



# Scotia-Glenville Senior Citizens Senior Moments

Volume 37 Number 5

September-October 2011

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

## Annual Election Meeting

Thursday, October 13, 2:00 p.m.

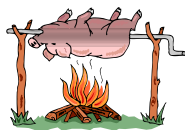
The Board of Directors has nominated the members shown on the Proxy Form on page 13 for Officer and Director positions for the year 2012

It is imperative that sufficient members are present, either in person or by signed proxy, to constitute a valid quorum for this election (this is NY State law).

**IMPORTANT**

Therefore, even if you plan to attend this meeting in person, **PLEASE COMPLETE AND SIGN the Proxy on Page 13 and mail or deliver it to the Center to arrive on or before Friday, October 7.**

## Pig Roast Dinner and Roasted Chicken Dinner



Sunday September 18, 4:00-6:00 pm

Eat in or take out. Presented by Andy's Catering.

Pig Roast Dinner \$15. Roasted Chicken Dinner \$10.



Meals include dressing, mashed potatoes and gravy, green beans, tossed salad, cookies, beverages.

Tickets are available now at the Senior Center, or at the door on Sept 18th.

You can also purchase tickets from Rosemary Pryne 399-4726 or Ronnie Quinn 399-5999.

There will be a 50-50 raffle (winner splits with Center)

*Public is invited – Senior Center membership is not required.*

## Trips

*Details, page 10*

### Ogunquit, Maine (3 days)

Tuesday thru Thursday, Sept 6-8  
SEATS STILL AVAILABLE

### Lake George Dinner Theater: "Skin Deep"

Tuesday, Sept 20  
TRIP FULL – WAIT LIST

### Blast off to Brooklyn, NY

Monday October 3  
SIGN-UP DEADLINE SEPT 22

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

Saturday thru Wednesday, Oct 15-19  
FINAL PAYMENT DUE SEPT 9

### Tribute to our Veterans

Log Cabin, Holyoke MA  
Wednesday November 9  
SIGN-UP DEADLINE OCT 29

### Christmas Spectacular

Hilton Inn, Troy  
Monday November 21  
SIGN-UP DEADLINE NOV 4

#### MARK YOUR CALENDAR

Exec Council: Thu: Sep 1 & Oct 6; 10:00 am  
at Town Hall  
Directors: Thu: Sep 8 & Oct 13; 2:00 pm  
at Senior Center  
*Senior Moments* Deadline: Thu Oct 6  
*Senior Moments* Mailing: Thu Oct 27, 9:00 am  
Senior Center and Meal Site CLOSED Mon Sep 5.  
Meal Site CLOSED Mon Oct 10

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# SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

## Senior Law Day

Monday September 19, 1:30 pm:

Cristine Cioffi, Esq. of Cioffi, Slezak, Wildgrube, P.C. will discuss legal issues of importance to seniors, such as:

- Sheltering assets from nursing home costs
- Avoiding probate
- Powers of attorney
- Healthcare proxy, living wills

Don't miss this important informational session.

Refreshments will be served.

## Festa Italiano Night

Saturday October 15, 4:00-7:00 pm

This will be a full Italian Buffet, catered by Roma Villa.

Menu: Ziti, meatballs w/ sausage & peppers, Italian potatoes, tossed salad, rolls & butter, beverage, dessert.

Great entertainment by DJ Brian Zapel.

Cost: \$11 in advance; \$12 at the door.

50/50 raffle (winner splits with Center).

Public is invited.



## Hearing screening

Monday October 17, 9:00 am-1:00 pm

Once again the audiology department of Sunnyview Hospital will be providing free hearing screening. It is *not appropriate* for folks who already use a hearing aide. No products or services will be recommended or sold. This is just a screening service designed to give you a report of your hearing acuity.

**Appointments are required and can be made in person at the front desk or by phone.**

This service is *not limited* to Senior Center members.

[FYI: Last year we were able to meet the hearing screening need completely in the morning, and wound up cancelling the afternoon. Not one person signed up for the vision screening, so we cancelled it altogether.]

## Management of Asthma and Chronic Obstructive Pulmonary Disease (COPD)

Monday October 17, 1:30 p.m.

Ellis Health Center respiratory therapists Leslie Bristol and Sabrina Halse will discuss Asthma and COPD management. Information will be provided about disease process, medications, and tips to improve respiratory health. Educational materials will be available. Refreshments will be served.

