



# Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 7 January–February 2019

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 and Movie

Saturday, January 26th at 1 pm

Join us for pizza/salad and the movie "The Post." Sign up at the desk - \$5.00 per person for pizza, non-refundable. Deadline to sign up is Wed., Jan. 23rd.

## Valentines Day

Thursday, February 14th at 9:30 am

Join us for cake and punch as we celebrate Valentines Day and February birthdays.



## Knits n' Knots

Tuesday, January 15th at 1:00 pm

Come join us on this day to talk about reviving our crocheting and knitting group. Many people have dropped by hoping that the group has reconvened. Bring an existing project or bring supplies and maybe learn a new stitch or two.

## Caregiver Discussion

Thursday, January 17th at 1:30 pm

Come meet our new caregiver support group leader, **Wendy Petroci**, Schenectady County Department of Senior and LTC. Learn about resources available to caregivers as well as support groups in the community. Light refreshments. Free and open to the public. Sign up in advance at the front desk or by calling 518-374-0734.



## Happy Hour

Tuesday, January 29th at 4:30 pm

Come join us that evening for a casual gathering and perhaps an adult beverage at the Bayou Café at 507 Saratoga Road. Happy hour specials: Buy one, get one half off. Sign up at front desk in advance.

**Trips**  
See pg. 8

**Tuesday, March 12th - St. Patrick's Day at the Aqua Turf Club**  
**December 5th-9th, 2019—Spotlight on San Antonio, Texas**

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## 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 11:00 canceled to allow time for plowing; everything after 11:00 as usual. **Check local radio and TV for school announcements.**

*Senior Moments* is published by  
the Scotia-Glenville Senior Citizens, Inc.  
Ron Brach, President  
Vicki Hillis, Executive Editor, Publisher  
Myrtle Major, Editor  
Angie Pomykai, Assoc. Editor, Distribution Manager  
Bob Atwood, Associate Editor

## MARK YOR CALENDAR

**Exec Council:** Thurs. Jan 3 & Feb 7 at 1:30 pm  
**Directors:** Thurs. Jan 10 & Feb 14, 1:30 pm  
**Senior Moments Deadline:** Wed. Jan 23rd  
**Senior Moments Mailing:** Thurs. Feb 21st  
**Senior Center closed:** 1/1, 1/21, 2/18  
**Dining Center closed:** 1/1, 1/21, 2/18

## 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.

**GLENVILLE SENIOR CENTER**  
32 Worden Rd.  
Glenville, NY 12302 (518) 374-0734  
Center open 9 am to 4 pm  
Center is closed Sat. & Sun. & holidays except  
open for special events as noted herein.

# SENIOR CENTER NEWS



## Ron's Reflections

As the new year and my second as president begin, I want our readers to know there are exciting findings and recommendations included in the **Action Plan for the Future** developed by participants at the retreat held by the SG

Seniors on October 19th. By all accounts, it was a successful endeavor with 45 people rolling up their shirtsleeves and brainstorming how the organization and center can thrive in the years ahead.

SG Seniors and officers, the Glenville Town Board, leaders from the BH-BL and S-G School Districts, Catholic Charities, Glenville YMCA, Glenville Police Department and Air Guard participated in the half-day event. We are grateful for everyone's earnest support and special input.

The retreat provided an opportunity to consider ways to stay relevant to the senior community today and in the future. We are a strong organization, but as the community evolves and the baby boomers reach their prime retirement years over the next decade or more, we need to make the organization attractive to both existing and potential members. Following are six topical areas in which the **Action Plan** findings and recommendations may be grouped: programs and services; communications; facilities and equipment; outreach; image; and membership. Participants developed numerous specific proposals for these topics. Interested readers may request a written copy of the **Action Plan** at the Glenville Senior Center.

In planning for implementation of the **Action Plan**, participants recommended that an ongoing, long-range planning steering group be appointed and charged with examining and prioritizing findings and recommendations and report back to the board of directors periodically. To this end, the board agreed that such an action group be appointed at its January 2019 meeting.

It is envisioned that the steering group may include members of the SG Seniors as well as interested persons from other parts of the community. Readers with an interest in working with or on the steering committee or finding out more about it may contact me by phone at 518-366-1272 or email: [ronbrach@nycap.rr.com](mailto:ronbrach@nycap.rr.com). I'm confident your time will be well spent with the goal of having a significant impact on the future of our organization, the senior center, and community.

