



Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 4 July-August 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.

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 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.

Upcoming Social Events:

Movie Night

Join us on Saturday, August 18th at 6 pm for a pizza and movie night. Movie selection to be determined. Watch the bulletin board here at the Center for more details.

Murder Mystery Luncheon

Save the date - Saturday, October 27th at noon - "Sam Club Private Eye in the Case of the Motorcoach Murder" Watch for more info in the next issue of Senior Moments.

- Shirley Perazzo & Mary Sieder, Co-chairs

Volunteer Drivers

The Senior Center seeks seniors who are willing and able to donate a small portion of their time to help other seniors with transportation needs. Drivers gain a real knowledge of Glenville and have the chance to meet fellow seniors while driving our minivan. We are always in need of regular and substitute drivers. The morning shift is from 9 a.m. to noon on weekdays. The afternoon shift is from 1 to 3 p.m. If you are interested, please stop by the office and leave your name for **Linda Reinhart**.

Trips
See pg. 8

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*
Thursday, August 9th - Lake George Luncheon Cruise

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MARK YOUR CALENDAR

Exec Council: Wed. July - No mtg; August 1st at 2:30 pm
Directors: Thurs. July-No mtg; August 9th at 1:30 pm
Senior Moments Deadline: Wed. July 25th
Senior Moments Mailing: Thurs. August 23rd at 9 am
Senior Center closed: Wed. July 4th

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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

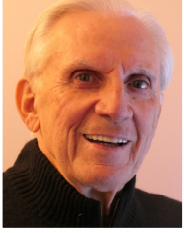
GLENVILLE SENIOR CENTER
32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open weekdays 9 am to 4 pm

Center closes at 3 pm on Fridays in July & August

SENIOR CENTER NEWS



Ron's Reflections

Readers are no doubt wondering where the proposed addition to the Senior Community Center on Worden Road stands. After reviewing the latest bids, the Senior Center Board of Directors voted unanimously on April 12 not to move forward with the proposed expansion.

Only one bid of \$443,000 was received. With a state grant of \$200,000 the BOD still would have been required to spend approximately \$250,000 and deplete almost all funds in the Senior Center accounts. This investment would not include the cost of furnishings and related equipment. The original estimate for the project was \$250,000 which would have required about a \$50,000 investment by Senior Center members.

Still, expansion of Senior Center facilities and program offerings is required in order to meet the needs of current and expanding membership. A promising development is plans for a joint town center being discussed by local officials and developers. The project would involve the construction of a new Senior Community Center co-located with local government offices and other community services. **Supervisor Koetzle** promised Board members that the seniors would be active partners as such plans evolve. Representatives of partner community organizations will also be invited.

How can members of the Senior Center participate effectively in the planning of a new town center? As a first step, your Board of Directors has begun preparations to sponsor a retreat in October where we will formulate a **2020 Senior Community Center Action Plan**. The plan will include concrete objectives and specifications for our future facility needs.

More information and updates on the planning retreat will be shared in the **September – October Senior Moments**. Meanwhile, persons who are interested should sign up at the Senior Center. Your interest is vital to our success in this endeavor.

Sincerely,
Ron Brach



Vicki's View

Welcome summer! My article was bumped from the last issue as we have so many things going on at the Senior Center that there was no space in the newsletter. What a wonderful problem to have!

So I do have a few updates for our members. As many of you already know, beginning in May, I became the Director of Human Services for the town. I am still here in my role at the Senior Center and basically keeping to the same hours as usual. In the afternoons, I can be found at Town Hall. It's exciting to be able to continue working with the seniors and to take on some new responsibilities for the Town.

Long-time Senior Center Administrator **Jamie MacFarland** retired at the end of April after over 31 years working for the Town of Glenville. Jamie has always been an ardent supporter of the Seniors and was involved with the Center since its inception. More recently, he has also been a member and we're hoping that in his retirement he will be able to enjoy the amenities here. So we may just see him on the pickleball court one of these days. Everyone here would like to thank Jamie for his stewardship of the Center and wish him all the best in his retirement.

Vicki

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.



Like us on Facebook.
Search **Scotia-Glenville
Senior Citizens, Inc.**



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.

