



Scotia-Glenville Senior Citizens Senior Moments



Volume 49 Number 1 January - February 2024

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.

10 Signs of Alzheimer's

Monday, January 22 at 1:30 pm

This education program will help you recognize common signs of the disease in yourself and others. Learn the next steps to take, including how to talk to your doctor. Sign up at front desk in advance. Presented by the Alzheimer's Association of Northeastern New York.

Senior Law: Wills and Trusts

Thursday, January 25 at 1:30 pm

Kathleen Toombs, Esq. will discuss legal issues of importance to seniors. Topics may include sheltering assets from nursing home costs, avoiding probate, and powers of attorney. Time for questions and answers. Sign up in advance at front desk.

Note: As seating is limited for most events, be sure to mark your calendar when you sign up for an event. If you need to cancel, please call the Center and let us know. This allows us to contact those persons who may be on the wait list.

Digital Literacy for Beginners

Tuesdays, 1:30-2:30 pm

Join **Mary Carrier** from the Mohawk Valley Library System for this three part series:

January 30, Computer Basics -

Learn computer fundamentals of using a Windows PC. We'll explore the functions of a computer, learn terminology, and tips for working in the windows environment.

February 6, Internet Basics - Use the internet to find information, navigate websites, and save favorites. Best practices for internet safety and privacy will be highlighted.

February 13, Microsoft Word Basics-

This class covers the basics of creating, editing and formatting simple documents. Includes highlighting text, formatting, and saving. Bring your own laptop (if possible). Sign up in advance at the front desk.



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

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

MARK YOUR CALENDAR

Exec Council: Thurs., Jan. 4, Feb. 1, at 11:15 am

Directors: Thurs., Jan. 11, Feb. 8, at 1:30 pm

Senior Moments Deadline: Wed., 1/17

Senior Moments Mailing: Thurs., 2/22 at 9 am

Senior Center Closed: Mon. 1/1, Mon. 1/15, Mon. 2/19

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 am canceled to allow time for plowing; everything after 11 am as usual.

Check local radio and TV for school announcements

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Linda Reinhart, President

Vicki Hillis, Executive Editor, Publisher

Ricki Lewis & Connie Large, Editors

Angie Pomykai, Assoc. Editor, Distribution Manager

GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS

Words from the President

Happy New Year!

I would like to welcome the new executive board members, the newly elected board members, and the current returning board members.

I am honored for the third time to be joining the board of directors as your president for the 2024 year. I am looking forward to meeting and serving you this year.

A special thank you to my predecessor **Barbara Brown** who served as president for the last 3 years.

Please stop in anytime to see our facilities and activities. And, of course, don't forget to visit our "Trips and Travel" board for trips being planned. Becoming an active member is the only way to go. There is something here for everyone. Read the newsletter and you will see what I mean.

Thank you, **Linda**

AARP Tax Preparation

AARP Tax-aide volunteers will return in 2024 with free electronic tax preparation service for qualified taxpayers. Covid-19 regulations as recommended by AARP will be followed. Pick up an AARP envelope at the desk (beginning Jan. 16) and make an appointment. Complete the form enclosed in the envelope prior to your visit and follow the envelope instructions concerning documents needed to complete your tax return. If you are a homeowner bring your county and school tax bills for 2023 as well. At this time it is unclear if NYS will continue the homeowner tax credit.

Lap blankets for Veterans

We have had numerous lap blankets donated for veterans in Hospice. We are still accepting red, white and blue lap blankets for donation to this worthy cause.



Vicki's View

Scotia-Glenville Senior Citizens, Inc. has a 21-person board responsible for coordinating the functions of the senior group. This all-volunteer group typically serves 3-year terms and oversees the activities and committees for the organization.

As we start off 2024, I would like to thank those Senior Center board members who have just stepped down from their service roles – **Dave Boomhower, Barbara Brown, Marty Deschaine, Tom Gifford, Barbara Jones, Nick Oberle, Lori Preddice, Lynn Purcell, and Carol Shartrand.**

I would also like to welcome the following who have just joined the board beginning this year: **Alison Cuyler, Brian McGarvey, Susan Montgomery, Frank Quinn, Peter Russo, Nancy Shults, Jean Taylor, Joan Menhinick, Dot Skomp, Rob MacHattie, Pam Brewer, and Linda Reinhart.** We all owe a debt of thanks to these officers and board members who volunteer their time and talents to the organization, enabling it to offer so many services to our members.

Vicki

Country Line Dancing

Fridays, 1:15 - 2:30 pm, starting January 12

This is a fun class for anyone to get started in Country Line Dancing. Steps will be broken down and taught at an easy pace. Dances are done to fun, upbeat music! Must be a Senior Center member.

Instructor: **Robin Dyanick** has been teaching in the area since 2014. For more information and to sign up, email Robin at robinkaryl@gmail.com.

