



Scotia-Glenville Senior Citizens Senior Moments



Volume 42 Number 1

Jan.— Feb. 2016

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.

Social Committee Movie Time

Saturday, Jan. 23rd 1-4 pm

Come join us for this special event on our big screen at the Senior Center for the showing of the movie *The Intern* starring **Robert DeNiro**. It is a feel-good movie for both men and women.

Pizza from Red Front Pizza and Restaurant with salad, popcorn and baked goods will be served. The cost of refreshments is **\$5 for members and \$7 for guests**.

Sign up and pay at the Front Desk starting Jan. 4th on "First Come, First Served" basis.

Valentine's Party

Friday, Feb. 12th 9 am –12 pm

Celebrate Valentine's Day early with punch and cookies served here at the Center. Drop by anytime on Friday morning.



Front Desk Volunteers Needed

Do you like to meet people, help others and know what is happening at the Center? Then volunteer to work at the Front Desk! We have three shifts daily: 9-11 am, 11 am-1 pm and 1-4 pm.

Duties primarily include answering the phone, greeting people, taking memberships, signing up members for trips, defensive driving and other activities, answering queries and other secretarial jobs. Training is provided along with a manual. Please call **Vicki Hillis** at 374 -0734 or **Paula DeVries** at 885-9709, if you are interested.



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Trips

Thursday, February 1st - Turning Stone Casino

Tuesday, March 15th - St. Patrick's Celebration at the Log Cabin

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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.



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; exercise and painting classes canceled; all programs before 11:00 canceled to allow time for plowing; everything after 11:00 as usual.

Check local radio and TV for school announcements.

MARK YOUR CALENDAR

Exec Council: Thu, Jan. 7 & Feb. 4 at 9:30 am at Town Hall

Directors: Thu, Jan. 14 & Feb. 11 at 1:30 pm at Sr. Ctr.

Senior Moments Deadline: Wed, Jan. 20

Senior Moments Mailing: Thu, Feb. 18 9 am

Center closed: Jan. 1, 18 & Feb. 15

Dining Center closed: Jan. 1, 18 & Feb. 15

Senior Moments is published by
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Paula DeVries, President

Vicki Hillis, Executive Editor, Publisher

Dr. N. Nagarajan, 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

A line from Paula



Dear Members,
First, since this edition of *Senior Moments* will be mailed two weeks before the end of 2015, let me wish all our members and their families a wonderful holiday season and a happy and healthy New Year!

Starting January 1, I will be the President of this organization. Many of you have probably seen me around the Center, since I drop in often. I have been active at the Center for over 10 years as Treasurer, Desk Volunteer, gardener, a member of various committees, and as a Board Director several times. I feel we have the best Senior Center in the area and want to keep it that way.

As I take over from **Linda Reinhart**, our former President, I would like to thank her for her years of dedication to the Senior Center. Not only has she served as President for many years, but also headed the Transportation and Trip committees. She has volunteered for other committees when needed. I'd also like to thank all our board members and volunteers—past and present, for the long hours of their service to the Center.

As President, I will need your help to run the Center smoothly. Except for **Vicki** and **Rob**, everything that takes place here is due to our volunteers. We always like new volunteers. It's a great way to help, but also get to know other members. If you can't volunteer, you can always help by letting me or board members know if there are problems, and if you would like to see any new activities.

I hope to get photos of directors posted on the bulletin board for your information. You can also leave a note in my box. I look forward to meeting as many members as possible. But don't be offended, if I forget your name. I'm terrible with names!

Paula

Quilt Raffle Winner

Congratulations to **Diane Hutchinson**, the winner of our Veterans Day quilt drawing. Thank you to everyone who purchased a ticket and supported our Veterans Day Celebration!

Senior Moments Mailing party

Thursday, February 18th 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 and coffee are served. Come join us and have some fun!

Hi from the Editor

Dear Friends, With all of you, I extend a warm welcome to the new President, **Paula** and all the Directors of the new Board.

