



Scotia-Glenville Senior Citizens Senior Moments

Volume 38 Number 1

January-February 2012

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

LAST CALL – STILL SOME SPACES AVAILABLE.....



Bermuda/Caribbean Cruise

10 days/9 nights, June 7-16, 2012

Itinerary

- 6/7/12 - Depart Cape Liberty, NJ
on Royal Caribbean "Explorer of the Seas"
- 6/8/12 - Cruising
- 6/9/12 - Kings Wharf, Bermuda
- 6/10/12 - Cruising
- 6/11/12 - Philipsburg, St. Maarten
- 6/12/12 - San Juan, Puerto Rico
- 6/13/12 - Labadee
- 6/14/12-6/16/12 - Cruising to Cape Liberty

Payment Schedule*

- Inside Cabin, \$1,330 pp/dbl
- Promenade Cabin, \$1,400 pp/dbl
- Outside Cabin, \$1,590 pp/dbl
- Outside Cabin E2, \$1,820 pp/dbl
- *Includes fuel surcharge*

Travel insurance (if desired) and deposit
are due by **February 15.**

Deposit is \$250 pp;
travel protection range is \$145-\$199 pp.

Final payment is due March 6.

More Great Trips

Details, page 7

Boston Flower and Garden Show

Thursday, March 15, 2012

"JONAH", Lancaster PA

Mon-Tue April 2-3, 2012

We'll be checking Membership Cards. Be sure to have yours with you when you're here. See page 5.

Snow Closings and Delays

When the Scotia-Glenville Schools are closed due to weather, the Center will be closed.

If S-G schools are delayed, the Center is open, but exercise and painting classes will be cancelled. All other programs, such as card playing, will continue.

Check local radio and TV for school announcements.

It's Snowboot Season – let's keep our carpet clean and our floors dry and safe!

Please help keep our floors safe and dry by changing from your wet boots or shoes when entering our meeting rooms.

This is especially important when taking exercise classes since wet floors are slippery.

MARK YOUR CALENDAR

Exec Council: Thu: Jan 5 & Feb 2; 10:00 am
at Town Hall

Directors: Thu: Jan 12 & Feb 9; 2:00 pm
at Senior Center

Senior Moments Deadline: Thu Feb 2

Senior Moments Mailing: Thu Feb 23, 9:00 am

Senior Center & Meal Site CLOSED Jan 2,16; Feb 20

INSIDE THIS ISSUE

	Page		Page
Center News	2	Trips and Travel	7
Center Services	3	Center Calendar	8
Classes	4	Meal Center Schedule	9
Center Activities	5&6	Community News	10
		Membership Application	12

SENIOR CENTER NEWS

Fountain of Youth

Let me introduce myself. I am your President for 2012, **George Fountain**. We're called "Seniors", but we are really youthful at heart, so in each issue of this newsletter, this column, the Fountain of Youth, will spout information about our fast-growing Senior Center and our many great programs and activities – old and new.

If you have any suggestions or ideas for new programs or activities, or changes to what we are already doing, please let me know – leave a note in my mailbox in the Senior Center office. I look forward to meeting as many of you as possible.

Note that most activities are for Members. **We will be checking membership cards** for 2012 during the month of January. Please make sure you have your card on you at all times. You should be prepared to show your Membership Card when asked.

George

AARP Tax Return Preparation

Mon 9:00am to 4:00pm, Wed & Fri 1:00-4:00 pm

Begins Wednesday, February 2

By appointment only

Not limited to Senior Center members

If you are a senior and need help preparing your personal income tax return, please call the Center for an appointment 374-0734. The tax preparers are AARP-trained volunteers who will prepare your return free of charge.

Call the Center in LATE JANUARY to begin scheduling your appointments. You should be prepared to bring all necessary papers and last year's tax return.

AARP Tax Aides needed

Tax time will be upon us soon. AARP is looking for more tax aide volunteers. Training is provided during January. Call **Blanche Fischer** 382-7929 if interested or for information.

