

Dutchess County Office for the Aging's

AGING NEWS

For the week of August 22

Note: the Office for the Aging and OFA Friendship Centers will be closed for Labor Day on Monday, September 5th. Clients of our Home Delivered Meals program will receive their meals in advance of the holiday.

SAVE THE DATE - OFA "SENIOR PROM" IS BACK

It's happening. After a three-year hiatus, the OFA annual Senior Prom is back on the calendar!

Save the date Monday, October 24th, from noon to 4 pm. We plan to announce the venue for the Senior Prom shortly.

This will be the 25th prom, and we're sticking with the "silver anniversary" theme as previously scheduled. Many prom guests dress up to match the theme, and our prom regulars have been planning for this since the end of the last prom in 2019. It's optional to dress up, but those who dress to match the theme are in the running to become the "Duke and Duchess" of the 2022 Senior Prom.

Anything silver that can be worked into your look is fair game.

The prom begins at noon with a buffet lunch. Once again, the full Bob Martinson Band will help fill the dance floor playing your favorites. There'll be prizes; including a 50-50 raffle to benefit the Office for the Aging.

Reserved admission is required and will remain at the same price as 2019 - \$20 per person (\$200 for a table of 10) until October 7th or when the event sells out, whichever comes first. After that date, the price increases to \$30 per person. We cannot accept walk-in guests.

Once the venue is announced, printable reservation forms will be available at dutchessny.gov/aging, on request from the Office for the Aging, and will be printed in the fall edition of the OFA "THRIVE60+" newsletter, which is published late this month. If you'd like to be on our postal or e-mail mailing list, contact OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov or 845-486-2544.

If you're coming to the prom as part of a group, make sure your list of participants is complete before submitting your reservation form and payment. The maximum number of guests at each table is 10; groups of more than 10 will be seated at adjoining tables whenever possible.

Many thanks for the support of OFA's Senior Prom partner, The Pines at Poughkeepsie.

EAST FISHKILL, MILLERTON OFA FRIENDSHIP CENTERS CLOSED TUE 8/23

The OFA East Fishkill and Millerton Friendship Centers will be closed on Tuesday, August 23rd, since the sites are being used that day for primary voting, to choose candidates for this November's U.S. House and New York State Senate elections, as well as a special election in New York's 19th House district, which includes a large part of Dutchess County.

Home Delivered Meals operations at the friendship centers will continue as usual on the 23rd.

Millerton-area seniors are invited to take part in an OFA outing to Rudd Pond on August 23rd. Contact the friendship center at 518-789-3081 for more information; space is limited.

For more information on voting in Dutchess County, visit elections.dutchessny.gov.

Golden Living is prepared by the Dutchess County Office for the Aging, 114

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ofa@dutchessny.gov website: www.dutchessny.gov/aging

SIGN UP FOR OFA EXERCISE AND BALANCE CLASSES – STARTS SEPTEMBER

Any time is a great time to begin an exercise program of any kind, especially after consulting with your health care providers about what kind of exercises are right for you.

The Office for the Aging has many exercise class options available. Our popular “A Matter of Balance” class begins its latest sessions in September, and there are a few spaces left. OFA Exercise programs are available year-round, and our Tai Chi classes are about to begin September sessions.

For more information about OFA’s exercise options, visit

www.dutchessny.gov/seniorexercise.

NYS DRIVER OPINION SURVEY

The New York State Department of Motor Vehicles (DMV) and Governor's Traffic Safety Committee (GTSC) invites all NY licensed drivers to fill out a brief online survey to help support effective highway safety measures. [Click here for the survey.](#)

Other news:

Can you pass the [10-second balance test](#)?

Hearing aids could soon be [available over the counter](#) after a recent FDA ruling.

A car magazine from Sweden tested the use of touchscreen versus physical button and switch controls. [Here's what they found.](#)

Want to help migratory birds? [Back off on outdoor lighting.](#)

Legendary album covers from the 40's through the 00's – [but with kittens](#).

This week's birthdays:

8/21: Singer/songwriter [Jackie DeShannon](#) (81)

8/22: Former Giants/Jets coach [Bill Parcells](#) (81)

8/23: Actress Vera Miles (93)

8/24: Actor/journalist/comedian Stephen Fry (65)

8/25: MLB Hall of Famer Rollie Fingers (76)

8/26: Singer-songwriter Valerie Simpson (76)

8/27: Actress/singer Tuesday Weld (79)

And the Bad Joke!

Cosmetic surgery used to be a taboo subject, but now you can talk about Botox and nobody raises an eyebrow.