### The Internet is not difficult

Learn a few simple "secrets" to help you find information on *anything*.

Free computer tutoring. One-on-one help to answer *your* questions on *your* schedule.

Call the Center to schedule an introductory appointment.

## Help stop Medicare fraud

Monday October 3, 2:00 pm

Hosted by Benita Zahn

Every year, taxpayers lose over 60 billion dollars to health-care fraud and abuse in the U.S.

"Health care fraud" happens when you or your insurance is charged for services that you did not receive, or charged for services that are different than things that you did receive. Healthcare fraud takes money out of the pockets of disabled and senior beneficiaries who have paid into the system for many years and are now in need of coverage.

The NYS Office for Aging is launching Senior Medicare Patrol (SMP), a project to educate Medicare and Medicaid beneficiaries on how to recognize and report suspected cases of deceptive health care practices, such as overbilling, overcharging, or providing unnecessary or inappropriate services.

Join Capital District TV personality Benita Zahn, elected officials, community leaders, and others like yourself, and learn how each of us can make a difference. You will hear from an investigator from the Office of the Inspector General about how these cases are pursued and the impact your tips and information can have. You will also hear from senior volunteers who work with individuals and groups to train them how to spot fraud and where and how to report it.

If you plan on attending, please call the Center in advance to help us plan. But come even if you didn't call ahead.

## Medicare Benefits Q&A

Monday October 24, 10:00 am

Learn about your 2012 Medicare benefits at an Annual Election Period (AEP) seminar hosted by CDPHP® at the Glenville Senior Center. Lorraine Nicklaw will be on hand to answer questions and help guide you through the process.

The public is invited.

## Future events – Mark your calendar.

### Veterans Day Celebration

Sunday November 13, 1:00 pm. Public is invited.

The Center will honor our Veterans at this special event.

Master of Ceremonies: Frank Quinn

A buffet dinner will be catered by *The Dairy Circus*.

Entertainment will be provided by *The Racing City Chorus*.

Cost is \$13 – Members who are Veterans will be given a free ticket. A Veteran who is a close relative of a Member will be given a free ticket if accompanied by that paying Member.

Sign up at Front Desk by Tuesday November 1.

**VETERANS:** Call or stop at the Center to leave your military information.

### Holiday Party

Sunday December 11

Details in next issue of *Senior Moments*

# SENIOR CENTER NEWS

## From The Prez

Not sure where summer went, but September is upon us and it's time to think of going back to school and taking out warmer clothes.

Now that everyone will be winding down from summer activities, come in and use our Center. There is so much here for everyone. For starters, September features our Ogunquit Maine Trip on the 6<sup>th</sup> through 8<sup>th</sup>; Lake George Holiday Inn Dinner Theater on the 20<sup>th</sup>; and a pig and chicken dinner on the 18<sup>th</sup>. Take a look at page 7 for the rest of the year's trips.

And note on page 6 that our Grayairs are looking for a choreographer, and our bowlers need more players.

Have a nice Labor Day weekend.

Linda

## Senior Moments Mailing party

Thursday October 27, 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!

**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.**

## Congratulations Gardeners!

You have done it again. The gardens are beautiful! A big thank you goes out to the members of the gardening committee: **Sandy Glindmyer, Jane Conroy, Blanche Fischer, Evelyn Picciuk, Reba Mehan, Dot Brooks, Sharon Bellamy, Gail Steslow, and Darlene Robinson.** Even during hot summer days this crew could be seen planting, trimming, weeding, and deadheading flowers to keep our gardens looking great. A thank you also goes out to **Carl Quinlan** for always giving us a helping hand when we need it.

Anyone who would like to help by volunteering a few hours during the summer and participate in a fall cleanup of the gardens can contact **Paula DeVries at 885-9709**

## The British\* is coming (\*punctuation, that is)

For centuries, it has been standard practice in the U.S. to place commas or periods (but not *other* punctuation marks—semicolons, colons, exclamation points, question marks, dashes) inside of quotation marks, regardless of whether they were part of the quoted material. It is said that this practice emerged from aesthetic considerations – and perhaps (?) influenced by the urge to differ from British practice, which was, and remains, simply and logically, to enclose only quoted material in quotation marks.

