



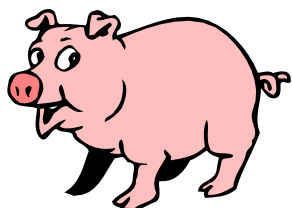
Scotia-Glenville Senior Citizens Senior Moments

Volume 37 Number 4

July-August 2011

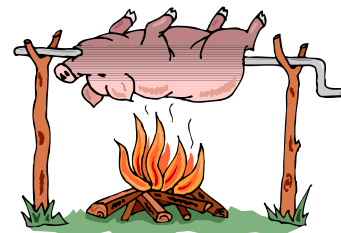
Glenville Senior Center ★ 32 Worden Road, Glenville, NY 12302 ★ 518-374-0734

Pig Roast Dinner and Roasted Chicken Dinner



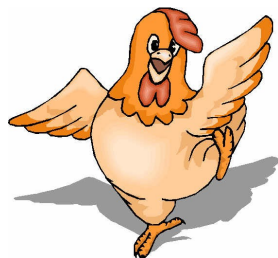
at the Senior Center
Senior Center membership not required
Sunday September 18, 4-6pm

Eat in or take out.

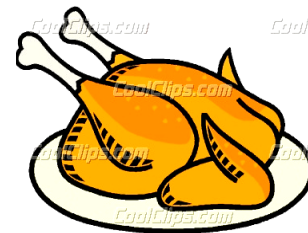


Pig Roast Dinner \$15
Roasted Chicken Dinner \$10
Meals include dressing, mashed potatoes and gravy,
green beans, tossed salad, cookies, beverages.

Presented by Andy's Catering



Tickets available now at the Senior Center
or at the door on Sept 18th.
You can also purchase tickets
from Social Committee members
Rosemary Pryne 399-4726
or **Ronnie Quinn** 399-5999



Wonderful trips planned

See page 7 for complete information

Luxury Catskill Train Ride

Wednesday, August 10
FINAL PAYMENT DUE JULY 21

Lake George Dinner Theater: "Skin Deep"

Tuesday, September 20
FINAL PAYMENT DUE SEPTEMBER 10

Ogunquit, Maine (3 days)

Tuesday thru Thursday, September 6-8
FINAL PAYMENT DUE JULY 15

Fall Foliage, Blue Ridge Mountains, Biltmore Estate, Gettysburg (5 days)

Saturday thru Wednesday, October 15-19
FINAL PAYMENT DUE SEPTEMBER 9

MARK YOUR CALENDAR

Exec Council: Thu: Jul 7 & Aug 4; 10:00 am
at Town Hall

Exec Council WILL meet in Jul and Aug

Directors: Thu: Aug 11; 2:00 pm
at Senior Center

No July meeting, but Board WILL meet in Aug

Senior Moments Deadline: Thu Aug 4

Senior Moments Mailing: Thu Aug 25, 9:00 am

Senior Center and Meal Site
CLOSED Mon Jul 4.

Reminder: The front desk closes at 3:00 pm
during July and August.
The Center remains open until 4:00.

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SENIOR CENTER NEWS

From The Prez

I'm not sure where the time goes. It seems that I was just writing my May-June message and now – here's July!

Our Bermuda cruise was wonderful: weather was perfect, food delicious, and the beaches delightful. A big thank you to our trip leader, fearless George Fountain, for this fabulous trip.

Keep reading *Senior Moments* for another possible cruise in 2012.

And don't forget the upcoming trips to the Catskills, Ogunquit, and the Blue Ridge Mountains/Biltmore Estate/Gettysburg. Details are on page 7.

Please show support of the Senior Center by joining in our many activities.

Enjoy the summer.

Linda

Senior Moments Mailing party

Thursday August 25, 9:00 am

Our *Senior Moments* newsletter is mailed six times a year. This couldn't be done without the help of the volunteers who fold the newsletter and apply the pre-printed labels for mailing. We'd like to see more of you at the party.

We gather in the meal site and are usually done in about 1½ hours. You can enjoy delicious refreshments and coffee, and chat with others while helping get the newsletter ready for mailing.

And a huge thank-you to **Jim Welnhofer** and **Andy Ekblaw** for help in delivering *Senior Moments* to the post office in Colonie.

Community Connections

Glenville seniors meet with the high-school students from Scotia-Glenville in doing projects for the community. Activities sometimes include educational programs and trips, and other times involve doing charity work for the community.

We meet the 2nd Wednesday of each month at the SG High School in Room B2. For more information, call **Jane Conroy** 370-4584 or **Arlene Meiklejohn** 399-7309. We'd love to have you with us!

Dollhouse Invitation

Do you have a dollhouse you made or furnished for your children or grandchildren? We are considering displaying them at the center to share with others. If you might be interested, be a doll and call Cindy at 374-0734.

2011 Scholarship Awards

Each year, the Center awards scholarships to two area high-school seniors who have demonstrated good scholarship and community service, with special emphasis on service to Glenville and Scotia senior citizens. Students who live in Glenville or Scotia, regardless of school affiliation, may apply to the Center for these awards.