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 **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 **Joan Gould** for her cardinal collection in May, and **Violet Fallone** for her Haviland china in June.

Next Up:

July: *Noman Rockwell from Sue Musto*

August: *Ceramic International Liqueur Decanters from Bart Chabot*

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.

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:

July birthdays: 7/12

August birthdays: 8/9



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: July 3rd & August 7th

Rotterdam Sq. Mall trip: July 17th & August 21st

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.

Watercolor or Acrylics with Mary

Monday, July 16th, 9:30-noon

Complete this beautiful lake 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 for this year is birds. Sign up in advance 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 in the hallway by the card table 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 gallon container outside the back door 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. 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.



Monday, August 20th 9:30 am-2 pm

"Nap at the Beach" - The hammock we paint, hung between two palm trees, will invite the viewer to take a nap along the shore! We will paint clouds, palm trees, sand and water as part of this painting. Just in time for summer.



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 : 7/3, 8/7, 9/4

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 Summer Session - July 9th –August 31st Session Fees: 1 class\wk: \$25; for 2 classes\wk \$35; 3 classes\wk \$48; 4 classes\wk \$58; 5 classes\wk \$68 Registration: June 28th 9-11 a.m.				
Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Cardio Fit Susan	9:15 Zumba Gold Carolyn No classes 7/24, 8/21, & 8/28	9:15 Forever Strong Joyce	9:15 Zumba Gold Kathy No class 7/26	9:30 Chair Yoga Joyce
10:15 Forever Strong Susan		10:15 Active Stretch & Balance Joyce	11:15 Balance Susan	10:30 Forever Strong Joyce
	11:20 Chair Yoga Carlie			

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.

BALANCE: As we age, we lose our balance. The good news is that with practice, we can retrain our brains and bodies to improve our balance! Strengthens key muscles responsible for balance; Leads you through balance drills; Provides you with tricks to help you to improve your balance.

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.

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

Watch for info about the fall session

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

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, August 23rd 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!

Income Taxes at the Center

The 2017 Income tax season is now complete and the AARP Foundation Tax-Aide volunteers wish to thank the Glenville Senior Center for providing space for this valuable program. Special thanks to all of the desk volunteers who graciously scheduled the client appointments for us. We completed just over 400 tax returns for the tax year. The returns prepared by this free service resulted in refunds totaling \$362,880. Most of the taxpayers served at this Center are seniors, but, some were still working and had child dependents. Those taxpayers obtained Earned Income Credits totaling \$27,789 and Child Tax Credits totaling \$14,614. Some taxpayers did not have enough withholding on their income, hence they had to pay.

We had more requests for appointments than we could schedule as we didn't have enough volunteers to be fully staffed for each shift. Please consider joining us for next season. You don't have to know math. The tax program does all the math. There is about one week of training in December or January to teach how to use the tax program. Please contact Blanche Fischer at 518-382-7928 or blanche5308@gmail.com if you are interested in helping out.

Looking at the 2018 tax law, there are increases in the Federal standard deductions and reductions in the tax rates in the income brackets. As a result, we expect that more taxpayers will be using the standard deductions. See you next year.

Howard Riggert & Blanche Fisher

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 make 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.

July 2– *Coal River* by Ellen Marie Wiseman

August 6 –*Killers of the Flower Moon* by David Grann

“You cannot open a book without learning something.”

La Bella Lingua

Italian classes will be return in the fall.

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.

For now, enjoy your summer and see you in the fall.

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:
Anthony Cintula



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!

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.

Mamma Mia

Thursday, July 19th

Join us for the afternoon matinee of Mamma Mia 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. Trip is full, but you can add your name to the wait list if interested. Cost: **\$65** for member; **\$70** for non-members.

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.

With a cafe that offers outdoor seating beside Greenleaf Pond, and an expansive museum shop, the Wild Center will create a memorable experience for everyone! Lunch will be at the cafe with a choice of sandwich platters that include chips, a cookie and a drink.

The bus will be leaving the Senior Center at 7:00am. We will arrive at the Wild Center around 10:00. We will be leaving Tupper Lake around 3:30 and arriving home around 6:30.

