



Scotia-Glenville Senior Citizens Senior Moments



Volume 48 Number 2 March-April 2023

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.

Advance Directives

Thursday, March 2 at 1:30pm

(Snow date: 3/6) What are advance directives and why are they important? Join us for an honest and open conversation about advance directives led by an experienced medical social worker. Create your own "to do" list so that your wishes will be honored. Complete a Health Care Proxy form at no cost before you leave the session. Sign up at desk in advance.

Wood Carving

Thursday, March 30, 10 am -1:30 pm

You are invited to attend the Mohawk Valley Wood Carvers demonstration here at the Center. Stop in and observe the members work on different forms of wood carving. The session is free and open to anyone who is interested in learning about woodcarving and the Mohawk Valley Wood Carvers. No experience is required, the wood carvers will provide you with the instruction and guidance. For more information, call **Bud Bertino** at 518-384-1718. To register, please call 518-374-0734.



Calling all Volunteers!

Thursday, April 20 at 1 pm

We will honor our Volunteers with a lunch here at the Center. Any volunteer with more than 15 hours of service within the past year is invited to sign up by April 13.

Parkinson's Disease

Thursday, April 27 at 1:30 pm

Join us for a presentation by physician Eric Molho from the Center for Parkinson's Disease and Movement Disorders of Albany Medical Center. Following will be an informational presentation by Marie Thorne about Parkinson's resources in our area—the Help for Parkinson's website, the Capital District website and upcoming events in the Capital Region. To register, please call the Glenville Senior Center at 518-374-0734.

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It's snow season—keep our carpets clean, floors dry and safe!

Please change from wet boots or shoes when entering the Center. This is especially important when taking exercise classes since wet floors are slippery.

MARK YOUR CALENDAR

Exec Council: Thurs. March 2, April 6 at 11:15 am

Directors: Thurs. March 9, April 13 at 1:30 pm

Senior Moments Deadline: Wed. March 15

Senior Moments Mailing: Thurs. April 20 at 9 am

Snow closings and delays

When Scotia-Glenville Schools are closed due to weather: Center is closed; no van service.

If S-G schools are delayed: Center is open; no van service; all classes and programs before 11am canceled to allow time for plowing; everything after 11 am as usual.

Check local radio and TV for school announcements

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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

Words from the President



Barbara

Be Smart, Be Safe, Be Careful

Connections Over Coffee

Every other Thursday, 9 am

New bereavement support group for those who have lost a loved one. Coffee provided. Connect, Share, Chat. Check calendar or call for dates.



Computer Security

Thursday, May 18 at 1:30 pm

Join us for a discussion with Anna Hartz of Garnet Computer Consulting about maintaining computer security on your home/personal computer. Ms. Hartz will give advice about protecting yourself against an outside attempt to take over your computer.

Recycling at Center

There are three blue recycling bins in the Center. One is located by the card table in the hallway, one is near the copier in the office, and a third in the library.

****Plastic bags are only recyclable at participating stores. Do not put plastic bags in the recycling bins.**



Vicki's View

Just a quick word about our free table. Members are welcome to donate books, magazines or puzzles to be given away. We ask that you only bring 3 items at a time. During Covid, everyone seems to have cleaned out their houses and have been bringing in far more materials than we can accommodate. No other items should be left on the table—dishes, clothing, VHS tapes, etc. are not appropriate and will be thrown away. Please donate these types of things to other organizations who can use them or recycle them to the best of your ability. Of course, you are welcome to help yourself to items on the table without limit. The most popular item is 300 piece puzzles, so we will always welcome those back once you're finished. Thank you,

Vicki

Social Committee

The Social Committee is looking for help with setting up and taking down tables and chairs before and after events. There is no commitment to join the committee. For various reasons, many committee members are no longer able to lift the heavy tables. If you are interested in helping us, please leave your name and phone number at the desk. We appreciate it.



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

facebook

Senior Center Website

www.scotiaglenvilleseniors.org
Barbara Jones—Website Administrator

Email Initiative

In addition to our website and Senior Moments newsletter, you can receive email notifications about Center happenings. Send your full name and email address to seniorbaabs@gmail.com

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 people know that they are in our thoughts and are special to us. Contact **Pat Biggica** or **Lori Preddice** at the Center.