This year, three students applied. The two chosen are **Danielle Conley** and **Brook Clemons**, both students at Scotia-Glenville High School. These girls performed many hours of volunteer work, including visiting elders at the Baptist Retirement Center, helping kids in lower grades after school, working with patients at Sunnyview, making cupcakes for folks eating at the City Mission, and a score of other projects. \$1000 scholarships were presented to **Danielle** and **Brook** at the June 3 S-GHS Awards Program.

We hope to report on their college plans as this information becomes available.

– *Arlene Meiklejohn, Scholarship Committee chair*

Non-stop Royal Wedding drew varied reactions:

Another Cinderella Story Starts. The power of the fairy tale was vividly illustrated again with the luminous wedding of comely commoner Kate Middleton to a charming Prince William – (*Maureen Dowd, TU, May 1*)

America's Nitwit Anglophiles. As two diabolically bland human beings – the vague, amorphous Prince William and the seemingly unemployable Kate Middleton – plight their troth, or whatever one does with a troth, Anglophilia is on full display all over the world, particularly in the U.S. – (*Joe Queenan, TIME, Apr 28*)

Here at the Senior Center, we used the occasion to reminisce about our own weddings, however luminous or bland they (or we) may have been. Several members, including **Rosemary Pryne** (photo) shared photo albums of their own weddings. And Cindy managed to retrieve, slip easily into, and move gracefully around in, her original wedding dress (sorry, no photo).



YMCA CLASSES AT THE SENIOR CENTER

All classes require registration

Center membership is required; must show current membership card at registration

Please feel free to come and observe any class.

Refunds for missed classes must be requested from the instructor.

| | |
|---|--|
| Class Instructor | 7-week session, July 11—August 26 Registration Thursday June 30. If you missed it, see instructor for class availability. Fees: 1 class/wk \$26; 2, \$35; 3, \$44; 4, \$53; 5, \$62, 6, \$71 |
| Fit Over 50 Instructor: Andrea Leahy | Fri 8:30 |
| Flexibility Instructor: Andrea Leahy | Mon 8:30 |
| Forever strong Instructor: Andrea Leahy | Mon 9:30 Fri 9:30 |
| Gentle Pilates for seniors Instructor: Andrea Leahy | Wed 9:30 |
| Zumba Gold Instructor: Andrea Leahy | Wed 8:30 |

YMCA Class Descriptions

Forever strong

Weight-bearing exercises are an effective and simple way to help fight osteoporosis. Light weight-bearing exercises designed to increase both muscle strength and bone density will be performed on both the upper-body and lower-body muscles. Equipment is provided. 45-minute class.

Gentle Pilates for seniors

This 45-minute class will provide gentle exercises to stretch and strengthen the “Core” muscles of the body. Exercises will focus on the abdominals, back, and hips to help keep you standing tall. A yoga exercise mat is required, since most of the exercises are done on the floor.

Fit Over 50

A gentle warm-up, followed by an invigorating aerobic, strengthening, and stretching segments. Total body conditioning, leaves you feeling energized. 45 minutes.

Flexibility

Stiff Joints? Need relaxation? This class will help to make everyday tasks easier. 45 minutes of easy stretching and relaxation techniques, performed seated, help ease stiff joints and increase your range of motion.

Zumba Gold

Ditch the workout and join the party! Zumba Gold uses Latin rhythms and easy-to-follow steps to create a dynamic and fun fitness program. 45-minute class.

Senior Center classes on page 4

GLENVILLE SENIOR CENTER

(518) 374-0734

32 Worden Rd., Glenville, NY 12302

Center open 9:00 am to 4:00 pm

**Center is closed Sat. & Sun. & holidays except
open for special events as noted herein.**



SENIOR STUMPER

Answer, page 4



Something in common

All these words share an unusual property. What is that common attribute?:

Assess, Banana, Dresser, Grammar, Potato, Revive, Uneven, Voodoo

SENIOR CENTER CLASSES

Center Membership is required unless noted otherwise

**See page 3 for
YMCA classes
at the Senior Center**

Intermediate Yin-Yang Qi Gong and Stationary Tai Chi

RESTING. WILL RETURN IN THE FALL

This Tai Chi program is for both beginners and advanced students. Stationary Tai Chi combines both Yang and Sun styles capturing the meditative and physical qualities of both. Intermediate Qi Gong builds upon the Beginner form but knowledge of it is not necessary. Both exercises promote relaxation, improved balance, and a sense of well-being. All ages welcome.

Fee: \$5 per class to **Sandra Balint**, instructor, payable at each class attended. (Info on instructor available at www.healthymindandbodystudio.com <<http://www.healthymindandbodystudio.com>>)

Gentle Yoga

RELAXING. WILL RETURN IN THE FALL

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. It can also help calm the nervous system, lower blood pressure, increase flexibility and improve balance. Adaptations can be made to meet individual needs. Beginners welcome. Wear loose-fitting, comfortable clothing. Bring mat, blanket, and small pillow.

Instructor: **Nancy Tobiessen**, certified Kripalu yoga instructor with special training for seniors.

Senior Moments is published by
the Scotia-Glenville Senior Citizens, Inc.