But these days we find, with increasing frequency, that text in places like the Web, emails, student papers, business memos, etc., is following the British practice. So you may have noticed in this issue that we are endeavoring to join this growing trend to restoring accuracy and logic in the English language.

### SENIOR SMILES

#### The Fan

The Stadium was packed for the Big Game. On my way to my seat, I walked by a man with an empty seat next to him where he had stored his jacket and souvenirs. He was on the fifty-yard-line, ten rows from the field. I asked him how such a great seat could be going unused. He said he and his wife had purchased these seats but she had died. I told him how sorry I was to hear of his loss, but had to ask, "Don't you have any friend or relative you could offer the seat to?"

He replied, "Yes, but they're all at the funeral."

#### Speeder

Cop stops speeder, asks driver, "Ma'am, do you know you were speeding?"

Sweet geezerette replies, "Oh dear! I'm sorry. But I have to get there before I forget where I'm going."

# 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.

<b>YMCA CLASSES</b> <i>(descriptions below)</i>			
<b>7-week session, September 12—November 18</b>			
Registration Tuesday September 6, 9:00-11:00 am. If you miss it, see instructor for class availability.			
Fees: 1class/wk \$26; 2, \$35; 3, \$44; 4, \$53; 5, \$62, 6, \$71			
<b>Class</b>	<b>Instructor</b>	<b>Schedule</b>	<b>Notes</b>
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	
<b>SENIOR CENTER CLASSES</b>			
Gentle Yoga	Nancy Tobiessen	Wed 2:00 10 wks: Sep 14-Nov 16	\$40 for 10 weeks. Payable first day of class directly to Nancy

## YMCA CLASS DESCRIPTIONS

### 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.

## SENIOR CENTER CLASS DESCRIPTION

### 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

Center Membership is required unless noted otherwise.

**MORE ACTIVITIES  
ON PAGE 6**

## 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.

## 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.

## 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.

## Bible Study

**Mondays, 1:00 pm, starting September 12**

**NEW!** Come and learn how Old Testament prophecy is fulfilled in the New Testament. Learn about the life of Jesus three years before his death.

Richard and Sandy will take all scripture readings from the King James Bible.

No advance registration is required. At our first session we will want to hear your questions, to help us plan future discussions. For more information, call Richard Garneau, 727-4409.

## 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.

## Learn to play Bridge

Have you always wanted to learn the game? If so, we can help. We have a volunteer instructor who regularly plays bridge and who would be willing to introduce you to the game. We will meet on Friday afternoons. If you might be interested, call the Center and leave your name and phone

## Cribbage

**Tuesdays 10:00 am**

We welcome two new members – Helen and Marty McCormick. We now have 11 regular players.

We encourage anyone who would like to join us or learn to play, to stop by any Tuesday. You will not be turned away! We guarantee you will have a good time!

Some of our more avid players organize competitions. Our second tournament has been completed with Betty Mardirosian again the winner; congratulations Betty! Our next Tournament will be split into two divisions; we encourage all who would like to join the contest to sign up.

Until next time...Happy Pegging!

– Stan Gordon, Pegmaster

## Mah Jong

(or Mahjong or Mah Jongg and probably other variations)

*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 Ma-jong, is conducting two sessions of **beginner's lessons** this fall, but **as we go to press these beginner sessions are full.**

For more information, call Linda (known hereabouts as Ma Jong) at the Center.

# CENTER ACTIVITIES

Center Membership is required unless noted otherwise.

**MORE ACTIVITIES  
ON PAGE 5**

## First Friday Film Club

First Friday each month, 1:30 pm

Welcome back to another season of memorable films!

**September 2 – *To Sir With Love* (1967 – UK)**

A rookie teacher (*Sidney Poitier*) throws out stock lesson plans and takes command of his unruly, adolescent students in a London school. Title song is performed by pop star *Lulu*. Also starring *Judy Geeson* and *Suzy Kendall*.

**October 7 – *The Boy in Striped Pajamas* (2008 – USA)**

Set during World War II, the story is seen through the innocent eyes of Bruno, the 8-year old son of the commandant at a concentration camp. His friendship with a Jewish boy on the other side of the camp fence has startling and unexpected consequences. Screenplay and direction by *Mark Herman* from the novel by *John Boyne*.