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.

Gift Basket Winners

Winners of gift baskets for the Annual Membership drive are: **June McMaster, Velina McKenna, Pam Dyer, Francis Duford, Mary Lou Warrick, Linda Sulham, Miriam Holt, Jean Curtis Brown, William Maetta, Arlene Turner, Sandra Heddeshimer, Shirley Perazzo, Frances Steadwell, Oscar Sodergrand and Margaret Dickey.** Congratulations winners!

Treasurer Needs Help!!!

Our bylaws require that our financial records periodically be reviewed and reconciled against bank records by an audit group to guarantee that the treasurer is doing her job properly. Although our records are kept in Quicken and Excel, almost all activities involve managing a checking account. Training in both will be provided so information may be accessed for review. This review would be a great benefit to both the Senior Center and the treasurer. Please call Paula DeVries at 885-9709 if interested.

Senior Moments Mailing party

Thursday February 23, 9:00 am

Come chat with others while helping get the newsletter ready for mailing. We gather in the meal site and are usually done in about 1½ hours. Our *Senior Moments* newsletter is mailed 6 times a year and couldn't be done without the help of the volunteers who fold the newsletter and apply the pre-printed labels for mailing.

Refreshments and coffee will be served.

On a sad note...

Grayairs are silent

The Grayairs have disbanded, at least for now, because, despite repeated requests, they could not fill open positions for an accompanist, a choreographer, and a stage director.

The Grayairs would like to thank co-chairs **Ronnie Quinn and Rosemary Pryne** and all the ladies who made refreshments for our last performance. We greatly appreciate your making that performance a memorable one.

We will miss their entertaining performances, and hope that at some future time they may be able to make music again.

CENTER SERVICES

Center Membership is required unless noted otherwise. Be prepared to show your Membership Card.

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.

No classes scheduled for Jan, Feb, Mar due to unpredictable weather.

Spring classes, 2-5 pm each Tuesday and Wednesday:
April 17-18
May 22-23
June 19-20

Price: AARP Members, \$17, non-AARP members \$19*

*Note price increase from last session.

Entertainment Book

We have an Entertainment Book available for members' use. You may take coupons as needed or you may check out the dining card for the finer restaurants.

You must show your membership card to use the book and the book cannot leave the Center. Please give a great big thank you to **Rosemary Pryne** if you see her for donating this book for our members' use. You may call Rosemary at 399-4726 if you're interested in purchasing a book.

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 let them know that they are in our thoughts and how special they are to us. Contact **Judith Connors** at the Center.

Free Computer Lessons

Instructors are available Tuesday, Wednesday, and Thursday afternoons and Tuesday mornings. Call the Center to schedule an appointment.

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

Jan 3, 17, 31

Feb 14, 28

Clifton Park Mall

Jan 10, 24

Feb 7, 21

Display Case

Thank you to **Chief Whitecloud** for his November display of Native-American Artifacts, and to **Mary Ann Sinnenberg** for her December Christmas plates.

Coming up:

January – **Susan Riley**, Depression Glass

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.



SENIOR STUMPER

Answer, page 13



Two walls

Wall A is the same number of bricks tall as it is wide. Wall B is one brick shorter and one brick wider. Does one wall have more bricks than the other? Which one? How many bricks?

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.

Plan ahead for WINTER SESSION: 12 weeks: Jan 9 to Apr 6

YMCA Classes

Registration Wed Jan 4, 9:00-11:00 am. If you miss it, see instructor for class availability.

