

# SENIOR SERVICES NEWSLETTER



## TOWN OF BETHLEHEM

445 Delaware Avenue, Room 110

Delmar, NY 12054

518-439-4955 X 1176

[townofbethlehem.org](http://townofbethlehem.org)

[BSS@bethlehemny.gov](mailto:BSS@bethlehemny.gov)

**NO TRANSPORTATION SERVICES ON FRIDAY, APRIL 3<sup>RD</sup> (GOOD FRIDAY)**



### **A Word From the Director**

"It may be hard to believe, but winter will soon be behind us. The sounds of spring will fill the air once again. As the weather improves, we plan to expand our program offerings. Some highlights for spring include a performance of "The Sound of Music" at Proctors Theatre, an excursion to Schenectady for the "Titanic Immersive Voyage", a trip to Maple Weekend at Bittersweet Maple Farm in Berne, and more. Whether you're participating in a program, using our transportation services, or meeting with our outreach workers, we are committed to providing you with the highest quality service. Remember, our office is your office. Your ideas and suggestions are always welcome. We look forward to seeing you soon."

Sincerely,  
Will Vail



### **A Word From the Town Supervisor**

"As we all know, winter can be a tough time for many who find it hard to get out and about. Luckily, our dedicated Senior Services volunteers are here to help by providing rides to doctor appointments, hair salons, grocery stores, and more. In 2025, they provided over 19,000 rides and traveled more than 106,000 miles—about four times around the earth. They can also assist with transportation to the many programs and events organized by our Senior Services team. So, check the calendar and come join the fun, even if you need a ride!"

Cheers,  
David VanLuven

**New to our services? Fill out a [Participation Form](#) to get started! Submit a completed form to [BSS@bethlehemny.gov](mailto:BSS@bethlehemny.gov) or by mail to 445 Delaware Ave., Delmar, NY 12054**

# Staff Contact Information

## **William Vail, LCSW-R**

Director  
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wwail@bethlehemny.gov

## **Peggy Osborne**

Transportation Coordinator  
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## **Jennifer Casale, LMSW**

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## **Anna Biggane**

Program Coordinator  
518-439-4955 x 1176  
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## **Shannon Bastiani, BSW**

Outreach Worker  
518-439-4955 x 1169  
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## **Nancy Koszyk**

Program Assistant  
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## **Amanda Gardy, MPH, MSW**

Outreach Worker  
518-439-4955 x 1175  
agardy@bethlehemny.gov

**Stay connected!**  
**Follow our Facebook Page for**  
**updates & announcements**



## **Bethlehem Senior Projects, Inc.**



Our Mission—To raise funds to purchase food for our food pantry, supplement transportation services, and support social and educational programs provided to residents through the Town of Bethlehem Senior Services Department. Visit us at [bethlehemsenioprojects.org](http://bethlehemsenioprojects.org) to learn more, donate, or join our mission.

## **Bethlehem Senior Services Survey**

We would love to hear from you! Please fill out one of our anonymous surveys in the office or visit one of the following links.

- Overall Services Survey - <https://www.surveymonkey.com/r/RD9SJ66>
- Program Survey - <https://www.surveymonkey.com/r/93J769C>
- Food Pantry Survey - <https://www.surveymonkey.com/r/D6NRRPW>



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# National Volunteer Month



April is National Volunteer Month, a special time to recognize and celebrate the incredible individuals who generously give their time, talents, and compassion to support our seniors and strengthen Bethlehem's community.

At Bethlehem Senior Services, our volunteers are the heart of everything we do. Whether they are answering a phone call, assisting with activities, providing transportation, supporting our food pantry operations, or helping behind the scenes, their dedication makes a meaningful difference in the lives of older adults every single day.

Established in 1974, National Volunteer Month honors the power of volunteerism and encourages people across the country to get involved in their communities. Today, many organizations continue to promote service and civic engagement nationwide, reminding us that even small acts of kindness can create lasting impact.



