



Scotia-Glenville Senior Citizens Senior Moments



Volume 43 Number 1

January-February 2017

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.

Pizza & Movie Time

Saturday, January 21st at 1:00 pm

Come and join us for the special event on our big screen at the Senior Center. Movie to be announced.

Pizza from Red Front Pizza and Restaurant with salad and popcorn served.

The cost for refreshments is **\$5 for members & \$7 for guests**. Sign up and pay at the front desk starting Jan. 3rd on a "first come, first served" basis.



Cabin Fever Social

Saturday, February 25th at 1:00 pm

Beat the winter doldrums! Join us for an afternoon of card and board games. Bring your favorite board game. Cards will be available. We will also have a bake sale, if you wish to purchase goodies to enjoy.

Coffee will be provided. Please sign up at the front desk by Wednesday, Feb. 22nd.



Valentine's Party

Tuesday, Feb. 14th. 9:00 am - 12 noon

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



Newsletter volunteer

We are looking for individuals who would be willing to help us prepare the *Senior Moments*. It is developed bi-monthly in Microsoft Publisher. If you are skilled in publishing software or are willing to learn, please contact Vicki Hillis at 374-0734 or Paula DeVries at 885-9709.

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.

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MARK YOUR CALENDAR

Exec Council: Thur. Jan.5 & Feb. 2 at 9:30 a.m. at Town Hall

Directors: Thur. Jan.12 & Feb. 9 at 1:30 p.m. at Sr. Ctr.

Senior Moments Deadline: Thursday, Jan. 19

Senior Moments Mailing: Thursday, Feb. 23 9 a.m.

Center Office closed: Jan. 2, 16 and Feb. 20

Dining Center closed: Jan. 2, 16 and Feb. 20

Senior Moments is published by
the Scotia-Glenville Senior Citizens, Inc.

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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 a.m. to 4 p.m.

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

SENIOR CENTER NEWS



A line from Paula

The last two months have been busy ones at the Senior Center, especially for the Social Committee. **Shirley Perazzo** and her industrious crew deserve a very big thank you for all their efforts. In November, they were

responsible for the wonderful Veterans' Day dinner and a very successful Election Day bake sale.

Marcella's did a fantastic job catering the food for the Veterans dinner. Thank you to **MDR Printing** for donating the programs. Also, thank you to **CDPHP** for sponsoring both our Veterans and holiday events.

In December, committee members decorated the Center for the holidays, participated in the Burnt Hills Women's Club Festival of Trees and organized as well as provided refreshments and entertainment at holiday festivities. Due to their hard work, attendance at Center events has increased substantially.

Speaking of festivities, we will be celebrating the Center's 20th anniversary in April. In preparation for that, we would like to hear from anyone who was involved with the Center during planning, construction and operations during those early years. We would like to hear about your experiences and memories.

As 2016 ends, I would like to thank all those who volunteer at the Center and make it a great place for the seniors in our local communities. As the new year begins, I want to wish all our members and their families a Happy 2017.

Paula

Membership News

Don't forget to renew your membership for 2017. Congratulations to our early bird registration raffle bag winners:

Janet Bielicki	Ruth Quinn
Nancy Szatkowski	Mary Kavanagh
Debi Wege	Linda Prusko
Shirley Miller	Karen Kump
Mary Sieder	Don Schermerhorn
Contance Large	
Alice Hendrickson	
Arlene Gollmer	
Dot Hargett	
Jim Bishop	



Vicki's View

Happy New Year! Beat the winter blues by getting involved here at your center. Join an exercise class, check out a humanities program, or become a volunteer. We currently need desk volunteers and substitute dispatchers.

We are also looking for someone who can help with formatting the newsletter.

I would like to welcome our new dining center manager, Beth Gish. Please introduce yourself to Beth when you come in to enjoy a meal. The dining center is 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.

Vicki

Veterans Day Quilt Winner

The lucky winner of the Veterans Day quilt drawing was **Janet Neary**. Congratulations, Janet!



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



Hi from the Editor

Dear Friends,
Sorry to inform that I had a Fall on Sunday in the early snow in Fall!

Thanks and regards,

Nagarajan



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 are 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 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 **Fran Madison** for graciously volunteering her time to cut the box tops.

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Janet Neary** for her Hershey Ornaments in November and **Helen Benner** for her Nativity Scene in December. Next up:

Jan.- Hummels by Kathleen

Feb.- Flower, frog & bud vases by Regina Solarek
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. Thank you to **Emily Childers** who coordinates the displays.

