

Office Hours

Monday-Friday
8:30 a.m.-4:30 p.m.

Transportation

Reservation Hours
Monday—Friday
9:00 a.m.—3:00 p.m.

No appointments
after 2:00 p.m.

Service is “curb to curb”

Suggested donations

For daily transportation
\$ 5.00 round trip in Town
\$15.00 round trip out of Town

Suggested donations

For social and recreational
\$5.00 round trip in Town
\$7.00 round trip out of Town



Town of Bethlehem—May & June 2018

Senior Services Newsletter

Senior Prom - “Royal Wedding”

Bethlehem Town Hall, 445 Delaware Ave., Auditorium

Friday, May 18th

Musical Group: Betsy and the ByeGons’

Program Time: 2:00 p.m.— 5:00 p.m.

Program Cost: Free

Bring your photo of your 1st prom

Bethlehem Senior Services in conjunction with Bethlehem Senior Projects, Inc. and the Bethlehem Public Library are hosting a Senior Prom! Our theme will be “Royal Wedding” in honor of Prince Harry and Meghan's wedding. Dress up in your finery (if you choose), dance or just listen to the songs of Betsy and the ByeGons’, enjoy some light refreshments, have your portrait taken at “Buckingham Palace” on our green screen. Reservations required for attendance and/or transportation, please call 518-439-4955 x 1176.



More Effective Shingles Vaccine Available Nationwide

By: Garrett Schaffel, AARP

The new shingles vaccine recommended by the Centers for Disease Control and Prevention for people 50 and older is now widely available in pharmacies and with physicians. Testing found that Shingrix, which received Food and Drug Administration approval last fall, was 97 percent effective in adults 50 to 69 and 91 percent effective in those 70 and older. Those are far better results than provided by the previous vaccine, Zostavax, which was recommended for people 60 and up. Shingrix is now available nationwide, and locally, at pharmacies. It has been available to doctors since

late November, but patients should check with their own physicians to determine whether they can get the shots there.

Shingrix is taken in two doses separated by two to six months. Zostavax, the previously recommended vaccine, was a one-shot dose. The CDC says even those who have received a Zostavax shot should get the new drug, as should those who have had shingles.

The CDC estimates that for every one million people 60 to 69 years old who receive Shingrix, there will be 87,000 fewer cases of shingles, as well as 10,000 fewer cases of post herpetic neuralgia (severe pain in the location

**Town of Bethlehem
Senior Services
445 Delaware Ave., Rm 110
Delmar, NY 12054
518-439-4955 X. 1176**

**emosier@townofbethlehem.org
www.townofbethlehem.org**

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Director**

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Senior Services Coordinator**

**Alice Parker
Outreach**

**William A. Vail
Assistant Director**

**Heidi Ziemke
Outreach**

of a previous shingles rash). The vaccine is also projected to lead to 80,000 fewer cases of shingles among people 50 to 59 years old, with 5,000 fewer cases of post herpetic neuralgia.

In addition, those of eligible age should check with health insurance providers to see whether the shots are covered. Medicare Part D covers Shingrix, but Medicare Part B does not.

Wednesday

*Residents of Elsmere, Delmar, Slingerlands, North Bethlehem and Marie Rose Manor
(Hannaford in Delaware Plaza, Price Chopper or ShopRite in Slingerlands)*

May Shopping Schedule

Hannaford	2
Price Chopper or ShopRite	9
Hannaford	16
Price Chopper or ShopRite	23
Hannaford	30

June Shopping Schedule

Price Chopper or ShopRite	6
Hannaford	13
Price Chopper or Shop Rite	20
Hannaford	27

Thursday

*Residents of Glenmont, Selkirk and South Bethlehem
(Hannaford in Delaware Plaza or ShopRite in Slingerlands, Price Chopper in Glenmont)*

May Shopping Schedule

Hannaford or ShopRite	3
Price Chopper	10
Hannaford or ShopRite	17
Price Chopper	24
Hannaford or ShopRite	31

June Shopping Schedule

Price Chopper	7
Hannaford or ShopRite	14
Price Chopper	21
Hannaford or ShopRite	28