**NOTE:** Snacks and coffee will be provided at all shows.

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

## 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.

## 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.

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

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

**Nov 7 – *Caleb's Crossing* by Geraldine Brooks**

**Dec 5 – *Pandora's Clock* by John Nance**

\*This is second Monday; Center is closed 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**, 370-0410.

## Ballroom Dancing

Fridays, 2:00 to 3:00 pm. starting September 9

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.

## Bowling

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

Official bowling begins September 7. Come to our free practice August 31.

**We need a couple of bowlers.** Call **Glenn Wiltsie** 696-2574 for more information.

## 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 STUMPER



Answer, page 11

### Free-beer Code

There's this unusual little bar, where you can get a free beer if you know the secret code. It works like this: you sit down at the bar. The bartender tells you a number. And you tell him another number. If it's right, you get a free beer.

For example, a customer goes up to the bar and the bartender says, "six." The customer says, "three," and he gets his free beer.

The second fellow goes up to the bar, and the bartender says, "twelve." The customer says, "six," and he gets his free beer!

A third customer sits at the bar, and the bartender says, "fourteen." The customer says, "eight." He gets a free beer.

The bartender turns to you and says, "twenty-two." You are thirsty. What do you say?

## 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.

### Ogunquit, Maine (3 days)

Tuesday thru Thursday September 6-8

Some seats available with final payment.

Check with front desk

Ogunquit is a beautiful community on the 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

Trip full. Wait list available at Front Desk

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.

### Blast off to Brooklyn

Monday, October 3

Sign-up deadline: September 22

Voted the #1 tour of Brooklyn NY – it is the best-kept secret and we are going with the #1 tour guide in the borough of Brooklyn. This 4<sup>1/2</sup>-hour tour covers pizza, Coney Island, and more. There's award-winning, Neapolitan-style pizza at Grimaldi's under the Brooklyn Bridge (where there is **NO** waiting on line) and legendary Sicilian-style pizza at L&B Spumoni Gardens in Bensonhurst. A multimedia sightseeing tour highlights Brooklyn's famous neighborhoods, parks, landmarks, and famous movie locations like *Saturday Night Fever*, *Goodfellas*, *The French Connection*, and more!

Depart 6:30 am; Return 8:30 pm

Cost \$76.00 pp member/non-members

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

Saturday through Wednesday, October 15-19

Some seats are available. Full payment due September 13.

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

A detailed itinerary is available at the Front Desk

### A Tribute to our Veterans Show

Log Cabin at Holyoke, MA

Wednesday, November 9

Sign-up deadline: October 29

Celebrate our veterans with this outstanding group of musicians and a fabulous day of music and patriotism. We will have hors d'oeuvres trays upon arrival, followed by a combination plate of roast turkey and home-style meatloaf, with potato and vegetables, coffee or tea. Dessert is a pecan ice-cream roll, and everyone will receive a petite bottle of wine. Let us all honor our veterans at this popular New England show.

Depart 9:00 am; Return 5:30 pm

Cost: \$65.00 pp members, \$70.00 pp non-members

### Christmas Spectacular

Hilton Inn, Troy, NY

Monday, November 21

Sign-up deadline: November 4

The Christmas tradition continues with the Latshaw Pops Orchestra, singers, and dancers in a holiday variety show featuring Christmas songs and carols plus a special visit from Santa.

Lunch is served at 11:30 am, then the show follows at 1:00 pm. Your meal consists of salad, cranberry-stuffed chicken breast, baked potato, green beans, apple pie, and coffee. The show is an annual event and will fill up fast. We intend to get an early jump start.