Copy your wallet cards free

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

Van Transportation

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

Our van must stay within Glenville/Scotia.



On-request pickup and delivery

Call 374-0734 M-F between 9 a.m. 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 a.m.-3 p.m.

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

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: Jan. 3 and Feb. 7

Rotterdam Sq. Mall trip: Jan. 17 and Feb. 21

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

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 library.

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

AARP Tax Return Preparation

Wednesday, Feb. 1 thru Friday April 14

Mon. 9:00 am-4:00 pm, Wed. & Fri. 1:00-4:00 pm

By Appointment Only

Not limited to Senior Center members

AARP-trained volunteers will prepare and electronically file your Federal & NYS returns free of charge.

Call the Center (374-0734) to schedule your date.

Arthritis: Overview & Adaptations

Thursday, Jan. 19th, 1:30 pm

MVP Medicare Community Health Promotion.

This program will identify the 3 most common types of arthritis and how to cope with symptoms like pain.

Learn how to reduce the risk of getting the disease and how to feel better if you already have it..

Please sign up in advance at the front desk or by calling SC at 374-0734.

Glenville Senior Center membership is NOT required.

First Aid Class

Thursday, February 16th @ 1:30 p.m.

Gina Wierzbowski, an EMT and Glenville Town Board member, has volunteered to teach this class.

This class will not give you Red Cross certification, just updated information. **Class size is limited and**

sign-up at the Front Desk is required.

Driver Safety Course

Saturday, March 25th from 9 a.m. to 3:30 p.m.

with a 1/2 hour lunch break This program may reduce your auto insurance premiums. Senior Center membership is not required.

Cost: Center members: \$25.50; Others: \$29.

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.



Stampin' Up Card Workshop

First Tuesday of the month, at 3-4:30 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, **Lynn Streifert**. 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: 1/3, 2/7, 3/7

Community News

Please be aware that there is a grandparent scam going around in our area. Here's how it works: Grandparents get a call, usually in the middle of the night. "Grandma, it's me...I'm in trouble. I need money. Please don't tell mom."

Stories change, but the demands do not. Instead of an arrest, it might be a car accident or a drug arrest or a medical emergency. But the "ask" is the same: wire money, don't ask questions, don't tell anyone. Scammers know how to play this: They use your social media accounts to find real names, real interests, real phone numbers. Or they steal your phone and have all the information they need. They call in the middle of the night, counting on the confusion of a sudden waking and the expectation of bad news at that hour.



Most of all, they play on a grandparent's unconditional love and their desire to help their loved ones, no matter what the cost. And they count on people being too embarrassed to report the crime.

Call local law enforcement and the Office of the Attorney General, even if you are just contacted by a scammer and didn't send any money. Keeping track of how the grandparent scam is committed can go a long way toward preventing it.

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 13-week session January—March 2017 No class on Jan. 2nd, 16th and Feb. 20th Session Fees: 1 class\wk: \$45; 2\wk \$60; 3\wk \$75; 4\wk \$90; 5\wk \$105			
Class	Schedule	Class	Schedule
Cardio Sculpt Circuit	Mon 9:15; Fri 9:30	Gentle Core Strength	Thur 10:15
Active Stretch	Wed 10:15	Zumba	Tue, Thurs 9:15
Forever Strong	Mon 10:15, Wed 9:15, Fri 10:30	Balance	Tue 12:15
Cardio Dancin'	Wed 11:15	Chair Yoga	Tue 11:20

ACTIVE STRETCH: Addresses muscles as a form of maintenance, by taking joints through their full range of motion naturally. This class is appropriate for all individuals, regardless of their flexibility or range of motion. Every active stretch is done within your individual limits to reduce risk of injury while increasing your ability to move through daily life.

BALANCE: Variety of stability ball and floor exercises aimed to increase core strength and overall stability. Appropriate for all members who wish to improve their muscular endurance, flexibility, and balance.

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

CARDIO/SCULPT CIRCUIT: Using energetic music, this class is taught in intervals moving between low impact aerobic activity and body sculpting exercises 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 their 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!

GENTLE CORE STRENGTH: Gently "wake up" and strengthen the core. Exercises are taught standing, in a chair and on the floor. Learn good form, improve your posture and become stronger all with this invigorating class.

ZUMBA: 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 p.m.

Winter Session from January 11th to March 15th

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

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

Tai Chi practice

Tuesdays, 9 a.m.

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, February 23rd 9 a.m.

