiver's Conference:** 8AM-4PM, Great Western Inn & Conference Center, Poughkeepsie. Topics covered will be: Care for the caregiver, medication education, legal and financial planning, Alzheimer's disease, NY Connects and Aging Support Services, and Retirement and Assisted Living Communities. Keynote Speaker will be Dr. Albert Riddle. Breakfast and lunch provided. Free. Call 845-471-2655 by 10/31 for reservations.
- 11/9 **Bard: Conservatory Concerts and Lectures,** 3PM, Sosnoff Theater, Richard B. Fisher Center for the Performing Arts. Conservatory Orchestra, conducted by Melvin Chen. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 11/18 **Bard: Conservatory Noon Concert Series,** Noon, Olin Hall. Conservatory students in concert. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 11/19 **Friends of the Starr Library annual meeting:** Business meeting and announcement of the Starr of the Year Award. Refreshments. The community is welcome to come to the meeting. For time/location, or to join the friends, call 845-876-7126.
- 11/21,22 **Bard: Conservatory Concerts and Lectures,** 8PM Friday; 3PM Saturday, Olin Hall. Chamber music. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 11/12 **New Topics in Spine Surgery:** 6PM. NDH Cafeteria Conference room.

To register, call 1-877-729-2444. Richard Perkins, MD, of Orthopedic Associates of Dutchess County, will discuss new topics in spinal surgery, including kyphoplasty, spinous process, spacer, laminectomy, minimally invasive surgery, same-day surgery, disc replacement, and other advances.

- 11/17 **AAUW-Sponsored Trip to the Chocolate Show:** NYC, leaving Kingston at 9AM-5:30PM. Cost (for bus, driver tip and the show) \$65. To sign up for the trip, contact Linda Gold at 845-255-5256 or email artladyLG@aol.com.
- 11/18 **Heart Health & Cholesterol, A Two-Pronged Lecture:** the Women's View, Health Annex Conference Room. To register, call 1-877-729-2444. Dr. Julie Ling, MD, FACC, will discuss detection and prevention of cardiac artery disease, followed by DeDe McKibbin, PA, MHP, speaking about advances in lipid disorder management. Both practitioners are with the Hudson Valley Heart Center.
- 11/19 **Rhinebeck Garden Club:** 10AM-noon, Rhinebeck Town Hall. Speaker: a florist presents ideas for holiday decorating.

December

- 12/2 **Bard: Conservatory Noon Concert Series.** Noon. Olin Hall. Conservatory students in concert. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 12/5-6 **Holiday Boutique and Book Sale at the Starr Library:** Fri/noon-5PM; Sat/10AM-4PM. Holiday decorations, wrapping paper, linens, crafts and a selection of books on holiday themes or in mint-condition and gift-worthy. For information, call 845-876-7126.
- 12/7 **Bard: Conservatory Concerts and Lectures.** 3PM. Sosnoff Theater, Richard B. Fisher Center for the Performing Arts. Conservatory Orchestra, conducted by Guillermo Figueroa. Program will include Brahms Concerto for violin, cello and orchestra in A minor ("Double"), Op. 102, with violinist Laurie Smukler and cellist Joel Krosnick, guest artists. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 12/9 **Bard: Conservatory Noon Concert Series.** Noon, Olin Hall. Conservatory students in concert. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 12/13 **Bard: Bard Conservatory Concerto Competition Preliminary Round.** 10AM, Olin Hall. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 12/14 **Bard: Bard Conservatory Concerto Competition Final Round** 7PM, Sosnoff Theater, Richard B. Fisher Center for the Performing Arts. Call 845-758-7196 or conservatory@bard.edu for information. Free.
- 12/18 **New York City and The Metropolitan Museum of Art:** NYC, leaving Kingston 8AM-6PM. Seniors \$55; Adults \$59; add \$4 to reserve an audio guide. NYC alone \$40. To sign up for the trip, contact Linda Gold at 845-255-5256 or email artladyLG@aol.com.
- 12/24 **Rhinebeck Garden Club:** 10AM-noon, Rhinebeck Town Hall. No meeting: The club has a holiday luncheon for members.

January

1/17

AAUW-Sponsored Trip to the Metropolitan Opera on Large Screen:

Hudson, NY, Leaving Kingston at 9:30AM-5 PM. Puccini's "La Rondine". Cost (includes bus, driver tip and show) \$58. To sign up for the trip, contact Linda Gold at 845-255-5256 or email artladyLG@aol.com.