In Memoriam

We are saddened to learn of the passing of several of our members.

Marge Almy
Barbara Beaulieu
Jackie DeLaForge
Michael Egan
Marianne Esch
George McCarron, Jr.
Ruth Quinn
Mabel Siler
Sandra Weidman

Also, long-time dining center volunteer:
Ralph DiGiorgio

Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Mary Weiss** for the Matryoshka Russian Nesting dolls in January and February.

Next Up:

Spring & Easter decorations from **Sue Reilly**

If anyone has a collection that they would like to share, please call **Janet Neary** at (518) 393-0331 or leave a message at the front desk. Remember, the case is lighted and always locked. Thanks to Janet for coordinating these displays.

Free Table

The little card table in the hallway is back in operation as a place for members to recycle books, magazines and puzzles - no other items. Please bring only a few items at a time. If you have a large number of books to donate, consider taking them to the main branch of the county library.

Van Transportation

For senior 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 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. Van operates Monday through Friday, 9 am - 3 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.

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

We Need Drivers.

We are always in need of substitute drivers. We will train you. Please call the Senior Center at (518) 374-0734 or **Maureen Adamek** at (518) 377-8497. Thank you.

Donate Eyeglasses

The Scotia-Glenville Lions Club collects discarded eyeglasses, which they restore and give to those less fortunate. You may drop off your old glasses in the box located in the Center's library. Another convenient location is the large yellow drop-off box in the front of Hannaford in Glenville.

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.

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.

Paint with Peggy

Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? Welcome to "Paint with Peggy"! Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. These classes do not require drawing skills, and they are also NOT paint-by-number. Peggy provides everything to complete the oil painting: canvas, brushes, palette of paints, etc. Then, through classroom instruction, each person creates their own unique oil painting. If you have questions, email Peggy at: paintwithpeggy@gmail.com or call/text 518-925-2238. Just bring a box (such as a clean pizza box) to take home your completed painting! Beginners are welcome! Cost: \$45

Tuesday, March 14, 9:30 am – 2:00 pm

"Summer Lake"

Winter is almost over, so let's paint a summer scene! You will use a variety of brushes and a painting knife to create a scene that could be in the Adirondacks! At the end of this class you will feel as if you can sit on the shore and look across the lake to the distant woods.



Tuesday, April 11, 9:30 am - 2:00 pm

"Taking the Backroad"

This painting puts you on the "road less traveled" over a covered bridge. You will create a summer sky, with distant trees and a nearby covered bridge going over a stream. The pattern for the old covered bridge is provided and Peggy will guide you through every step to complete this nostalgic scene.



Watercolors with Mary

Monday, March 6, 10 am - 12 pm

Monday, April 3, 10 am - 12 pm

Complete an entire painting during this class. List of supplies you need to bring with you available at sign up; paper provided. Sign up at the front desk in advance & make checks payable to the instructor, **Mary Fekete**. (518) 384-3393 Fee: \$6

Oil, Acrylic Art

Fridays, 10 am - 1 pm

Certified by the Minneapolis Institute of Art, the instructor, **Dani Morette** provides her expertise as she guides you through your current piece of art. 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. See instructor for information on fees and schedule.



Painting by Jan Barani

Qigong Class

Fridays, April 14 - May 19 (6 week session)

10:30 - 11:30 am

Shaolin 13 Luohan Qigong class. This is a class to help with breathing and blood circulation. This Qigong is also good for balance and putting harmony back into your life. Qigong is an ancient form of breathing and movement. Come immerse yourself in this slow moving experience and put your body and mind back into focus.

The total cost is \$42 paid in full on the first day of class. Please contact **Tony Grimaldi** (certified instructor) and 3rd Duan rank from New Moon Tai Chi at (518) 469-4461 to register.

