



# Scotia-Glenville Senior Citizens Senior Moments



Volume 45 Number 1 January-February 2020

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.

## Construction Continues

The expansion is well underway. The foundation, slab and framing are complete and we are still on track to have the expansion ready for use in the spring. Please be patient as normal schedules may be disrupted on occasion.



## Pizza and Movie

Saturday, January 25th - 12:30 pm

Join us for pizza/salad and the movie "Lion". Sign up at the desk - \$5.00 per person for pizza, non-refundable. Deadline to sign up is Wednesday, January 22nd.



## Remembering Cindy Amell

We were saddened to learn of the passing of our dear friend and fearless former leader Cindy Amell, who was the Senior Center Coordinator for 15 years. Her bright disposition and infectious laugh will be missed by our long-time Center members. She will be remembered by many for her love, friendship and compassion.



## Valentine's Day Party

Friday February 14th, 9 am  
Celebrate Valentine's Day with cookies.



Travel Presentation: Thursday, January 9th at 6 p.m. for Canadian Rockies & Glacier Park trip 9/9-9/15

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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.*

## MARK YOUR CALENDAR

Exec Council: Thurs. Jan. 2nd & Feb. 6th at 1:30 pm

Directors: Thurs. Jan. 9th & Feb. 13th at 1:30 pm

Senior Moments Deadline: Jan. 22nd

Senior Moments Mailing: Thurs. Feb 20th at 9 am

Senior Center closed: 1/1, 1/20, 2/17

Dining Center also closed on the above dates.

## 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.

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

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## GLENVILLE SENIOR CENTER

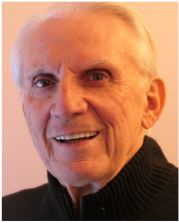
32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 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 begins, the Scotia-Glenville Seniors are urged to think ahead as an organization about our goals for 2020 and ways to accomplish them, just as we do as individuals. I have been putting thought into the goals and recommendations established at our

October 2018 retreat. Participants focused on programs and services, communications, facilities and equipment, outreach, our image, and the talents, needs and interests of present and potential members.

We made important strides in addressing these topics in 2019 and are already seeing the benefits. For example: Creation of the new website, vestibule information monitor, participation of new members in volunteer activities, exciting new trips, more news articles, activities and events that reflect an active image of the Scotia-Glenville Seniors. Another exciting development is the construction and furnishing of a 1400 square foot addition to the existing Center building that was launched in October 2019 with an expected completion date of spring 2020. With over 1100 members of diverse needs and interests, the additional space will be used extensively. I want to challenge each of us to join with our Board of Directors, committee chairs and members to help address the goals outlined below in whatever way you can. Your assistance will be vital to our success. Each addresses the needs and mission of the Scotia-Glenville Seniors in a significant way.

### Goals for 2020

**Programs and Services:** Examine existing services, reaching out for help and suggestions, to increase options available. Recruit participation of members as volunteers to support existing and new activities.

**Communications:** Continue to enhance ways we reach present and potential members about programs, services, and opportunities for involvement.

**Facilities and Equipment:** Effective utilization of the increased space available with the new addition in support of additional programs and services.

**Outreach:** Seek further opportunities to work with other senior centers and community groups to sponsor events jointly. (e.g., Support the Town in the planning and implementation of its 2020 Bi-Centennial Celebration.)

**Image:** Promote and communicate an active image regarding senior center programs and membership benefits.

**Membership:** Develop and utilize useful data on membership characteristics, skills, and interests. I urge members not yet involved to consider becoming a volunteer where you will have increased input into the ways we can accomplish these goals.

**Wishing you a happy, healthy, interesting 2020.**

Yours sincerely, **Ron Brach**



## Vicki's View

Many members have requested information regarding senior scams. The article below is to help you avoid a common Medicare scam.

### Anatomy of a fake check scam

By Colleen Tressler, Consumer Education Specialist, FTC

Fake checks drive many types of scams – like those involving phony prize wins, fake jobs, mystery shoppers, online classified ad sales, and others. In a fake check scam, a person you don't know asks you to deposit a check – sometimes for several thousand dollars and usually for more than what you are owed – and wire some of the money back to that person. The scammers always have a good story to explain the overpayment – they're stuck out of the country, they need you to cover taxes or fees, you need to buy supplies, or something else. But by the time your bank discovers you've deposited a bad check, the scammer already has the money you sent, and you're stuck paying the rest of the check back to the bank.

