



Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 3 May-June 2018

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

Senior Moments is issued once every two months i.e. Jan.-Feb.; Mar.-Apr.; May-June; July-Aug.; Sep.-Oct. and Nov.-Dec.

Ice Cream Social

Friday, May 11th from 2-4 pm

We invite all members, especially new members, to join us to celebrate the coming of spring at our annual ice cream social. It is a great time to relax and chat with new and established friends over cookies and an ice cream sundae. Ice cream compliments of **Stewart's Shops**. Members only. Please sign up at the front desk before May 4th.

100 Days Around the World

Thursday, May 17th at 1:30 pm

Join us and our member, **Marion Grimes**, for her presentation of her exciting trip entitled "100 Days Around the World." Please register by May 14th for this free event at the reception desk if you would like to attend.

Scotia Memorial Day Parade

Wednesday, May 23rd

Looking for Seniors to walk or ride in the Scotia Memorial Day Parade. We will meet here at the Center and proceed down to our gathering area together. It's about a half mile walk and ends near Jumpin' Jacks. Come have fun waving to the people on the sidelines. Signup on the bulletin board. Hope you will join us.



Learning about Addiction

Thursday, June 21st at 1:30 pm

Chaun Richardson, New Choices Recovery Center, will be with us at the center for an informative presentation on how we can avoid certain addictions that affect our body, mind and even our money with a game called "Jeopardy." Please register at the reception desk if you would like to attend this free workshop. Deadline date is June 18th.

Wednesday, May 30th - Mac-Haydn Theatre, *Damn Yankees*

Thursday, May 31st - Day at Cooperstown

Wednesday, June 13th - Mac-Haydn Theatre, *Funny Girl*

Thursday, June 28th - Mac-Haydn Theatre, *Cabaret*

Thursday, July 19th - Mac-Haydn Theatre, *Mama Mia*

Thursday, July 26th - Wild Center at Tupper Lake

Wednesday, August 1st - Mac-Haydn Theatre, *The Hunchback of Notre Dame*

Trips
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MARK YOUR CALENDAR

Exec Council: Wed. May 2nd & June 6th at 2:30 pm

Directors: Thurs. May 10th & June 14th at 1:30 pm

Senior Moments Deadline: Wed. May 23rd

Senior Moments Mailing: Thurs. June 21st at 9 am

Senior Center closed: Mon. May 28th

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Ron Brach, President

Vicki Hillis, Executive Editor, Publisher

Myrtle Major, Editor

Angie Pomykai, Assoc. Editor, Distribution Manager

Bob Atwood, Associate Editor

GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS



Ron's Reflections

Why Volunteer at the Senior Community Center?

My purpose here is to encourage more members of the Glenville Senior Center to lend their assistance as a volunteer in our services. Our annual membership is around 1150 from which we are blessed to

have about 125 active volunteers in any one year. That's about 10 percent of our members who keep the programs humming on a weekly basis. Clearly, without our volunteers things would deteriorate rapidly and our organization would likely not survive.

Our need for additional volunteers to step forward is ongoing in order to maintain existing and offer new services, hopefully increasing by at least 25 people this year. The opportunities to help are many; including van drivers and dispatchers, leading sports leagues, secretarial-clerical services, newsletter mailings, assisting with trips, classes and social events, and public relations, to name a few.

Why do we volunteer? I recently discovered that the roots of volunteering in America go back at least to Ben Franklin. There are many benefits to volunteering one's time. Just ask anyone who has given of themselves to their community or organization.

Making a difference is one of the top benefits of volunteering at the center. There is no better feeling than helping others. It can give our lives meaning which increases the chemical serotonin and one's well-being in general. Another pro is that we get to meet and relate to people on a regular basis by sharing our special talents, skills and interests with others. As a volunteer, one becomes an important link in the quality of life and vitality of our community.

What about the natural fears we have that keep some of us on the sidelines? Probably the biggest is the time commitment which, admittedly, can get you in over your head when you are not the type to say "no." We are not asking for a lengthy commitment. Even an hour or two devoted here and there would be invaluable. The opportunities are many...you determine what and when.