Cost: \$66 members; \$71 non-members.

The Hunchback of Notre Dame

Wednesday, August 1st

Come along and enjoy the matinee of The Hunchback of Notre Dame 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.

- ◆ 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.

Lake George Luncheon Cruise

Thursday, August 9th

Join us for a lunch buffet and afternoon cruise on Lake George. The bus will leave the center at 10 am and returns at approximately 5 pm. We will stop at Martha's Ice Cream on the way home - Best Ice Cream in Lake George. Please sign up at the front desk.

Cost: **\$63** for member; **\$68** for non-members.

Save The Date - Thursday, September 20th

Hyde Collection & Saratoga Tour

The Hyde opened as a museum in 1963. A product of the golden age of the private art collector, The Hyde is one of the Northeast's exceptional small art museums with distinguished collections of European and American art. The core collection, acquired by Museum founders Louis and Charlotte Hyde, includes works by such artists as Botticelli, Rembrandt, Rubens, Degas, Seurat, Picasso, and Renoir, and American artists Teakins, Hassam, Homer, and Whistler. The Museum's collection of Modern and Contemporary art features works by artists including Albers, Dehner, Gilliam, Gottlieb, Hartigan, Kelly, LeWitt, McNeil, Motherwell, Nicholson, Rauschenberg, and Riley. Today, it presents changing exhibitions in its five galleries, as well as lectures, cultural events, family activities, and school programming in its museum complex and historic house in downtown Glens Falls.

Lunch will be at the Davidson's Brew Pub in Glens Falls.

Saratoga History Tours

Discover the history of Saratoga Springs in style by taking **Upstate Transit of Saratoga's guided trolley tours**. This 2-hour excursion includes a view of historic sites along Broadway, Skidmore campus, the High Rock area, the Saratoga Casino, Saratoga Race Course, Union Ave and more.

This trip will be limited to 28 people due to the Trolley size, so sign up as soon as you can if you don't want to miss out. Cost will be in the \$60 range. More information in the next Senior Moments.

Senior Stumpers

Submitted by Jim Moorhead

Problem 1.

Tom, George and Maureen hold three different positions within the East Overshoe Church of What's Happening Now. The minister is married to Maureen's sister. The choir director, once a famous opera singer, is an only child. Tom, who cannot carry a tune, grows weed on the side. The deacon cheats on his or her taxes. Which person holds which position?

Problem 2.

Sam loves his new car and has already driven it 1800 miles, as the "total miles" odometer shows. In addition, his "trip" odometer indicates that he has driven 135 miles since he last bought gas. How much further must he drive so that his total miles odometer reads exactly ten times his trip odometer?

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			PLEASE PRINT
*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**

Let X be the distance he must drive. It follows that $10 * (135 + X) = 1800 + X$, or $9 * X = 450$, so that $X = 50$. He will have driven his car a total of 1850 miles and his trip odometer will show 185 miles.

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. 50 miles.
The minister is married to Maureen's sister and even in the most liberal churches a woman does not get married to her sister. So Maureen is not the minister. The choir director is an only child, so Maureen, who has a sister, is not the choir director either. Maureen is the Deacon. Tom cannot carry a tune, so he is not the choir director, who was a famous opera singer. He is the minister. That makes George the choir director.

Solution 1. (Maureen: Deacon), (Tom: Minister), (George: Choir Director)

Stumper Solutions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 Book Club 12:30 Cards 4:00 Pickleball	3 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. 2:30 Cardmaking	4 <i>Independence Day— Senior Center Closed Dining Center Closed</i>	5 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	6 10:00 Painting w\Dani 10:00 Cribbage 4:00 Pickleball	7
8	9 9:15 Cardio Fit 9:30-2 Paint with Peggy 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	10 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	11 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch\Bal 1:00 MVP Tai Chi 4:00 Pickleball	12 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting	13 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:00 Craft Workshop 4:00 Pickleball	14
15	16 9:15 Cardio Fit 9:30 Watercolor w\Mary 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	17 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2- 5 Safe driving	18 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch\Bal 1:00 MVP Tai Chi 2-5 Safe Driving 4:00 Pickleball	19 <i>Trip - Mama Mia</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting	20 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	21
22	23 9:15 Cardio Fit 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	24 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	25 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch\Bal 1:00 MVP Tai Chi 4:00 Pickleball	26 <i>Wild Cr. Tupper Lake</i> 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting	27 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	28
29	30 9:15 Cardio Fit 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	31 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	July			