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. Baked goods and coffee will be served. Come join us and have some fun!

Crafting Anyone?

We have had inquiries about starting a weekly or monthly crafts class. The crafts demonstrated would vary. There would be fees to cover the cost of supplies. Anyone interested in learning a craft or demonstrating a project, please contact the Center to have your name put on a list. This will let us know the level of interest in this type of class.



Cribbage Fridays, 10 a.m.

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

Bowling League Wednesdays, 9 a.m.

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 a.m. 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 Jacob Lederman at 399-5249.

Coffee and Conversation Tuesdays, 9-11 a.m.

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.

Oil, Acrylic & Art Fridays, 10 a.m.-1 p.m.

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.

Knitting and Crocheting Tuesdays, 1 p.m.

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.

Scholarships to Area HS Seniors

Scotia-Glenville Senior Citizens Inc. will again offer \$1,000 scholarships to two area high school seniors who have demonstrated good scholarship and community service, with special emphasis on service to Glenville Seniors. High School Seniors who live in the Town of Glenville, regardless of school affiliation, may request an application by writing to the Glenville Senior Center, 32 Worden Rd., Glenville, NY 12302 (ATTN.: **Charlotte McAllister**, Scholarship Committee). Applications will also be available in the local high school guidance offices. See application for deadlines.

CENTER ACTIVITIES

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First Monday Book Club

First Monday of month, 10 a.m.

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. 9 - *The Devil in the White City* by **Eric Larsen**

Feb. 6—*Man called Ove* by **Frederik Backman**

March 6—*Things We Keep* by **Sally Hepworth**

“A book is like a friend— is always there.”

First Friday Film Club

First Friday of month, 1:30 p.m.

January 6th: Gravity (2013)

An eerie sci-fi thriller that is visually stunning and well directed, with **George Clooney** and **Sandra Bullock** terrific as astronauts lost in outer space.

February 10th: Hello, My Name is Doris (2015)

Sally Field stars as a spinster NY accountant who cautiously seeks out new experiences comically, awkwardly and sweetly!

Contact **Dr. N. Nagarajan** (399-0195) to suggest films for future screening.

Senior Center Photographers

Thursdays, 10 a.m.

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.

Silver Threads Quilters

Thursdays, 1- 3 p.m.

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. This year our group has made 10 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.

Card Playing

Mondays and Thursdays, 12:30 p.m.

We play bridge, pinocle, 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.

Mah Jong

Wednesdays, 9 a.m.

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 a.m. for Beginners and
Fridays, 1 p.m. for Advanced Students

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

Duplicate Bridge

Tuesdays, 12:30-4 p.m.

No previous experience is necessary. This is a friendly game! Come with your partner, or contact **Kathy Stanley** at 280-9832, if you need a partner.

Pickleball

Mon, Wed, Fri, 4 p.m.

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

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.
- ♦ 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, 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.

The Clarke Art Institute

We are tentatively planning a trip to The Clarke Art Institute in Williamstown, Mass.. The trip will include lunch and possibly a second museum. The trip would be in late March and cost would in the \$75 range.



Senior Stumpers

Rick, Jim, and George are house painters who paint at different rates. There is a certain house that would take 15 hours to paint by just Rick and Jim working together, each painting at his own normal speed. The same house would take 20 hours to paint by just Rick and George working together. And it would take 12 hours to paint with just Jim and George working together.

- How long would it take each of them to paint the house if he were working alone?
- How long would it take them to paint the house if all three were working together?

Answers: page 9



Submitted by Jim Moorhead

Stumper Solution

Answers: a) Rick: 60 hours, Jim: 20 hours, George: 30 hours. b) 10 hours.

a) Let R, J and G be the respective portions of the house that Rick, Jim and George can each paint in an hour, working alone. As stated, working together Rick and Jim can paint the house in 15 hours, or the portion they can paint in an hour, working together, is $1/15$ or $R + J = 1/15$. Likewise $R + G = 1/20$ and $J + G = 1/12$. A little algebra reveals that $R = 1/60$, $J = 1/20$ and $G = 1/30$. If Rick can paint $1/60$ of the house in an hour, it would take him 60 hours to paint the entire house working alone. And so on for Jim (20) and George (30).

b) The portion that they can paint in an hour if they all work together is given by $T = R + J + G = 1/60 + 1/20 + 1/30 = 6/60 = 1/10$. So it takes 10 hours to paint the house if they all work together (and don't get in each other's way).