## Thank You to Our Volunteers!

To each of our volunteers—your time, patience, and generosity do not go unnoticed. You bring warmth, dignity, and joy to those we serve. Because of you, seniors in our community remain connected, supported, and valued. We are deeply grateful for your commitment and proud to celebrate you this month and throughout the year.



## Interested in Volunteering?

If you or someone you know would like to make a difference, we invite you to join our volunteer team. There are opportunities to fit a variety of interests, schedules, and skills. Contact Bethlehem Senior Services to learn how you can get involved and help us continue building a caring, connected community. Together, we make Bethlehem stronger. ❤️



# News You Can Use!

## TOWN OF BETHLEHEM – SPRING 2026 RECYCLING EVENTS

Questions? Email [drain@townofbethlehem.org](mailto:drain@townofbethlehem.org) or call 518-439-4955 x 1510, Monday – Friday, 8:30 a.m. – 4:30 p.m.

### **COMPOST - OPENING WEEK**

Shoveled, bagged, or loaded compost and wood mulch products for your gardening and landscaping needs!

**Wed., April 1 – Sat., April 4; 8:00 am - 4:00 pm; Town Compost Facility**

1244 Feura Bush Rd (Rte 32 South, 2 miles South of Elm Avenue Park).

Bring your own containers and shovel, or vehicle to purchase loaded material.

Bagged compost also available for purchase. (*Spring Hours: Tues. thru Sat. 8-4*)

### **SPRING RECYCLE FEST!**

- Clothing and textile reuse and recycling
- Secure document shredding
- Book reuse and recycling
- Bicycle reuse
- Backyard Composter and Rain Barrel Sale (pre-order)

**Sat., April 25; 10:00 am - 1:00 pm; Elm Avenue Park**

Co-sponsored by the Bethlehem Central School District Green Team, Delmar Farmers Market and Grassroot Givers. Secure Shredding: Limited to residents & BCSD taxpayers with ID; 3 med. boxes per household. Books collected for reuse or recycling by Grassroot Givers; \$ donations gratefully accepted. Bicycles collected for reuse. Pre-order composters & rain barrels online by 4/23/26.

### **PHARMACEUTICAL COLLECTION**

(Scheduled as part of DEA National Take Back Day)

**Sat., April, 25 (TENTATIVE); 10:00 am - 2:00 pm; Elm Avenue Park.** Bring

expired or unwanted medications for safe anonymous disposal. See the town website in March to confirm date and for more details. Or dispose at pharmacies.

### **GIVEAWAY WEEKEND: BCSD Reuse Event**

**Fri., May 8, 12 pm – Sun. May 10, 5 pm.** See School District website soon.

### **HOUSEHOLD HAZARDOUS WASTE COLLECTIONS**

**Saturdays; 8 AM – 12 PM; 5/9 (Troy); 7/25 (Schodack); 9/19 (Brunswick) and 10/17 (Bethlehem Highway Garage)** Pre-registration is required and will be available by March, and an arrival timeslot will be assigned. Bethlehem residents: register on-line when activated (preferred). To register by email or phone for one of the events use the contact info at the top; include name, address, phone, email.

### RECYCLING THROUGHOUT THE YEAR

**Clothing and Textiles:** Clothing, footwear, and textiles can also be recycled in the bins at the CDTA Elm Ave Park & Ride, the Town Municipal Lot at 407 Kenwood Ave (by Hughes Opticians), the Transfer Station, or with local charitable organizations. See [www.townofbethlehem.org/recycling](http://www.townofbethlehem.org/recycling) for details.

**Electronics:** Recycle TVs, computers, printers, monitors, peripherals, etc. and all cables year-round at the Town's Rupert Rd Transfer Station.

**Mixed Paper, Cardboard and Books:** Recycle at the Town's Rupert Rd Transfer Station (except hardcover books—remove covers to recycle); or recycle these materials curbside with your private hauler. Fees may apply.

**Transporting your papers to the Shredding Event?** If you are over the age of 60, Bethlehem Senior Transportation may be able to help you with home pickup. If you'd like more information or to arrange a pickup time for your papers, please call 518-439-4955 ext. 1170 **by Friday, April 17<sup>th</sup>.**

### **AARP Smart Driver™ Course**

Tuesday, March 31<sup>st</sup>, 2026

10:30 a.m. - 5:00 p.m.