The Federal Trade Commission receives tens of thousands of reports each year about fake checks. Over the last three years, the number of complaints has steadily increased, and so have the dollars lost. Please share this information with others. Victims may be embarrassed to talk about their experiences, but you can help. A simple phone call, email or text, saying "Look what I just found" and sharing this information may make a difference in someone else's life.

Want to avoid the latest rip-offs? Sign up for free consumer alerts from the FTC at [ftc.gov/subscribe](https://ftc.gov/subscribe).

## Board of Directors

Thank you to the all of the members of Board of Directors who are stepping down from the Board: Barbara Brown, Art Coats, Myrtle Major, Ed Perazzo, Angie Pomykai, Sue Sykes, and Rosalind Streeter.

Welcome to the new Board members: Lena Becker, Pat Biggica, Dave Boomhower, Mike Collins, Max Gollmer, Barbara Jones, Flo McClure, Pauline Postonian, and Gerry Turecek.



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

**facebook**

# 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 **Shirley Miller** or **Pat Biggica** 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 symbols 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 thank **Pat Dwyer** for her *Invalid feeders* collection in November and **Ed Perazzo** for his Santa Clauses in December.

Next Up:

**Jan:** Snowmen by **Sandy Glindmeyer**

**Feb:** Cardinals by **Joan Gould**

**We need collections for upcoming months.** 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 a.m.



## New Senior Center Web Site

Check it out at [glenvilleseniors.org](http://glenvilleseniors.org)  
Keep up to date about activities and events.

## 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.

## 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 1/7, 2/4, 3/3

## Acrylics/Watercolors with Mary

Monday, January 6th, 9:30 am-Noon

Complete an entire watercolor or acrylic painting during this 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

## Paint with Peggy

Monday, Jan. 13th, 9:30-2:00

"Winter Retreat"

This class begins with a 'toned' (colored) canvas. Then using a limited palette of colors you create a muted, winter sunset on a snowy landscape.

The blue background creates shadows and makes the snow fun to paint! You also choose to paint the building as either a cabin or barn. Beginners and ALL skill levels are welcome, just bring a flat box in which to carry home your completed oil painting!

Beginners are welcome! 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.

## Hannaford Helps

We are excited to share that \$99 was donated to our organization through the Hannaford Helps Reusable Bag Program during the month of November! We would like to extend a HUGE thank you for your participation and support during our benefiting month of the Hannaford Helps Reusable Bag Program. Whether you bought a bag or helped

## Driver Safety Course

Tentatively scheduled for March, call for dates.

This program may reduce your auto insurance. Class consists of two-3-hour sessions held on two consecutive days. Senior Center membership is not required.

Payment is due at sign-up. Please make check payable to AAA Northway. No cash. Checks are not cashed until the class is held. Participants must register in person at the Front Desk. No phone reservations are accepted. Cost: Senior Center members \$25 & non-members \$32.

## AARP Tax Return Preparation

February 3– April 15

Mon, Wed, Fri.

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.**

## Membership News

Don't forget to renew your membership for 2020.

Congratulations to our early bird registration raffle bag winners:

1. Sylvia Anapolis
2. Claudia Baranauskas
3. Marilyn Brooks
4. Patricia Carpentier
5. Mary Herrick
6. Bernice Igo
7. Bert Longbotham
8. Carol Longo
9. Chris Pahl
10. Rosemary Pryne
11. Carol Puglisi
12. Patricia Rendaci
13. Leo Reynolds
14. Norma Smith
15. Rebecca Weaver



# 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.

<b>YMCA Classes</b> Winter session: January 6th - March 27th No classes January 20th, February 17th - 21st Fees: 1 class/wk \$36, 2 classes/wk \$60, 3 classes/wk \$83, 4 classes/wk \$99, 5 classes/wk \$110				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Cardio/Strength Circuit for AOA	9:15 Zumba Gold	9:30 Fit over 50	9:15 Zumba Gold	9:30 Fit Over 50
10:30 Forever Strong		10:30 Forever Strong		10:30 Forever Strong
	11:15 Chair Yoga	11:30 Balance (30 min. class)		11:30 Chair Yoga
		2:00 Gentle Yoga		

**BALANCE:** As we age, we lose our balance. But 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/STRENGTH:** 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.