There are many ways to support Scotia-Glenville Senior Citizens, Inc. with your donations:
We accept gifts by cash or check by mail or in person.

Honorary and memorial gifts: A gift to SGSC, Inc. is a nice way to honor the memory of a friend or loved one. Donations may be made in any amount. Once received, a personalized note will be sent in your name to the honoree or family member notifying them of your kind gesture.

Matching gifts: Many area companies, like GE, will match your charitable contribution. Please check with the human resources department of the company where you work or from which you retired. Some companies may make a contribution because of your volunteer participation.

Planned giving – bequests: Including SGSC, Inc. in your estate plans is a way to provide a legacy to the future and guarantees continued quality services and programs to seniors in our community.

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2017		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 _____			EXTRA COPIES OF THIS FORM ARE AVAILABLE AT THE FRONT DESK
Registration #: _____			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 New Year's — Senior Center closed Dining Center closed	3 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Caregivers Support M2 1:00 Knitting C 3:00 Cardmaking C	4 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 4:00 Pickleball M1	5 9:00 Healthy Bones M2 9:15 Zumba Gold M1 9:30 Exec. Board Mtg. 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	6 9:30 Cardio Sculpt M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 1:30 Film club M2 4:00 Pickleball M1	7
8	9 9:15 Cardio Sculpt M1 10:00 Book Club L 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	10 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 American Legion M2 1:00 Knitting C	11 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 2:00 Yoga M1 4:00 Pickleball M1	12 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting M2 1:30 Board Meeting C	13 9:30 Cardio Sculpt M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 4:00 Pickleball M1	14
15	16 Martin Luther King Day — Senior Center Closed Dining Center Closed	17 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C	18 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 2:00 Yoga M1 4:00 Pickleball M1	19 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C 1:30 Arthritis Talk M2	20 9:30 Cardio Sculpt M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 4:00 Pickleball M1	21 Pizza & Movie @ 1 p.m.
22	23 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	24 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C	25 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 2:00 Yoga M1 4:00 Pickleball M1	26 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	27 9:30 Cardio Sculpt M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 4:00 Pickleball M1	28
29	30 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	31 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C	January			

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep 2:00 Yoga M1 4:00 Pickleball M1	2 9:00 Healthy Bones M2 9:15 Zumba Gold M1 9:30 Exec. Board Mtg 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	3 9:30 Cardio Sculpt M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 1-4 AARP Tax Prep C 1-4 Pickleball M1 <i>Rotary Ziti Dinner</i>	4
5	6 9 -4 AARP Tax Prep C 9:15 Cardio Sculpt M1 10:00 Book Club L 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	7 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:00 Cribbage L 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 11:20 Chair Yoga M1 12:15 Balance C 1:00 Caregivers Support M2 1:00 Knitting C 3:00 Cardmaking C	8 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep C 2:00 Yoga M1 4:00 Pickleball M1	9 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting M2 1:30 Board Meeting C	10 9:30 Cardio Sculpt M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced 1:30 Film Club M2 1-4 AARP Tax Prep C 4:00 Pickleball M1	11
12	13 9 -4 AARP Tax Prep C 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	14 Valentine's Party 9-11 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:00 Cribbage L 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 American Legion M2 1:00 Knitting C	15 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep C 2:00 Yoga M1 4:00 Pickleball M1	16 9:00 Healthy Bones M1 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C 1:30 First Aid Basics	17 9:30 Cardio Sculpt M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced 1-4 AARP Tax Prep C 4:00 Pickleball M1	18
19	20 <i>Presidents' Day— Senior Center Closed Dining Center Closed</i>	21 9:00 Tai Chi M2 9:00 Coffee & Conver C 10:00 Cribbage L 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C	22 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep C 2:00 Yoga M1 4:00 Pickleball M1	23 9:00 Mailing Party M2 9:00 Healthy Bones M1 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	24 9:30 Cardio Sculpt M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced 1-4 AARP Tax Prep C 4:00 Pickleball M1	25 Cabin Fever Social @ 1 p.m.
26	27 9 -4 AARP Tax Prep C 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	28 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:00 Cribbage L 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C			February	

Glenville Dining Center

Operated at the Glenville Senior Center by Catholic Charities Senior & Caregiver Support Services

Open to all seniors. Senior Center membership not required.

The Senior Dining Center offers a hot, nutritious noon meal Mondays through Fridays. The menus are nutritionally balanced and approved by a registered dietician. 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 p.m. (\$2.00 round trip to Hannaford or Price Chopper).