Depart 10:00 am; Return approx. 4:30 pm

Cost: \$64.00 pp members; \$70.00 pp non-members

# GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

## September 2011

Thu	1	Executive Council Meeting 10:0 am
Thu	1	Grayairs 1:30 pm
Fri	2	Movie 1:30 pm
Mon	5	Senior Center & Meal Site Closed
Tue	6	Maine trip 7:00 am
Tue	6	Rotterdam Square Mall
Tue	6	YMCA Class registration 9:00 am
Wed	7	Mah Jong Lessons 9 – 11:00 am
Thu	8	Board Meeting 2:00 pm
Fri	9	Ballroom Dancing 2:00 pm
Mon	12	Book Club 10:00 am
Tue	13	Clifton Park Mall
Tue	13	Primary Elections 11:15 am – 9:45 pm
Tue	13	American Legion Mtg. 1:00 pm
Tue	13	“Umbrella” Program 2:00 pm
Wed	14	Mah Jong Lessons 9 – 11:00 am
Fri	16	Van Dispatcher & Driver Lunch 12:30 pm
Sun	18	Pig Roast 4 – 6:00 pm
Mon	19	Book Club 1:00 pm
Mon	19	Senior Law Day w/Chris Cioffi 1:30 pm
Tue	20	Rotterdam Square Mall
Tue	20	Lake George trip 9:30 am
Tue	20	AARP Defensive Driving 2 – 5:00 pm
Wed	21	Mah Jong Lessons 9 – 11:00 am
Wed	21	AARP Defensive Driving 2 – 5:00 pm
Tue	27	Clifton Park Mall
Fri	23	Cavatelli dinner 4:30 pm
Fri	30	Ballroom Dancing 2:00 pm

## October 2011

Mon	3	Brooklyn trip 6:30 am
Mon	3	Book Club 10:00 am
Mon	3	Medicare Fraud Mtg. 2:00 pm
Tue	4	Rotterdam Square Mall
Wed	5	Mah Jong Lessons 9 – 11:00 am
Thu	6	<i>Senior Moments</i> Deadline
Thu	6	Executive Council Mtg. 10:00 am
Fri	7	Movie 1:30 pm
Mon	10	Meal Site Closed – Center Open
Tue	11	Clifton Park Mall
Tue	11	American Legion Mtg. 1:00 pm
Wed	12	Mah Jong Lessons 9 – 11:00 am
Thu	13	Board/Annual Meeting 2:00 pm
Fri	14	Ballroom Dancing 2:00 pm
Sat	15	Italian Night 4 – 7:00 pm
Mon	17	Hearing screening 9:00 am
Mon	17	Book Club 1:00 pm
Mon	17	Asthma Management 1:30 pm
Tue	18	Rotterdam Square Mall
Tue	18	AARP Defensive Driving 2 – 5:00 pm
Wed	19	Mah Jong Lessons 9 – 11:00 am
Wed	19	AARP Defensive Driving 2 – 5:00 pm
Fri	21	Ballroom Dancing 2:00 pm
Mon	24	CDPHP 10:00 am
Tue	25	Clifton Park Mall
Thu	27	<i>Senior Moments</i> Mailing 9 – 11:00 am

## Weekly Events – September & October 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(Ex.9/13)
Wed	Mah Jong	9:00 am
Wed	Pickleball	4:00 pm
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	Ballroom Dancing	2:00 pm (Ex9/2&23)
Fri	Pickleball	4:00 pm

### SENIOR SMILE

#### The hunters

Vinny and Sal are out in the woods hunting when suddenly Sal grabs his chest and falls to the ground. He doesn't seem to be breathing, and his eyes are rolled back in his head.

Vinny whips out his cell phone and calls 911.

He gasps to the operator, "I think Sal is dead! What should I do?"

The operator, in a calm, soothing voice, says, "Just take it easy and follow my instructions. First, let's make sure he's dead."

There is a silence, and then a shot is heard.

Vinny's voice comes back on the line,

"Okay... now what?"

# SCOTIA-GLENVILLE NOON MEAL CENTER

Operated by Catholic Charities of Schenectady

## Menu, September-October 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.**

### September 2011

Thu	1	Turkey Meatloaf
Fri	2	Parisian Cod
Mon	5	Closed – Labor Day
Tue	5	Roast Turkey
Wed	7	Salisbury Steak
Thu	8	Macaroni & Cheese
Fri	9	Crab Cakes
Mon	12	Beef Burgundy
Tue	13	BBQ Pork Chop
Wed	14	Roast Turkey
Thu	15	Chicken Supreme
Fri	16	Caribbean Cod Loin
Mon	19	Chicken Loren
Tue	20	Steak Diane
Wed	21	Macaroni & Cheese
Thu	22	Eggplant Parmesan
Fri	23	Herb Crusted Tilapia
Mon	26	Italian Sausage
Tue	27	Greek Chicken
Wed	28	Stuffed Shells
Thu	29	Meatloaf
Fri	30	Potato Crusted Hoki