Best Wishes to all of you and your family for a Happy Holiday and Prosperous New Year 2016! Thanks and regards,



Nagarajan

Vicki's View

As usual, I have many people to thank for recent events at the Center. Thank you to **CDPHP** and **Baptist Health Systems** for sponsoring our Veterans Day celebration.



Assemblyman **Jim Tedisco** and Town Supervisor **Chris Koetzle** joined us to offer a few words honoring our veterans, over 50 of whom were in attendance. **Dairy Circus** did a wonderful job catering the dinner. The event was one to remember thanks to our hard-working social committee

volunteers. Thank you to **Ronnie Quinn** and **Rosemary Pryne** for chairing the event, **Frank Quinn** for being our master of ceremonies, **Stan Gordon** for advising behind the scenes, **MDR Printing** for donating the programs, and **Larry Zeglen**, VFW Commander, for presenting the missing man table.

Also a note of appreciation for our student volunteers from the Burnt Hills-Ballston Lake Middle School, who helped to assemble gift bags for the Membership Raffle. It is nice to see students get involved in their community.

Thank You to our Christmas elves, **Marty Deschaine** and **Pauline Postoian**, for decorating the Center for holidays.

The new year will bring some changes to the Senior Center. Our wonderful Dining Center will be under the new management of Family & Child Services of Schenectady. I would like to thank Catholic Charities for their years overseeing the meal site and their efforts to develop it into what it is today. We hope this program continues to thrive and remain a vital part of our center, providing over 7,500 meals and countless hours of friendship, laughter and socialization each year. Everyone—member and non-member alike—is welcome to join us for a meal.

Now that winter is officially here, we ask your help to keep the carpets clean and the floors dry and safe, by changing wet boots or shoes, when entering the Center. Boot trays are available in the hallway. **Please also note our inclement weather policy:** If the Scotia-Glenville schools are closed, we are closed. If schools are delayed, we are open, but events before 11 am will be cancelled.

I wish everyone a joyful 2016!

Vicki

CENTER SERVICES

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

The Sunshine Club

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 special to us. Contact **Jo Moore** at the Center.

Box Tops or Labels 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 Labels and 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. Thanks for your help.

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Helen Benner** for displaying her Indian Dolls in November and **Anneliese Conley** for display of Quilt Squares in December.

January—Phillip Benner - Car Replicas

February—Bill Rolston - Antique Viewmasters

We are always in need of collections. If you would like to display your collection, leave a message at the front desk. Remember, the case is lighted and always locked.

Senior Center Kazoo Band

Looking for an outlet for your musical talents? Come have some fun and join the Kazoo Band. Call **Ronnie Quinn** (399-5999) or **Bill Vullo** (399-8611) for details.

Having a computer problem?

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

Please note: Many people have sensitivity to perfume. Please try to refrain from using your signature scent, particularly when on trips or coming for exercise class. Thanks.

Van Transportation

For residents of Glenville and Scotia only. Senior Center membership not required.

Our van must stay within Glenville/Scotia.



On-request pickup and delivery



Call 374-0734 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. The 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. Call Catholic Charities 357-4710 (donations accepted).



Tuesdays: Scheduled trips to Malls

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

No charge, but donations are appreciated.



Colonie Center

Jan. 5, 19

Feb. 2, 16

Clifton Park Mall

Jan. 12, 26

Feb. 9, 23

We Need Drivers & Dispatchers.

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

Help us recycle!

Our Senior Center is now single stream recycling just the way you do at home. Acceptable items include cardboard, paper, metal cans, foil and plastic containers. Our recycling bin is a blue tote located next to the free table. Your cooperation is appreciated.

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 library.

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Continence Improvement Talk

Tuesday, January 26th at 1 pm

Do you know anyone who is experiencing continence issues? Come learn about this issue, so you can share your knowledge with those who need it.

Pattie Schryer, licensed physical therapist, will give you more information on a continence improvement program.

Paint with Peggy

Monday, Jan. 11th 9:30am -2:00 pm

Tired of Winter? Let's paint a summer scene- "Summer Lake". You will use a variety of brushes and a painting knife to create this 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. Just come ready to paint and bring a box to carry home your completed oil painting!



Peggy provides all the materials from a blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting. This class is for any level of painter, no experience is required. Beginners are welcome.