**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:** 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!

**YOGA:** Begins with poses seated in a chair, moves to standing poses, and ends with poses either sitting or laying on the floor. Participants should be able to get up and down from the floor with the assistance of a chair. This class will work to improve flexibility, balance, strength and overall wellness through yoga poses, breathing and relaxation techniques.

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



# 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 20th 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!



### MVP Tai Chi Moves

**Wednesdays, 1 - 1:45 pm, February 26th- May 13th**

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).

### 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.

### Senior Center Photographers

**Thursdays, 10 am**

Activities include taking photo trips to local sites, sharing slides and prints, demonstrating the capabilities of a photo-editing program on the Center's computer, and discussing any aspect of film or digital photography. Free to members. Come check us out some Thursday.

### 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. Then follow up with people on the list to establish new groups of play.



### Duplicate Bridge

**Tuesdays, 12:30 - 4 pm**

Sign up starts at 12:15. Play begins promptly at 12:30. No duplicate experience is necessary. This is a friendly game! Come with your partner. If you need a partner or have any questions, 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.

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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. 6th - *Behold the Dreamers* by Imbolo Mbue

Feb. 3rd - *The Mockingbird Next Door* by Maria Mills

Mar. 2nd - *Winter Sister* by Robin Oliveira

### Tea Service Wanted:

The Social Committee is seeking donations of tea pots, bone china cups and saucers, dessert plates, and assorted serving pieces suitable for a tea in the spring. If you have any of these things to donate, please bring them to the Senior Center or call 518-374-0734 to arrange for pick up. Details about the tea will be in future editions of *Senior Moments*.



### Oil, Acrylic Art

**Fridays, 10 am - 1pm (begins 9:30 during tax season)**

Certified by the Minneapolis Institute of Art, the instructor, **Dani Morette** provides her expertise as she guides you through your current piece of art. Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire.

Next 8 week sign up session is Jan. 31st. Fee is \$120.



*Painting by Ruth Quinn*

### La Bella Lingua

**Beginners - Thursdays at 10 am (In Library)**

**Intermediate - Thursdays at 11 am (In Library)**

**Advanced - Fridays at 1:30 pm (In 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. 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 quilters 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.

### Bowling League

**Wednesdays, 9 am**

Join the Scotia-Glenville Senior Bowling League! Senior men and woman of all levels of ability and averages are welcome. We bowl once per week on Wednesday mornings at 9 am at Boulevard Bowl. If you cannot commit to every week, we're also looking for subs. League runs through mid-April. For more information or to sign up, contact **Butch Carpentier** at 518-374-1499.

### 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!

### Pickleball

**Mon, Wed, Fri 4 pm**

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



## TRIPS and TRAVEL

- ◆ **Make reservations** in person (not by phone).
- ◆ **Payment** must accompany reservation.
- ◆ Separate checks required for each trip.
- ◆ **Mail reservations** confirmed only if space is available.
- ◆ Responsible adult must be with anyone requiring **walking aid**.
- ◆ **Cancellations** reimbursed only if a replacement is found.
- ◆ Center members may invite **family or friends** as guests on a trip.
- ◆ **Children** should be at least 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.
- ◆ **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.
- ◆ We cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.
- ◆ Please sign up well in advance. Watch for deadlines - trips may be filled or cancelled due to low enrollment.

### Canadian Rockies & Glacier National Park September 9-15, 2020

Special Travel Presentation **January 9th at 6 pm** at the Glenville Senior Center. Please RSVP 518-374-0734.

Overview of trip:

**Day 1:** Calgary, Alberta, Tour begins. Mingle with your fellow travelers at a cocktail reception this evening.

**Day 2:** Waterton Lakes National Park, Journey south to the prairie lands. Visit Head-Smashed-In Buffalo Jump. You'll get to view and photograph the famous Prince of Wales Hotel. Tonight, enjoy dinner overlooking Waterton Lake.

**Day 3:** Experience Glacier National Park, Montana. Ride aboard one of its famous Jammer cars, an open-air touring car.

**Day 4:** Relax during your journey to Banff while viewing the wonderful wildlife and the majestic Canadian Rockies. Enjoy stops at the powerful Bow Falls and Surprise Corner.