Linda Reinhart, President

Cindy Amell, Executive Editor

Richard McMahan, Editor, Publisher

Angie Pomykai, Assoc. Editor, Distribution Coordinator

Bob Atwood, Associate Editor



SENIOR STUMPER ANSWER



Something in common: Move the first letter to the end and you have the same word backwards.

COMMUNITY NEWS

Mabee Farm Historic Site

Routs 5S, Rotterdam Junction, NY 887-5073

mabeefarm@gmail.com

July 9 - SPCA Wags & Whiskers Family Fun Fair: A fundraiser for the SPCA. Animal interaction, games, competitions, live entertainment and more!

July 15 - Howlin' at the Moon Concert Series: Showcase group: Three Quarter North. Also: Mike Pouloupoulos (\$3pp)

July 16 - Canalfest; Spend a relaxing day by the Mohawk River listening to good old-time music.

August 6 - Early Technologies Day: Join us for flint knapping, atlatl* throwing, brain tanned leather*, Native artifact identification and all kinds of artisans (\$3 adults, \$2 children and seniors or \$10 a carload - includes house tour)

August 13 - Howlin' at the Moon Concert Series: Performers TBA (\$3pp)

August 27 - 7th Annual Arts & Crafts Festival; The best in area artists and craftspeople exhibit and sell their wares.

Quality galore! (\$3 adults, \$2 children and seniors, or \$10 a carload - includes house tour.

***atlatl:** a spear-thrower that uses a sling-like attachment to achieve greater velocity.

***Brain tanned leathers** are made by a labor-intensive

process which uses emulsified oils, often those of animal brains. They (the leathers, not the brains) are known for their exceptional softness and their ability to be washed.



13th Annual

Glenville Rotary Club Golf Classic

Thursday August 4

\$100/golfer if registered before July 15 \$110 after that.

Registration at 7:30 am includes green fee, cart, food, and luncheon. Buffet luncheon during awards ceremony and raffle drawings immediately following your round of golf. For more info go to www.glenvillerotary.org

Recycle your old eyeglasses

The Scotia Lions Club collects discarded eyeglasses which they restore and give to those less fortunate. So (gently) drop off your old glasses in the collection box in the Center library and help the Lions to help others.

Donate empty ink cartridges

The Golden Retriever Rescue Operation is collecting empty printer ink cartridges. For more information, please call **Rosemary Pryne** at 399-4726.

CENTER SERVICES

Center Membership is required unless noted otherwise.

AARP Driver Safety Program

Senior Center membership is not required.

This program can reduce your auto insurance premiums. Classes are conducted at the Center by trained instructors. Classes consist of two three-hour sessions held on two successive days.

Register in advance at the Center.

Pay when you register; checks to AARP – no cash:

\$12 per person for AARP members
(must show AARP card when registering)

\$14 per person non-AARP member (or no card).

No mail or phone reservations can be accepted.

Class Dates: (all are Tue & Wed, 2-5 pm)

July 12 & 13 Aug 16 & 17
Sep 20 & 21 Oct 18 & 19
Nov 1 & 2 Dec 6 & 7

Entertainment Book

Rosemary Pryne has donated an Entertainment Book that Members can use for coupons and dining cards. Check at the front desk and show your membership card.

Coupons Exchange

There's a coupon exchange box on the table in the hallway. Take what you need; donate those you don't need.

The Sunshine Club

Know any member who is recovering from an illness/operation or the family of a member who has died? Or maybe a member who could use an extra ray of sunshine? The sunshine club would be happy to send them a card, or make a phone call to help them lift their spirits and to let them know that they are in our thoughts and how special they are to us.

Contact **Judith Connors** at the Center.



Attention GE employees, retirees, and spouses of either

Gifts of \$25 or more to the Senior Center can be matched by the GE Foundation's Matching Gift Program. To register gifts, call the GE Matching Gift Center at 1-800-305-0669, or go online at www.ge.com/foundation/matching_gifts.html. On that website, the Senior Center appears on the list of "Approved" organizations as:

SCOTIA GLENVILLE SENIOR CITIZEN RECREATION
RELATED CONCERNS (Approved)
32 WORDEN RD., SCOTIA, NY 12302-3409
Tax ID: 222186497

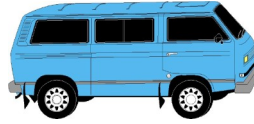
Matching is available only for true gifts, not for payments for annual dues, trips, admission to events, meals, etc. Call Cindy for more information.

Van Transportation

For residents of Glenville and Scotia only.
Senior Center membership not required.
Our van must stay within Glenville/Scotia.



On-request pickup and delivery



Call 374-0734 at least a day ahead (up to two weeks ahead) to reserve space and schedule a ride to take you on your errands: to the barber or hairdresser, Wal-Mart, grocery store, etc.

Donations are gratefully accepted to help defray costs. **The Center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with a week's notice; call Catholic Charities 357-4710 (donations accepted).**

Tuesdays: Scheduled trips to Malls

Call a week ahead to reserve a space. We begin home pickups at 9:30 am and return at 2:00 pm. Schedule subject to change, based on availability of drivers.