Chat



Play



Enjoy

### October 2011

Mon	3	Baked Ham
Tue	4	Veal Marsala
Wed	5	Yankee Pot Roast
Thu	6	Turkey Meatloaf
Fri	7	Parisian Cod
Mon	10	Closed – Columbus Day
Tue	11	Roast Turkey
Wed	12	Salisbury Steak
Thu	13	Macaroni & Cheese
Fri	14	Crab Cake
Mon	17	Beef Burgundy
Tue	18	BBQ Pork Chop
Wed	19	Roast Turkey
Thu	20	Chicken Supreme
Fri	21	Caribbean Cod
Mon	24	Chicken Loren
Tue	25	Steak Diane
Wed	26	Macaroni & Cheese
Thu	27	Eggplant Parmesan
Fri	28	Herb Crusted Tilapia
Mon	31	Italian Sausage

## 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

### You can take it with you

Horace worked all his life, made a lot of money, and spent as little as possible. Just before he died, he made his wife promise to put all his money in the casket with him so he could have it in the afterlife.

His wife sat through the funeral, dressed in black, looking somber, holding a box. Just before they closed the casket, she put the box in beside him.

Her friend said, "Girl, I know you weren't fool enough to put all that money in there with your husband."

She said, "I made him a promise. I couldn't go back on my word."

"You mean to tell me you put that money in the casket with him?"

"I sure did," said the wife. "I wrote him a check".

# 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)**

Sep 20 & 21 Oct 18 & 19

Nov 1 & 2 Dec 6 & 7

## Do you need an umbrella?

**Tuesday September 13, 2:00 pm**

**Umbrella of the Capital District, Inc.** is a non-profit organization dedicated to helping seniors and persons with disabilities live comfortably, safely, and independently in their own homes. **Ron Byrnes**, one of the founders, will tell us how the organization works.

We'll learn about their dedicated work force of more than 100 retirees, and how we can become involved in either utilizing or providing services, or both.

## 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 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

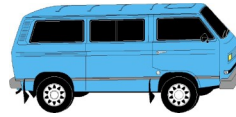
For residents of Glenville and Scotia only.

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 hair-

dresser, 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

Sep 6,20

Oct 4,18

#### Clifton Park Mall

Sep 13,27

Oct 11,25

## WE NEED MORE DRIVERS!

*Call Cindy for details*

## Election Day Bake Sale

**Tuesday November 8**

We welcome all home-made baked good donations including, cakes, pies, cookies, breads, etc. All proceeds benefit the Senior Center. Donations can be delivered to the Senior Center on Monday, November 7 or on Election Day. More information to come in next *Senior Moments*. Contact **Rosemary Pryne** at 399-4726 or **Ronnie Quinn** 399-5999.

## Display Case

Thank you to **Mary Ann Sinnenberg** for displaying her collection of Avon Steins in July and **Anne Litynski** for her August display of Teapots. Watch for...

Sep - **Len Fitzimmons**, himself a Native American and WWII veteran, will display some of his Paintings of American Indians.

Oct - **Myrtle Major** will display her Avon Decanters.

Nov - **Norma Hamm** will display her Teacups.

Dec - **Mary Ann Sinnenberg** displays Christmas plates.

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.*

## MINOR HOME REPAIRS



- ELECTRICAL•PLUMBING•
- CARPENTRY•DOOR LOCKS•



SENIOR RATE: \$24/ HOUR



**JIM GOLDEN**  
CALL 399-7904 ANY TIME



## COMMUNITY NEWS

### S-G Kiwanis Cavatelli Dinner

Friday September 23, 4:30-8:00 pm

Eat in or Take out.

Adults \$7:50; Children \$5.50; family of 4 \$25.00

"Help Kiwanis Help Kids" benefit to send kids to Kamp Kiwanis.

We will have 50/50 raffles to win: Family Fun Basket, Feast for All Basket, and Beauty with Benefits Basket.

Tickets and information: **Jennifer Lotano** 399-3407

### 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.

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### 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](http://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.



Services for Older Adults and Caregivers

A program of



Senior Services in Schenectady

107 Nott Terrace, Schenectady

346-1852

### Adult Day Program

Mon.-Fri., 7:30-5:30

Enabling Seniors to  
remain at home  
and allowing caregivers  
peace of mind

Motivational Activities  
Safe, Homelike Environment  
Caring Staff  
Nutritious Lunches & Snacks

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



Free-beer Code: If you said nine, you get a free beer. How many letters in "six"? In "twelve"? Etc.