Bethlehem Town Hall, Auditorium

\$25 for AARP members/ \$30 for non-members.

Call **518-439-4955 x 1168** to register.

**AARP**  
Driver Safety



# Town Assessor's News

Applications and renewal forms for property tax exemptions must be submitted by March 2<sup>nd</sup>. Late renewals for the Senior Citizens exemption may be considered in certain cases—please call 518-439-4955 ext. 1104 if you have questions.

If you turn 65 this year and qualify for Enhanced STAR, the New York State Department of Taxation and Finance will automatically convert your benefit. No application is required. Be sure to review any STAR-related letters requesting additional information or noting changes, and respond promptly to avoid losing your exemption.

For STAR assistance, contact 518-457-2036 (Monday–Friday, 8:30 a.m.–4:30 p.m.). You also have the option to switch to the STAR Credit, which provides a check directly from New York State and may offer greater savings. To register, visit [www.tax.ny.gov](http://www.tax.ny.gov) or call 518-457-2036. Direct deposit is available. If you have questions, please contact the Town Assessor's Office at 518-439-4955 ext. 1101.

## **Tax-Aide & Volunteer Income Tax Assistance (VITA) Locator Tools**

- Capital Region VITA Sites (United Way of the Greater Capital Region)
  - <https://www.unitedwaygcr.org/cash/free-tax-prep>
  - 518-456-2200
- AARP Foundation Tax-Aide Locator
  - <https://www.aarp.org/money/taxes/aarp-taxaide/locations/>
  - Email [taxaide@aarp.org](mailto:taxaide@aarp.org) or call toll-free 1-888-227-7669.
- IRS VITA/TCE Locator
  - <https://irs.treasury.gov/freetaxprep/>
  - Call 1-800-906-9887 or dial 211 for additional information.

## **Free Online Tax Filing Options**

- IRS VITA: [irs.gov](http://irs.gov)
- NYS Dept. of Taxation: [tax.ny.gov](http://tax.ny.gov)
- Credit Karma: [creditkarma.com/tax](http://creditkarma.com/tax)
- H&R Block: [hrblock.com](http://hrblock.com)
- TaxAct Free: [taxact.com](http://taxact.com)
- TaxSlayer Free: [taxslayer.com](http://taxslayer.com)
- TurboTax Free: [turbotax.intuit.com](http://turbotax.intuit.com)



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# Transportation

Monday-Friday | 8:30 a.m. - 2:00 p.m. | 518-439-5770

**Due to high demand, please schedule your ride at least 24 hours in advance or as soon as your next appointment is confirmed. Last-minute requests cannot always be guaranteed or accommodated.**

## Where can we take you?

 Chemo / Radiation / Dialysis

 Medical Appointments

 Grocery Shopping (weekly runs)

 Hairdresser (local, on Thurs. only)

 Bank / Pharmacy

 Adult Day Care

 Hospital / Nursing Home Visits

 Voting (*except Election Day*)

 Shopping Center

 Department of Motor Vehicles

 Other (Library, YMCA, Elm Ave. Pool)

## Are you eligible to ride with us?

✓ Age 60+ and a Town of Bethlehem resident

✓ Living independently in your own home or apartment (nursing homes, rehab, and assisted living facilities not included)

## How much does it cost?

### We run on suggested donations:

\$5.00 Round Trip—In the Town

\$10.00 Round Trip—Albany Area

\$15.00 Round Trip—All other locales

## General Rules of the Ride and Expectations:

- Before your first ride with us, a completed [Participation Form](#) must be submitted to our office.
  - Please schedule your appointments between 8:30 a.m. and 2:00 p.m.
  - Our service area is within a 17-mile radius of Bethlehem Town Hall.
  - Transportation services do not extend to Ravena or destinations beyond Albany County.
  - Our services are curb-to-curb.
  - Ambulatory clients must be able to enter and exit vehicles with little or no assistance.
  - Wheelchair ramps and entranceways at your residence must meet code requirements.
  - Lifting of clients and/or wheelchairs by staff and volunteers is not permitted.
  - All riders and program participants are expected to communicate with staff and volunteers respectfully and courteously.
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**Reservations are required for all shopping trips to ensure there is space available on each van. Please call 518-439-5770 for more information.**

## Weekly Grocery Shopping

Grocery shopping is only available on Wednesdays, Thursdays, and Fridays. We alternate weekly between Hannaford and Market 32. Your assigned shopping day depends on your location within the town.