No charge, but donations are appreciated.

Rotterdam Mall

Jul 12,26
Aug 9,23

Clifton Park Mall

Jul 5,19
Aug 2,16,30

Display Case

July - **Mary Ann Sinnenberg** - Avon Steins

Aug - **Anne Litynski** - Teapots

Sep - **Len Fitzimmons**, Painter of American Indians

Thank you to **Alice Zozek** for displaying her collection of Angels in May and **Ginger Hoepfner** for her display of hand-painted notecards.

We are **always in need of collections.**

Call **Anne Litynski** at 399-5822 to set up a date.

Remember, the case is lighted and is always locked.

Free Computer Lessons

Instructors are available Tuesday, Wednesday, and Thursday afternoons. Call the Center to schedule an appointment. You must be a Center member.

We need more computer tutors. Call Cindy.

SCOTIA-GLENVILLE NOON MEAL CENTER

Operated by Catholic Charities of Schenectady

Menu, July-August 2011

(Subject to change without notice)



Ellie Schantz – Meal Center Manager

Diana Yeo – Meal Center Aide

Reservations: Call 393-1946, 9:00 am to 2:00 pm, a day in advance.

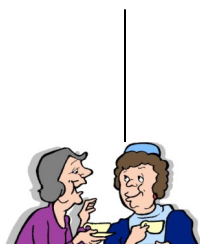
Please call ahead if you need to cancel a reservation.

Substitutions available. Make request when you call for reservation.

Suggested donations for meals: \$3.25 for those 60+; \$6.00 for those under 60.

July 2011

| | | |
|-----|----|---|
| Fri | 1 | Taco Salad |
| Mon | 4 | Meal Site Closed |
| Tue | 5 | Root Beer BBQ Pork Chop |
| Wed | 6 | Roast Turkey |
| Thu | 7 | Chicken Supreme |
| Fri | 8 | Turkey Salad Plate |
| Mon | 11 | Chicken Loren |
| Tue | 12 | Steak Diane |
| Wed | 13 | Macaroni & Cheese |
| Thu | 14 | Eggplant Parmesan |
| Fri | 15 | Tuna or Chicken salad picnic lunch at Central Park. (See “Senior Health and Wellness Expo” below.) Meal Center will be closed. |
| Mon | 18 | Italian Sausage w/Onion & Peppers |
| Tue | 19 | Greek Chicken |
| Wed | 20 | Stuffed shells |
| Thu | 21 | Meatloaf w/Gravy |
| Fri | 22 | Oriental Chicken Salad |
| Mon | 25 | Baked Ham |
| Tue | 26 | Veal Marsala |
| Wed | 27 | Yankee Pot Roast |
| Thu | 28 | Meatloaf w/Gravy |
| Fri | 29 | Deviled Egg Plate |



Chat



Play



Enjoy

August 2011

| | | |
|-----|----|-------------------------|
| Mon | 1 | Buttermilk Chicken |
| Tue | 2 | Roast Turkey |
| Wed | 3 | Salisbury Steak |
| Thu | 4 | Macaroni & Cheese |
| Fri | 5 | Taco Salad |
| Mon | 8 | Beef Burgundy |
| Tue | 9 | Root Beer BBQ Pork Chop |
| Wed | 10 | Roast Turkey |
| Thu | 11 | Chicken Supreme |
| Fri | 12 | Turkey Salad Plate |
| Mon | 15 | Chicken Loren |
| Tue | 16 | Steak Diane |
| Wed | 17 | Macaroni & Cheese |
| Thu | 18 | Eggplant Parmesan |
| Fri | 19 | Cheese Pizza |
| Mon | 22 | Italian Sausage |
| Tue | 23 | Greek Chicken |
| Wed | 24 | Stuffed Shells |
| Thu | 25 | Meatloaf w/Gravy |
| Fri | 26 | Oriental Chicken Salad |
| Mon | 29 | Baked Ham |

MEAL CENTER EVENTS

Call Meal Center, 393-1946, or stop by for more information

Every Monday to Friday:

- 10:00 am. Coffee & Cards,
- 10:30 Coffee & Conversation
- 11:00 am. Penny Bingo
- 12:00 pm. Noon Lunch

Every Monday

- 12:35 pm Grocery Shopping*

Senior Health and Wellness Expo

Friday, July 15, 2011, at Central Park

The day will begin at 9:00 am with Tai Chi in the Rose Garden, with many other special events to follow, including a picnic lunch with a choice of tuna or chicken salad.

See or call Ellie at the Meal Center to reserve lunch and for transportation details.

Watch for details in upcoming flyers and posters. Sponsored by Catholic Charities.

*Transportation is provided for this off-site shopping trip. Suggested donation: \$1.25 each way.

Time shown is when bus leaves the Center.

TRIPS and TRAVEL

- ◆ **Make reservations** in person (none by phone).
- ◆ You must **show current membership card** when registering.
- ◆ **Payment** must accompany reservation.
- ◆ **Mail reservations** confirmed only if space is available.
- ◆ Responsible adult must be with anyone requiring **walking aid**.
- ◆ **Cancellations** reimbursed only if a replacement is found.
- ◆ Center members may invite **family or friends** as guests on a trip. Guests pay non-member rate unless noted otherwise.
- ◆ **Children** should be at least junior-high-school age.

