

Dutchess County Office for the Aging's

AGING NEWS

For the week of June 10th

Golden Living . . . News for Seniors, Their Families and Caregivers

Todd N. Tancredi, Director

Dutchess County Office for the Aging

The Office for the Aging's popular Senior Picnic Program is well underway, with the third of 12 picnics taking place this week in Pine Plains for residents of Pine Plains, Stanford, Washington/Millbrook and North East/Millerton.

We're mailing out almost 50,000 picnic invitation cards to seniors throughout Dutchess County. Your card should arrive between four and six weeks before the date of your community's picnic, but if you don't recall receiving a card, you can still call us to make a reservation for a seat at the picnic that corresponds with your home town. Please update your address with the Board of Elections if you're a senior who was not mailed an invitation.

Reservations are free for seniors age 60 and up; there is a \$4/person charge for those under 60 – but you must RSVP to reserve a seat at the picnic.

There are nine more picnics on the schedule, all of which take place on Wednesdays:

June 19 - Memorial Park

1 Katherine Lane, Tivoli

(Milan, Red Hook and Rhinebeck residents)

June 26 - Recreation Park

95 Robinson Lane

(Town of Wappinger and Village of Wappingers Falls residents)

July 10 - Fran Mark Park (*NEW LOCATION FOR 2019*)

337 Clinton Hollow Rd., Salt Point

(Hyde Park and Clinton)

July 17 - Memorial Park

298 Fishkill Avenue

(Beacon residents)

July 24 - Cady Field

1554 Main Street

(Pleasant Valley residents)

July 31 - Bowdoin Park

85 Sheafe Road

(Town of Poughkeepsie residents)

August 14 - Freedom Park

198 Skidmore Road, LaGrange

(LaGrange and Beekman residents)

August 21 - East Fishkill Recreation Park

330 Route 376, Hopewell Junction

(East Fishkill residents)

August 28 - Stitzel Field

10-14 Lincoln Ave.

(City of Poughkeepsie residents)

The complete list of picnics, including links to directions to each picnic, is available at www.dutchessny.gov/seniorpicnic.

To attend a picnic, you must make a reservation in advance by calling the Office for the Aging, and bring proof of residency to the picnic. **Seating is limited.** Schedule and venue are subject to change.

No picnics are scheduled for July 3rd and August 7th.

Golden Living is prepared by the Dutchess County Office for the Aging, 114 Delafield St., Poughkeepsie, New York 12601, telephone (845) 486-2555, email: ofa@dutchessny.gov website: www.dutchessny.gov/aging

Office for the Aging events schedule

See the online calendar at www.dutchessny.gov to find out more

(All events subject to change)

Mon 6/10, 2:45 – 5:00 p.m. – OFA volunteering opportunity

We're looking for assistance at OFA headquarters in Poughkeepsie in filling 1000 small bags with magnetic puzzle pieces, as part of an elder-abuse-prevention effort. Please call us in advance (486-2555) if you'd like to help.

Fri 6/14, 9 a.m. – 3 p.m. – OFA at World Elder Abuse Awareness Day 2019

Drumlin Hall, Dutchess Community College

FULLY BOOKED

Contact the Office for the Aging to find out more about elder abuse and senior scam prevention: bjones@dutchessny.gov

Thu 6/20, 1 p.m. – OFA Scam Prevention Presentation

With OFA outreach coordinator Brian Jones

St. Joseph's Church Parish Hall, 15 North Ave., Millbrook

PINE PLAINS-AREA PICNIC VOLUNTEERS WANTED (Wed 6/12)

This week's Senior Picnic, for residents of Pine Plains, Millerton/North East, Stanfordville, and Millbrook/Washington is taking place at the Pine Plains Lions Club Pavilion on Wednesday, June 12th – and if you'd like to volunteer to help your senior friends and neighbors enjoy the day, please get in touch with OFA Outreach Coordinator Brian Jones at bjones@dutchessny.gov or (845) 486-2555.

This is the third picnic of 12 on the schedule, and if you want to help at any or all picnics, please reach out to Brian and we'd be glad to help you get oriented.

Other aging news online:

Deaths after a fall are rising for Americans over age 75:

<https://www.nytimes.com/2019/06/04/health/falls-elderly-prevention-deaths.html?action=click&module=Well&pgtype=Homepage§ion=Health>

91 and still doing one-arm pushups:

<https://www.eastidahonews.com/2019/05/91-year-old-military-veteran-shows-off-his-one-arm-push-ups/?fbclid=IwAR20zpJxLhnT3wjVjEXLjeBexIYLSwuOG8V2IceeDNLw25dcDZkT65aVMg>

This week in senior birthdays:

6/10: Prince Philip, husband of Queen Elizabeth II (98)

6/11: Race car driver Jackie Stewart (80)

6/12: Sportscaster Marv Albert (78)

6/13: Sculptor/painter Christo (84)

6/14: Actor/comedian Marla Gibbs (88)

6/15: Actor/singer Jim Belushi (65)

6/16: Writer Joyce Carol Oates (81)

And a Bad Joke to conclude proceedings for the week:

Question: What do you get when you cross the Godfather with a philosopher?

Answer: An offer you can't understand.