Tai Chi Practice

Tuesdays, 9 - 10 am

We are a group of Tai Chi enthusiasts who meet weekly to maintain our skills. We warm up gently with easy stretches. We practice the Sun form that is taught in the MVP class (Tai Chi for Arthritis). We also practice the popular Yang 24 form. We end with Qi Gong, stationary movements with deep breathing. You are welcome to join us, whatever your level of skill. Offered to members only at no cost.

CLASSES AT THE SENIOR CENTER

All classes require registration. Center membership is required; must show current membership card at registration.

YMCA Balance

Tuesdays, 9:15 am

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 improve your balance. Sessions run per month and cost depends upon the number of Tuesdays in the month. Registration forms available at front desk. Please note that you do not need to be a YMCA member to participate.

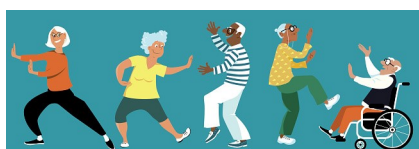
Zumba Gold

Mondays, 9:15 am, 3/6 – 4/24

Fridays, 9:15 am, 3/3 – 4/28

Exciting Latin and International dance rhythms for seniors and beginners. Easy to follow, so any age and any fitness level can do it! This fun Latin dance program includes merengue, salsa, cha-cha, calypso, and rock & roll. Guaranteed to provide a safe & effective total body workout.

Cost: See instructor. Please make checks payable to **Kathy Gautie**.



TAI CHI EXERCISES

MVP Tai Chi

Wednesdays, 1:00-1:45 pm, 4/12 - 6/14

Join us for an introduction to Tai Chi for health and fall prevention. Described as “meditation in motion,” Tai Chi can improve balance, flexibility, and muscle strength to prevent falls. 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.

Register at www.mvphealthcare.com/calendar/ as we get closer to the start date.

Please note that the current winter session continues through 3/15.

YMCA Yoga

Wednesdays, 9:15 am

Begins with poses seated in a chair or floor, moves to standing or chair-based poses, and ends with poses either sitting or lying on the floor. This class is designed to be accessible to all levels and to improve flexibility, balance, strength and overall wellness through yoga poses, breathing and relaxation techniques. Sessions run per month and cost depends upon the number of Wednesdays in the month. Registration forms available at front desk. Please note that you do not need to be a YMCA member to participate.

Chair Yoga

Two days offered for March/April 2023

Wednesdays 10:30 – 11:15

March Session 3/15 - 4/12 (5 classes)

April Session 4/19 - 5/17 (5 classes)

Cost \$25 per session

Fee due to instructor on the first day of class

Cash or checks payable to **Chris Darby-King**

Thursdays, 9:05 - 9:50am

March Session 3/16 - 4/13 (5 classes)

April Session 4/20 - 5/18 (5 classes)

Cost: **\$25** per session due to instructor on the first day of class.

Cash or checks payable to: **Chris Darby-King**

Participants will be guided through a series of stretches and yoga postures that are modified while sitting in a chair. Minimal standing and balancing will be included, utilizing the chair for support. Each class will also include breath awareness techniques and guided relaxation.

Please wear loose, comfortable clothing for ease in movement. If you have an old necktie or stretchy strap, please bring it to class.

* A completed waiver form is required for class.

They are available on the Senior Center website or at each class. Please email Chris with any questions: cdarbyking@aol.com

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, April 20 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!

Pickleball

Monday, Wednesday, Friday at 4 pm

Novice play is scheduled for Mondays, Wednesdays, and Fridays except where noted on the calendar. Questions? Leave a message at the desk.

Duplicate Bridge

Tuesdays, 12:30 pm

Haven't played bridge for awhile? No problem! No duplicate bridge experience is necessary. This is a friendly game. Sign-up starts at 12:15 and play begins promptly at 12:30. Join us with your partner. If you need a partner or have any questions, please contact **Ruth Armbruster** at (518) 399-7871.

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.

Mah Jong

Fridays, Noon

Anyone interested may join us. Beginners are welcome. We have the gameboards or you can bring your own.