- ◆ **Non-members** not sponsored by members as described above subject to bumping by a member who is on waiting list.
- ◆ Trips that are for Senior Center **Members Only** will be so identified in the *Senior Moments* announcement.
- ◆ *Senior Moments* cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.
- ◆ Please **park** where directed as you arrive at the Center.

Luxury Catskill Train Ride

Wednesday, August 10

PAYMENT DUE THURSDAY JULY 21

Ride and dine on a luxurious train in the Catskill Mountains. This one-day train ride takes us through the picturesque mountain ranges of the Catskills while enjoying a delicious meal served by the friendly staff.

We leave the Senior Center and travel to Arkville, NY to enjoy a 2-hour ride on the D&U Railroad. During the trip a three-course lunch is served in the dining car. The station has a railroad display and gift shop. Meal will be selected when signing up at the Center.

Depart 9:00 am; Return approx 4:00 pm. Cost \$75.00 pp.

Ogunquit, Maine (3 days)

Tuesday thru Thursday September 6-8

FINAL PAYMENT DUE FRIDAY JULY 15

Ogunquit is a beautiful seaside community on the southern Maine Coast.

Day 1, Tue Sep 6 - Depart 7:00 am. First stop Kittery for lunch (on your own) at Weathervane Seafood Restaurant. Next: Perkins Cove, a harbor village, then on to the Meadowmere Resort for wine and cheese and check-in for 2 nights. Dinner at hotel.

Day 2, Wed Sep 7 - Morning continental breakfast, guided tour of Portland and boat tour of Cosco Bay. Lobster dinner at the Bull and Claw Restaurant with after-dinner entertainment.

Day 3, Thu Sep 8 - Morning continental breakfast, checkout, and time to visit some interesting shops. We will stop at a famous bakery and enjoy lunch at Warren's on the Waterfront in Kittery. Return to Senior Center at about 6:45 p.m.

Depart 7:00 am. Return 6:45 pm.

Cost - members/non-members \$400 pp dbl; \$500 pp single.

Lake George Dinner Theatre: "Skin Deep"

Tuesday, September 20

PAYMENT DUE SATURDAY SEPTEMBER 9

The Lake George Dinner Theatre celebrates its 44th season by presenting the regional premiere of "Skin Deep," a hilarious comedy about a last-chance romance and the perception of beauty. Entree choices include: Pork tenderloin or Broiled Salmon or Medallions of Beef or Vegetarian Pasta. After the dinner show we will stop for a short visit at the Lake George outlet stores, then return to the Senior Center.

Depart 9:30 am; Return 5:30 pm

Cost - members \$65.00 pp; non-members \$69.00.

Fall Foliage, Blue Ridge Mountains, Biltmore Estate, Gettysburg (5 days)

Saturday through Wednesday, October 15-19

➔ **\$50.00 pp DEPOSIT DUE FRIDAY JULY 15.**

FINAL PAYMENT DUE FRIDAY SEPTEMBER 9.

George Vanderbilt's 250-room mansion in Asheville NC, America's largest home, is surrounded by 8,000 acres of land containing forests, formal gardens, farms, and a winery. After Biltmore Estate, we head for Gettysburg's historic battlefields.

Your 5-day/4-night package includes:

- Hotel accommodations, 4 breakfasts, 3 dinners
- Admission to Biltmore House and Gardens
- Dinner on Biltmore Estate and an Amish-style feast
- Tour and wine tasting at the Biltmore Winery
- Guided tour of Gettysburg Military Park

Cost: members/non-members: \$495 pp triple; \$500 pp dbl; \$660 single – includes taxes, meal gratuities, baggage handling, deluxe motor coach.

ITINERARY (subject to minor change by the vendor)

Day 1, Saturday October 15, 2011

Enjoy the vibrant fall colors en-route to Lancaster County, PA and **Kitchen Kettle Village**, filled with a world famous canning kitchen and unique specialty shops. Then hotel check-in. Dinner on your own at a local restaurant.

Day 2, Sunday October 16, 2011

Breakfast at hotel. South along **Blue Ridge Mountains** to Asheville and the **Biltmore Estate** for tour and tasting at **Biltmore Estate Winery**. Hotel check-in. Dinner at a local restaurant.

Day 3, Monday October 17, 2011

Breakfast at hotel. Whole day at **Biltmore Estate!** Self-guided tour of **Biltmore Mansion**. Explore conservatory, gardens, and grounds. Then **Antler Village** for lunch on your own at one of the many restaurants and cafes. Explore historical exhibits at Biltmore Legacy and Farm describing life there in early 1900s. Dinner at one of **Biltmore Estate's Restaurants**.

Day 4 Tuesday October 18, 2011

Breakfast at hotel. On to the Gettysburg/Hanover PA area. Wonderful **Amish Style Dinner** with homegrown vegetables and fresh hand-baked breads, rolls, and pastries. Hotel check-in.