*Sincerely, Ron Brach*



## Vicki's View

Happy New Year!

Starting the new year, you will see that the YMCA has expanded the class offerings here at the center. If your resolution is to be more active, here is your chance to find classes to meet your needs. Hopefully you will find more than one that interests you.

With the expanded class schedule, all groups need to be mindful of their allotted time in the various rooms. When a class or activity has ended, please do not linger in the room to chat with your friends if there is another group waiting to get started. Come visit in the library or hall.

I would also like to take a moment to say thank you to the outgoing board members: **Phil Benner, Jim Bishop, Sandy Glindmyer, Desdemona Johnson, Janet Neary and Roger Peugh**. And welcome to the new board members: **Gladys Cox, Marty Deschaine, Bob Farstad, Don Puckette, Lynn Purcell, Joy Robb and Barbara Smith**. The senior group could not exist without the dedication of our 21-person board of directors who provide direction and oversight for the many activities of this organization.

*Thank you, Vicki*

## New Enhanced STAR requirements for 2019:

There are changes to exemptions for property owners age 65 and older. To receive the enhanced star exemption, you must enroll in the Income Verification Program. If you're already enrolled, no action is needed. If you qualify for the senior citizens exemption, you will no longer automatically receive the Enhanced STAR exemption. You must apply for Enhanced STAR separately. The deadline for applications is March 1st. For more information, please visit [www.townofglenville.org/assessor](http://www.townofglenville.org/assessor).

## Thank you

### Student Volunteers from BH-BL School Rake Leaves for Seniors

A group of 29 O'Rourke Middle School students and faculty-staff community service volunteers raked leaves in the yards of three members of the S-G Seniors on November 7 after school. The BH-BL Community Liaison Office worked with the Glenville Senior Center to identify seniors who lived in neighborhoods that the imPACT mentoring group planned to cover. The students are guided and supported by the school district in their desire to make a difference in the community through volunteering. More such collaborations will be explored as a follow-up to recommendations made by participants at the S-G Seniors fall retreat.

# 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 **Joyce Grygiel** and **Shirley Miller** at the center.



## Box Tops for Education

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

Keep looking for these Box Tops and bring them in so we can help the school achieve its goal to get playground equipment for the school. Our collection box is near the books and magazines in the main hallway.

## Display Case

Be sure to check out the display case in the library to see some unique collections. We want to thank **John Friguletto** for his World War I Planes collection in November and **Janet Neary** for her Christmas ornament collection in December.

Next Up:

January- Goebels figurines winter scene from **Sylvia Kaarto**  
February- Beanie Babies from **Gloria Kudzin**

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

## Happy Birthday

We are grateful to **CDPHP** for their generous monthly contribution of a decorated birthday cake for everyone to enjoy and honor those with birthdays that month. Join the celebration with a piece of cake on the second Thursday of the month starting at 9:30 am. Upcoming celebrations:

January birthdays : 1/10

February birthdays: 2/14

March birthdays: 3/14



## Van Transportation

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

*Our van must stay within Glenville/Scotia.*

### On-request pickup and delivery



Call (518) 374-0734 M-F between 9 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. Information on page 13.*

**We Need Drivers & Dispatchers.** Be a regular or substitute driver or a substitute dispatcher. Call **Linda Reinhart** at the center for information.

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

## 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.

## Having a computer problem?

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

## Donate eyeglasses

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

# SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

## Upcoming Social Events

Mark your calendars!

**Brunch and Games** - Saturday, March 23rd

Let's celebrate the coming of spring with a brunch and game day. Watch for more info in the next newsletter

**Volunteer Recognition** - Friday, April 12th

Thank you to all our volunteers for your dedication to the center. Watch for info in the next newsletter.