Coffee and Conversation

Tuesdays, 9 - 11 am

Enjoy 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, 12:30 pm

We play bridge, pinochle, canasta, hand-and-foot card games and more. 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 players, indicating the game(s) of your interest. Then follow up with people on the list to establish new groups of play.

Pinochle

Mondays, 12:30

Calling all current, former and wanna-be Pinochle players! Full time, Part time and Fill in players needed for our Pinochle tables. We play for fun and have fun playing! If you're interested, leave your phone number at the front desk, Attn: **Mike** Hope to see you soon!

Greeting Card Workshop

Wednesday, 3/15 at 10 am

Wednesday, 4/19 at 10 am

Come join us for a creative time making four greeting cards. Materials and instructions are provided. Bring your own adhesive and a pair of sharp scissors. Please sign up one week in advance at the Front Desk. Class fee of \$10 Payable to **Mary Beth Frewin**.

Driver Safety Course

Mon/Tues, May 15 & 16, 2 - 5 pm

Tues/Wed, June 20 & 21, 2 - 5 pm

This program may reduce your auto insurance cost. Class consists of two three-hour sessions held on two consecutive days. Participants must attend both sessions that day. Senior Center membership is not required. Payment is due at sign-up. Please make check payable to **Armand Canestraro**. 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.

Cost: Center members **\$25.50**

Non Members **\$29.00**

CENTER ACTIVITIES

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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.

March 6: Lions of Fifth Avenue
by Fiona Davis

April 3: Washington Black
by Esi Edugyan

May 1: Liar, Temptress, Soldier, Spy
by Karen Abbott

Senior Bowlers

Men and women of all levels of ability and averages are welcome. We play once per week on Wednesday mornings at 9 am at Boulevard Bowl. If you cannot commit to every week, we're also looking for subs. League runs through mid-April. For more information or to sign up, contact **Rob MacHattie** at (518) 596-2663 or **Butch Carpentier** at (518) 374-1499.



Senior Golfers

Hillcrest Golf Course has invited us back for this year's golf league. Hillcrest worked out very well for us for the last 2 years, treating us like special guests. Tentatively, the cost to golf will be \$12 for 9 holes. The plan is to start Monday, May 1st, and Wednesday, May 3rd.

Instead of a meeting, we're asking anyone interested in joining one of the leagues to notify Lee Hale ((518)-424-9186, 1hale9387@gmail.com) for the Monday league or Bo Roberts ((518)-930-3083, robertsbob1961@gmail.com) for the Wednesday league. Anyone is welcome to join both leagues. You may contact us by phone, email or text. Please help us make this work. We are looking forward to seeing everyone this spring.

La Bella Lingua

Fridays, 1:30 pm

Everyone is welcome. The class consists of reading and translating intermediate Italian stories, vocabulary and some study of Italian culture, food and traditions. There is no fee - the only expense is to buy your books. The classes are informal and enjoyable. Anyone interested in joining the class should contact **John Alfano** at jalfano@nycap.rr.com or call (518) 881-8985.

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. If you have questions, please contact **Bill Rolston** at (518) 383-3183

Silver Threads Quilters

Thursdays, 1 - 3 pm

We are a group of friendly, mentoring quilters who share threads of wisdom and create works of art. Everyone is welcome. There is no fee.

Country Line Dancing

Fridays, 1:15 - 2:30 pm

This is a fun class for anyone to get started in Country Line Dancing. Steps will be broken down and taught at an easy pace. Dances are done to fun, upbeat music! Must be a Senior Center member. Instructor: **Robin Dyanick** has been teaching in the area since 2014. For more information and to sign up, email Robin at robinkaryl@gmail.com. Pay as you go. Cost: \$7 per class

Watercolors: Open Studio

Open studio time on the 3rd and last Tuesday of the month from 10:30-12:30. Come and join others to paint watercolor on your own. It is not a class. There is no fee.

Membership News

Membership Policy

We invite anyone 55 or older 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 \$20 annually for those who reside within the town. People from outside the area are also welcome to join for \$30 annually. All memberships expire on December 31st regardless of date of joining.