Day 5 Wednesday October 19, 2011

Breakfast at hotel. Then **2-hour guided tour** of the **Gettysburg National Military Park and Battlefield**. Explore **Gettysburg National Military Park Visitor Center** and **Gettysburg Museum** of the Civil War, for inter-active exhibits and multi-media presentations that cover the conflict from beginning to end, including the Battle of Gettysburg and its terrible aftermath. Then return home.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

July 2011

| | | |
|-----|----|--|
| Mon | 4 | Center & Meal Site Closed |
| Tue | 5 | Clifton Park Mall |
| Thu | 7 | Executive Council Mtg. 10:00 am |
| Mon | 11 | Book Club 10:00 am |
| Tue | 12 | Rotterdam Square Mall |
| Tue | 12 | AARP Defensive Driving 2:00-5:00 pm |
| Wed | 13 | AARP Defensive Driving 2:00-5:00 pm |
| Fri | 15 | Senior Health & Wellness Expo, 9:00 am |
| Mon | 18 | Book Club 1:00 pm |
| Tue | 19 | Clifton Park Mall |
| Tue | 26 | Rotterdam Square Mall |

August 2011

| | | |
|-----|----|--|
| Mon | 1 | Book Club 10:00 am |
| Tue | 2 | Clifton Park Mall |
| Thu | 4 | Executive Council Mtg. 10:00 am |
| Thu | 4 | Deadline for Sept/Oct <i>Senior Moments</i> |
| Tue | 9 | Rotterdam Square Mall |
| Wed | 10 | Catskill Train Ride Trip |
| Thu | 11 | Board Meeting 2:00 pm |
| Mon | 15 | Book Club 1:00 pm |
| Tue | 16 | Clifton Park Mall |
| Tue | 16 | AARP Defensive Driving 2:00-5:00 pm |
| Wed | 17 | AARP Defensive Driving 2:00-5:00 pm |
| Tue | 23 | Rotterdam Square Mall |
| Thu | 25 | <i>Senior Moments</i> Mailing 9:00-11:00 am |
| Tue | 30 | Clifton Park Mall |

Weekly Events – July&August 2011

| | | | |
|-----|------------------------|----------|-----------|
| Mon | Card Playing | 12:30 pm | |
| Mon | Pickleball | 4:00 pm | |
| Tue | Coffee & Conversation | 9:00 am | |
| Tue | Cribbage | 10:00 am | |
| Tue | WII | 10:00 am | |
| Tue | Knitting & Crocheting | 1:00 pm | |
| Tue | Duplicate Bridge | 12:45 pm | |
| Wed | Mah Jong | 9:00 am | |
| Wed | Pickleball | 4:00 pm | (ex.7/13) |
| Thu | Photography Group | 10:00 am | |
| Thu | WII | 10:00 am | |
| Thu | Card Playing | 12:30 pm | |
| Thu | Quilting | 1:00 pm | |
| Fri | Acrylic & Oil Painting | 10:00 am | |
| Fri | Watercolor Painting | 1:30 pm | |
| Fri | Pickleball | 4:00 pm | (ex 7/1) |

Save these dates for future Senior Center events:

| | |
|---------------------|---|
| Sunday September 18 | Pig Roast & Roasted Chicken Dinner (see page 1) |
| Saturday October 15 | Festa Italiano Night |
| Sunday November 13 | Veterans Day Celebration |
| Sunday December 11 | Holiday Party |



SENIOR STUMPERS



Answers, page 13

Capital letters

What is the only U.S. state capital that has no letters in common with its state?

Here and gone

What common English word can mean both “remaining” and “gone”?

Two coins

Two coins in a box. One coin is normal, the other has two heads. You select one at random and look at one side. If the face you see is heads, what is the probability that the other side is heads?

700 coins

There are seven stacks of coins, each with 100 coins. Real coins weigh ten grams, and phony coins weigh 11 grams. If one coin in the stack is counterfeit, they're all counterfeit. None, some, or all of the stacks of coins could be bogus – you don't know. You have an analytic scale, accurate to within a tenth of a gram.

Question one: What's the fewest number of weighings you need to make, to determine which of the stacks, if any, has counterfeit coins?

Question two: Given that the answer to question one is one weighing, how is that done?

SENIOR CENTER ACTIVITIES

Center Membership is required unless noted otherwise.

**MORE ACTIVITIES
ON PAGE 10**

Coffee and Conversation

Tuesdays, 9:00-11:00 am

Enjoy some refreshments and a great cup of coffee while you share your thoughts with others. If you are new to the Center, this is a great way to meet new friends.

Ballroom Dancing

We're sitting out July and August.
Back on our feet in September.
Watch next *Senior Moments*.

Senior Center Photographers

Thursdays, 10:00 am

Activities include taking photo trips to local sites, sharing slides and prints, demonstrating the capabilities of a photo-editing program on the Center's computer, and discussing any aspect of film or digital photography. Free. Come check us out some Thursday.

Pickleball

Mon, Wed, & Fri, 4:00 pm

Novice play is scheduled for Mondays, Wednesdays, and Fridays. For further information, contact **Fran Strano** (fstrano@aol.com or 469-6519) about weekday play.