Friday

*Residents of Good Samaritan Senior Apartments, Van Allen Senior Apartments
(Hannaford in Delaware Plaza, or ShopRite in Slingerlands, Price Chopper in Glenmont)*

May Shopping Schedule

Hannaford or ShopRite	4
Price Chopper	11
Hannaford or ShopRite	18
Price Chopper	25

June Shopping Schedule

Hannaford or Shop Rite	1
Price Chopper	8
Hannaford or ShopRite	15
Price Chopper	22
Hannaford or Shop Rite	29

Grocery Shopping Reservations, [518-439-5770](tel:518-439-5770) (as far in advance as possible)



Shopping Center Trips

Join us on one of our shopping adventures during the upcoming months!

Bethlehem Senior Transportation will offer transportation to area malls on the following dates:

Monday, May 7th

Walmart and Glenmont Plaza in Glenmont

Monday, June 4th

Colonie Center and Northway Mall

Monday, July 2nd

Walmart and Glenmont Plaza in Glenmont

Space is limited so sign up early!

Town Hall Offices Are Closed

Monday, May 28th-Memorial Day

Wednesday, July 4th-Independence Day

No Transportation Offered

Bethlehem Senior Services

Bethlehem Senior Services in conjunction with Bethlehem Senior Projects, Inc., provides information, assistance for services and programs, and transportation for residents who are 60 years of age or older who reside in the Town in their own homes or apartments and not in adult care facilities, retirement communities, skilled nursing facilities or rehabilitation facilities.



Outreach Workers



Will Vail



Alice Parker



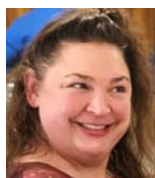
Heidi Ziemke

Outreach workers are social workers trained to work with older adults and their

families regarding health insurance, housing concerns, health and income related programs and more!

Social Work Student Intern Farewell

Each year the Senior Services Department has a student intern from the School of Social Welfare and this year we were lucky enough to have Gretta Hansing join us. Gretta planned the Health and Wellness Program and she has worked with some of our seniors on a weekly basis. Now it is time for Gretta to move along to her next placement and we will miss having her colorful personality around our office! We wish her much success in her career as a social worker! Here are a few words from Gretta:



As my year long internship comes to a close, I find myself reflecting on my time here at Bethlehem Senior Services. I am incredibly grateful for all of the time you have spent with me. Working with all of you has been extremely rewarding. You have all touched me in ways that I have not experienced working with children, which is where my expertise rests. In forming a special relationship with some of you, I have grown in being a part of your life review. All of you have amazing stories to share.

The staff have been absolutely wonderful in their patience with my novice background in working with this population. In addition, on a personal level, I could not have felt more at home working with the staff and volunteers here. Everyone has been so open, friendly and welcoming.

This past year has been an amazing opportunity for which I am eternally grateful. I hope to volunteer on occasion when permissible, though it will not be any where near the capacity I have spent as a social work intern. I will miss all of you so much. Thank you, from the bottom of my heart, for making this past year so gratifying.

Discussion & Support Groups

Heidi's Discussion Group-2nd Wednesday of the month from 10:30 a.m.—12:00 p.m.

Alice's Discussion Group-3rd Wednesday of the month from 10:30 a.m.—12:00 p.m.

Jane's Alzheimer's Disease Caregiver Support Group-4th Wednesday of the month from 10:30 a.m.—12:00 p.m.

New members are welcome!

The Bethlehem Food Pantry

The Food Pantry needs the following items: personal care items, deodorant, toilet paper, cleaning supplies, laundry detergent, coffee, mustard, and canned fruit.

If you, or someone you know, needs more information about using the Bethlehem Food Pantry, contact our office at the number listed below.



Medicare Basics

Are you turning 65 this year? Wednesday, May 23rd, 12:30 p.m.—3:00 p.m. Come learn about the basics of Medicare and EPIC (NYS Senior Prescription Plan). Topics include: What does Medicare cover? Do you need additional insurance? What is Medicare Part D? This program is offered several times throughout the year. Please call to reserve your seat at the number listed below.