**Day 5:** Set out along the unforgettable Icefields Parkway. At the Athabasca Glacier, choose to ride across the ice or walk onto a glass bottom platform. Then stop at stunning Peyto Lake.

**Day 6:** Visit the shores of famous turquoise blue Lake Louise and the incomparable Chateau Lake Louise. Enjoy lunch at the lodge before boarding a gondola which ascends the mountain.

**Day 7:** Calgary, Tour ends.

Book now and save:

Double: \$3,399

Single: \$4,299

Triple: \$3,369

For bookings after 3/9/20, call for rates.

Included in price: 7 Days, 9 Meals, Round trip from Newark Int'l Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Watch the trips bulletin board for other sister Senior Center trips and travel as a member!



Pictures from our fabulous San Antonio trip.





# SENIOR CENTER FORMS

## Senior Stumper

### Problem

Mary has three young daughters (Sally, Heather and Jane) who are all rambunctious but known to be completely honest as well. One day she comes home to find that someone has drawn pictures on the living room wall with crayons. Since only the four of them have access to the house, she knows that it had to be one of her daughters. When she calls them to the room, two of them, Sally and Jane, answer the call. "Do either of you know who did this?" she screeches, pointing to the wall. "No," Sally answers sheepishly. "Well I didn't know either, until now," Jane then answers looking a little condescendingly at her sister. At that point, they all know who did it. So who was it? And how does each of them know the answer

### 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:

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.

Solution (Heather did it)  
If Sally had done it, she would have known who did it and she would have said so (she's honest). So as soon as she denies knowing who did it, Mary and Jane both know that Sally didn't do it. And apparently Jane had not known who had done it either "until now." So likewise, Mary and Sally can conclude that Jane didn't do it. And of course Jane knew that she, herself, had not done it. So that leaves Heather as the culprit in everybody's mind.

## 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.

## Stumper Solutions

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.  
32 Worden Road, Glenville NY 12302  
**MEMBERSHIP APPLICATION**  
**Jan. 1 thru Dec. 31, 2020**

**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. Senior = 55 or older

REGISTRATION #: \_\_\_\_\_ RESIDENT \_\_\_\_\_ NON-RESIDENT \_\_\_\_\_ RENEWAL \_\_\_\_\_ NEW MEMBER \_\_\_\_\_

\*Name1 \_\_\_\_\_ E-mail \_\_\_\_\_

\*Name2 \_\_\_\_\_ \*Phone \_\_\_\_\_

\*Address \_\_\_\_\_

\*City/State/Zip \_\_\_\_\_ Cell phone \_\_\_\_\_

Emergency contact name & number: \_\_\_\_\_



<i><b>Sunday</b></i>	<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>	<i><b>Saturday</b></i>
<b>2</b>	<b>3</b> 9:30 Cardio/Strength 10:00 Book Club 10:30 Forever Strong 12:30 Cards 1-4 AARP Tax Prep 4:00 Pickleball	<b>4</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 1:30 Caregivers Group 1:00 Knitting 2:30 Cardmaking	<b>5</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1-4 AARP Tax Prep 2:00 Yoga 4:00 Pickleball	<b>6</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting	<b>7</b> 9:30 Fit Over 50 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>1/8</b>
<b>9</b>	<b>10</b> 9:30 Cardio/Strength 10:30 Forever Strong 12:30 Cards 1-4 AARP Tax Prep 1:30 Self-care:caregivers 4:00 Pickleball	<b>11</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>12</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1-4 AARP Tax Prep 2:00 Yoga 4:00 Pickleball	<b>13</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	<b>14</b> 9:00 Valentine's Party 9:30 Fit Over 50 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>15</b>
<b>16</b>	<b>17</b> Presidents' Day— Senior Center Closed Dining Center Closed	<b>18</b> 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	<b>19</b> 9:00 Mah Jong 1-4 AARP Tax Prep 4:00 Pickleball	<b>20</b> 9:00 Mailing party 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting	<b>21</b> 9:30 Painting w\Dani 10:00 Cribbage 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball	<b>22</b>
<b>23</b> <b>Rotary rental</b>	<b>24</b> 9:30 Cardio/Strength 10:30 Forever Strong 12:30 Cards 1-4 AARP Tax Prep 4:00 Pickleball	<b>25</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>26</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1-4 AARP Tax Prep 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	<b>27</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting	<b>28</b> 9:30 Fit Over 50 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>29</b> <b>Rental</b>

**February**

# 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 pm. (\$1.25 each way to Hannaford or Market 32).

*\* Menus subject to change. \**

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

Suggested Meal Contribution: **\$3.50** for those 60+ Guests and those under 60 are charged \$6.75 per meal. Participants must complete registration forms at first visit.