Acrylic and oil painting

Fridays, 10:00 am to 1:00 pm

See instructor, **Dani Morette**, for fees and schedule.

Learn new techniques or brush up (!) on what you already know. Bring your own supplies (oil or acrylics) and canvas. Paint whatever you desire; the instructor will provide guidance on color mixing, technique, etc.

Casual atmosphere – paint at your own pace. Beginners and previous students welcome.

Knitting and Crocheting

Tuesdays, 1:00 pm.

Join us anytime! If you are a knitter or crocheter, stop by to meet some new friends. Want to learn either? We will help get you started. New members welcome!

Yarn donations not needed just now. Thanks to those who have replenished our supply. For more information, call **Anne Macejka** at 393-3551.

Card Playing

Mondays and Thursdays, 12:30 pm

We play bridge, pinochle, canasta, hand-and-foot card game.....and mah jong. Refreshments and coffee are served. This is a great opportunity to meet new friends.

Duplicate Bridge

Tuesdays, 12:45-4:00 pm

No previous experience is necessary. This is a friendly game! Come with your partner.

Cribbage

Tuesdays 10:00 am

Our first Round-Robin Cribbage Tourney was a spirited event with 8 participants. **Betty Mardirosian** built up an early lead and held off **Stan Gordon, Diane Hamrick** and **Lou Geene** for a 2-point victory. Congratulations Betty!!

We encourage all who would like to play or learn to play, to stop in any Tuesday at 10 am. You will not be turned away! You will be guaranteed to play!

Until next time...Happy Pegging! – *Stan Gordon*

Mah Jong

For experienced players:

Wednesdays, 9:00 am

Anyone who knows the game is welcome to join us. We have the game boards or you can bring your own. We also play at the card sessions on **Mondays and Thursdays**.

For beginners:

Linda Reinhart, the Senior Center's Maven of Mah-jong (yes, also Mahjong or Mah Jongg and probably other variations), will offer two sessions of **beginner's lessons** this fall. Each session will consist of three meetings, 9:00 to 11:00 am, on consecutive Wednesdays. The first session will be held on **September 7, 14, and 21**. The second session will be held on **October 5, 12, and 19**.

Call the Center, 374-0734, to request a seat in one of these sessions, which will require, and be limited to, four students per session. Leave your name and phone number. Linda will call you to advise if a class opening is available. You will have to **obtain your own official Mah-Jongg card** from the National Mah Jong League (<http://www.nationalmahjonggleague.org>) (\$7.00, or 8.00 for large-print). Call Linda at the Center if you need help.

CENTER ACTIVITIES

Center Membership is required unless noted otherwise.

**MORE ACTIVITIES
ON PAGE 9**

First Friday Film Club

First Friday each month, 1:30 pm

We seek choice films from the US and foreign nations, depicting their unique cultural and social norms and their interaction in modern times. We prefer to focus on the cultural, rather than political, aspects of any country. Our tentative schedule is:

Theater dark during July and August.

Shows will resume in September.

Suggestions for future screenings are always welcome. Call N. Nagarajan, Coordinator, 399-0195.

Monday and Wednesday Golf

This year we have two golf leagues playing at the Galway Golf Club – one on Mondays, one on Wednesdays. Both have their first tee-off at 9:00 am with golfers arriving at the clubhouse about 8:30.

Both leagues are looking for more seniors to play: regulars and substitutes are needed on Monday; substitutes on Wednesday.

If interested contact **Don Hickerson** at 393-5674, **Bob Pommerer** at 306-6178, or **Roger Farley** at 377-6539.

Thursday Golf

New players and subs are welcome. We have begun playing at **Mill Road Golf Course** on Thursdays. Please arrive at 8:45 am so we'll be ready to tee off at 9:00. For information call **Nancy Wallace** at 312-1123.

Grayairs

Thursdays at 1:30 pm

We have begun rehearsing for the new Variety Show that we'll present at nursing homes and senior centers in the fall. We are men and women who have fun working together and entertaining others with singing, dancing, jokes, skits, etc. We have line dancers, but **we need a new choreographer**. Anyone interested?

If you would like to join us, or want more information, contact **Marlys Anderson** 399-5427.

First Monday Book Club

10:00 am

All Center members are welcome to join our monthly sessions. For each meeting, please read the book listed and come prepared to join the discussion.

July 11* – *Flowers for Algernon* by Daniel Keyes

Aug 1 – *The Doctor's Wife* by Elizabeth Brundage

Sep 12* – *The Lincoln Lawyer* by Michael Connelly

Oct 3 – *The Nanny Diaries* by Emma Mc Laughlin

*These are second Mondays; Center closed July 4 and September 5

Third Monday Book Club

1:00 pm

We are looking for new members who enjoy reading and discussing books. Participants come prepared to discuss the book(s) they have read over the past month. Stop in any third Monday of the month – we look forward to meeting you.

All Center members are welcome to join us.

For information, contact **Mildred Creasey**, 374-0410.

Silver Threads quilters

Thursdays, 1:00 to 3:00 pm

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. Check our Bulletin Board in the main hallway and see photographs of our creations. Our latest creations are quilts for Camp Erin – quilts that will be given to children who are grieving the loss of a loved one. Everyone is welcome; There is no fee.

