



*Town of Red Hook  
Senior Services Committee  
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**SENIOR EXPO PROGRAM  
SATURDAY, APRIL 27, 2019  
10-2**

**RED HOOK COMMUNITY CENTER 59 FISK STREET**

Though there will be a few vendors, most notably representatives from local nursing and rehab facilities and homecare nursing agencies, the focus of our Expo is mostly on services, activities, and local, state and national groups that serve our senior community, with local chapters.

**Informational tables will include:**

Dutchess County Office of the Aging, with File of Life Sign Ups  
Ulster Literacy Program  
New York State Health Dept. Hudson Valley Long Term Care Ombudsman  
Rebuilding Together DC Chapter home repairs for low income seniors  
Association for the Blind and Vision Impaired  
Captel - Free Caption Calls for the deaf and hearing impaired  
Anytime Home Care Agency  
The Grand Rehab and Nursing  
Next Step Home Care Agency  
The Red Hook Public Library  
Weatherization Sign Ups for Summer - free and low cost programs  
The Hudson Valley Woodcarvers  
Friends of Seniors Transportation  
Southern Tier Seniors  
AARP  
Red Hook Seniors  
Mediation Center Coalition on Elder Abuse

Hospice  
Archcare (Ferncliff) Nursing and Rehab  
The Red Hook Community Center  
NYS Senator Sue Serino  
Bard Mobile History Project - Oral History Interviews

**Fitness Demonstrations will include:** Yin Yoga, Tai Chi, Qi Gong, Feldenkrais, and Karate

**Healthy food cooking demonstrations:** Savona's Trattoria and The Ascienzo Foundation will present with delicious, nutritious samples.

**Classroom presentations will include:**

- **Identity Theft and Fraud Protection for Seniors**, Carl Newman
- **Budgeting and Frugal Living for Seniors** Victoria Rolfe
- **If Cars Could Talk - Occupational Therapy for Older Drivers** Kimberly Vranovics, OT
- **Get the Most Out of Your Meal - Nutrition for Seniors** with Lauren Jackson, RD
- **Gardening For Seniors** Kayla Bell Old Dutch Village Garden Club
- **Local History Presentation** William Jeffway representing Historic Red Hook

**Sample the Wonderful Offerings at the Red Hook Community Center:**

- Carol Annas will introduce event attendees to **the Sewing Room**
- Red Hook High School Students will offer tech help for seniors in **the Computer Lab**
- Dan Totten will offer instruction in making window boxes in **the Maker Space**
- Mira will demonstrate water color painting in **the Dining Room**
- Charlie Rubin will welcome prospective players to **the Ping Pong room.**

We look forward to seeing our community seniors and their families at our fun-filled event.  
Please help us spread the word!