Fees: 1class/wk \$35; 2, \$48; 3, \$59; 4, \$71; 5, \$79

Class	Instructor	Schedule	Notes
Fit Over 50	Andrea Leahy	Wed & Fri 9:15	
Flexibility	Andrea Leahy	Mon 9:15, Wed 10:15	
Forever strong	Andrea Leahy	Mon & Fri 10:15 Wed & Fri 11:15	
Forever Yoga	Lisa Temoshok	Tue 11:30	
Gentle Pilates for seniors	Andrea Leahy	Mon 11:15, Thu 11:30	
Zumba Gold	Andrea Leahy	Tue & Thu 9:15	
Tai Chi	Denise Baker	Mon 1:15	
Senior Center Classes			
Gentle Yoga	Nancy Tobiessen	Wed 2:00	\$48 fee directly to Nancy first day of class

CLASS DESCRIPTIONS

YMCA Classes

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.

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.

Forever Yoga

Improve circulation, flexibility, strength, and balance, and lift your spirits through yoga postures, breathwork, and relaxation techniques. We will focus on chair-based and standing postures; no mat needed. 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 invigorating aerobic, strengthening, and stretching segments. Total body conditioning leaves you feeling energized. 45 minutes.

Tai Chi

This slow-moving exercise system is based on the principles of traditional Chinese medicine and will enhance the mind-body-spirit connection. Tai Chi has many health benefits which include increased coordination, flexibility, strength and balance. You will leave this class feeling refreshed and enlightened!

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.

Other Senior Center Classes

Gentle Yoga

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. Can be adapted to meet individual needs. Beginners welcome. Wear loose-fitting, comfortable clothing. Bring mat, blanket, and small pillow.

Nancy Tobiessen is a certified Kripalu yoga instructor with special training for seniors.

CENTER ACTIVITIES

**MORE ACTIVITIES
ON PAGE 6**

Center Membership is required unless noted otherwise. Be prepared to show your Membership Card.

Most activities are for Members. We will be checking Membership Cards during the month of January. This will be at random during the classes and activities.

Please make sure you have your 2012 Membership Card with you at all times. You should be prepared to show your Membership Card when asked.

If you haven't renewed your membership for 2012, use application form on page 12.

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.

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.

Mah Jong

Wednesdays, 9:00 a.m.

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.

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.

SENIOR SMILE

Walking is good for you

- Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$5000 per month.
- My grandmother started walking five miles a day when she was 60. She just turned 90 and we don't know where the hell she is.
- If you are going to try cross-country skiing, start with a small country.
- The advantage of exercising every day is that you die healthier.
- The only reason I would take up exercising is so that I could hear heavy breathing again.
- I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

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.

For new or old members wishing to play cards, please call or come to reception desk to add your name to the new list of interested players and indicate what game(s) you are interested in. This is necessary because foursomes are established and seldom have openings for drop-in players, and we do not want anyone to feel excluded, a situation which has occurred in the past.. Someone will follow up with the list to establish new groups of play.

Duplicate Bridge

Tuesdays, 12:45-4:00 pm

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

Free Bridge Lessons

Fridays, 1:00 pm

Carol Moran and her helpers **Pat Bankert, Irene Gill,** and **Peg Robinson** will continue to volunteer to teach our members how to play bridge. The students thoroughly enjoy the free lessons, and we're adding some new bridge players among us. New players are welcome to join.

Canasta Lessons

Thursdays, Jan 26 and Feb 2, 12:30pm

We have a canasta class for all those who previously signed up. At the present time the class is full, but please call and leave your name on a waiting list. We may very well have openings. Thank you to **Eldean Johnson** for volunteering to be our instructor.

Cribbage

Tuesdays 10:00 am

We have 12 regulars who participate in spirited competition. Come join us to play or learn to play. You will not be turned away! We guarantee you will have a good time!

– *Stan Gordon, Pegmaster*

CENTER ACTIVITIES

**MORE ACTIVITIES
ON PAGE 5**

Center Membership is required unless noted otherwise. Be prepared to show your Membership Card.

First Friday Film Club

First Friday each month, 1:30 pm

Snacks and coffee will be provided at all shows.

Suggestions for future screenings are always welcome.

Call N. Nagarajan, Coordinator, 399-0195.