Save these dates

Details in future issues of *Senior Moments*

Fall programs

Tues. Sep 13, 2:00 pm: Ron Byrne will present a program about the wide range of services available to seniors from the local "Umbrella" organization.

Mon. Sep 19, 1:30 pm: Cristine Cioffi will present a "Senior Law Day" program, discussing the wide range of legal issues that seniors may confront, and how to deal with them.

Fall events

Saturday October 15: Festa Italiano Night

Sunday November 13: Veterans Day Celebration

Sunday December 11: Holiday Party



2011 Freedom Park Summer Concert Series

| <u>DATE</u> | <u>PERFORMER</u> | <u>SPONSOR</u> |
|---------------|--|---|
| JUNE | | |
| Wed 6/22 | The BLiSteRz ~ power pop | Scotia-Glenville Dental Center |
| Thurs 6/23 | Jazz Thursdays | Schenectady Musical Union |
| Sat 6/25 | Captain Squeeze & Zydeco Moshers | Price Chopper |
| Sun 6/26 | Music Company Orchestra ~ classical | Civale Chiropractic |
| Wed 6/29 | Flame ~ rock | Jumpin' Jacks |
| JULY | | |
| Fri 7/1 | The Best Bet Band ~ classic rock *FIREWORKS* | Horizon Bradco |
| Wed 7/6 | S-G Pipe Band ~ Scottish | Trustco Bank |
| Thurs 7/7 | S-G Community Band | 1 st National Bank of Scotia |
| Sat 7/9 | All-Paul Show ~ Paul McCartney Tribute | CDTA |
| Sun 7/10 | Contra Dancing Night | Dance Flurry Organization |
| Wed 7/13 | SIRSY ~ alternative rock | Glen Sanders Mansion |
| Sat 7/16 | Wylder ~ Mostly Motown | Palmer Insurance/Glenville Rotary |
| Sun 7/17 | Brian Patneau Quartet ~ jazz | Bellamy Construction |
| Wed 7/20 | Audiostars ~ party rock | Scotia-Glenville Dental Center |
| Thurs 7/21 | S-G Community Band | 1 st National Bank of Scotia |
| Sat 7/23 | Ernie Williams ~ blues | Key Bank |
| Sun 7/24 | The Puppet People ~ children's | AAA Northway |
| Wed 7/27 | Hair of the Dog ~ Irish | Marshall & Sterling |
| Sat 7/30 | Elvis (Bill McGrath) & 3 of a Kind Band | Village Paint |
| Sun 7/31 | Wister Quartet ~ classical | Stewarts Shops |
| AUGUST | | |
| Wed 8/3 | Joey Thomas Big Band | 1 st National Bank of Scotia |
| Thurs 8/4 | Jazz Thursdays | Schenectady Musical Union |
| Sat 8/6 | Emeralds of July ~ pop rock | Mohawk Auto Center |
| Sun 8/7 | Maria Z & Alegria feat Taina Asili | Buhrmaster Energy Group |
| Wed 8/10 | Refrigerators ~ party rock | Country Wine & Spirits |
| Sat 8/13 | Skeeter Creek ~ bluegrass | Mohawk Honda |
| Sun 8/14 | Lustre Kings ~ rockabilly | Frank & Sons Body Works |
| Wed 8/17 | Sensemaya ~ Latin jazz / funky salsa | Scotia-Glenville Dental Center |
| Thurs 8/18 | Theater-Altar Boyz | River Stone Manor |
| Fri 8/19 | Theater-Altar Boyz | Scotia Cinema |
| Sat 8/20 | Theater-Altar Boyz | Roy Matthews TV & Appliance |
| Sun 8/21 | Ellen Sinopoli Dance Company | Rowledge Insurance |
| Wed 8/24 | Doc Spring's Rehabed Dixieland Band | Scotia-Glenville Dental Center |
| Sat 8/27 | Route Fifty 5 ~ brass quintet | Mohawk Honda |



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Check one: New Member Renewal [Senior = 55 or older]

Check one: Resident Non-resident

* These items **required** on ALL applications – **new members and renewals**

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*Name1 _____

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Interests/Talents/Comments _____

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SENIOR STUMPERS ANSWERS



700 coins: On the scale, put one coin from the first stack, two coins from the second stack, four from the third, then eight, sixteen, thirty-two, and finally sixty-four coins from the last stack; 127 coins in total. Now, no matter what weight you wind up with, it's unique. If no coins are bogus, the scale will read 1270 grams. If the scale reads seven grams over, the only way that could happen is if piles one, two, and three were overweight. If the weight is 63 grams over, that would mean all the stacks were bogus except the last one. And so on all the way to 127 grams over, meaning all piles are bogus.

Two coins: There are four sides in all: heads, heads, heads, tails. You see a heads, so there are three sides you do not see: heads, heads, tails. So the probability that the side you don't see is heads is two out of three.

Here and gone: LEFT, as in "after three people left the party, only two were left."

Capital letters: Pierre, South Dakota

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Glenville NY 12302

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