****Please note that dues have increased to \$20 for residents and \$30 for nonresidents in 2023.****

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION		Annual Fee: Glenville & Scotia residents: \$20 per person Non-residents: \$30 per person Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc. If cash, exact amount please. Senior = 55 or older	
RESIDENT _____	NON-RESIDENT _____	RENEWAL _____	NEW MEMBER _____
*Name1 _____		E-mail _____	
*Name2 _____		E-mail _____	
*Address _____			
*City/State/Zip _____		*Phone _____	Cell _____
phone _____			
Emergency contact name & number: _____			
Office Use: Registration number: _____ Receipt number: _____ Receipt date: _____ Data-			

AARP Tax Aid Volunteers

will return in 2023 with free, in person tax preparation service for qualified taxpayers. Covid-19 regulations as recommended by AARP will be followed. Pick up an AARP envelope at the desk and establish an appointment. Complete the form enclosed in the envelope prior to your visit and follow the envelope instructions concerning documents needed to complete your tax return. If you are a homeowner, bring your county and school tax bills for 2022 as well. At the time of this writing it is unclear if NYS will continue the homeowner tax credit.

Garden Walk

The Social Committee would like to host a Garden Walk for 2023 but we still need your help. If you or a friend have a garden that you'd like to share with others to view, please give us a call. In the Spring we will come and visit your special place of paradise. We hope to hear from you. More information in future newsletters.

Senior Stumper

You are in a cookie factory, and need to make a huge batch of chocolate chip cookies. The recipe calls for exactly 4 cups of sugar. Problem is that you have two buckets. One bucket holds 5 cups, the other 3 cups. Using these buckets, how can you measure exactly 4 cups of sugar?

Answer on page 12.



Jumping for joy is good exercise.

TRIPS and TRAVEL

- ◆ Make reservations in person (not by phone).
- ◆ Payment must accompany reservation.
- ◆ Separate checks required for each trip.
- ◆ 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 middle school age.
- ◆ Please do not wear perfume on trips; others are allergic.
- ◆ On trip days, our parking lot gets overcrowded. Please carpool to the Center and park where directed.
- ◆ Non-members not sponsored by members are subject to bumping by a member on the waiting list.
- ◆ Trips that are for Senior Center Members Only will be so identified in the *Senior Moments* announcement.
- ◆ We cannot publish announcements of trips sponsored by organizations other than the Glenville Senior Center or those we team with for Joint Venture trips. Please sign up well in advance. Watch for deadlines - trips may be filled or cancelled due to low enrollment.

Trip: Why Not Albany?

Where: The New York State Capitol Building

When: Thursday, March 23, 2023

Cost: **\$49** for members and **\$54** for nonmembers

Sitting majestically atop Albany's State Street hill, the New York State Capitol has served as the seat of government for New York since the 1880s. The building is a marvel of late 19th century architectural grandeur, built by hand of solid masonry over a period of 32 years. Let's take a tour of this local attraction.

Lunch will be in one of the Capitol concourse cafes. Which one is yet to be determined but it will be order for yourself while there.

After lunch we will return to the bus where a tour guide from the Dutch Apple Land Cruises will join our group. The guide will direct us on an hour tour of the sights of Albany and I think we will be surprised at the number of historic sites we are unaware of in Albany.

After the City tour we will be dropped off at the Albany Institute of History and Art for a guided tour and some free time to explore.

Tentative Itinerary: Leave the Senior Center at 8:00. Arrive at the Capitol at 9:00 Lunch on the concourse at 11:30. The City tour will be from 1:00 to 2:00. Arrival at the Albany Institute of History and Art at 2:30. Leave for home about 4:30. Arrive home about 5:30.



Giving Tree

Calling all knitting and crocheting enthusiasts:

Local attorney **Kate Toombs** is looking for donations of hats, scarves, gloves and mittens to put on a giving tree outside of her office in Schenectady. The items are free to anyone who is in need of these items to keep warm this winter season. If you would like to participate, donations can be dropped off at the Senior Center before March 31st.



Lap blankets for Veterans

We have had numerous lap blankets donated for veterans in Hospice. Attached is a photo of one of the blankets crocheted by **Janet Neary**. We are still accepting red, white and blue lap blankets for donation to this worthy cause.