We sincerely appreciate our volunteers. A special luncheon was held in April to honor those who had given 12 hours or more of their time during the past year. Please step forward to help us reach our goal of 25 more volunteers this year. Contact Vicki Hillis, our welcoming Senior Center Coordinator, at (518) 374-0734 to discuss your interests. The rewards of volunteering are many.

Yours Sincerely,

Ron Brach

Nominating Committee Invites Recommendations

A nominating committee consisting of **Jim Bishop**, **Sandy Glindmyer** and **Ed Perazzo** has been appointed by Senior Center president **Ron Brach**. The committee seeks recommendations for candidates to fill the positions of President, 1st Vice President, 2nd Vice President, Secretary, Treasurer, and seven members of the Board of Directors.

Members of the Board serve for a term of three years that will commence January 1, 2019. Officers serve for a term of one year. The nominating committee has until July 1, 2018 to submit its slate of nominees. Voting on the slate of nominees by the full center membership will be done by secret ballot during September and the first two weeks of October.

Member recommendations for nominees may be made at the Center desk or by contacting the nominating committee members individually.

Gardening Corner

By **Barbara Brown**

Do you have a GREEN THUMB, some experience in gardening, or just willing to follow some directions? We need your help at the center with planting and maintaining the flowers, along with the perennials that are out front and in the Memorial

Garden. Yes, we have a Memorial Garden down the side of the building just beyond the bocce ball court.

Once the planting and early prep is done, we take turns throughout the summer dead heading and maintaining the flowers. The SIGN UP SHEET is on the bulletin board. We need your help, so please sign up and give us a little of your time.



Happy Birthday

We are grateful to **CDPHP** for their generous monthly contribution of a decorated birthday cake for everyone to enjoy and honor those with birthdays that month. Join the celebration with a piece of cake. Upcoming celebrations:

May birthdays: 5/10

June birthdays: 6/14



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Search **Scotia-Glenville Senior Citizens, Inc.**

facebook

CENTER SERVICES

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

The Sunshine Committee

Do you 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 will send a card or make a phone call to let them know that they are in our thoughts and are special to us. Contact **Mary Stagliano** or **Joyce Grygiel** at the center.

Box Tops for Education



Check cans, bags, and boxes of groceries, cleaning supplies, etc., and you'll probably find little symbols like these on many of them. Each of these little symbols is worth 10 cents to our neighboring Glen-Worden Elementary School, so don't throw them away.

Keep looking for these Box Tops and bring them in so we can help the school achieve its goal to get playground equipment for the school. Our collection box is near the books and magazines in the main hallway. Thank you to our two volunteers who have been cutting out the box tops—**Fran Madison** and **Jeffrey Rauch**.

Display Case

Be sure to check out the display case in the library to see some unique collections. We want to thank **Sylvia Kaarto** for her Beatrix Potter figurines in March & **Barbara Brown** for her Budweiser Beer Steins in April.

Next Up:

May - Cardinals from **Joan Gould**

June - Haviland China from **Violet Fallone**

We are always in need of collections. If you would like to display your collection, please contact **Janet Neary** at 518-393-0331 or leave a message at the front desk. Remember, the case is lighted and always locked. Thank you to Janet for coordinating the displays.

Copy your wallet cards free

The information on the cards you carry in your wallet is important to you. If these cards are lost or stolen, would you know the many numbers on each of them? You may copy all your wallet cards at the Senior Center for free.

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 (518) 374-0734 M-F between 9:00 am and noon 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, to visit a friend, etc., within the town. The van operates Monday through Friday, 9:00 am-3:00 pm.

Donations are gratefully accepted to help defray costs.

The center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with ample advance notice. Call Catholic Charities (518) 357-4710 (donations accepted).

Tuesdays: Scheduled trips to Malls

First Tuesday of the month - Clifton Park Mall

Third Tuesday of the month - Rotterdam Square

All other Tuesdays will be available for regular van appointments.

Clifton Park Mall trip: May 1st & June 5th

Rotterdam Sq. Mall trip: May 15th & June 19th

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

We Need Drivers & Dispatchers.

Be a regular or substitute driver or a substitute dispatcher. Call **Linda Reinhart** at the center for information.

