

Transportation available to Congregate meal sites, shopping, hospital visits, banking, post office etc. Trips are scheduled to the Mall, area thrift stores and for recreational outings.
Call Ric at 535-7108 for a reservation or information on upcoming recreational trips

**NUTRITION PROGRAM
ANNUAL PICNIC
AT THE SILVERSPoon CAFÉ
AUGUST 19, 2010- 12 NOON
MAKE YOUR RESERVATION TODAY
CALL 535-7108**

**PLEASE CALL 535-7470 FOR INFO ON
ANY OF OUR MEAL SITES**

**MONTOUR FALLS-MON.-FRI.,
MONTEREY-TUES. ONLY
BURDETT-WEDNESDAY ONLY,
TYRONE-WEDNESDAY ONLY,
HECTOR-THURSDAY ONLY.**

Other Available Services: Call 535-7108

- Information & Assistance
- Personal Emergency Response System
- Caregiver's Loan Library-Books & Videos
- In-Home Aide Services
- Weatherization Referral & Assistance Program (WRAP)
- Phone Pal Program
- Nutrition Counseling
- Recreation and Education
- *Sharing Your Wishes* information
- Legal Services
- Insurance counseling

AUGUST 2010

OFFICE FOR THE AGING

CHECK OUT OUR MENU

<http://www.schuylercounty.us/>

Donations always appreciated

Funding for the Office for the Aging
is provided by the:

Federal Administration on Aging
NYS Office for the Aging Schuyler County
and participant contributions

RIC'S TRIPS

**AUG 9-TANGLEWOOD NATURE CENTER
AUG 21-WINDMILL MARKET
AUG 30-BATH THRIFT SHOP**

**MUST BE ABLE TO WALK INDEPENDENTLY
WITHOUT ASSISTANCE OR BE
ACCOMPANIED BY A PERSONAL AIDE
FOR INFORMATION PHONE 535-7108**

SERIES WITH MENTAL HEALTH PRESENTS

AGING GRACEFULLY

MONTEREY-08/10/10-SUZANNE FINGLER

HECTOR-08/26/10-DAN REYNOLDS



**CONGREGATE MEAL RESERVATIONS ARE
GREATLY APPRECIATED,
PLEASE CALL-535-7470 THE DAY BEFORE
YOU PLAN TO ATTEND**