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

Cost: \$45 Payment due at time of registration. Please make checks payable to **Peggy Porter**. Maximum: 8 students, members only. Sign up at the Front Desk. Call **Peggy** at 925-2238 for additional details.

Stamping Up Card Workshop

First Tuesday of the month: 3-4:30 pm

Dates: Jan. 5th, Feb. 2nd and Mar. 1st

Cost: \$5 per class

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

Driver Safety Course By Empire Safety Council

This program can reduce your auto insurance premiums. Classes will be of two 3-hour sessions held on two consecutive days. Senior Center membership not required.

January 19th & 20th, Tuesday/Wednesday, 2-5 pm
(Snowdate makeup: Thursday, Jan 21st)

Cost: Senior Center members: \$25.50; Others: \$29. Pay by 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.

AARP Tax Return Preparation

Wed. February 3rd thru' Wed. April 13th

Mon. 9am - 4pm; Wed. & Fri. 1pm - 4pm

By Appointment only

The tax-preparers are AARP –trained volunteers who will prepare and electronically file your Federal and NYS tax returns free of charge.

Call the Center (374 0734) to schedule your appointment. Please bring a photo ID, Social Security card and proof of health insurance for each member who will be listed on the return, last year's tax return and statements of interest, dividends, capital gains, wages, social security and retirement income. If you plan to itemize, please have your property tax, medical expenses and charitable deductions etc., organized and ready for review.

(Soc. Sec. Form 1099 is acceptable as proof of Social Security enrolment and health insurance.)



Election Day Bake Sale

A big "THANK YOU" to all the dedicated bakers and sellers who made our Election Day Bake Sale a huge success once again. We have a great group of dedicated volunteers at our Center, who help to make the Glenville Senior Center an interesting and successful place.

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.

WINTER SESSION: JAN. 4th—FEB. 12th Fees: 1 class/wk \$22; 2/wk \$32; 3/wk \$42; 4/wk \$52; 5/wk \$62	
Class	Schedule
Fit Over 50	Mon., Wed. , Fri. 9:15
Stretch & Strength	Wed. 10:15
Forever strong	Mon., Fri 10:15
Gentle Pilates for Seniors	Thur. 10:15
Zumba Gold	Tue., Thur. 9:15

YMCA Classes

Fit Over 50 A gentle warm-up, followed by invigorating aerobic, strengthening, & stretching segments. Total body conditioning leaves you feeling energized. 45 minutes.

Forever Strong Weight-bearing exercises are an effective and simple way to help fight osteoporosis. Light weight-bearing exercises designed to increase both muscle strength and bone density will be performed on both the upper-body and lower-body muscles. Equipment is provided. 45-minute class.

Gentle Pilates for seniors
This 45-minute class will provide gentle exercises to stretch and

strengthen the “Core” muscles of the body. Exercises will focus on the abdominals, back, and hips to help keep you standing tall. A yoga exercise mat is required, since most of the exercises are done on the floor.

Stretch & Strength This class focuses on stretching in a chair to increase your range of motion. We also work on improving our muscular strength using different props such as weights, tubes, and balls.

Zumba Gold Ditch the workout and join the party! Zumba Gold uses Latin rhythms and easy-to-follow steps to create a dynamic and fun fitness program. 45-minute class.

NEW Class for adults who suffer from Arthritis. **Enhance Fitness** is a land-based exercise class for adults with arthritis. It is a 16-week program consisting of 3 one-hour classes per week. Each class will offer specific exercises targeted for people with arthritis as well as opportunities for socialization. Fitness assessments will be done every 4 months. Class starting Nov. 9th and will run Monday, Wednesday and Friday 11:15-12:15. Cost: \$96. Any questions contact **Patty McCormack** @ the Glenville YMCA.

Other Senior Center Classes

Gentle Yoga

Wednesdays, 2 pm

11-week Spring Session: January 13th - March 23rd

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. It can also help calm the nervous system, lower blood pressure, increase flexibility and improve balance. 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.