Senior Legal Services

Free legal consultation is available on the 2nd Thursday of each month from 9:30 a.m.– 11:00 a.m. This program is funded by Albany County Dept. for Aging and staffed by Legal Aid Society of NENY, Inc. You must be 60 years of age or older and an Albany County resident. Call for a 45 minute appointment with the attorney.



For more information, appointments, transportation and/or assistance with any of these programs, please call Bethlehem Senior Services at 518-439-4955 x 1176.

Rabies Clinic

Elm Ave. Park, Warming Area
Tuesday, June 5th

Times:

4:00 p.m.-5:30 p.m. cats & ferrets
5:30 p.m.-7:00 p.m. dogs



Assessor's News

May 22nd—Grievance Day

July 1st—Final Assessment Roll is filed

For more information please contact the
Town of Bethlehem's Assessor's Office at
518-439-4955, X 1104.

School Budget Vote.

Bethlehem Central High School
700 Delaware Ave, Delmar
Tuesday, May 15th

Transportation available morning only!

Call to reserve a ride to vote

Polls are open from 7:00 a.m.-9:00 p.m.



Purls of Wisdom—Knitting Group

Meets every other Tuesday, 12:00 p.m.—3:00 p.m.
May 1st, 15th, 29th, June 12th and 26th

Susan Baumgras is the facilitator of this group.

Beginners Welcome! Learn to knit, bring your own project to work on, or make something to donate, such as lap-robies, preemie hats and head huggers. **Transportation available.**



AARP Smart Driving Class

Wednesday, June 20th and July 18th Bethlehem Town Hall, 445 Delaware Ave., Delmar, 9:00 a.m. to 4:00 p.m. with an hour break for lunch. Course fee \$20.00 for A.A.R.P. members w/card and \$25.00 for non-members. Please pay by check or money order payable to AARP. Reservations for June's class begin on June 1st and July's class begin on July 2nd from 8:30 a.m.—12:00 p.m., **in person only**, at the Bethlehem Town Hall. **Space permitting**, phone reservations accepted after 12:00 p.m. and on the subsequent days.



Bethlehem Senior Projects, Inc.

Did you know that Bethlehem's Senior Services Department and Bethlehem Senior Projects, Inc. (BSP) work together to provide the services that you are reading about in this Newsletter? There are four vans, three of which are wheelchair accessible and four cars which are used to take people to medical and health related appointments, grocery shopping, and to hair-dressers as well as to do errands (bank, pharmacy or library, for example) when possible. Donations to the **Transportation Fund** are welcome to help purchase new cars and vans as they need to be replaced every few years. BSP pays for one half of the vehicles and the Town purchases the other half of the fleet.

There is also an **Emergency Heating Fund** through BSP. The heating fund assists people in our community who are struggling to pay their utility bills when there is a shut-off notice from the utility. When there is a very cold winter or a very hot summer, this fund is used.

All of the bills for Bethlehem Food Pantry are paid for by Bethlehem Senior Projects, Inc. There are about 50 families that use the Bethlehem Food Pantry each month. Families receive non-perishable items as well as fresh produce. The Pantry is currently undergoing some remodeling (and is temporarily located in another room in Town Hall) and there will be a need for new equipment when it is back up and running again. If you would like to make a financial contribution to the **Bethlehem Food Pantry**, it can be done through Bethlehem Senior Projects, Inc.

YOU can make a contribution to **Bethlehem Senior Projects, Inc.** and it will be directed to the fund that you designate, or it can remain **Undesignated** and it will be used where needed most.

Thank you for considering a donation in honor or in memory of a loved one or for remembering Bethlehem Senior Projects, Inc. as a part of your legacy. All contributions will be used for the good of our Town's residents, and they are greatly appreciated.

**Make checks payable to
Bethlehem Senior Projects, Inc.,
445 Delaware Avenue
Delmar, NY 12054.**



Heard it through the grapevine

Bethlehem Senior Citizens



Open House

Town Hall Auditorium, Delmar

Thursday, June 21st

Program Time: 11:00 a.m.—4:00 p.m.