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

January 2020		
Wed.	1	Closed
Thurs.	2	Beef Stew w/Potato& Carrots
Fri.	3	Sweet & Sour Chicken
Mon.	6	Baked Pork Chop & Potato
Tues.	7	Stuffed Cabbage
Wed.	8	Chicken Enchilada Casserole
Thurs.	9	Spaghetti & Meatballs
Fri.	10	Baked Fish Fillet
Mon.	13	Roast Pork w/gravy
Tues.	14	Honey-Ginger Chicken thighs
Wed.	15	Pot Roast w/gravy
Thurs.	16	Breaded Baked Fish
Fri.	17	Oven Fried Chicken
Mon.	20	Closed - Martin Luther King, Jr.
Tues.	21	Vegetable Lasagna
Wed.	22	Chicken Pot Pie w/biscuit
Thurs.	23	Macaroni & Cheese
Fri.	24	Roasted Pork Chop w/ gravy
Mon.	27	Ham & Potato Frittata
Tues.	28	Goulash w/beef
Wed.	29	Roast Beef w/gravy
Thurs.	30	Pasta w/meatballs
Fri.	31	Turkey A la King

February 2020		
Mon.	3	Glazed Ham
Tues.	4	Meat Lasagna
Wed.	5	Chicken w/biscuit
Thurs.	6	Beef Stew
Fri.	7	Sweet & Sour Chicken
Mon.	10	Baked Chop w/gravy
Tues.	11	Stuffed Cabbage w/ beef
Wed.	12	Chicken Enchilada Casserole
Thurs.	13	Spaghetti & Meatballs
Fri.	14	Baked Fish Fillet
Mon.	17	Closed—President's Day
Tues.	18	Honey Ginger Chicken Thighs
Wed.	19	Pot Roast w/gravy
Thurs.	20	Breaded Baked Fish
Fri.	21	Oven Fried Chicken
Mon.	24	Salisbury Steak w/gravy
Tues.	25	Vegetable Lasagna
Wed.	26	Chicken Pot Pie w biscuit
Thurs	27	Macaroni & Cheese
Fri	28	Roasted Pork Chop w/ gravy

**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 1:30 pm

Caregivers meet monthly at the center to discuss caregiving issues faced in people's daily lives. Open to any resident of Schenectady County. Facilitated by **Wendy Petroci**, Schenectady County Department of Senior & Long Term Care Services. Upcoming meetings: 1/7, 2/4, 3/3

## American Legion Post 1001

Second Tuesday of Month at 1 pm

Upcoming meetings: 1/14 & 2/11

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

## Legal Consultations

**Glenn Witecki, Esq.** will be offering free consultations at the Center on the second Wednesday of every other month. For members only. Glenn specializes in estate planning. Call the Center to schedule an appointment. Upcoming dates: 1/8, 3/10

## Self-Care for Caregivers

Join us for the following programs offered at the Glenville Senior Center:

Monday, Feb. 10th - Aromatherapy for Caregivers presented by **Terry Quigley**, 1:30 p.m. to 2:30 p.m.

Thursday, March 19th Chair Yoga for Caregivers presented by **Chris Darby-King**

## Senior Services

Catholic Charities Senior & Caregiver Support Services provides trained staff members who can assist you with choosing health insurance and prescription drug coverage; applying for food stamps, Medicaid and other programs; and locating information about community services and resources. Please contact **518-372-5667**.



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## 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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518-372-2827,  
[www.WiteckiLaw.com](http://www.WiteckiLaw.com)

[GWitecki@WiteckiLawOffice.com](mailto:GWitecki@WiteckiLawOffice.com)

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

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

**Dorothy (Dott) Skomp**  
“The Real Estate Lady”  
Real Estate Associate Broker  
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**CONTACTS**

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