Please be mindful of your fellow van riders and be prompt for your pickup times.

Having a computer problem?

Schedule a one-hour session with a Senior Center computer tutor. Call the center to arrange for an appointment. Free to members.

Donate eyeglasses

The Scotia-Glenville Lions Club collects discarded eyeglasses which they restore and give to those less fortunate. So drop off your donation in the box located in the center's library.

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Want to learn to play bridge?

Mondays, May 7-June 4, 1-3 pm

If you are interested in learning to play bridge, we will have a beginners class to learn the basic rules. No conventions will be taught. Class will begin on Monday, May 7th from 1-3 p.m. and will run for four sessions. No class on Memorial Day, May 28th. Sign up in advance at the front desk.

Watercolors with Mary

Monday, May 14th - Spring Flowers, 9:30-noon

Monday, June 11th - TBD, 9:30-noon

Complete an entire watercolor painting during a one day class. All materials and instruction provided. Please sign up at the front desk in advance. Cost: **\$25 per class**; please make checks payable to the instructor, **Mary Fekete**.

MVP Tai Chi Moves

Wednesdays, June 20-August 1st, 1-1:45 pm

No class on 7/4

Join us for an introduction to Sun Style Tai Chi! Described as "meditation in motion," the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. Wear flat-soled shoes and loose, comfortable clothing. This program is free and open to the public, compliments of MVP Health Care. Space is limited and registration is required. Registration begins **June 6th**: Call the Medicare Customer Care Center at 1-800-665-7924 (TTY:1-800-662-1220).

Course code: 5042

Craft Workshop

Friday, July 13th, 1 pm

Please join us for a craft workshop as we make ornaments for our Christmas tree at the Festival of Trees. Our decoration theme is birds. Sign up at front desk.

Recycling at Center

We are starting a more aggressive Recycling Program here at the center. When asking people here at the Center about recycling, most did not know we had a container located by the card table in the hallway with the books on it. We have ordered three Recycle Baskets to get us started. One will be near the copier in the office, one to replace the container near the books in the Hallway, and a third place yet to be determined. We do have a large 65 gallons container outside the back door that which is emptied by our waste company. If you have suggestions regarding recycling here at the Center, please leave a note for

Barbara Brown.



Driver Safety Course Offerings

◆ **Tues./Wed. May 15th & 16th, 2-5 pm**

Cost: Senior members **\$25** & non-members **\$32**
Please make check payable to **AAA Northway**.

◆ **Tues./Wed. June 19th & 20th 2-5 pm**

Cost: Senior members **\$25** & non-members **\$32**
Please make check payable to **AAA Northway**

◆ **Tues./Wed. July 17th & 18th, 2-5 pm**

Cost: Senior members **\$25.50** & non-members **\$29**
Please make check payable to **Armand Canestraro**.

◆ **Tues./Wed. August 14th & 15th, 2-5 pm**

Cost: Senior members **\$25.50** & non-members **\$29**
Please make check payable to **Armand Canestraro**.

These programs may reduce your auto insurance. Class consists of two-3-hour sessions held on two consecutive days. Senior Center membership is not required.

Payment is due at sign-up. No cash. Checks are not cashed until the class is held. Participants must register in person at the Front Desk. No phone reservations are accepted.

Painting with Peggy

Monday, July 9th 9:30 am -2 pm

"Sea Oats "

This painting will bring back memories of being at the beach! We will paint as if you are standing on the shore looking out to sea.



Using values of pinks and purples we will create a sun reflecting on the water as it sets behind distant clouds.

Peggy provides all the materials from blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting.

Note: There will be 1/2 hr. lunch break, so we can re-energize & rest our eyes. Please bring a bag lunch.

Cost: **\$45**. Payment due at time of registration. Please make checks payable to **Peggy Porter**. Max. 8 participants. Sign up at Front Desk. Call Peggy at 518-925-2238 for additional details.

Stampin' Up Card Workshop

First Tuesday of the month at 2:30 pm

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Sign up in advance at Front Desk. Please make checks payable to the instructor, **Brigid Meyer**.