Light refreshments will be offered

Wouldn't you enjoy meeting your friends each week to play board games, cards? Bring you favorite board game or maybe you wish to come and chat over a cup of tea or coffee.



Bethlehem Senior Services is now offering transportation on a limited basis so come and join the fun!

Meeting Details:

The group meets every Thursday

Yearly Dues: \$5.00 (Age 55 to 90), 90 + Free

Weekly Fees: .50¢ per meeting attended

Participants must reside in the Town of Bethlehem and/or Bethlehem Central School District

For more information or to make a transportation reservation contact, Elizabeth at 518-439-4955 x 1176.

National Senior Health & Fitness Day

There are many exciting opportunities for health and fitness in our community.



The Bethlehem YMCA and the Town of Bethlehem will feature many of them on the 25th Anniversary of the National Health and Fitness Day on Wednesday, May 30th. No transportation offered.

Highlights include:

YMCA 9:00 a.m. to Noon - Sample classes

- Vendor and displays from organizations

Elm Avenue Park Noon to 4:00

- Open fitness classes
- Cookout at the great Pavilion Noon to 1:00 p.m.
- New exercise trail - open with instructors at all three fitness stations.
- Tai Chi and Chair Yoga sample classes

The Honest Weight Coop & Cornell Co-Op Ext. at the Elm Ave. Park

- Demonstrations during this time

For more information and/or register for lunch, please call 518-439-4955 x 2131.

Community Garden NEW Program

Garden Volunteers Needed!

Do you miss getting your hands dirty but don't want the full responsibility of a garden? Bethlehem Senior Services has been granted a "Senior Friendly" plot in the new Community Garden at the Elm Avenue Park, with the goal of growing fresh organic vegetables to donate to the Bethlehem Food Pantry. We are looking for volunteers to care for the garden during the summer until harvest time. If you have a particular skill or you just want to help out occasionally with different tasks, we can always use your help and find a way for you to get involved. The Garden is a 10 x 20 foot plot with access to tools and water. There will be one chair-high raised bed and several lower raised beds. This is an opportunity to enjoy the beauty of a garden while helping the community. Studies show that gardening is good for your overall health and soul. **Transportation may be available. This is a physically intense activity.** Please contact Heidi Ziemke, 518-439-4955 x 1169.



Annual Garden Tour

Wednesday, June 13th

Garden Tour: 4:00 p.m.—8:00 p.m.

Tickets \$15 on 6/13, from 4-6 p.m. at Slingerlands Price Chopper Plaza (parking lot only) or Delmar Presbyterian Church, 585 Delaware Ave.

More information: bethlehemgardenclubny.org



2nd Milers Retired Men's Club

Wednesday, May 9th

El Camino, a walking pilgrimage to Santiago

Presenter: Brenden Mooney

Wednesday, June 13th

An illustrated history of the Watervliet Arsenal

Presenter: Robert Pfeil, Retired Director W.A.

Wednesday, September 12th

Sing-a-Long

Presenter: Wally Jones

Normanside Country Club, Delmar, NY

Program Time: Noon, followed by presenter

New members welcome. Contact Bob Mulligan at 518-439-3802 for more information.



Heard it through the grapevine

No transportation is offered for these events, unless specifically noted

Health Information Day

“Aging Vision & Medicare”

Bethlehem Town Hall Auditorium

445 Delaware Ave., Delmar

Wednesday, June 6th

Program Time: 1:30 p.m.—3:00 p.m.

★ Reservations are required

Northeastern Association of the Blind at Albany (NABA), Empire Blue Cross/Blue Shield and Bethlehem Senior Services are co-sponsoring a health information day. The purpose of the event is to provide the community with information about the leading causes of vision loss and how NABA’s low vision services, adaptive aids, and technologies can help.



Cheryl Lawyer, NABA Outreach & Education Coordinator and Mike Strangia from Empire Blue Cross/Blue Shield will be the featured speakers. Ms. Lawyer, a New York State Certified Teacher, provides community education about vision loss, service dogs and NABA’s low vision rehabilitation services. She will present “Aging Successfully with Aging Vision ~ What YOU can do!” Low vision aids will be demonstrated and available for sale. Mr. Strangia will provide information to help attendees better understand signing up for and accessing Medicare services.