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<h1>August</h1>				
5	6 9:15 Cardio Fit 10:00 Book Club 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	7 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 2:30 Cardmaking	8 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch\Bal 4:00 Pickleball	9 <i>Lake George Cruise</i> 9:15 ZumbaGold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	10 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	11 Sch'dy County Rabies clinic
12	13 9:15 Cardio Fit 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	14 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	15 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch\Bal 2-5 Safe driving 4:00 Pickleball	16 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting	17 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	18
19	20 9:15 Cardio Fit 9:30 Paint w\Peggy 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	21 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	22 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch \Bal 4:00 Pickleball M1	23 9:00 Mailing Party 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting	24 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	25
26	27 9:15 Cardio Fit 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	28 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	29 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch\Bal 4:00 Pickleball	30 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting	31 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	

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 pm (\$1.25 each way to Hannaford or Market 32). * **Menus subject to change.** *

Reservations are required; please call 518-393-1946, 9 am to 1 pm, 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.



Please arrive by 11:45 am for the noon meal.

July 2018		
Mon.	2	Salisbury Steak
Tues.	3	Stuffed Shells
Wed.	4	Closed
Thurs.	5	Turkey Roll Ups
Fri.	6	Macaroni & Cheese
Mon.	9	Baked Ziti
Tues.	10	Chicken & Biscuits
Wed.	11	Hot Pork Sandwich
Thurs.	12	Chicken Cacciatore
Fri.	13	Breaded Fish/Spilt Pea Soup
Mon.	16	Sweet & Sour Chicken
Tues.	17	Roast Beef
Wed.	18	Kielbasa/Sauerkraut
Thurs.	19	Country Fried Steak
Fri.	20	Macaroni & Cheese
Mon.	23	Seafood Au Gratin
Tues.	24	Chicken Marsala
Wed.	25	Baked Ziti
Thurs.	26	Baked Ham
Fri.	27	Harbor Style Fish
Mon.	30	Salisbury Steak
Tues.	31	Stuffed Shells

August 2018		
Wed.	1	Corned Beef/Boiled Potato
Thurs.	2	Turkey Roll Ups
Fri.	3	Macaroni & Cheese
Mon.	6	Baked Ziti
Tues.	7	Chicken & Biscuits
Wed.	8	Hot Pork Sandwich
Thurs.	9	Chicken Cacciatore
Fri.	10	Breaded Fish/Spilt Pea Soup
Mon.	13	Sweet & Sour Chicken
Tues.	14	Roast Beef
Wed.	15	Kielbasa/Sauerkraut
Thurs.	16	Country Fried Steak
Fri.	17	Macaroni & Cheese
Mon.	20	Seafood Au Gratin
Tues.	21	Chicken Marsala
Wed.	22	Baked Ziti
Thurs.	23	Baked Ham
Fri.	24	Harbor Style Fish
Mon.	27	Salisbury Steak
Tues.	28	Stuffed Shells
Wed.	29	Corned Beef/Boiled Potato
Thurs.	30	Turkey Roll Ups
Fri.	31	Macaroni & Cheese

Doreen Wright - Friendship Café Manager; **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: 7/3, No August meeting

Rabies Vaccination Clinic

Saturday, August 11th at the Senior Center

Provided by Schenectady County Public Health Services.

Cats & Ferrets: 10 am—11 am; Dogs 11am-noon

Cats & Ferrets must be in carriers; Dogs must be leashed.

As always, clean up after your pet, and bring previous Vaccination certificates, if any. FREE to Schenectady County Residents. Donations are appreciated.

American Legion Post 1001

Second Tuesday of each month at 1 pm

No meetings in July & August

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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CONTACTS

Senior Center Coordinator:
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