### Wednesday

Elsmere, Delmar, Slingerlands, and North Bethlehem.  
(Including Marie Rose Manor Apartments)

### Thursday

Glenmont, Selkirk, and South Bethlehem.  
(Including Glenmont Abbey Village residents)

### Friday

Good Samaritan and Van Allen Senior Apartments.

### MARCH

Week of the 2<sup>nd</sup> & 16<sup>th</sup> - Market 32  
Week of the 9<sup>th</sup> & 23<sup>rd</sup> - Hannaford

### APRIL

Week of the 1<sup>st</sup>, 13<sup>th</sup>, & 27<sup>th</sup> - Market 32  
Week of the 6<sup>th</sup> & 20<sup>th</sup> - Hannaford



COLONIECENTER

## Shopping Trips



**Walmart and Glenmont Plaza, Monday, March 2<sup>nd</sup>**

*Suggested Transportation Donation: \$5.00*

**Colonie Center and Northway Mall, Monday, April 6<sup>th</sup>**

*Suggested Transportation Donation: \$10.00*

**Walmart and Glenmont Plaza, Monday, May 4<sup>th</sup>**

*Suggested Transportation Donation: \$5.00*



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# Program and Event Information

Registration is required for all programs and events.

☎ Call 518-439-4955 x 1176

🚌 Transportation is available on a limited basis for all programs, unless otherwise noted.



## How do I register?

- You must have a completed Participation Form on file if you're not already registered in our system. (Submit a completed form to BSS@bethlehemny.gov or by mail to 445 Delaware Ave., Delmar, NY 12054.)
- Program registration can be done in person or by phone.
- Someone from our team will contact you to confirm the programs you're registered for. Please note that some programs fill up quickly; if that happens, you'll be placed on the waitlist for that particular program.

## How much are programs? How can I make a payment?

- Each program lists a "Program Cost" and a "Transportation Fee."
- The transportation fee is waived only on programs when driving yourself is feasible.
- Both the cost for programs and transportation fees are due within one week of sign-ups.
- We will accept one payment for multiple program registrations.
- **Payments are non-refundable.** In certain cases of last-minute cancellations after payment, a credit may be issued for use toward future program fees.
- Cash or checks can be made payable to the *Town of Bethlehem*, unless otherwise noted.

## I registered for a program. What happens next?

- You will receive a reminder call one business day before the program.
  - All programs must have a minimum of six registered attendees. If a program does not reach its minimum capacity, it may be canceled. You will be notified of any changes as soon as possible.
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# March and April Programs



Registration begins on **MONDAY, MARCH 2<sup>ND</sup>** @ 9:00 a.m.

**518-439-4955 x 1176**

We highly recommend that participants register only for programs they can safely take part in. Please review the following activity levels:

★ **Easy** — Short walking distances, few stairs, and gentle inclines.

★★ **Moderate** — Moderate walking, stairs, inclines, uneven surfaces, or light exercise.

★★★ **Difficult** — Long walking distances, uneven terrain, hills, or strenuous exercise.

*For ★Easy and ★★Moderate events, participants should be able to move through all parts of the event independently, unless prior arrangements are made for special needs. For ★★★Difficult events, we strongly recommend that participants be capable of sustained strenuous activity without the use of assistive devices.*

★★ 🗺️ 🎨 **23<sup>rd</sup> Annual Thacher Nature Art Show**

830 Thacher Pk Rd., Voorheesville, NY 12186

Date: Saturday, March 7<sup>th</sup>

Program Time: 1:00 p.m.