## Acrylics\Watercolors with Mary

**Monday, Jan. 14th at 9:30 am**

Complete an entire watercolor or acrylic painting during this one-hour class. All materials and instruction provided. Please sign up at the front desk in advance and make checks payable to the instructor, **Mary Fekete**. Fee: \$15  
Max: 4 participants



## 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!

## Recycling at Center

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

**Barbara Brown.**

**\*\*Plastic bags are only recyclable at participating stores.**



## Driver Safety Course

**Tues./Wed. Jan. 22nd & 23rd, 2-5 pm**

**Snowdate: Thurs. Jan 24th, 2-5 pm**

Cost: Senior members \$25.50 & non-members \$29

These programs may reduce your auto insurance. This class consists of two-3-hour sessions held on two consecutive days. Senior Center membership is not required. Payment is due at sign-up. For either class, 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 2:30 pm**

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

Cost: \$5 per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates : 1/8, 2/5, 3/5

## Painting with Peggy

**Monday, January 28th, 9:30 am - 2pm**

**Title: Winter Lake**

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

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

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





# 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

Winter Session 2019

The winter session will start on January 7th - March 29th

No classes: January 21, February 18-22

**Fees: 1 class/wk \$36, 2 classes/wk \$60, 3 classes/wk \$83, 4 classes/wk \$99, 5 classes/wk \$110**

**\*\*To guarantee your spot in exercise class, we strongly recommend coming to our in-person registration.\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Cardio/Strength Melissa	9:15 Zumba Gold Carolyn	9:30 Fit over 50 Joyce	9:15 Zumba Gold Kathy	9:30 Cardio Dance Joyce
10:30 Forever Strong Susan		10:30 Forever Strong TBD		10:30 Forever Strong Joyce
11:30 Balance Susan	11:15 Chair Yoga Kristen/Joni	11:30 Tai Chi for Arthritis Richard	11:15 Balance Susan	11:30 Chair Yoga Joni

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

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

**CARDIO DANCE:** A choreographed, medium-to-high-level, aerobic dance program specifically designed to improve cardiovascular endurance, agility, and coordination. Each 45-minute class includes a warm-up; a variety of dance routines and a cool-down & stretch. All dance routines are accompanied by a diverse variety of music.

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

**FIT OVER FIFTY:** This class will get your heart pumping and your blood flowing. Simple steps to keep the feet moving to keep your heart and lungs in tip-top shape.

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



## TAI CHI FOR ARTHRITIS

Dr. Paul Lam developed Tai Chi for Arthritis with the assistance of medical and Tai Chi experts. Medical studies have shown that Tai Chi for Arthritis helps to relieve pain for people with arthritis and improves their quality of lives, as well as helping to prevent falls for older adults. Although especially effective for arthritis, it is a great exercise for senior citizens to improve health and wellness. It is based on the Sun Style of Tai Chi and presents participants with an easy to follow set of warm-up exercises and Tai Chi postures. The movements are slow and gentle, and the degree of exertion can be easily modified, making it suitable for people of all levels of ability

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

# 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 21st at 9 am

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

### Gentle Yoga Practice

Wednesdays at 2 pm

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. Wear loose-fitting, comfortable clothing. Bring mat, blanket & small pillow. While the instructor is recuperating, the class will meet informally to practice.

### MVP Tai Chi Moves

Wednesdays, Feb 27-May 15 @ 1-1:45 PM

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

### Senior Center Bowling League

Wednesdays at 9 am at Boulevard Bowl

The bowling league is in full swing. You can still sign-up for the 16-week spring half of the season. Come and check us out. We are a fun, no-pressure league! For more info, call **Jake Lederman** at 518-399-5249 or **Butch Carpentier** at 518-374-1499.

### Coffee and Conversation

Tuesdays, 9-11 am

Enjoy some refreshments and a great cup of coffee while you share your thoughts with others. If you are new to the center, this is a great way to meet new friends.

### Card Playing

Mondays and Thursdays, 12:30 pm

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

### Duplicate Bridge

Tuesdays, 12:30-4 pm

No previous experience is necessary. This is a friendly game! Come with your partner. If you need a partner, please call **Anne Bishop** at 518-372-7254.

### Tai Chi Practice

Tuesdays, 9 am

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.

### Mah Jong

Wednesdays, 9 am

Anyone who knows the game is welcome to join us. We have the game boards or you can bring your own. We also play at the card sessions on Mondays and Thursdays.

### Cribbage

Fridays, 10 am

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

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### First Monday Book Club

First Monday of month, 10 am

All Center members are welcome to join our monthly sessions. For each meeting, please read the book listed and come prepared to join the discussion.