To register for the Health Information Day, contact Bethlehem Senior Services at (518) 439-4955, ext. 1176. Seating is limited. **Transportation is available**, please see pages 2 and 7 for our transportation requirements.

★



NABA Ambassador



“Clive” will be in attendance on June 6th to help teach about service dogs and provide puppy love.

Post Office Food Drive

Saturday, May 12th, place your bag of groceries out for pick up. Please make sure items are not dented, rusted or past their expiration dates. Thank you!

Household Hazardous Waste and Electronics Collection Day

Highway Garage, 74 Elm Ave East, Selkirk

Saturday, May 5

8:00 am to 1:00 pm

Partially funded by NYSDEC Grant

- Only Town of Bethlehem Residents and pre-registered Town businesses can participate.
- Proof of Residency is a valid New York State Driver’s License or current Town tax bill.
- Keep wastes in their original labeled containers. Tighten lids and pack securely in a cardboard box.
- Never mix chemicals. Wrap leaking containers in newspaper and place in plastic bag or container.
- DO NOT smoke near chemicals or leave product in a hot, unventilated vehicle for an extended period of time.
- For your SAFETY, please stay in your car. Workers will unload the material.
- We reserve the right to refuse any material that is deemed unacceptable by the managing chemist.

For a full list of acceptable waste and unacceptable waste or more information pertaining to the event please contact the Highway Department

at 518-439-4955 x 1510 or
www.townofbethlehem.org.





WORD SEARCH

N P F E E C F S B G M N W T L
 E O Q R O R E A R A W P R S L
 W H I F I E U O R O L A P N G
 S S F T K E C D T M N L O O C
 L E H N A E N S E S E U E I N
 E T A O R S R D P C T R T T O
 T Y R I P E R O S R O I S A I
 T L E O P P R E E H Z R P N T
 E S R O P T I A V E I R P O A
 R B O U A P C N N N O P U D N
 A C X T P H U S G M O C O U I
 O D I S C U S S I O N C R C C
 S O E N I V E P A R G Q G K C
 N L A N O I T A E R C E R S A
 S H I N G L E S I N G E R S V

WORD SEARCH WORDS

BALLET CITIZENS
 COFFEE CONVERSATION
 COOPERSTOWN DISCUSSION
 DONATIONS DUCKS
 FARMERS FRIENDSHIP
 GRAPEVINE GROCERIES
 GROUP NEWSLETTER
 OUTREACH PROCEDURE
 PROM PURL
 RECREATIONAL SHINGLES
 SHOPPING SINGERS
 SUPPORT TRANSPORTATION
 VACCINATION YANKEES

Corny Corners

I wondered why the baseball was getting bigger. Then it hit me.

A bicycle can't stand alone; it is two tired.

Why didn't 4 like 5? Because he was odd.

Sadly, hydrogen and helium broke things off, but they still think of each other periodically.

"Have you heard of Murphy's law?"

"Yeah"

"What is it?"

"If something can go wrong, it will go wrong."

"Right. Have you heard of Cole's Law?"

"No, what is it?"

"Thinly sliced cabbage."

SBOOLSM _____
 ETDAOLP _____
 ESSUNHIN _____
 UYLB TETFR _____
 ARLLUBEM _____
 SILADOFDF _____
 OELFROSW _____
 ACLRRAITLEP _____
 GADUSBYL _____
 ANWORBI _____
 TEUODIS _____
 PDULESD _____

Transportation is Offered for:

See transportation requirements pages 2 & 8

Senior Prom	See Page 1
Outreach Programs	See Page 3
Purls of Wisdom	See Page 4
School Budget Vote	See Page 4
Bethlehem Senior Citizens	See Page 5
Community Garden (Possible)	See Page 5
Health Information Day	See Page 6
Social/Recreational Trips	See Page 9

DAFFODILS
 CATERPILLAR
 BUTTERFLY
 BLOSSOM
 PIDDLES
 OUTSIDE
 LADYBUGS
 FLOWERS
 UMBRELLA
 TADPOLE
 SUNSHINE
 RAINBOW



Let's go out on the town—Policy and Procedures

Trip Sign Up

Sign ups begin at 8:30 a.m. on Tuesday, May 1st on a first come, first served basis. For special needs, please state at time of sign up. Payment is due at registration. Cancellation Policy: Program costs are your responsibility, unless your spot can be filled. To cancel after 4:30 p.m., call 518-439-4955, x1176, Liz's voicemail.