Cost: **\$5** per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates: 5/1, 6/5, 7/3

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.

YMCA Classes Spring Session - Apr. 9th –Jun. 30th Session Fees: 1 class/wk: \$36; for 2 classes/wk \$48; 3 classes/wk \$60; 4 classes/wk \$72; 5 classes/wk \$84 Watch bulletin board for info about summer session				
Monday	Tuesday	Wednesday	Thursday	Friday
9:05 CardioFit	9:15 Zumba Gold	9:15 Forever Strong	9:15 Zumba Gold	9:30 Chair Yoga
9:55 Forever Strong		10:15 Active Stretch & Balance	11:30 Balance (Starts 5/17)	10:30 Forever Strong
	11:20 Chair Yoga	11:15 Cardio Dance		

ACTIVE STRETCH & BALANCE:

A combination of stretch with floor exercises aimed to increase core strength and balance. Addresses muscles as a form of maintenance, by taking joints through their full range of motion naturally. Every active stretch is done within your individual limits to reduce risk of injury.

CARDIO FIT: Using energetic music, this class is taught in intervals moving between low impact aerobic activity created especially for active older adults. It's easy on the joints, burns calories and strengthens your heart and lungs. Tone your muscles and strengthen your bones.

CARDIO DANCIN':

Choreographed, medium-to-high level aerobic dance program designed to improve balance, flexibility, coordination, cardiovascular endurance and muscle tone.

CHAIR YOGA: Experience a yoga practice designed for those times in our lives when we are faced with physical challenges. Chairs and props will be used to assist each person in variations of postures that are appropriate to promote comfort. Great for beginners, seniors & those with health challenges.

FOREVER STRONG: A sculpt class designed for seniors using resistance bands, tubing, and hand weights to keep your muscles and bones strong!

ZUMBA GOLD: Exciting Latin and International dance rhythms taught here for senior and beginner populations. It is easy to follow, so any age and any fitness level can do it! This fun Latin dance program includes merengue, salsa, cha cha, cumbia, calypso, and rock & roll. Guaranteed to provide the participant with a safe and effective total body workout.

Other Senior Center Classes

Gentle Yoga

Wednesdays, 2 pm

Spring Session Apr. 18th - Jun. 20th

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. Wear loose-fitting, comfortable clothing. Bring mat, blanket, and small pillow.

Cost: \$44 Pay instructor **Nancy Tobiessen** on the first day of attendance. Nancy has been a Kripalu yoga teacher for over 20 years with special training to teach seniors.

Tai Chi Practice

Tuesdays, 9am

We welcome you to join our small group trying to maintain our Tai Chi skills. Tai chi is a meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Offered to members only at no cost.

CENTER ACTIVITIES

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

Responsibilities of activity participants

Participants in center activities (meetings, discussion groups, cards and table games, films, presentations, etc.) using center equipment (e.g., chairs, tables) are responsible for retrieving and setting up equipment needed for the activity, and for returning it when finished with the activity. In cases where someone else has kindly done some set-up for you, you remain responsible for take-down and put-away unless told otherwise by a responsible person.

Senior Moments Mailing party

Thursday, June 21st at 9 am

Come join us for our mailing party as we prepare the *Senior Moments* newsletter for mailing. Volunteers perform the vital task of folding the newsletters and applying the pre-printed address labels for mailing. We'll meet in the Dining Center and complete the task usually within 1.5 hours. Refreshments will be served. Come join us and have some fun!

Knitting and Crocheting

Tuesdays, 1 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!



Mon/Wed Senior Golf Leagues

Please join us for the 2018 senior golf leagues at Galway Golf Course. The leagues include both men and women players. Two leagues are available through the Senior Center on Monday and Wednesday mornings beginning the first week of May and continuing for 16 weeks into the end of August. A highlight of the 2017 season was a joint golf tournament and picnic with prizes and delicious food. For information on joining the Monday League, please call **Butch Carpentier @ 518-374-1499**; for the Wednesday league, call **Ron Brach @ 518-366-1272**. Many members enjoy the golf comradery so much that they belong to both leagues.