Jan 6: Mao's Last Dancer (Chinese, 2009)

A drama based on the life of Li Cunxin. At the age of 11, Li was plucked from a poor family in a Chinese village by Madame Mao's cultural delegates, and taken to Beijing to study ballet.

Feb 3: Guess Who's Coming To Dinner (USA, (1967)

Joey Drayton brings her fiancé, Dr. John Prentice, home to meet her affluent parents. Though the young man is an ideal choice with his impeccable manners, highly qualified in medical field and from a respectable family in CA, he is black. A series of cross conversations ends up with the doctor's parents flying from Los Angeles to San Francisco for a dinner to include an Irish priest, a friend of the family. The liberal persuasions of Joey's parents are now put to test.

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.



QUILTING STUMPER



Quilting

Bertha can make a quilt in 6 hours. Dot can do the same job in 3 hours. How long will it take both of them working together, starting at opposite ends, to complete a quilt?

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!

Thanks to those who have replenished our supply of yarn. **No more donations are needed now.**

For more information, call Anne Macejka at 393-3551.

Bowling

Wednesdays, 9:00 am at Boulevard Bowl on Erie Blvd.

Call Glenn Wiltsie 377-4322 for information.

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.

Jan 9 – *Skipping Christmas* by John Grisham

Feb 6 – *Unbroken* by Laura Hildenbrand

Mar 5 – *Burnt Mountain* by Anne River Siddons

April 2 – *The Great Divorce* by Ilyon Woo

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.

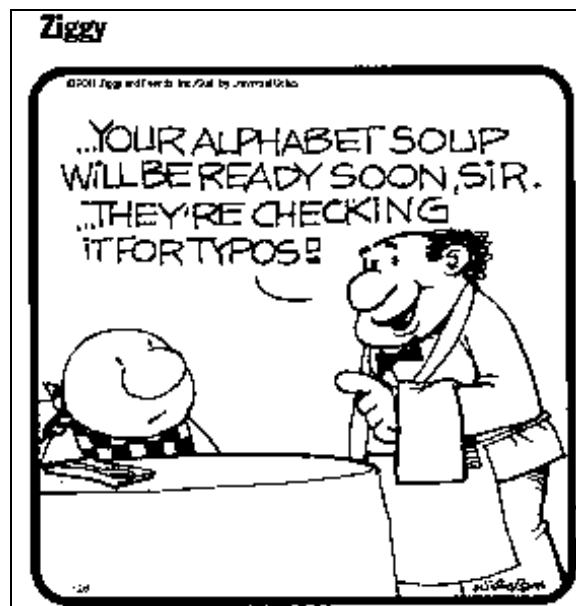
All Center members are welcome to join us.

For information, contact **Mildred Creasey**, 370-0410.

Ballroom Dancing

Fridays, 2:00 to 3:00 pm.

The weekly sessions will be oriented toward review and practice. The dances to be covered are: Waltz, Rumba, Triple Swing, Fox Trot, Cha Cha, Tango, Samba, Viennese Waltz, Polka, Quickstep and Mambo.



Not particularly senior-ish, but irresistible to your editor

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.

Our parking lot gets extra crowded on trip days.
Please try to carpool to the Center.

Bermuda-Caribbean Cruise

10 days/9 nights, June 7-16, 2012

SEE PAGE 1

Boston Flower and Garden Show

Boston, Mass.

Thursday, March 15, 2012

A Joint-Venture Trip sponsored by the Charlton Seniors

Please join the Charlton Seniors for a fun bus trip to the Seaport World Trade Center in Boston to see this spectacular display. Set to the backdrop of over 25 garden displays by cutting edge landscape professionals and area nurseries, the show will also offer 48 lectures and demonstrations by top garden writers, industry professionals, and chefs. There will be opportunities to purchase items from 200 vendors offering thousands of plants and hundreds of the newest garden products, as well as chances to take home exciting giveaways. There are also two Cafes at the show where you can purchase your lunch.