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		March	1 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	2 9:00 Connections 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Advanced Dir.	3 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Ruler 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	4
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12	13 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	14 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 9:30 Paint w/Peggy 10:10 Healthy Bones 12:30 Dupl. Bridge	15 9:15 YMCA Yoga 10:00 Cardmaking 10:30 Chair Yoga 1:00 MVP Tai Chi 4:00 Pickleball	16 9:00 Connections 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	17 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Ruler 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	18
19	20 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	21 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 10:30 Watercolor Studio 12:30 Dupl. Bridge	22 9:15 YMCA Yoga 10:30 Chair Yoga 4:00 Pickleball	23 Trip to Albany 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	24 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Ruler 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	25
26	27 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	28 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 10:30 Watercolor Studio 12:30 Dupl. Bridge	29 9:15 YMCA Yoga 10:30 Chair Yoga 4:00 Pickleball	30 9:00 Connections 9:05 Chair Yoga 10:00 Photography 10:00 Woodcarving 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	31 9:15 Zumba Gold 9:30 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Ruler 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		April				1
2	3 9:15 Zumba Gold 10:00 Book Club L 10:30 Watercolor/Mary 12:30 Cards 4:00 Pickleball	4 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Care Givers Grp.	5 9:15 YMCA Yoga 10:30 Chair Yoga 1:30 Legal Consults 4:00 Pickleball	6 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Meeting	7 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	8
9	10 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	11 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:30 Paint w/Peggy 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	12 9:15 YMCA Yoga 10:30 Chair Yoga 1:00 MVP Tai Chi 4:00 Pickleball	13 9:00 Connections 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Meeting	14 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Qigong Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	15
16	17 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	18 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 10:30 Watercolor Studio 12:30 Dupl. Bridge	19 9:15 YMCA Yoga 10:00 Cardmaking 10:30 Chair Yoga 4:00 Pickleball	20 9:00 Mailing Party 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:00 Volunteer Lunch	21 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Qigong Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	22
23/30	24 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	25 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 10:30 Watercolor Studio 12:30 Dupl. Bridge	26 9:15 YMCA Yoga 10:30 Chair Yoga 4:00 Pickleball	27 9:00 Connections 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Parkinson's	28 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Qigong Class 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	29

Glenville Dining Center

Catholic Charities Senior & Caregiver Support Services operates the congregate dining program "Friendship Café" at the Glenville Senior Center Monday-Friday. This program is open to all Schenectady County residents 60 years and older with a suggested meal contribution of \$3.50. Guests and those under 60 are charged \$6.75 per meal. Senior Center membership is not required.

The Friendship Café is a gathering place for older adults where a nutritious mid-day meal is served with others. Older adults enjoy meeting up with friends and participating in diverse activities that offer them the opportunity to remain active and connected to their community while meeting nutritional needs.

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.

For more information on reserving your spot, menu options and how to register for the Friendship Café, please call 518-393-1946.

Reservations are taken a week in advance and participants must call by 12:00 noon the Friday before. Participants must complete registration forms at first visit.

*** Menu subject to change. ***

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

Catholic Charities transportation for meals:
Please call 518-357-9801

Free Legal Consultations

Wednesday, March 8 at 1:30 pm

Do you have questions about estate planning? Medicaid applications? **Glenn Witecki**, Esq will be offering free consultations at the Center on the second Wednesday of every other month. For members only. Call the Center to schedule an appointment.

Next date: May 10

Caregiver Conversations

First Tuesday of month at 1:30 pm

Caregivers discuss caregiving issues faced in people's daily lives. Open to any resident of Schenectady County. Facilitated by Schenectady County Department of Senior & Long Term Care Services.

CDC guidelines will be followed.