Ballroom Dance

Fridays, 2 pm

The standard dances such as waltz, fox trot, rumba, swing and cha cha, may be supplemented with tango, samba, Viennese waltz, quickstep and mambo.

For more information, call **Chuck Guare** at 374-9732 or email guarecharles@gmail.com

Tai Chi practice

Tuesdays, 9 am

We welcome you to join our small group trying to maintain our Tai Chi skills.

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.

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.

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!

Thanks to those who have replenished our supply of yarn. We do not need any more yarn at this time.

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

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.

La Bella Lingua

Thursdays, 10 am for Beginners and

Fridays, 12:30 pm for Advanced Students

The Italian Club is going very well. Due to a wide range of expertise in the class, it is necessary to split into two classes. Ciao!

For more details, please call **Ed Perazzo** at 399-1438.

Pickleball

Mon, Wed, Fri, 4 pm

Novice play is scheduled for Mondays, Wednesdays, and Fridays. Questions: leave a message at front desk.

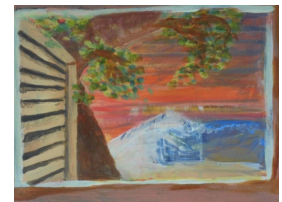
Oil, Acrylic & Art

Fridays, 10 am - 1 pm

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. Dani has exhibited her work at a one woman show at the Canajoharie Library/Museum and Art Gallery. She has also participated in an historic River Flotilla (Mohawk Valley Heritage Corridor) held at the marina in St. Johnsville. Some of her paintings depict life along the Mohawk in the mid 1700's.

Painting by **Catherine Norr**



Cribbage

Fridays, 10 am

Please note that we have changed to Fridays at 10 am.

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

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. Come check us out some Thursday.

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.

Jan 4 - *Best Christmas Pageant Ever* - Barbara Robinson

Feb 1 - *The Guernsey Literary and Potato Peel Society* - Mary Ann Shafer and Anne Burrows

First Friday Film Club

First Friday of month, 1:30 pm

Jan. 8 — THE JUDGE (USA: 2014)

Big-city lawyer Hank Palmer returns to his home, where his father, the town's judge, is suspected of murder. Along the way in his quest for truth, Hank reconnects with the family he walked away from years before.

Starring Robert Downey, Robert Duvall, Billy Bob Thornton, Sarah Lancaster, etc.

Feb. 5 -- COMING HOME (China)

Although set in the post-Cultural Revolution China of late 1970s, the film conjures warm memories of the late '80s and early '90s as well.

Starring Gong Li, Huiwen Zhang and Chen Daoming

Call Dr. N. Nagarajan (399-0195) to suggest films for future screenings. Snacks and coffee will be served.

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. Check our Bulletin Board in the hallway and see photographs of our creations. Everyone is welcome; there is no fee.

Duplicate Bridge

Tuesdays, 12:30-4 pm

No previous experience is necessary. This is a friendly game! Come with your partner, or contact Walter Overstreet at 372-0448 if you need a partner.

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.

Bowling League

Wednesdays, 9 am

Looking for fun with new friends? Join the Scotia-Glenville Senior Bowling League! Senior men and women of all levels of ability and averages 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. Second half starts in a few weeks—come check it out. League runs through mid-April with end-of-season banquet included. For more information or to sign up, contact either Glen Wiltzie (377-4322) or Butch Carpentier (374-1499).



Wednesday Golf League

We are always looking for new and returning members to fill 7 foursomes. Look for a notice of the organizational meeting in April, '16. Bob Pommerer, Secretary

Computer Classes

\$5 per class, sign up in advance at front desk.

- Email - Mon., Dec. 28th - (10am to 11:15am)
- Google Search - Mon., Dec. 28th - (2:30pm to 3:45pm)
- Google Maps - Tues., Dec. 29th - (2:30pm to 3:45pm)
- Ipad/Tablet - Wed., Dec. 30th - (2:30pm to 3:45pm)

Join instructor Gayathri Gopalan for a 1.25 hour class on these popular computer topics.
5 person minimum for class to run.

TRIPS and TRAVEL

- ♦ **Make reservations** in person (none 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.
- ♦ 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.