After the Flower/Garden Show, we will go to Quincy Market, where you can again shop and have a meal on your own.

Cost: \$58 per person for the bus and admission to the flower show.

Checks, payable to Charlton Seniors, should be mailed to Darleen Kelly, PO Box 13, Galway, in time to be received by the **reservation deadline: February 5.**

Time: Leave new Charlton Town Hall 7:00 am. Return by 8:30 pm. Comfort stop each way.

Please **park in the back row** of Town Hall parking lot.

Questions: Contact Martha Delano, 300-7073 or Darleen Kelly 882-9620.

"Jonah" – Lancaster, PA

Monday-Tuesday, April 2-3, 2012

Signup deadline - February 18, 2012

1st Day

"Jonah" is the NEW SHOW coming to the Millennium Theater in Lancaster, PA in 2012. You've seen "IN THE BEGINNING", "NOAH", "DANIEL", "RUTH", and "JOSEPH". Now in 2012 it's the story of "JONAH", one of the Bible's most colorful prophets. Depart from Senior Center at 6:30 am on our big comfortable tour bus as we head to Bethlehem, PA, known as the "Christmas City". In Bethlehem we'll visit the new Sands Casino where each person gets a BIG \$35 Casino Bonus. Lodging is at the full-service Crowne Plaza Hotel in Reading. Tonight enjoy a private wine-and-cheese reception followed by a sit-down dinner and a live musical comedy show produced especially for Tour of Distinction groups at the hotel.

2nd Day

A full hot breakfast buffet at our hotel and a morning visit to an Amish quilt shop, the Intercourse Cannery and Kitchen Kettle gift shops, where we always see many Amish families and children. This afternoon we'll take our reserved seats in the spectacular Millennium Theater for "JONAH". Meet the Biblical JONAH. Experience the mighty storm at sea that breaks apart an enormous ship. Peer into the underwater world and see the giant fish swallow up God's misguided prophet, Jonah. There will be magnificent stage sets that practically encircle the audience as well as many live animals on stage. With new songs and a cast of 50 plus one very large fish, this is amazing theater!

We'll stop at a great place for dinner (pay on own) and return home about 10:30 pm.

Cost: \$290 pp dbl; \$340 single; \$270 pp triple
(Tips for driver not included)

- Trip insurance is available - \$14 pp dbl; \$29 pp single.

- **Payments:** - \$50 deposit pp by January 12 and trip insurance if desired. Full payment due : February 18

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

January 2012

Mon	2	Center and Meal Site Closed
Tue	3	Rotterdam Square Mall
Wed	4	YMCA Class Registration 9 – 11:00 am
Thu	5	Executive Council Mtg. 10:00 am
Mon	9	Book Club 10:00 am
Mon	9	YMCA Classes Begin
Tue	10	Clifton Park Mall
Tue	10	American Legion 1:00 pm
Thu	12	Board Meeting 2:00 pm
Mon	16	Center and Meal Site Closed
Tue	17	Rotterdam Square Mall
Mon	23	Book Club 1:00 pm
Tue	24	Clifton Park Mall
Thu	26	Canasta 12:30 pm
Tue	31	Rotterdam Square Mall