Thursday Golf League

The Thursday morning league is seeking substitutes for the 2018 season. We play each Thursday morning at 9 am starting in May at Mill Rd. If you are interested in being added to our substitute list, please contact **Margo Snyder @ 518-952-7371** or (518) 256-5351 or email her @ littledoc48@cloud.com.

Coffee and Conversation

Tuesdays, 9-11 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.

Card Playing

Mondays and Thursdays, 12:30 pm

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

Generally, foursomes are established and seldom have openings for drop-in players. If interested, stop by the front desk and add your name to the list of new interested players, indicating the game(s) of your interest. You can then follow up with people on the list to establish new groups of play.

Duplicate Bridge

Tuesdays, 12:30-4 pm

No previous experience is necessary. This is a friendly game! Come with your partner. If you need a partner, come see the group and add your name to our list. Also, you may take a copy of the list to find a partner.

Mah Jong

Wednesdays, 9 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.

Cribbage

Fridays, 10 am

Please join us in the library for fun, laughter and cards. If you don't know the game, we will teach you.

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First Monday Book Club

First Monday of month, 10 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.

May 7- *A Piece of the World* by Christina Baker Kline
June 4 - *Lilac Girls* by Martha Hall Kelly



La Bella Lingua

Beginners - Thursdays at 11 am

Advanced Students - Fridays at 2:30 pm

Everyone is welcome. There is no fee—the only expense is to buy your own books. The classes are informal and enjoyable. We have fun as we learn to read, write and speak the beautiful language. If you are interested, now is the time to jump in. Ciao! For details, please call **Ed Perazzo** at 518-399-1438.

Blanket-makers Needed

Do you knit, crochet or quilt? We're looking for volunteers to make lap blankets for wheelchair-bound veterans at the VA Hospital. Blanket sizes can vary but 36 inch by 48 inch works well with wheelchairs. You can do your project at our knitting group on Tuesdays or work on your own.

Silver Threads Quilters

Thursdays, 1- 3 pm

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. This year our group has made quilts to donate to Camp Erin, a camp for bereaved children. Also, some of our generous members made hats, mittens and scarves to give to the camp for the cold Adirondack nights. Everyone is welcome; there is no fee.

Oil, Acrylic & Art

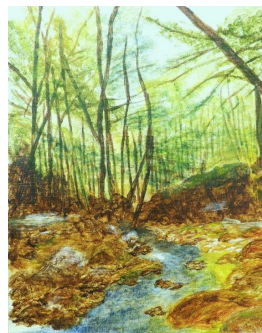
Fridays, 10 am - 1pm

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

Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire.

Certified by the Minneapolis Institute of Art, the instructor **Dani Morette** will provide guidance on color mixing technique and application.

Painting by Ruth Quinn



Senior Center Photographers

Thursdays, 10 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 to members. Come check us out some Thursday.

Bocce

Tuesday, 9 am

The bocce players will meet every Tuesday from now through summer, weather permitting. Newcomers are welcome. For information, call **Shirley** or **Ed Perazzo** at (518) 399-1438.

Pickleball

Mon, Wed, Fri 4 pm

Novice Play is scheduled for Mondays, Wednesday, and Fridays. Questions? Leave a message at desk.

TRIPS and TRAVEL

- ◆ **Make reservations** in person (not by phone).
- ◆ **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.
- ◆ **Children** should be at least junior-high-school age.
- ◆ Please do not wear perfume on trips; others are allergic.

Cooperstown & Farmers Museum Thursday, May 31st

As one of the oldest rural life museums in the country, The Farmers' Museum in Cooperstown, New York, provides visitors with a unique opportunity to experience 19th-century rural and village life firsthand through demonstrations and interpretive exhibits.

The museum, founded in 1943, comprises a working farmstead, a recreated historic village, the Empire State Carousel, and a Colonial Revival stone barn listed on the National Register for Historic Places. The museum preserves important examples of upstate New York architecture, early agricultural tools and equipment, and heritage livestock. Its collection of more than 23,000 items encompasses significant historic objects ranging from butter molds to carriages, hand planes to plows.

Please be aware that while being mostly handicapped accessible, seeing all of the museum requires quite a bit of walking on uneven surfaces. This museum is quite different from most other museums and very enlightening.

