

Dutchess County Office for the Aging's

AGING NEWS

For the week of September 7

Note: The Office for the Aging, along with Dutchess County Government offices, is closed on Monday, September 7th, in observance of Labor Day.

Free Fall Concert (Wed 9/30) – Registration Open and Filling Up Fast

OFA and County Executive Sue Serino once again present the annual free “Swingin’ into Fall” concert at the Grandview (176 Rinaldi Blvd., Poughkeepsie), on Wednesday, September 30th, at 1:00 p.m. This time the band will play Frank Sinatra and Dean Martin’s hits, adding a horn section, plus additional “Frank and Dean” stage banter with special guest “Marilyn,” as in Monroe.

Registration is underway while space is available, and open to Dutchess County adults age 60 and up. Light refreshments will be available. Call 845-486-2555 during business hours to register – it’s filling up fast!

OFA Public Comment Forums in September

Our two annual Public Comment Forums offer a unique opportunity for older adults and caregivers to speak directly to OFA leaders and members of the OFA Advisory Board, about issues that matter the most to you, whether it's housing, transportation, OFA services or another concern on your mind.

Tuesday, September 22nd, 10:30am

OFA Friendship Center - Poughkeepsie

114 Delafield St., Poughkeepsie

Thursday, September 24th, 10:30am

OFA Friendship Center - East Fishkill

890 NY 82, Hopewell Junction

If you are unable to attend a Public Comment Forum, you can email your comments to ofa@dutchessny.gov, or mail written comments to the

Dutchess County Office for the Aging, 114 Delafield St, Poughkeepsie, NY 12601.

All Public Comment Forum locations are handicapped accessible. Persons requiring special accommodation to take part in a Public Comment Forum should contact OFA during business hours by close of business Monday, September 14th.

“Friendly Calls” Orientations

Interested in becoming an OFA “Friendly Calls” volunteer caller? We have a volunteer orientation opportunity available at the OFA main office at 114 Delafield St. in Poughkeepsie:

Monday, September 14th, 21st or 28th – 10am

To reserve your seat, call OFA during business hours at 845-486-2555.

Upcoming OFA Events

To register for any of the events below, contact OFA during business hours at 845-486-2555 unless noted otherwise.

September:

(Wednesday) 9th – **Navigating Medicare**, Starr Library, Rhinebeck, 4 pm

(Wednesday) 16th – **Navigating Medicare**, Poughkeepsie Galleria

Community Room, 10 am

(Wednesday) 16th – **The Importance of Physical Activity**, Stanford

Library, 6035 NY 82, Stanfordville, 2 pm – call 845-868-1341

(Monday) 21st – **Navigating Mediare**, Tivoli Library, 86 Broadway, 1pm –

call 845-757-3371

(Monday) 22nd – **OFA Mobile Office Hours**, Town of Wappinger Senior

Center, 20 Middlebush Rd., 1-4 pm

(Wednesday) 23rd- **OFA Mobile Office Hours**, Hyde Park Library, 2 Main

St., 11 am-1 pm

(Thursday) 24th - **Scam Prevention** with OFA Outreach Coordinator

Brian Jones, Tivoli Library, 86 Broadway, 5 pm (845-757-3371)

(Monday) 28th – **OFA Mobile Office Hours**, Town of Poughkeepsie

Senior Center, 14 Abe's Way, 9 am-1 pm

October:

(Wednesday) 14th – Navigating Medicare, Starr Library, Rhinebeck,
4:00pm

(Wednesday) 21st – Navigating Medicare, Poughkeepsie Galleria
Community Room, 10:00am

And What About the Senior Prom?

Save the date: Monday, October 19th, noon-4pm at Villa Borghese in
Wappinger (70 Widmer Rd.) Registration will open soon! If you're on the OFA
email list, a registration form will be emailed to you as well.

The theme this year is "Hawaiian Luau." Many thanks to the Pines at
Poughkeepsie for their continued support.

This week's birthdays:

9/5: Actor/producer [Michael Keaton](#) (75)

9/6: Author/illustrator [Sergio Aragonés](#) (89)

9/7: Actor [Toby Jones](#) (60)

9/8: Civil rights activist [Ruby Bridges](#) (72)

9/9: Actor/comedian [Adam Sandler](#) (60)

9/10: Singer-songwriter/guitarist [José Feliciano](#) (81)

9/11: Singer/dancer [Lola Falana](#) (84)

But of course, a Bad Joke to wrap up this week's edition:

What do sprinters eat before they race?

Nothing. They fast!