February 2012

Thu	2	Executive Council Mtg. 10:00 am
Thu	2	Canasta 12:30 pm
Thu	2	<i>Senior Moments</i> Deadline
Fri	3	Rotary Ziti Dinner 4-7
Mon	6	AARP Tax Prep 9:00 am-4:00 pm
Mon	6	Book Club 10:00 am
Tue	7	Clifton Park Mall
Wed	8	AARP Tax Pep 1 – 4:00 pm
Thu	9	Board Meeting 2:00 pm
Fri	10	AARP Tax Prep 1 – 4:00 pm
Mon	13	AARP Tax Prep. 9:00 am – 4:00 pm
Tue	14	Rotterdam Square Mall
Tue	14	American Legion Mtg. 1:00 pm
Wed	15	AARP Tax Prep. 1 – 4:00 pm
Fri	17	AARP Tax Prep 1 – 4:00 pm
Mon	20	Center and Meal Site Closed
Tue	21	Clifton Park Mall
Wed	22	AARP Tax Prep. 1 – 4:00 pm
Thu	23	<i>Senior Moments</i> Mailing 9 – 11:00 am
Fri	24	AARP Tax Prep. 1 – 4:00 pm
Mon	27	AARP Tax Prep 9:00 am – 4:00 pm
Mon	27	Book Club 1:00 pm
Tue	28	Rotterdam Square Mall
Wed	29	AARP Tax. Prep. 1 – 4:00 pm

Weekly Events – January & February 2012

Mon	Card Playing	12:30 pm (Ex 1/2,1/16, 2/20)
Mon	Pickleball	4:00 pm
Tue	Coffee & Conversation	9:00 am
Tue	Cribbage	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
Thu	Photography Group	10:00 am
Thu	Card Playing	12:30 pm
Thu	Quilting	1:00 pm
Fri	Acrylic & Oil Painting	10:00 am
Fri	Ballroom Dancing	2:00 pm
Fri	Pickleball	4:00 pm

SCOTIA-GLENVILLE NOON MEAL CENTER

Operated by Catholic Charities of Schenectady

Menu, January & February, 2012

(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.**

January 2012

Mon	2	Closed for New Years
Tue	3	Steak Diane
Wed	4	Macaroni & Cheese
Thu	5	Eggplant Parmesan
Fri	6	Herb Crushed Tilapia
Mon	9	Italian Sausage w/Onions & Peppers
Tue	10	Greek Chicken
Wed	11	Stuffed Shells
Thu	12	Meatloaf w/Gravy
Fri	13	Potato Crusted Hoki
Mon	16	Closed Martin Luther King, Jr.
Tue	17	Veal Marsala
Wed	18	Yankee Pot Roast
Thu	19	Meatloaf w/Gravy
Fri	20	Parisian Cod
Mon	23	Buttermilk Chicken
Tue	24	Roast Turkey
Wed	25	Salisbury Steak
Thu	26	Macaroni & Cheese
Fri	27	Crab Cake
Mon	30	Beef Burgundy
Tue	31	BBQ Pork Chops



February 2012

Wed	1	Roast Turkey
Thu	2	Chicken Supreme
Fri	3	Caribbean Cod Loin
Mon	6	Chicken Loren
Tue	7	Steak Diane
Wed	8	Macaroni & Cheese
Thu	9	Eggplant Parmesan
Fri	10	Herb Crusted Tilapia
Mon	13	Italian Sausage
Tue	14	Greek Chicken
Wed	15	Stuffed Shells
Thu	16	Meatloaf
Fri	17	Potato Crusted Hoki
Mon	20	Closed President's Day
Tue	21	Veal Marsala
Wed	22	Yankee Pot Roast
Thu	23	Meatloaf
Fri	24	Parisian Cod
Mon	27	Buttermilk Chicken
Tue	28	Roast Turkey
Wed	29	Salisbury Steak

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*

*Transportation is provided for this off-site shopping trip.

Suggested donation: \$1.25 each way.

Time shown is when bus leaves the Center.

50-50 Raffle: winner splits with Catholic Charities Meal Program

SENIOR SMILE

MALE LIFESTYLE PHASES

AGE	PHASE	INTERESTS
0-2	Infancy	Pooping
3-9	Innocence	Guns
10-13	Awareness	Sex
14-20	Emancipation	Sex
21-29	Empowerment	Sex
30-39	Attainment	Sex
40-65	Midlife Crisis Occurs Here	
66-Death	Contemplation	Pooping

Source: "Planning Your Midlife Crisis" in *Dave Barry Turns 40*

COMMUNITY NEWS.