Of course the buffet lunch at the Otesaga is a treat in and of itself. If you've never been to the Otesaga, it alone is worth the trip.

Our final stop, the Ommegang Brewery, is a beer lovers paradise. It is one of the finest breweries in the state. It has a fantastic tasting room and a great tour of the brewery.

Time permitting we may stop at an ice cream stand on the way home.

We will be leaving the Center at 8:30am and returning between 5:30pm and 6:00pm. Cost will be **\$71** for members and **\$76** for non-members.



Mama Mia (7/19), and The Hunchback of Notre Dame (8/1).

- ◆ On trip days, our parking lot gets overcrowded. Please carpool to the center and park where directed, as you arrive.
- ◆ **Non-members** not sponsored by members as described above are 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.

Damn Yankees

Wednesday, May 30th

Join us for the afternoon matinee of Damn Yankees at the Mac-Haydn Theater. We will enjoy a lunch buffet at Yiannis, prior to the 2 pm show. The bus will leave the center at 10:45 am and returns at approx. 5 pm. Please sign up at the front desk.

Cost: **\$65** for member; **\$70** for non-members

America's favorite past time baseball & musical theatre! See this classic as you've never seen it before & start the 50th season off with a home run.

Funny Girl

Wednesday, June 13th

Come along and enjoy the matinee of Funny Girl at Mac-Haydn Theatre. But first, we will stop for a lunch buffet at the White Stone Cafe. The bus leaves the center at 10:45 am and returns at approx. 5 pm.

Cost: **\$65** pp for members; **\$70** for non-members

Please sign up at the front desk.

Cabaret

Thursday, June 28th

We return to the Mac-Haydn Theatre for the 2 pm show Cabaret. But first, we will stop at Jackson's Old Chatham House for a lunch buffet at noon. The bus leaves the center at 10:45 am and returns at approx. 5 pm.

Cost: **\$65** pp for members; **\$70** for non-members

Please sign up at the front desk.

The Wild Center at Tupper Lake

Thursday, July 26th

Since 2006, The Wild Center has been praised for the unique way it connects visitors with the natural world.

The Wild Center has 81 acres of forest and grounds, its own riverfront and a one-of-a-kind elevated treetop experience called Wild Walk, where you can walk across an array of bridges and platforms high above the forest. The Wild Walk is even handicapped accessible. The Wild Center's main building contains interactive and engaging exhibits. There are scores of wild animals you can see up close, a giant interactive sphere called Planet Adirondack and a panoramic theater screening films that give you a deeper look into the Adirondacks.

The Wild Center will create a memorable experience for everyone! More details to follow.

Senior Stumpers

Submitted by Jim Moorhead

Problem 1 (Easy, but ...)

- You're in a race and you catch up to and pass the person who is in second place. After the pass, what place are you in?
- You're in a race and you catch up to and pass the person who is in last place. After the pass, what place are you in?

Problem 2. (Moderately easy)

In George and Gracie's third grade class, 18 students did well at reading and 13 did well at arithmetic. Of those, 7 were good at both reading and arithmetic. However, there were 5 students in the class that did not do well either reading or arithmetic. How many students were there in the class?

Solutions below

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2018		Annual Fee: Glenville & Scotia residents: \$15 per person; Non-residents: \$25 per person Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc. If cash, exact amount please.	
Check one: <input type="checkbox"/> New Member <input type="checkbox"/> Renewal [Senior = 55 or older]		Check one: <input type="checkbox"/> Resident <input type="checkbox"/> Non-resident	
* These items required on ALL applications – new members and renewals			
*Name1 _____		e-mail _____	
*Name2 _____		e-mail _____	
*Address _____			
*City/State/Zip _____		*Phone _____	
Interests/Talents/Comments _____			
Registration #: _____			

EXTRA COPIES
 OF THIS FORM
 ARE AVAILABLE AT
 THE FRONT DESK

Membership Policy

We invite anyone 55 or better to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is only \$15 annually for those who reside within the town. People from outside the area are also welcome to join for \$25 annually.