Turning Stone Casino

Rome, NY

Thursday, February 4th - Senior Day

Feeling lucky? Join us for a day at the Turning Stone Casino. Trip includes:

\$25 Casino bonus + \$5 food credit

or

\$20 Bingo bonus + \$5 food credit

Cost: \$30 per person for members;

\$35 for non-members

Leave Center at 9:00 am; Leave casino at 5:00 pm

St. Patrick's Celebration

Tuesday, March 15th

Come join us for lunch and a show at the Log Cabin in Holyoke, Mass. featuring Gerry Malone and the Lads.

"Galway Bay," "McNamara's Band," "Danny Boy," and "When Irish Eyes Are Smiling" are a few of the tunes you'll sing along with. Corned Beef dinner includes glass of wine and Bailey's Irish Creme Cake.

Leaves Center at 9 am.

Returns to center at approximately 5 pm.

Members: \$70 per person; Nonmembers: \$75 per person



Submitted by Jim Moorhead

Senior Stumpers

Problem 1. Moderately easy. Your sock drawer contains 4 green socks, 6 red socks, 8 blue socks, and 10 yellow socks, which, except for their color, are identical. You are in the dark trying to find a pair to wear for the day and all you need is a matching pair. You don't care what color they are. You can't see either the socks in the drawer or the socks you've drawn out until you go to another room and turn on the light. If you are pulling socks out at random: a) How many socks do you need to take to be sure that you leave the room with at least one matching pair? b) How many do you need to take to be sure that you leave with at least two pairs, with each pair being a different color? c) How many must you take to be sure that you left with a pair of each (of the four) colors?

Problem 2. Hard (requires some statistics) Mug and Lug are pygmies, who hunt with blowguns. Both are hopelessly in love with the beautiful Oomph. Now Oomph loves neither of them. But for some reason men are scarce. So, skank that she is, she proposes that Mug and Lug take turns shooting poisoned darts at each other until one of them scores a hit, instantly killing his opponent. The winner (the one who's still alive at the end) will get Oomph, at least until somebody better comes along. And of course the pygmies have been keeping statistics on their shooting abilities recently. At the proposed shooting distance, Mug can hit a target the size of Lug 50% of the time and Lug can hit a target the size of Mug 60% of the time. a) If Mug shoots first, what is the probability that he will survive the contest to spend the rest of his life in wedded bliss with Oomph? b) Conversely, what are Mug's chances if Lug shoots first?

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

January 2016

Fri 1 Senior Center & Dining Center Closed
 Mon 4 Book Club 10:00 am
 Tue 5 Shopping Colonie Center 9:00 pm
 Tue 5 Caregivers Support 1:00 pm
 Tue 5 Stamping Up Card Workshop 3:00 pm
 Thu 7 Executive Council Mtg. 9:30 am
 Fri 8 Film Club 1:30 pm
 Mon 11 Paint/w Peggy 9:30 am
 Tue 12 Shopping Clifton Park Mall
 Tue 12 American Legion Meeting 1:00 pm
 Thu 14 Board of Directors Meeting 1:30 pm
 Mon 18 Senior Center & Dining Center Closed
 Tue 19 Shopping Colonie Center
 Tue 19 Driver Safety Course 2 – 5:00 pm
 Wed 20 **Senior Moments** Deadline
 Wed 20 Driver Safety Course 2 – 5:00 pm
 Sat 23 Pizza & Movie 1-4:00 pm
 Tue 26 Shopping Clifton Park Mall
 Tue 26 Continence Presentation 1:00 p.m.