You will be called on the working day before the event and informed of departure time from Town Hall or the time of home pickup. Payment for programs may be made in cash or check (made payable to *Town of Bethlehem*, unless otherwise noted) with separate checks for each program.

What do the STARS mean next to the programs?

Let us help you make an informed and safe choice when signing up for our programs. All individuals should be able to walk to and from the event (unless they make arrangements in advance to accommodate a special need), be able to get in and out of our vehicles (both vans and cars), and be able to use the restrooms independently. We strongly encourage individuals to sign up only for those programs that they can safely navigate, and con-

sider the ease or difficulty of the venue when making that decision.

***Easy**, short distances to walk, few stairs (e.g., van, theater) small incline.

****Moderate**, fair amount of walking, stairs, (e.g., van, theater) inclines, possible uneven ground.

*****Difficult**, long distances to walk, uneven ground, up and down hill. Strongly suggested that individuals with walkers, canes or wheelchairs not participate.

Rules of the Ride

Before accessing transportation, a **Client Information** sheet **must** be completed. This form is available on-line or in the Senior Services Department at the Bethlehem Town Hall.

Schedule your appointments for Monday-Friday no earlier than 8:30 a.m. and no later than 2:00 p.m.

Reservations for rides are made on a pre-arranged basis by calling 518-439-5770 Monday-Friday between 9:00 a.m. & 3:00 p.m.

We will accept transportation reservations as far as a year in advance, please make your appointments as soon as possible.

Service is offered within a 17 mile radius of the Bethlehem Town Hall. We do not provide transportation to Ravena, Rensselaer or Schenectady counties.

The service, which is strictly “curb to curb” includes cars, vans and handicapped accessible vehicles equipped with hydraulic wheelchair lifts or ramps.

Lifting of clients and/or wheelchairs is not permitted by our staff or volunteers. Wheelchair ramps and entranceways at your residence must meet code requirements.

All passengers who utilize the service must be able to sit upright during transport and be able to follow basic directions.

Ambulatory clients must be able to enter and exit vehicles with little or no assistance.

The drivers, helpers and reservationists are all volunteers, please be friendly and respectful to all.



What do the Stars mean? See page 5 for details!

Coffee and Conversation

*

Lunches Out and Library Programs
Tool's Restaurant, Bethlehem Public Library
Program Time: 1:00 p.m.
Program Cost: None, lunch on your own

Friday, May 4th

Wildflowers: Faces, Facts and Folklore
Presenters: Coop Master Gardener

Friday, May 11th

Beekeeping
Presented: Anne Frey, Adirondack Beekeepers

Friday, June 1st

Mahican, Mohican, Mohegan?
Presenter: Steve Trimm, Grant Cottage Tour Guide and amateur historian

Friday, June 15th

Joy of Trains-History of Trains in the American West
Presenter: Chuck Oates, Storyteller and Singer

Movies

*

Spectrum Theatre, Albany
Tuesday, May 22nd
Program Time: 10:00 a.m.
Program Cost: Tickets on your own



The Friendship Singers

*

Delmar Reformed Church, Delmar
Dinner at Panera Bread, Glenmont
Friday, June 1st
Dinner Time: 5:00 p.m., cost on your own
Concert Time: 7:30 p.m.
Donations to benefit BCSD's Back Pack Program

The Saratoga Performing Arts Center (SPAC)

National Ballet of Cuba "Giselle"
Wednesday, June 6th
Dinner Time: 5:00 p.m. at The Ripe Tomato
Performance Time: Ballet at 8:00 p.m.
Ticket Cost: \$51.00, Dinner on your own

Join us for dinner at The Ripe Tomato and the National Ballet of Cuba as they exhibit their exuberant flair—and uniquely Cuban, athletic training based in the Russian style. Giselle is the fairy tale about a peasant girl who falls in love with a dashing prince disguised as a commoner. A haunting story of betrayal, heartbreak, forgiveness and redemption. Check out the menu at www.ripetomato.com (Malta NY).