Solution 2 (29)
 There were 18 students in the class that read well. Of those, 7 did well at arithmetic too. That left 11 students (18-7) that only read well. Likewise, there were 6 students (13-7) that only did arithmetic well. There were 7 that did well at both. And then there were the 5 that did not do well at either. So there were a total of 29 students (11 + 6 + 7 + 5) in the class.

Solution 1
 a) Second, of course.
 b) Shame on you if you said "next to last" or "last." You can't start out behind the person who is in last place.

Stumper Solutions

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	May	1 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp.	2 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 1:00 MVP Tai Chi Moves 2:00 Yoga w\Nancy 4:00 Pickleball	3 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 12:30 Cards 1:00 Quilting	4 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 4:00 Pickleball	5
6	7 9:05 Cardio Fit 9:55 Forever Strong 12:30 Cards 1:00 Intro to Bridge 4:00 Pickleball	8 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 American Legion	9 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 1:00 MVP Tai Chi Moves 2:00 Yoga w\Nancy 4:00 Pickleball	10 Monthly birthday cake 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 12:30 Cards 1:00 Quilting 1:30 Board Meeting	11 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 2:00 Ice Cream Social 4:00 Pickleball	12
13	14 9:30 Watercolors w\Mary 9:05 Cardio Fit 9:55 Forever Strong 12:30 Cards 1:00 Intro to Bridge 4:00 Pickleball	15 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving M2	16 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 1:00 MVP Tai Chi Moves 2:00 Yoga w\Nancy 2-5 Safe Driving 4:00 Pickleball	17 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 12:30 Cards 1:00 Quilting 1:30 Around the World	18 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 4:00 Pickleball	19
20	21 9:05 Cardio Fit 9:55 Forever Strong 12:30 Cards 1:00 Intro to Bridge 4:00 Pickleball	22 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	23 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 2:00 Yoga w\Nancy 4:00 Pickleball Memorial Day Parade	24 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 12:30 Cards 1:00 Quilting	25 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 4:00 Pickleball	26
27	28 Memorial Day— Senior Center Closed Dining Center Closed	29 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	30 Trip to MacHaydn 9:15 Forever Strong 9:00 Mah Jong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 2:00 Yoga w\Nancy 4:00 Pickleball	31 Trip to Cooperstown 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 12:30 Cards 1:00 Quilting		

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		June				
3	4 9:05 Cardio Fit 9:55 Forever Strong 10:00 Book Club 12:30 Cards 1:00 Intro to Bridge 4:00 Pickleball	5 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. 2:30 Cardmaking	6 9:15 Forever Strong 9:00 Mah Jong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 2:00 Yoga w\Nancy 4:00 Pickleball	7 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	8 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 4:00 Pickleball	9
10	11 9:05 Cardio Fit 9:30 Watercolors w\Mary 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	12 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	13 9:15 Forever Strong 9:00 Mah Jong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 2:00 Yoga w\Nancy 4:00 Pickleball	14 Monthly Birthday Cake 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Meeting	15 9:30 Chair Yoga 10:00 Painting w\Dan 10:00 Cribbage 10:30 Forever Strong 2:00 Ice Cream Social 4:00 Pickleball	16
17	18 9:05 Cardio Fit 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	19 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 AAA Driving	20 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 1:00 MVP Tai Chi 2:00 Yoga w\Nancy 2-5 AAA Driving 4:00 Pickleball	21 9:00 Sr. Moments mailing 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	22 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	23
24	25 9:05 Cardio Fit 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	26 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	27 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 1:00 MVP Tai Chi 2:00 Yoga w\Nancy 4:00 Pickleball	28 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	29 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	30

Glenville Dining Center

The **Glenville Friendship Café** and Transportation Program is operated by Catholic Charities Senior & Caregiver Support Services at the Glenville Senior Center and is open to all seniors. Senior Center membership not required.

A hot, nutritious noon meal is offered Monday through Friday. Menus are nutritionally balanced and approved by a registered dietician. Bingo and a variety of other activities are offered each day. Every Tuesday, transportation is available for grocery shopping at 12:30 p.m. (\$1.25 each way to Hannaford or Market 32).