Upcoming dates: March 7, April 4, May 2

Stumper Solution:

There are two ways to do it:

Solution 1: Fill the 3-cup bucket and pour it into the 5-cup bucket. Fill the 3-cup bucket again, and pour it into the 5-cup bucket until the 5-cup bucket is full. That will leave exactly 1 cup of sugar in the 3-cup bucket. Dump out the 5-cup bucket, and dump the 1 cup from the 3-cup bucket into the empty 5-cup bucket. This leaves 1 cup in the 5-cup bucket. Now fill the 3-cup bucket again and add it to the 5-cup bucket. Now you have exactly 4 cups of sugar in the 5-cup bucket!

Solution 2: Fill the 5-cup bucket. Pour it into the 3-cup bucket. This leaves 2 cups in the 5-cup bucket. Dump out the 3-cup bucket. Now pour the 2 cups from the 5 cup into the 3 cup. Refill the 5 cup. Now pour the 5 cup into the 3 cup until the 3 cup is full. That will leave exactly 4 cups in the 5-cup bucket!



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.

Home Energy Assistance Program (HEAP)

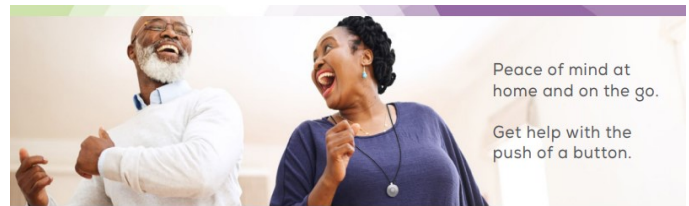
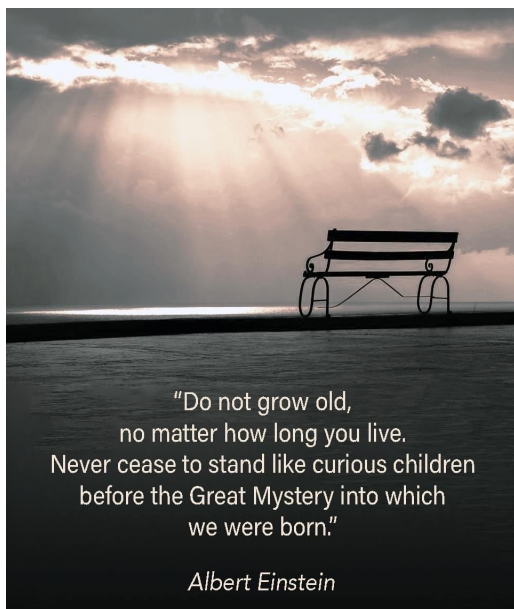
HEAP helps low-income people pay the cost of heating their homes. Eligible people may receive one regular HEAP benefit per season and could also be eligible for an emergency HEAP benefit if you are in impending danger of running out of fuel or having your utility service shut off.

For information about eligibility or applying, contact:

Schenectady County
Department of Social Services
797 Broadway
Schenectady, NY 12305
Phone: (518) 388-4470

Health Insurance Information & Counseling Program (HIICAP)

Through a partnership with Catholic Charities Senior & Caregiver Support Services, HIICAP provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, their representatives, or persons soon to be eligible for Medicare. Schenectady County residents can contact the local HIICAP office at (518) 372-5667.

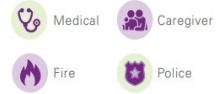


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Medical Transportation

Catholic Charities Senior & Caregiver Support Services offers transportation to medical appointments for Schenectady County seniors aged 60 and older who are not on Medicaid. Our door-to-door service is also able to transport wheelchair clients. Our donation-only program suggests \$4.00 for ambulatory services, \$6.00 for wheelchair services. A brief phone registration is required. Complete program information will be shared at that time. Please call (518) 357-9801, 8-4, M-F.

Senior Services

Catholic Charities Senior & 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.

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www.WiteckiLaw.com

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Glenn Witecki can help you with your estate planning – standard or advanced, including protecting your assets from Long Term Care expenses and filing Medicaid applications. Other services include: Probate & Administration, Real Estate and Trust and Estate lawsuits.

Glenn offers free consultations at the Center on the second Wednesday of every other month. all the Center to schedule an appointment.



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Town of Glenville
Director of Human Services

Senior Center Clerk:
Sarah Blackwood