Program Cost: Free

Transportation Fee: \$7.00



★★ 🎵 **Music @ Noon Concert Series: Oxalis Trio (Flute, Oboe, Piano) and Lunch at Chick-fil-A**

Troy Savings Bank Music Hall, 30 2<sup>nd</sup> St., Troy, NY 12180

Date: Tuesday, March 10<sup>th</sup>

Program Time: 12:00 p.m.

Program Cost: Free; lunch on your own

Transportation Fee: \$7.00



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★★★  **Titanic: An Immersive Voyage**

Armory Studios NY, 125 Washington Ave., Schenectady, NY 12305

Date: Thursday, March 12<sup>th</sup>

Program Time: 3:00 p.m.

Program Cost: \$29.00

Transportation Fee: \$7.00



★  **The Community Hospice Series, Part 1: Overview of Hospice Care**

*Jamie Gallup, Provider Relations Specialist*

Bethlehem Town Hall, Room 101A/B

Date: Friday, March 13<sup>th</sup>

Program Time: 1:00 p.m.

Program Cost: Free

Transportation Fee: \$5.00



Discover how hospice is a Medicare benefit and the vital services it provides for those with serious illnesses nearing the end of life.

★★  **The Sound of Music at Proctors Theatre**

432 State St., Schenectady, NY 12305

Date: Thursday, March 19<sup>th</sup>

Program Time: 7:30 p.m.

Program Cost: \$38.00

Transportation Fee: \$7.00



★  **Poison Prevention for Older Adults and Caretakers, presented by Upstate New York Poison Center**

*Amy Hoffman-James, Public Health Educator*

Bethlehem Town Hall, Room 101A/B

Date: Friday, March 20<sup>th</sup>

Program Time: 1:00 p.m.

Program Cost: Free

Transportation Fee: \$5.00



Amy Hoffman-James, a public health educator at the Upstate New York Poison Center, will share information and tips to keep older adults and their loved ones safe. She will discuss medication safety, look-alike products, safe storage in the home, and tips for visiting friends and family. She will also share some types of calls the poison center receives from those 60+.

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★★★ 🍁 **Maple Weekend at Bittersweet Maple Farm**

44 Schanz Ln., Berne, NY 12023

Date: Saturday, March 21<sup>st</sup>

Program Time: 1:00 p.m.

Program Cost: Free

Transportation Fee: \$10.00



Learn how maple syrup is made, explore our tapping tools and demo table, tour the sugarhouse and sugarbush to see modern equipment and techniques in action, and—best of all—enjoy plenty of delicious samples of our pure maple products.

★★ 📍 **Krause's Homemade Candy & Lunch at Olive Garden**

1609 Central Ave., Albany, NY 12205

Date: Tuesday, March 24<sup>th</sup>

Program Time: 11:00 a.m. arrive at Krause's; 12:00 p.m. lunch

Program Cost: Free; lunch on your own

Transportation Fee: \$7.00



★★ 🎭 **"Archduke" at Capital Repertory Theatre**

251 N. Pearl St., Albany, NY 12207

Date: Wednesday, March 25<sup>th</sup>

Program Time: 7:30 p.m.

Program Cost: \$28.00

Transportation Fee: \$7.00



Serbia, 1914. When teenage Gavrilo Princip coughs blood into a doctor's lace handkerchief, he's delighted that the doctor lets him keep such a fancy souvenir. But the outlook quickly dims when Gavrilo and two other boys are diagnosed with deadly tuberculosis. Suddenly, these hungry urchins have nothing to lose. A fanatical captain exploits their despair for his own nationalist ends. Soon, they're hapless assassins bumbling their way into the start of World War I. In this pitch-dark farce, the notorious demise of Archduke Ferdinand is an allegory of our own perilous moment. This audaciously theatrical production comes to Capital Repertory Theatre directly from Philadelphia's Wilma Theater, winner of the 2024 Regional Theatre Tony Award. Inventive, hilarious, and heartbreaking, "Archduke" reminds us that a world torn apart by political extremism inevitably eats its young.