Reservations are required; please call 393-1946, 9 a.m. to 1 p.m., a day in advance. Please call ahead if you need to cancel a reservation. Full menus are also available on site. Substitutions available. Make request when you call for reservation.

Suggested Meal Contribution:

\$3.50 for those 60+

Guests and those under 60 are charged \$6.00 per meal. Participants must complete registration forms at first visit.



** Menus subject to change. **

May 2018		
Tues.	1	Chicken Marsala
Wed.	2	Baked Ziti
Thurs.	3	Baked Ham
Fri.	4	Harbor Style Fish
Mon.	7	Salisbury Steak
Tues.	8	Stuffed Shells
Wed.	9	Corned Beef/Boiled Potato
Thurs.	10	Turkey Roll Ups
Fri.	11	Macaroni & Cheese
Mon.	14	Baked ziti
Tues.	15	Chicken & Biscuits
Wed.	16	Hot Pork Sandwich
Thurs.	17	Chicken Cacciatore
Fri.	18	Breaded Fish, Spilt Pea Soup
Mon.	21	Sweet & Sour Chicken
Tues.	22	Roast Beef
Wed.	23	Kielbasa w/Sauerkraut
Thurs.	24	Country Fried Chicken
Fri.	25	Macaroni & Cheese
Mon.	28	Closed—Memorial Day
Tues.	29	Chicken Marsala
Wed.	30	Baked Ziti
Thurs.	31	Baked Ham

Please arrive by 11:45 a.m. for the noon meal.

June 2018		
Fri.	1	Harbor Style Fish
Mon.	4	Salisbury Steak
Tues.	5	Stuffed Shells
Wed.	6	Corned Beef/Boiled Potato
Thurs.	7	Turkey Roll Ups
Fri.	8	Macaroni & Cheese
Mon.	11	Baked Ziti
Tues.	12	Chicken & Biscuits
Wed.	13	Hot Pork Sandwich
Thurs.	14	Chicken Cacciatore
Fri.	15	Breaded Fish/Spilt Pea Soup
Mon.	18	Sweet & Sour Chicken
Tues.	19	Roast Beef
Wed.	20	Kielbasa/Sauerkraut
Thurs.	21	Country Fried Steak
Fri.	22	Macaroni & Cheese
Mon.	25	Seafood Au Gratin
Tues.	26	Chicken Marsala
Wed..	27	Baked Ziti
Thurs.	28	Baked Ham
Fri.	29	Harbor Style Fish

Doreen Wright - Friendship Café Manager; **Beth Gish** —Café Coordinator; **Diana Yeo** – Café Cook

The program is funded by the Older Americans Act, NYS Office for the Aging, Schenectady County Department of Senior and Long Term Care Services, and through individual contributions. The program provides services and access to services without regard to race, religion, sex, national origin, partisan affiliation or sexual orientation.

COMMUNITY CONNECTIONS

These events are open to the public; Center membership is not required.

DISCLAIMER: Neither *Senior Moments* nor the Scotia-Glenville Senior Citizens, Inc. can endorse or take responsibility for any organizations or services mentioned in news items or advertisements herein.

Caregiver Conversations

First Tuesday of month, 1 pm

Caregivers meet monthly at the center to discuss caregiving issues faced in people's daily lives. Facilitated by Schenectady County Department of Senior and Long Term Care Services Caregiver Support Group staff.

Upcoming meetings: 5/1, 6/5

American Legion Post 1001

Second Tuesday of each month at 1 pm

Next meetings: 5/8, 6/12

Bill Wragg, Cmdr.; Kurt Von Maucher, Adj.

Senior Services

Catholic Charities Senior and Caregiver Support Services provides trained staff members who can assist you with choosing health insurance and prescription drug coverage; applying for food stamps, Medicaid and other programs; and locating information about community services and resources. Please contact **518-372-5667**.

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. You can register gifts to the center by calling the GE Matching Gift Center at 1-800-305-0669 or online at www.ge.com/foundation/matching_gifts.html.

On that website, the Senior Center appears on the list of approved organizations as:

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Senior Center Coordinator:
Vicki Hillis
Glenville Senior Center
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