Jan. 7 - Any book by Elin Hilderbrand re: *Winter Storm*

Feb. 4 - *The Ninth Hour* by Alice McDermott

*"Travel the world by reading a book."*

### La Bella Lingua

Beginners - Thursdays at 11 am (In the Library)

Advanced - Fridays at 1:30 pm (In the Craft room)

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

### Blanket-makers Needed

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

### Silver Threads Quilters

Thursdays, 1- 3 pm

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

### Oil, Acrylic & Art

Fridays, 10 am - 1pm

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

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

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

### AARP Tax Return Preparation

February 4 – April 15

Mon, Wed, Fri. 1-4 p.m.

By appointment only

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

Call the Center (518-374-0734) to schedule your appointment, beginning on January 2nd. 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, interest, dividends, capital gains, wages, social security, and retirement income statements. (*Soc. Sec. 1099 is acceptable proof of health insurance and social security enrollment.*)

**These appointments fill quickly. Don't wait until the last minute to schedule your appointment.**



### Pickleball

Mon, Wed, Fri 4 pm

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

## TRIPS and TRAVEL

- ◆ **Make reservations** in person (not by phone).
- ◆ **Payment** must accompany reservation.
- ◆ **Mail reservations** confirmed only if space is available.
- ◆ Responsible adult must be with anyone requiring **walking aid**.
- ◆ **Cancellations** reimbursed only if a replacement is found.
- ◆ Center members may invite **family or friends** as guests on a trip.
- ◆ **Children** should be at least junior-high-school age.
- ◆ Please do not wear perfume on trips; others are allergic.

- ◆ 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.

### Show of Interest—Rivers Casino

Who would like to participate in a trip to Rivers Casino for a Monday senior day? Trip includes transportation from Senior Center, \$20 of free play and comp toward the soup and salad lunch. Minimum stay of 4 hours. If interested, please call the Senior Center and add your name to the list.

### Andy Cooney's Irish Cabaret

Tuesday, March 12th

Join us for a trip to the Aqua Turf Club in Southington, CT to celebrate St. Patrick's Day with the one and only Andy Cooney at Connecticut's leading banquet facility. Join Andy, Chloe Agnew, Gary Wilson, The Guinness Irish Band and World Class Irish Step Dancers for a fun-filled day! Prior to show, you will be served a delicious family style meal: tossed salad, penne pasta, corned beef & cabbage, baked scrod, rolls, vegetable, potato, dessert and coffee/tea.

Leave the Center at 8:30 a.m. and return at approximately 6:00 p.m.

Cost: **\$87** members; **\$92** non-members

Watch the trips bulletin board for other sister senior center trips and travel as a member!

### Senior Stumper

Problem (moderately easy)

There were six contestants in the tenth annual intra-galactic warp race from Alpha Centauri to Rigel IV. The Vulcan finished somewhere behind the Humanoid, who finished second. The Borg finished exactly two places behind the Cardassian. The Romulan finished exactly two places ahead of the Klingon, who did not finish last. In what order did they finish?

The Humanoid finished **2nd**. The Vulcan, Klingon, and Borg all came in behind at least one other contestant. So the first place finisher had to be either the Cardassian or the Romulan. If it were the Cardassian, the third place finisher would be Borg, leaving the Romulan in fourth and the Klingon in sixth (last). But the Klingon did not finish last. So the Romulan had to be **1st**, the Klingon **3rd** (two places behind the Romulan), the Cardassian **4th**, the Borg **6th** (two places behind the Cardassian), leaving the Vulcan in **5th**.

Solution

### Stumper Solutions



## Membership News

Don't forget to renew your membership for 2019. Congratulations to our early bird registration raffle bag winners:

- |                       |                     |
|-----------------------|---------------------|
| 1. Sue Ashby          | 11. Patricia Reilly |
| 2. Hank Buczkowski    | 12. John Ryan       |
| 3. Robert Burger      | 13. Ruth Stoodley   |
| 4. Denise Button      | 14. Jon Tobiesen    |
| 5. Nancy Friguletto   | 15. Faye Zemgulis   |
| 6. Jeanette Hitchcock |                     |
| 7. Clara Lawyer       |                     |
| 8. John Little        |                     |
| 9. Christine Pahl     |                     |
| 10. Kathryn Refice    |                     |



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



## The grandparent scam

It can happen to you. Scammers will place a call to an older person, usually in the middle of the night, and when the mark picks up, they will say something along the lines of: "Hi Grandma, it's me. I'm in trouble." The unsuspecting grandparent often replies using the name of a grandchild. The scammer has established a fake identity without having done any background research.

Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."

How to avoid being scammed: If you ever get a call from or about a grandchild or other relative in danger or trouble, and the immediate request is for cash, you need to pause, calm yourself, say you will have to consult another family member first, and hang up. Then check. If there really is an emergency, you can still respond appropriately.

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.

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.

32 Worden Road, Glenville NY 12302

**MEMBERSHIP APPLICATION**

**Jan. 1 thru Dec. 31, 2019**

**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 #:** \_\_\_\_\_

**EXTRA COPIES  
OF THIS FORM  
ARE AVAILABLE AT  
THE FRONT DESK**

## 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 only \$15 annually for those who reside within the town. People from outside the area are also welcome to join for \$25 annually. All memberships expire on December 31st regardless of date of joining.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>January</b>	<b>1</b> New Year's — Senior Center closed Dining Center closed	<b>2</b> 9:00 Mah Jong 4:00 Pickleball	<b>3</b> 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 12:30 Cards 1:00 Quilting	<b>4</b> 10:00 Painting w/Dani 10:00 Cribbage 1:30 Advanced Italian 4:00 Pickleball	<b>5</b>
<b>6</b>	<b>7</b> 9:30 Cardio/strength 10:00 Book club 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball	<b>8</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Caregivers Group 1:00 Knitting 2:30 Cardmaking	<b>9</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 2:00 Yoga Practice 4:00 Pickleball	<b>10</b> <i>Monthly birthday cake</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	<b>11</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	<b>12</b>
<b>13</b>	<b>14</b> 9:30 Cardio/Strength 9:30 Painting w/Mary 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball	<b>15</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>16</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 2:00 Yoga Practice 4:00 Pickleball	<b>17</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Caregiver Discussion	<b>18</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	<b>19</b>
<b>20</b>	<b>21</b> <i>Martin Luther King Day — Senior Center Closed Dining Center Closed</i>	<b>22</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Driving Course	<b>23</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 2:00 Yoga Practice 2-5 Driving Course <del>4:00 Pickleball</del>	<b>24</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting 2-5 Snowdate (driving)	<b>25</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	<b>26</b> <b>Pizza &amp; movie</b>
<b>27</b>	<b>28</b> 9:30 Cardio/Strength 9:30 Painting w/Peggy 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball	<b>29</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 4:30 Happy Hour	<b>30</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 2:00 Yoga Practice 4:00 Pickleball	<b>31</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting		

# February

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					<b>1</b> 9:30 Cardio Sculpt 9:30 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian <b><i>Rotary Ziti Dinner</i></b> <del>4:00 Pickleball</del>	<b>2</b>
<b>3</b>	<b>4</b> 9:30 Cardio/Strength 10:00 Book Club 10:30 Forever Strong 11:30 Balance 12:30 Cards 1-4 AARP Tax Prep 4:00 Pickleball	<b>5</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 12:30 Dupl. Bridge 11:15 Chair Yoga 1:00 Caregivers Support 1:00 Knitting 2:30 Cardmaking	<b>6</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 1-4 AARP Tax Prep 2:00 Yoga Practice 4:00 Pickleball	<b>7</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting	<b>8</b> 9:30 Cardio Dance 9:30 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball	<b>9</b>
<b>10</b>	<b>11</b> 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 1-4 AARP Tax Prep 4:00 Pickleball	<b>12</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	<b>13</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/ Arthritis 1-4 AARP Tax Prep 2:00 Yoga Practice 4:00 Pickleball	<b>14</b> <b>9:30 Valentine's Day</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	<b>15</b> 9:30 Cardio Dance 9:30 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball	<b>16</b>
<b>17</b>	<b>18</b> <i>Presidents' Day— Senior Center Closed Dining Center Closed</i>	<b>19</b> 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	<b>20</b> 9:00 Mah Jong 1-4 AARP Tax Prep 2:00 Yoga Practice 4:00 Pickleball	<b>21</b> <i>Sr. Moments mailing</i> 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 12:30 Cards 1:00 Quilting	<b>22</b> 9:30 Painting w/Dani 10:00 Cribbage 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball	<b>23</b>
<b>24</b>	<b>25</b> 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 1-4 AARP Tax Prep 4:00 Pickleball	<b>26</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>27</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 1-4 AARP Tax Prep 1:00 MVP Tai Chi 2:00 Yoga Practice 4:00 Pickleball	<b>28</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting		

# Glenville Dining Center

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

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

\* **Menus subject to change.** \*

**Reservations are required; please call 518-393-1946, 9 a.m. to 1 p.m., a day in advance.** Please call ahead if you need to cancel a reservation. Full menus are also available on site. Substitutions available. Make request when you call for reservation.