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★ 🏠 **The Community Hospice Series, Part 2: Hospice vs. Palliative Care**

*Jamie Gallup, Provider Relations Specialist*

Bethlehem Town Hall, Room 101A/B

Date: Friday, March 27<sup>th</sup>

Program Time: 1:00 p.m.

Program Cost: Free

Transportation Fee: \$5.00



Learn the key differences between hospice and palliative care, when each is appropriate, and the benefits they offer.

★★★★ 🍁 **Maple Weekend at Skinner's Sugarbush**

58 Edwards Rd., Wynantskill, NY 12198

Date: Saturday, March 28<sup>th</sup>

Program Time: 1:00 p.m.

Program Cost: Free

Transportation Fee: \$10.00



Enjoy live demonstrations of the maple syrup-making process, guided tours of our sap collection area, and a barn filled with maple treats for sale. Browse traditional sugaring tools, pick up recipes, and learn how our maple syrup journey began.

★ 🎨 **Easter Rock Painting with Delmar Rocks**

Bethlehem Town Hall, Room 101A/B

Date: Wednesday, April 1<sup>st</sup>

Program Time: 3:00 p.m.

Program Cost: Free

Transportation Fee: \$5.00



Delmar Rocks is a Facebook-based community group in Delmar, New York, where residents paint, hide, and find decorated rocks to spread joy. Founded by Tanya Underwood, the group encourages sharing photos of hidden rocks. Light refreshments provided!

★ 🥯 **Bagel Crawl at Broad Street Bagel Co.**

5001 Dunhill Ct, Slingerlands, NY 12159

Date: Thursday, April 9<sup>th</sup>

Program Time: 12:00 p.m.

Program Cost: Free; lunch on your own

Transportation Fee: \$5.00



★ 🏠 **The Community Hospice Series, Part 3: Advance Directives**

Jamie Gallup, Provider Relations Specialist

Bethlehem Town Hall, Room 101A/B

Date: Friday, April 10<sup>th</sup>

Program Time: 1:00 p.m.

Program Cost: Free

Transportation Fee: \$5.00



Understand the importance of advance care planning and why making your wishes known early matters.

★★ 🎵 **Music @ Noon Concert Series: Veena & Devesh Chandra (Sitar and Tabla Musicians) and Lunch at Chick-fil-A**

Troy Savings Bank Music Hall, 30 2<sup>nd</sup> St., Troy, NY 12180

Date: Tuesday, April 14<sup>th</sup>

Program Time: 12:00 p.m.

Program Cost: Free; lunch on your own

Transportation Fee: \$7.00



★ 🍳 **“Cooking For One” Presented by Cornell Cooperative Extension**

Karen Roberts Mort, MS, Association Resource Educator II

Bethlehem Town Hall, Auditorium

Date: Friday, April 17<sup>th</sup>

Program Time: 1:00 p.m.

Program Cost: Free

Transportation Fee: \$5.00



Learn ways to downsize in the kitchen to help you spend less time and money while wasting less food. We will share strategies for planning, reducing recipe size, cooking in a mug, and transforming leftovers!

★★ 🎹 **The Hudson-Mohawk Chapter of the American Theatre Organ Society: Spring Concert Featuring Helen Maksymicz and Martha Regelmann**

GE Theatre, 432 State St., Schenectady, NY 12305

Date: Tuesday, April 21<sup>st</sup>

Program Time: 12:00 p.m.

Program Cost: Free

Transportation Fee: \$7.00



HM.

★ 🍞 **Bagel Crawl at The Works Café (Albany)**

1704 Western Ave, Albany, NY 12203

Date: Thursday, April 23<sup>rd</sup>

Program Time: 12:00 p.m.

Program Cost: Free; lunch on your own

Transportation Fee: \$7.00



★ 🐕 **RocDog Therapy Dogs: People Helping Dogs Help People**

Bethlehem Town Hall, Auditorium

Date: Friday, April 24<sup>th</sup>

Program Time: 1:00 p.m.