Bethlehem Senior Chorus Summer Concert "Coming and Going"

*

Town Hall Auditorium, Delmar
Lunch at the Windowbox Cafe
Friday, June 8th
Program Time: 1:00 p.m.
Program Cost: Free, Lunch on your own

The Bethlehem Senior Chorus celebrates the end of cabin fever with a concert titled "Coming and Going!" Join us for our sentimental musical journey of songs you are sure to recognize as we welcome the warmer weather.



Picnic at Henry Hudson Park

**

Thursday, June 14th
Program Time: 5:00 p.m.
Program Cost: \$5.00, Subway Box Lunch

Choices are: Italian BMT, Club, Turkey & Ham, Tuna, Roast Beef or Turkey, includes chips and a cookie. We will provide water.

In honor of Flag Day lets go have a picnic at the Henry Hudson Park.

Albany Super Ducks

Lunch at the Albany Pump Station
Tuesday, June 19th
Program Time: 10:30 a.m.
Program Cost: \$26.00, Lunch on your own

Let's tour historic Albany, one of the oldest surviving European settlements from the original thirteen colonies and then comes the big splash...literally...



as your captain takes your tour to the waters of the Hudson River for a spectacular view of the Albany skyline.

Park Playhouse

*

Washington Park, Albany
"Damn Yankees"
Tuesday, July 10th
Program Time: 8:00 p.m.
Cost: \$20.00 subject to change



"Damn Yankees" is a musical comedy based on the Faust legend set during the 1950s in Washington, D.C., during a time when the New York Yankees dominated Major League Baseball.

Let's go to Cooperstown, New York!

Saturday, October 13, 2018

We are going to Cooperstown, choose one of the following locations to tour: Farmers Museum, Fenimore Art Museum, or , Main Street in the Village. We will enjoy a buffet lunch at the Otesaga Hotel and Resort. After lunch we will tour the Bear Pond Winery and enjoy a tasting. All ages welcome, no residency required.



ITINERARY

8:30 a.m. Leave from Bethlehem Town Hall, 445 Delaware Ave.

Choice of One of the following activities:

10:00 a.m. Drop off	11:45 a.m. pick up Fenimore Art Museum
10:15 a.m. Drop off	12:00 p.m. pick up Farmers Museum
10:30 a.m. Drop off	12:15 p.m. pick up Cooperstown Main St.

We will go to the following activities together as a group:

12:30 p.m. Drop off	2:15 p.m. pick up Lunch at Otesaga
3:00 p.m. Drop off	4:45 p.m. pick up Tour Bear Pond Winery

5:00p.m. Leave for Bethlehem Town Hall, 445 Delaware Ave.

COST

\$ 65.00 per person, Museum costs or shopping on your own

Cost includes Buffet Lunch, Winery Tour & Tasting, bus trip, driver's gratuity, & donation to: Bethlehem Senior Projects, Inc., 445 Delaware Avenue, Delmar, NY 12054, Attn: Jane Sanders

Complete the form below and return it no later than **September 14, 2018** with a check payable to "Bethlehem Senior Projects, Inc." to the address listed above.

Questions? Contact *Bethlehem Senior Projects, Inc.* at 518-439-4955 x 1171

Name: _____

Address: _____

Phone Home: _____, Cell: _____ email: _____

Bus, Lunch & Winery Tour: _____ persons x \$65.00 = \$ _____

Total enclosed: \$ _____

Note: Checks must be received by September 14th. Should the trip be cancelled (due to insufficient registration or other circumstances beyond our control), payments will be refunded in full. If the trip is not cancelled, payments are nonrefundable unless the seat(s) can be filled.