Scotia Blankets Available

Custom woven tapestry blankets featuring landmarks of the village of Scotia are available for order (picture below). The Jacquard woven blankets measure 54" by 70".

They are \$50 each. Shipping is available. Proceeds will benefit the Scotia-Glenville Traveling Children's Museum.

Blankets are available at Museum headquarters at 303 Mohawk Ave, and 1st National Bank of Scotia. Order forms can be found at www.travelingmuseum.org or call 346-1764.



Glenville Rotary Club Ziti Dinner

Friday, February 3, 4:30-7:00 pm
at the Glenville Senior Center

Tickets available at the door

Menu: Ziti and meatballs, salad, bread, dessert, soda and coffee.

Price: \$8.00 per person

Lion's Club

Annual Spaghetti Dinner

Saturday, March 10, 4-7 pm

at the Reformed Church, Rte 50 in Scotia.

Seniors \$6

Adults, \$8

Children \$4

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.

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.

911ai

is now available to Glenville residents*

The ai in 911ai stands for **additional information**.

A recent notice from the Glenville police department announced that this service – available from a private company, 911ai.com – is being paid for by the City of Schenectady, and made available to the public free of charge.

The service is intended to allow you to add information that will appear on the screen of the emergency operator when you dial 911. The information you can add includes, but is not limited to, details of persons with health issues, pets, number and location of family members in the house, more detailed information on your house, etc.

Full information, including enrollment instructions, is available on the company's website, <http://www.911ai.com/>.

***Well, maybe not quite yet**

Sounds like an excellent idea, but we have found this website to be confusing and difficult to use.

As this issue of *Senior Moments* goes to press, we are seeking information on how access to this service can be made more user-friendly. We'll keep updated information posted on the bulletin board at the Center, and hope to have a more complete story in our March-April issue.

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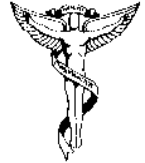


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Call Cindy for more information.



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Whatever happened to equal pay?

Amanda and Charlie did similar jobs at the local fast-food joint and earned the same pay. But last year, Charlie got a ten percent raise, while Amanda's pay was cut ten percent. Amanda screamed "discrimination." So, to avoid a lawsuit, the boss gave Amanda a ten percent raise, and cut Charlie's pay by ten percent. Question: which of them is now being paid more than the other?

2 3 4 5 ... 26

You have the numbers 2, 3, 4, and 5. You are to create a mathematical expression using each of these digits just once. You may use any kind of mathematical operations you wish, but whatever operations you use, you can use each of them only once. AND the expression must equal 26.

Aha! You quickly saw that $(4 \times 5) + (2 \times 3)$ equals 26. BUT you forgot that it violates the rules: it uses \times and $()$ twice each. Try again.

What symbol?

What common mathematical symbol, when placed between the numbers 4 and 5, will result in a number that is greater than 4 but less than 6?



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SENIOR STUMPERS ANSWERS

What symbol? A decimal point.

2 3 4 5 :... 26: 5²+(4-3).

Whatever happened to equal pay? This was too simple, wasn't it? Suppose each had been earning \$100 per week. Charlie's 10% raise took him to \$110, while Amanda's 10% cut left her with \$90. The boss' 10% readjustments meant that Charlie's \$110 was cut by \$11, leaving him with \$99 per week; and Amanda's 10% raise of \$9 took her to \$99. So they are back to equal pay, but less than before all these adjustments began!

Two walls: Wall A has one more brick than Wall B, no matter how large the walls are! You could draw a little diagram, or write equations for the two areas: Wall A area = b² (where b = number of bricks high and wide). Wall B area = (b-1) × (b+1) = b²-1, one brick less than Wall A, regardless of the value of b.

Quilting: 2 hours: Bertha can sew 1/6 of the quilt in an hour. Dot can sew 1/3 (or 2/6) of the quilt each hour. Working together, they can finish 3/6 (or half) the quilt each hour.

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