Program Cost: Free

Transportation Fee: \$5.00



RocDog is a Community Working Dog Group that partners trained dogs with people in need. Their dogs serve as emotional support, therapy, and service animals—providing comfort, connection, and task-based assistance to individuals and families. Through the PAWS for Hearts Project, RocDog also rescues, trains, and places dogs with families who have special needs, integrating them as valued members of the household and community.

★ 🍞 **Bagel Crawl at Latham Bagel Shop**

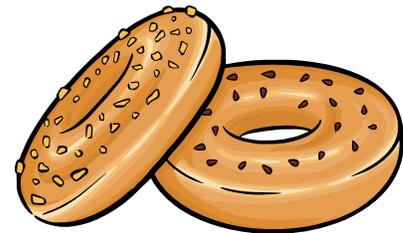
638 Columbia St. Ext., Latham, NY 12110

Date: Thursday, April 30<sup>th</sup>

Program Time: 12:00 p.m.

Program Cost: Free; lunch on your own

Transportation Fee: \$7.00



**ATTENTION!**

The New York City Ballet is coming to SPAC this summer, and we'd love to hear what excites you most! What performances, events, or experiences would you enjoy? Please call or email Anna to share your thoughts. Thank you—we can't wait to hear from you!



***"A Midsummer Night's Dream"***

***OR***

***"Innovators & Icons"***



# More to Explore!



## Bethlehem Public Library Listen and Learn Programs (FREE!)

451 Delaware Ave., Delmar, NY 12054 | 518-439-9314

Program Time: 1:00 p.m.

Please visit the library calendar for full program descriptions:

<https://bethlehem.librarycalendar.com/>

- Listen and Learn: The Women of Schuyler Mansion — Friday, March 6<sup>th</sup>
- Listen and Learn: Spring into Spring — Friday, March 20<sup>th</sup>
- Listen and Learn: Gardening Basics 101 — Friday, April 3<sup>rd</sup> (**\*Registration on the library calendar is required for this program.\***)
- Listen and Learn: Duo Envol — Friday, April 17<sup>th</sup>

## Recurring Activities

Town Hall, Auditorium

Registration is not required.

Please call 518-439-5770 if you need transportation.

### **Knitting, Crochet & Craft Group**

Tuesdays, 12:00 p.m. to 3:00 p.m.

### **Art Class**

Thursdays, 10:00 a.m. to 12:00 p.m.

Program Cost: \$5.00 per class to instructor Tom Baldovin

### **Game Day**

Thursdays, 12:00 p.m. to 3:00 p.m.

Learn how to play Mah Jongg or Pinochle!

## Parks & Recreation

### Exercise Programs

For class registration and more information, please call the Parks and Recreation Department at 518-439-4955 x 2131, or check out the [Winter/Spring 2026 Playbook](#)—no transportation offered.

### **Chair Zumba**

### **Essentrics® Aging Backward**

### **Healthy Bones**

### **T'ai Chi**

### **Yoga**



# Outreach and Support Services

Outreach workers are trained to help older adults and their families navigate housing, income assistance, and other aging-related services. Call 518-439-4955 ext. 1169, 1174, or 1175 to learn more or schedule an appointment.

## **March Is Social Work Month!**



Each March, Social Work Month honors the dedication and compassion social workers bring to children, adults, and families nationwide. The 2026 theme highlights the profession's mission to enhance well-being, meet basic needs, and empower people who are vulnerable or living in poverty. Learn more at the [National Association of Social Workers](#).

***We proudly recognize and thank our social workers: Will Vail, Jennifer Casale, Shannon Bastiani, and Amanda Gardy for the work they do.***

For New Yorkers age 60 and older, several vital programs are available to support health, nutrition, and financial stability, including:

- The **Supplemental Nutrition Assistance Program (SNAP)**, formerly known as food stamps.
- **Medicaid** provides health coverage to low-income individuals.
- **Medicare Savings Programs** help cover Medicare cost-sharing for people with low income.
- **HEAP (Home Energy Assistance Program)** helps eligible seniors with heating bills, emergency fuel or utility shutoffs, and, in some cases, the repair or replacement of heating equipment.

To learn about eligibility requirements or the application process for any of these programs, please contact our outreach team.