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

Reservations: Call 393-1946, 9 a.m. to 1 p.m., a day in advance. Please call ahead if you need to cancel a reservation. Full menus are also available at the Dining Center. Substitutions available. Make request when you call for reservation.

Suggested contribution toward meals:

\$3.50 for those 60+

\$6.00 for those under 60.



MENU CHANGES WILL BE MADE IN MID-JANUARY !

January 2017		
Mon	2	Closed
Tues	3	Buffalo-style Chicken Salad
Wed	4	Linguine with Clam Sauce
Thurs	5	Philly Cheese Steak
Fri	6	Harbor Style Fish
Mon	9	Macaroni & Cheese
Tues	10	Marinated Beef Salad
Wed	11	Chicken Alfredo
Thurs	12	Swedish Meatballs
Fri	13	Roast Pork with Gravy
Mon	16	Closed
Tues	17	Batter Dipped Fish
Wed	18	BBQ Chicken Breast
Thurs	19	Ham Salad Sandwich
Fri	20	Cheese Pizza
Mon	23	Stuffed Cabbage
Tues	24	Kielbasa Salad
Wed	25	Chicken Sandwich
Thurs	26	Spaghetti with Meat Sauce
Fri	27	Cheeseburger
Mon	30	Broccoli & Ham Quiche
Tues	31	Buffalo-style Chicken Salad

February 2017		
Wed	1	Linguine with Clam Sauce
Thurs	2	Philly Cheese Steak
Fri	3	Harbor Style Fish
Mon	6	Macaroni & Cheese
Tues	7	Marinated Beef Salad
Wed	8	Chicken Alfredo
Thurs	9	Swedish Meatballs
Fri	10	Roast Pork with Gravy
Mon	13	Open face Roast Beef Sandwich
Tues	14	Batter Dipped Fish
Wed	15	BBQ Chicken Breast
Thurs	16	Ham Salad Sandwich
Fri	17	Cheese Pizza
Mon	20	Closed
Tues	21	Kielbasa Salad
Wed	22	Chicken Sandwich
Thurs	23	Spaghetti with Meat Sauce
Fri	24	Cheeseburger
Mon	27	Broccoli & Ham Quiche
Tues	28	Buffalo-style Chicken Salad

Beth Gish —Dining Center Manager; **Diana Yeo** – Dining Center Cook

Catholic Charities Senior & Caregiver Support Services are partially funded through Schenectady County Department of Senior and Long Term Care Services with county tax dollars. State and Federal Funding is also provided through New York State Office for the Aging and Federal Administration on Aging.

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 p.m.

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. Next meetings: Jan. 3; Feb. 7

American Legion Post 1001

Second Tuesday of month at 1 p.m.

Next meetings: Jan. 10; Feb. 14

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

Friendship Café Schedule

Second Wednesday of the month at 10:30 a.m.

Welcome to the Friendship Café meeting at the Apostrophe Café in Proctors. The Friendship Café is for seniors nearing age 60 and above, and caregivers to convene for educational, recreational and social needs. Two hours of free parking is available behind the Proctors Theatre. Come and join us!

For more information, please contact the Senior & Long-term Care Office (382-8481) and leave a message for **Mary Forman**. You may also email her at Mary.Forman@schenectadycounty.com.

Glenville Rotary Ziti Dinner

Friday, Feb. 3rd begins at 4:00 p.m.
at the Glenville Senior Center

Eat in or Take out. Advance sale tickets will be available at the center's front desk. Watch for flyers for details!

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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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.



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. For more information, please contact **372-5667**.



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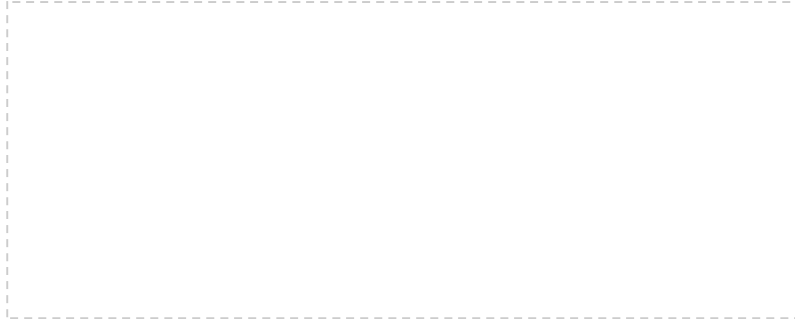
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