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**Kathleen Engel**  
Associate Broker  
518-640-4808  
E-mail: [Kathleen.Engel@ColdwellBankerPrime.com](mailto:Kathleen.Engel@ColdwellBankerPrime.com)  
[www.ColdwellBankerPrime.com/Kathleen.Engel](http://www.ColdwellBankerPrime.com/Kathleen.Engel)

**MEMBERSHIP APPLICATION**  
**Jan. 1 thru Dec. 31, 2011**  
SCOTIA-GLENVILLE SENIOR CITIZENS, INC.  
32 Worden Road, Glenville NY 12302

Annual Fee:  
Glenville & Scotia residents: \$15 per person  
Non-residents: \$25 per person  
Check payable to: Scotia-Glenville Senior Citizens, Inc.

Check one:  New Member  Renewal [Senior = 55 or older]      Check one:  Resident  Non-resident

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

\*Name1 \_\_\_\_\_

\*Name2 \_\_\_\_\_

\*Address \_\_\_\_\_

\*City/State/Zip \_\_\_\_\_ \*Phone \_\_\_\_\_

Interests/Talents/Comments \_\_\_\_\_

**EXTRA COPIES  
OF THIS FORM  
ARE AVAILABLE AT  
THE FRONT DESK**

**Return this Proxy to the Senior Center on or before Friday October 7,  
whether or not you plan to attend the October 13 Annual Meeting.**

**Scotia-Glenville Senior Citizens and Related Concerns, Inc  
2011 Annual Meeting – Election of Officers and Directors for 2012**

**PROXY**

**EXTRA COPIES  
OF THIS FORM  
ARE AVAILABLE AT  
THE FRONT DESK**

To: Linda Reinhart, President:

I hereby authorize you to cast my votes as follows for Officers and Directors for the years indicated.

*Check YES or NO for each nominee (required by our Bylaws):*

- **Seven Directors**, for three-year terms, 2012-2014,  
replacing Directors whose terms will expire this year:

- |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>YES</b>               | <b>NO</b>                | <b>YES</b>               | <b>NO</b>                |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- **One Director** for one years to replace a departed Officer:

- Bill Vullo**

- **Officers** for the 2012 year:

- |                           |                          |                          |                          |
|---------------------------|--------------------------|--------------------------|--------------------------|
| <b>President</b>          | <b>George Fountain</b>   | <b>YES</b>               | <b>NO</b>                |
| <b>1st Vice President</b> | <b>Max Gollmer</b>       | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2nd Vice President</b> | <b>Desdemona Johnson</b> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Secretary</b>          | <b>Sandy Glindmyer</b>   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Treasurer</b>          | <b>Paula DeVries</b>     | <input type="checkbox"/> | <input type="checkbox"/> |

Comments: \_\_\_\_\_

Signed (Required): \_\_\_\_\_ Date: \_\_\_\_\_

Print Name (Required): \_\_\_\_\_

**Sign and return this Proxy to the Senior Center on or before Friday, October 7.**

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H3388 09-4009A

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Senior Citizens, Inc.  
32 Worden Road  
Glenville NY 12302

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TO: CURRENT OCCUPANT OR



**Scotia-Glenville  
Senior Citizens, Inc**



**OFFICERS – 2011**

President:  
Linda Reinhart  
1<sup>st</sup> Vice President:  
George Fountain  
2<sup>nd</sup> Vice President:  
(Open)  
Secretary:  
Gloria Blum  
Treasurer:  
Paula Devries

**DIRECTORS – 2011**

Robert Atwood  
Gloria Blum  
Sandy Brien  
Judith Connors  
Paula Devries  
George Fountain  
Ray Germain  
Sandy Glindmyer  
Max Gollmer  
Stanley Gordon

Desdemona Johnson  
Dorothy Komoroske  
Richard McMahan  
Arlene Meiklejohn  
Nilakantan Nagarajan  
Angie Pomykai  
Rosemary Pryne  
Linda Reinhart  
Carole Stevens  
Jim Welnhofer

**CONTACTS**

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Glenville Senior Center  
Administrator:  
**Jamie MacFarland**  
Village of Scotia  
Liaison:  
**Joe Rizzo**  
Town of Glenville  
Liaison:  
**Sid Ramotar**