## **Veterans Benefits Counseling**

Bethlehem Town Hall, Room 101A

4<sup>th</sup> Monday of the month

1:30 p.m. to 3:30 p.m., walk-in hours, no appointment necessary.

Veterans Benefits Advisor, Bruce Pentland, offers personalized guidance on VA benefits, helping veterans and their families understand and access the services and support that they've earned.



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### **Alzheimer's Caregiver Support Group** (\*registration required\*)

*\*Residency in the town is not required to participate.\**

Delmar Presbyterian Church, 585 Delaware Ave.

2<sup>nd</sup> Tuesday of the month

11:00 a.m. to 12:30 p.m.

Register online via email or phone: [eeford@alz.org](mailto:eeford@alz.org), 800-272-3900 or 518-675-7214. This group is for caregivers, family members, and support persons of individuals living with dementia, including Alzheimer's. Facilitated by Outreach staff, it offers a safe, welcoming space for open discussion and shares helpful coping strategies to support your well-being on the caregiving journey. For more information: visit [www.alz.org/northeasternny](http://www.alz.org/northeasternny), 24/7 Helpline: 1-800-272-3900, or Alzheimer's Association of Northeastern New York [www.alz.org](http://www.alz.org).



### **Grief Support Group**

*\*Residency in the town is not required to participate.\**

Bethlehem Town Hall, 445 Delaware Ave., Room 101 A/B

4<sup>th</sup> Tuesday of the month

4:00 p.m. to 5:00 p.m.

This group is for anyone grieving the loss of a loved one. Participants explore different types of grief and how it affects their physical, emotional, mental, and spiritual well-being. Led by compassionate staff from our Outreach Department, the group offers a safe, supportive space for open discussion and shares healthy coping strategies for healing.



### **National Grid Advocate**

Bethlehem Town Hall, Room 101A

2<sup>nd</sup> Wednesday of the month

10:00 a.m. to 12:00 p.m., walk-in hours, no appointment necessary.

If you need help with energy bills, a National Grid Advocate can help you explore assistance options like the Energy Affordability Program, payment plans, budget billing, special protections, and Care & Share Grants.

**nationalgrid**

### **Discussion Group** (\*registration required\*)

Bethlehem Town Hall, 445 Delaware Ave.

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month

10:30 a.m. to 12:00 p.m.

Join a group for open conversation, fresh ideas, and respectful dialogue. Feel free to share your thoughts, ask questions, and engage with others. The group offers a meaningful and enjoyable experience for all! Call 518-439-4955 x 1176 for registration and details.



## **HEAP Application Assistance**

Bethlehem Town Hall, Room 101A  
 Wednesday, March 18<sup>th</sup>  
 2:00 p.m. to 4:00 p.m.

\*By appointment only, 20-minute appointments\*

Rachel Greenberg from the Cornell Cooperative Extension Department of Human Ecology will be available to assist with applications.



## **Free Financial Literacy Help**

Bethlehem Town Hall, Room 101A  
 Friday, April 3<sup>rd</sup>

2:00 p.m. to 3:30 p.m., walk-in hours, no appointment necessary.

The Financial Planning Association of NENY offers pro bono guidance on budgeting, personal finance, and investing to help improve financial literacy.



## **Community Loan Closet**

Need Medical Equipment? Free, **short-term** loans of durable medical equipment—such as wheelchairs, walkers, crutches, and shower chairs—are available to all town residents recovering from illness, injury, or surgery. Call or visit our office to check availability.



## **Bethlehem Food Pantry**

Serving Town of Bethlehem residents facing food insecurity, the pantry is run by Senior Services volunteers, with support from Bethlehem Senior Projects, Inc., and community donations. Reach out to us before organizing food drives to make sure you're collecting the most needed items or to schedule an appointment.



### **Items needed:**

- Pet food
- Cleaning products
- Batteries
- Paper towels
- Toilet paper
- Facial tissues



Support our community by donating food, gift cards, or funds to the Bethlehem Food Pantry—every contribution helps neighbors in need! Visit [bethlehemseniorprojects.org](http://bethlehemseniorprojects.org) to donate.