Suggested Meal Contribution: **\$3.50** for those 60+ Guests and those under 60 are charged \$6.00 per meal. Participants must complete registration forms at first visit.

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



January 2019		
Tue.	1	<b>Closed</b>
Wed.	2	Pesto Chicken
Thurs.	3	Spaghetti w/Meat Sauce
Fri.	4	Cheeseburger on a Roll
Mon.	7	Broccoli & Ham Quiche
Tues.	8	Chicken Salad on Lettuce Bed
Wed.	9	Creamy Clam Sauce/Linguini
Thurs.	10	Philly Cheese Steak
Fri.	11	Harbor Style Fish
Mon.	14	Macaroni & Cheese
Tues.	15	London Broil & Baked Potato
Wed.	16	Chicken Alfredo/Pasta
Thurs.	17	Swedish Meatballs/Noodles
Fri.	18	Roast Pork w/gravy
Mon.	21	<b>Closed</b>
Tues.	22	Batter-Dipped Fish
Wed.	23	Chicken & Biscuits
Thurs.	24	Ham Salad on a Roll
Fri.	25	Cheese Pizza& Chicken Tenders
Mon.	28	Stuffed Pepper
Tues.	29	Grilled Reuben
Wed.	30	Pesto Chicken
Thurs.	31	Spaghetti w/Meat Sauce

February 2019		
Fri.	1	Cheeseburger on roll
Mon.	4	Broccoli & Ham Quiche
Tues.	5	Chicken Salad on a Salad Bed
Wed.	6	Creamy Clam Sauce/Linguini
Thurs.	7	Philly Cheese Steak
Fri.	8	Harbor Style Fish
Mon.	11	Macaroni & Cheese
Tues.	12	London Broil & Baked Potato
Wed.	13	Chicken Alfredo
Thurs.	14	Swedish Meatballs/Noodles
Fri.	15	Roast Pork w/gravy
Mon.	18	<b>Closed</b>
Tues.	19	Batter-Dipped Fish
Wed.	20	Chicken & Biscuits
Thurs.	21	Ham Salad on a Roll
Fri.	22	Cheese Pizza& Chicken Tenders
Mon.	25	Stuffed Peppers
Tues.	26	Grilled Reuben
Wed.	27	Pesto Chicken
Thurs.	28	Spaghetti w/Meat Sauce

**Doreen Wright** - Friendship Café Manager; **Diana Yeo** – Café Cook

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

# COMMUNITY CONNECTIONS

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

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

## Caregiver Conversations

First Tuesday of month at 1 pm

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

Upcoming meetings: 1/8, 2/5, 3/5

## Glenville Rotary Ziti Dinner

Friday, February 1st from 4:00-7:30 pm.

Tickets are \$8 in advance/\$10 at the door. Eat-in or takeout available. In addition to a full dinner with dessert, we offer entertainment and raffle prizes.

Proceeds go toward the Northeast Regional Food Bank, Scotia-Glenville Food Pantry and other Rotary projects. Purchase advance tickets at Charlie Palmer State Insurance; Beth Kissinger CPA; or any Glenville Rotarian. For more information, please contact Kris McConville by email at [kris.mcconville@gmail.com](mailto:kris.mcconville@gmail.com) or by phone (518) 491-3081.

## American Legion Post 1001

Second Tuesday of each month at 1 pm

Next meetings: 1/8, 2/12, 3/12

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

## 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**.

## 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](http://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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## 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.



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*"The world is changed by your example,  
not by your opinion."*

-Paulo Coelho

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Treasurer: Art Coats  
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**CONTACTS**

Senior Center Coordinator:  
**Vicki Hillis**  
Town of Glenville  
Director of Human Services