February 2016

Mon 1 Book Club 10:00 am
 Tue 2 Shopping Colonie Center
 Tue 2 Caregivers Support 1:00 pm
 Tue 2 Stamping Up Card Workshop 3:00 pm
 Wed 3 AARP Tax Prep 1 – 4:00 pm
 Th 4 Trip to Turning Stone Casino
 Thu 4 Executive Council Meeting 9:30 am
 Fri 5 AARP Tax Prep 1 - 4:00 pm
 Fri 5 Rotary Ziti Dinner
 Mon 8 AARP Tax Prep 9:00 am – 4:00 pm

Tue 9 American Legion Meeting 1:00 pm
 Tue 9 Shopping Clifton Park Mall
 Thu 11 Board of Directors Meeting 1:30 pm
 Fri 12 Valentine's Party 9 am—noon
 Fri 12 AARP Tax Prep 1 – 4:00 pm
 Mon 15 Senior Center & Dining Center Closed
 Mon 15 No YMCA Classes this week
 Tue 16 Shopping Colonie Center
 Wed 17 AARP Tax Prep 1 – 4:00 pm
 Thu 18 **Senior Moments** Mailing 9:00 am
 Fri 19 AARP Tax Prep 1 – 4:00 pm
 Mon 22 AARP Tax Prep 9:00 am – 4:00 pm
 Tue 23 Shopping Clifton Park Mall
 Wed 24 AARP Tax Prep 1 – 4:00 pm
 Fri 26 AARP Tax Prep 1 – 4:00 pm



Weekly Events – January & February 2016

Mon	Card Playing	12:30 pm
Mon	Pickleball	4:00 pm
Tue	Cribbage	10:00 am
Tue	Coffee & Conversation	9:00 am
Tue	Knitting & Crocheting	1:00 pm
Tue	Duplicate Bridge	12:30 pm
Wed	Mah Jong	9:00 am
Wed	Pickleball (Exc. 1/20 & 2/17)	4:00 pm
Thu	Photography Group	10:00 am
Thu	Italian Class Beginners	10:00 am
Thu	Card Playing	12:30 pm
Thu	Quilting	1:00 pm
Fri	Italian Class Advanced	12:30 pm
Fri	Acrylic & Oil Painting	10:00 am
Fri	Ballroom Dancing (Exc. 2/5)	2:00 pm
Fri	Pickleball (Exc. 2/5)	4:00 pm

Senior Stumper Solutions

Solution 1.

a) 5. If you take 4 they could all be different colors. You would have to take a fifth to be sure that it matched one of the others. **b) 14.** In the worst case, on your first 13 picks, you could grab 10 yellow socks, 1 blue, 1 green, and 1 red. To match up a blue, green or red and have two pairs of different colors, you would have to take a fourteenth sock. **c) 26.** In the worst case you would take 10 yellow, 8 blue and 6 red socks (24 altogether) leaving 4 green socks in the drawer. To get that last pair, you would have to take 2 of them, for 26 altogether.

Solution 2.

a) 0.625 The solution is based on the fact that if both Mug and Lug survive the first round, (each firing once and missing) it is like an entirely new match. So the probability that Mug wins when he shoots first is the probability that Mug hits Lug in the first round plus (the probability that both survive the first round (neither scores a hit in that round) times the probability that Mug wins the "new" match, in which he again shoots first). Let the probabilities that Mug and Lug hit what they are aiming at be expressed as PM and PL respectively.

Mathematically then: $P(MW|S1) = PM + (1 - PM) * (1 - PL) * P(MW|S1)$.

With a little algebra: $P(MW|S1) = PM / (PM + PL - PM * PL) = 0.5 / (0.5 + 0.6 - 0.5 * 0.6) = 0.625$

b) 0.25 If Lug shoots first, Mug can only win if Lug misses him on that shot with a probability of $1 - PL = 0.4$. In that case it's like a new match for him, one in which he shoots first. So that:

$$P(MW|S2) = (1 - PL) * P(MW|S1) = 0.4 * 0.625 = 0.25.$$

Glenville Dining Center

Operated at the Glenville Senior Center by Family and Child Services of Schenectady

Open to all seniors. Senior Center membership not required.

Kathy Conboy – Dining Center Manager

Diana Yeo – Dining Center Assistant

The Senior Dining Center offers a hot, nutritious noon meal Mondays through Fridays. A variety of activities and programs take place prior to the meal, with penny bingo every day and prize bingo on Wednesdays after lunch. Every Tuesday, there is also transportation available for grocery shopping at 12:30 pm (\$2.00 round trip to Hannaford or Price Chopper).

