

Dutchess County Office for the Aging's

## **AGING NEWS**

For the week of August 18

### **GOLDEN GATHERING RETURNS SATURDAY, SEPTEMBER 27**

The scenario: you've got one day to gather as much information as you can about aging services in Dutchess County. That one day is coming up on **Saturday, September 27th, from 10 am to 1 pm**. It's the annual **Golden Gathering** for older adults, and it's happening at **Arlington High School at 1157 NY 55 in LaGrangeville**. No RSVP is required.

It's presented by County Executive Sue Serino and the Dutchess County Office for the Aging, along with New York State Senators Michelle Hinchey and Rob Rolison, with support from the James J. McCann Charitable Trust.

The Golden Gathering is the single largest annual event of its kind in Dutchess County, and it's continuing to grow. More than 70 exhibitors from various

organizations and service providers will offer information on topics ranging from health care and financial services to housing options, legal advice and more.

Representatives from OFA and other Dutchess County Government and New York State departments and divisions will also be on hand to inform residents about how they serve the community every day.

The Golden Gathering includes health screenings, entertainment, refreshments, door prizes and dozens of informational tables geared toward the interests and needs of area older adults, their families and caregivers.

Flu shots will be available at the Golden Gathering while supplies last. If you plan on getting a flu shot, bring your insurance card.

### **“FRANK AND DEAN” RETURN FOR ANOTHER FREE SHOW**

Registration opens this Thursday, August 21st, for the sounds of “Frank

and Dean” with the Tony T Orchestra. It’s our annual free end-of-summer concert at the Grandview (176 Rinaldi Blvd., Poughkeepsie), on Monday, September 22nd at 1:30 p.m.

This time the band is playing Frank Sinatra and Dean Martin’s hits, complete with stage banter, and adding popular dance classics from the 60s, 70s, 80s and beyond with their vocalist Sandra.

Registration is required for the event, which is open to all Dutchess County residents over the age of 60. Seats fill up quickly, so reserve your seat by calling the Office for the Aging during business hours at 845-486-2555. Registration opens Thursday, August 21<sup>st</sup>.

We cannot accept reservations requested by voice mail, email or text message.

### **WHEN’S THE SENIOR PROM? (NOTE: NEW REGISTRATION OPENING DATE)**

Fear not, Dutchess County seniors haven’t missed the chance to sign up for the Annual OFA Senior Prom coming up on Monday, October 20th.

We'll open the event for reservations on Friday, September 5<sup>th</sup> (new date).

We can tell you that this year's theme is "Masquerade Ball," the prom date is Monday, October 20<sup>th</sup> from noon – 4 p.m., and the music will again be provided by the full Bob Martinson Band. Many thanks to the Pines at Poughkeepsie for their support.

### **EAST FISHKILL 8/27 OFA PICNIC AT CAPACITY**

### **(AND THE BEEKMAN/LaGRANGE 8/20 PICNIC IS CLOSE)**

Reservations are full for the OFA Summer Picnic for older (60+) residents of the Town of East Fishkill, coming up on Wednesday, August 27th.

The full picnic schedule, including links to pictures from past picnics, is available at [dutchessny.gov/ofapicnics](http://dutchessny.gov/ofapicnics).

As of Friday, August 15th, just a few seats were still available for the August 20<sup>th</sup> picnic for older residents of the Towns of Beekman and LaGrange, at Freedom Park in LaGrange. Contact OFA during business hours at 845-486-2555 to reserve your seat; we cannot accept reservation requests by voice mail, email or text message.

Many thanks to AccentCare, Central Hudson, Mid Hudson Medicare Group, and the Pines at Poughkeepsie for their support of the picnic program.

**Other news:**

[Brains need friends](#) to stay healthy as they age.

Women experiencing menopause may be able to reduce the incidence and intensity of “hot flashes” [with some lifestyle changes](#).

**This week’s birthdays:**

8/15: Singer-songwriter [Jimmy Webb](#) (79)

8/16: Actor/director/screenwriter [Steve Carell](#) (63)

8/17: Actor/director [Robert De Niro](#) (82)

8/18: Actor/director/producer [Robert Redford](#) (89)

8/19: Baseball commentator and former Mets pitcher [Ron Darling](#) (65)

8/20: Boxing promoter [Don King](#) (94)

8/21: Guitarist [James Burton](#) (86)

**Bad Joke? It's right here.**

I'm reading a book on anti-gravity. It's impossible to put down.