

Stay hydrated gradually, throughout the day. Drink fluids, or eat water-rich foods. ... Drinking fluids is crucial to staying healthy and maintaining the function of every system in your body, including your heart, brain, and muscles.



**OFFICE FOR THE AGING'S
ANNUAL
BLOCK PARTY
THURSDAY AUGUST 17, 2017
CLUTE PARK 10-2 PM
For Adults age 60 and older and
their family members**

AARP Driver Safety Class
Where: Silver Spoon Café
When: August 8, 2017 2pm-9pm
AARP member (must bring card)- \$20.00 fee
Non-member- \$25.00 fee
It is suggested that you bring a meal
Pre-registration REQUIRED at 607-535-7108
Instructor: Fran Whitford

Other Available Services: Call 535-7108

- Information & Assistance/Options Counseling
- Case Management
- Personal Emergency Response System
- Caregiver's Loan Library-Books & Videos
- Caregiver Counseling and Education
- In-Home Aide Services
- Transportation
- Nutrition Counseling and Education
- Legal Assistance
- Health Insurance Counseling
- Health and Wellness

August 2017
**SCHUYLER COUNTY OFFICE FOR THE AGING/
NYCONNECTS**
<http://www.schuylercounty.us/>
Contributions always appreciated
Funding for the Office for the Aging
is provided by the:
Federal Administration on Aging (under Administration for
Community Living- ACL)
NYS Office for the Aging
Schuyler County and participant contributions

MEDICARE 101 CLASS
Saturday August 22, 2017 at 10:30am
Room 115 in the Human Services Complex
323 Owego St. Montour Falls
Free and open to the public
Pre-registration is required by calling 607-535-7108

Line Dancing Monday's 10:30-11:30am
Temporarily on hold until further notice

Silver Spoon Café Montour Falls, NY

**PLEASE CALL 535-7470 FOR INFO
ABOUT ANY OF OUR MEAL SITES**
MONTOUR FALLS- MON-FRI
MONTEREY- TUESDAY ONLY
TYRONE- WEDNESDAY ONLY
HECTOR- THURSDAY ONLY
Age 60 & over- \$4.00 suggested contribution
Under age 60- \$7.00 required charge

Please note that for adults age 60 and older, the \$4.00 is a **SUGGESTED** Contribution; it is **NOT** a charge. All adults age 60 and older are welcome regardless of ability to contribute.