PLEASE ARRIVE BY 11:45am FOR THE NOON MEAL

Reservations: Call 393-1946, 9 am to 2 pm, a day in advance. Please call ahead if you need to cancel a reservation. Menus are available at the Dining Center. Substitutions available. Make request when you call for reservation.

Suggested donations for meals: \$3.50 for those 60+; \$6.00 for those under 60.

All are welcome. Have a good meal and meet some wonderful people.



Membership News

Memberships for 2016 are off to a good start. If you haven't already renewed your membership, why not take a moment to do so now? We will be checking memberships during mid-January. Please have your new membership card with you when attending activities at the Center.



Those who registered for 2016 before Thanksgiving were eligible for our membership raffle. Congratulations to our raffle winners:

- | | |
|--------------------------|---------------------|
| 1. Sharon Riggert | 9. Jennie Ross |
| 2. Rochelle Stracher | 10. William Johnsen |
| 3. Patricia Harper | 11. Jan Blase |
| 4. Janice Ellis | 12. Bette Helms |
| 5. Carol Corbett | 13. Emily Hickerson |
| 6. Nancy Slack | 14. John Donahue |
| 7. Helen Baldwin | 15. Shirley Taft |
| 8. Georgianna Washington | |

MEMBERSHIP APPLICATION

Jan. 1 thru Dec. 31, 2016

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.
32 Worden Road, Glenville NY 12302

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: ☐ New Member ☐ Renewal [Senior = 55 or older]

Check one: ☐ Resident ☐ Non-resident

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

PLEASE PRINT

*Name1 _____ e-mail _____

*Name2 _____ e-mail _____

*Address _____

*City/State/Zip _____ *Phone _____

Interests/Talents/Comments _____

Registration #: _____

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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.

American Legion Post 1001 Scotia, NY

Second Tuesday of month at 1 pm

The next meetings will be Jan. 12th and Feb. 9th.

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

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 **Vicki Hoshko**, Caregiver Support Coordinator.

Upcoming meetings: Jan. 5th, Feb. 2nd and March 1st.

Four Things to prevent falls:

1. Exercise to improve your balance and strength

Exercises, that improve balance and make your legs stronger, lower the chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi. Lack of exercise leads to weakness, increasing your chances of falling. Ask your doctor or health care provider on the best type of exercise program for you.

2. Have your health provider review your medicines

Have your doctor or pharmacist review all the medicines you take, even the over-the-counter ones. As you get older, the way medicines work in your body can change. Some medicines, or combination of medicines, can make you dizzy or sleepy and cause the fall.

3. Have your vision checked

Have your eyes checked by an eye doctor at least once a year and upgrade your eyeglasses. You may be wearing the wrong glasses, or have condition like cataract or glaucoma that limits your vision. Poor vision can increase your chances of falling.

4. Make your home safer

- Remove items you may trip over (eg. Papers, books, shoes) from stairs or other walk places.
- Remove small throw rugs, or use double-sided tape to keep the rugs from slipping.
- Keep items used often in cabinets to reach easily.
- Have grab bars put inside and next to bath tub & toilet. Use non-slip mats in the tub & shower.
- Improve brighter lighting to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights put on all staircases.
- Wear shoes always and avoid going barefoot or wearing slippers.

Source: Centers for Disease Control and Prevention

Glenville Rotary Ziti Dinner

Friday, February 5th, begins at 4:00 p.m.

at the Glenville Senior Center

Eat in or Take Out

Watch for flyers for details!

Senior Services

Catholic Charities of Schenectady County 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. For more information, please contact **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:

SCOTIA GLENVILLE SENIOR CITIZEN RECREATION
RELATED CONCERNS (Approved)
32 WORDEN RD., SCOTIA, NY 12302-3409
Tax ID: 222186497

Note that matching is available only for true gifts, not for payments for annual dues, trips, admission to events, meals, etc. Call **Vicki Hillis** for more information.

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People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.

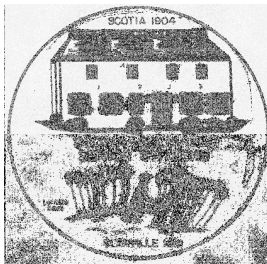
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