Pay as you go. Cost: \$7 per class, check calendar for dates.

Senior Center Website

www.scotiaglenvilleseniors.org

Barbara Jones—Website Administrator

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 **Lori Preddice** at the Center.

In Memoriam

We are saddened to learn of the passing of these members:

**Lucille Burdick
Patricia Dalrymple
Rosemary Ducharme
Eileen MacIntosh
Frances Mathes
Peg Robinson
Maureen Saul**

Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Gloria Kudzin** for her recent display "Thanksgiving and Christmas Décor."

January -February display: "Old Wooden Candlesticks" from **Connie Holt**

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

Free Table

The little card table in the hallway is back in operation as a place for members to recycle books, magazines and puzzles - no other items. Please bring no more than 3 items at a time. If you have a large number of books to donate, consider taking them to the main branch of the county library.

Van Transportation

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

Our van must stay within Glenville/Scotia.



On-request pickup and delivery

**Call (518) 374-0734 M-F
between 9 am and noon
at least a day ahead (up to**

two weeks ahead) to reserve space and schedule a ride to take you on your errands: to the barber or hairdresser, Wal-Mart, grocery store, to visit a friend, etc., within the town. Van operates Monday through Friday, 9 am - 3 pm.

Donations are gratefully accepted to help defray costs.

The Center cannot offer transportation to medical appointments,

We Need Drivers.

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

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

Donate Eyeglasses

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

Copy Your Wallet Cards Free

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

CLASSES AT THE SENIOR CENTER

All classes require registration. Center membership is required; must show current membership card at registration. Please feel free to come and observe any class. Refunds for missed classes must be requested from the instructor.

Paint with Peggy

Welcome to "Paint with Peggy"! Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. Peggy provides everything to complete the oil painting: canvas, brushes, palette of paints, etc. Then, through classroom instruction, each person creates their own unique oil painting. Email **Peggy** with questions at: paintwithpeggy@gmail.com or call/text 518-925-2238. Just bring a box (e.g., clean pizza box) to take home your completed painting! Beginners are welcome! Cost: \$50

Tuesday, January 16, 9:30 am – 2 pm "Cold Winter Scene"

Brrrrr! As winter is upon us, you will use a limited palette of colors to paint a cabin in snowy pines! Distant trees add depth and are easy to paint. We will even add a frozen stream! A pattern for the cabin will be available, if you want to use it. You will be able to hear the snow fall as you complete this lovely scene.



Tuesday, February 6, 9:30 am – 2 pm "The Red Barn"

You will love this classic painting of an old barn along a country road! Distant mountains create depth, and nearby trees and flowers frame the barn. The barn is old, so it is fun to paint, and does not have to be perfect. Students love this completed painting!



Oil, Acrylic Art

Fridays, 10 am - 1 pm

Certified by the Minneapolis Institute of Art, the instructor, **Dani Morette** provides



Painting by Joe Snapp

her expertise as she guides you through your current piece of art. Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire. See instructor for information on fees and schedule.

Tai Chi & Qigong Class

Fridays, 10:30– 11:30 am, 2/9 - 4/12 10 weeks

Students in this class will learn the Yang Family 16 form Tai Chi movements. This routine is very good for balance, structure and coordination. The total cost is \$70.00 paid in full on the first day of class. Please contact **Tony Grimaldi**, certified instructor and 3rd Duan rank from New Moon Tai Chi at 518-469-4461 to register. This class is for seniors 50 and older and members of the Glenville Senior Center.

Watercolors with Mary

Monday, January 8, 10 am - 12 pm

Monday, February 5, 10 am - 12 pm

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

Tai Chi Practice

Tuesdays, 9 - 10 am

We are a group of Tai Chi enthusiasts who meet weekly to practice together. Members bring their own experience and skills to share. We warm up gently with easy stretches. We practice the Sun form that is taught in the MVP class as well as the popular Yang 24 form. We close with Qi Gong, stationary movements with deep breathing. You are welcome to join us, whatever your level of skill. Offered to members only at no cost.

CLASSES AT THE SENIOR CENTER

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

YMCA Balance

Tuesdays, 9:15 am

As we age, we lose our balance. The good news is that with practice, we can retrain our brains and bodies to improve our balance! This class strengthens key muscles, goes through balance drills, and provides tricks to help improve balance. Sessions run per month and cost depends upon the number of Tuesdays in the month. Registration forms available at front desk. Please complete separate checks for each participant, even husband and wife. No Y membership required.

Zumba Gold

Mondays, 9:15 am

Fridays, 9:15 am

Exciting Latin and International dance rhythms for seniors and beginners. Easy to follow, so any age and any fitness level can do it! This fun Latin dance program includes merengue, salsa, cha-cha, calypso, and rock & roll. Guaranteed to provide a safe & effective total body workout. Cost: See instructor. Please make checks payable to **Kathy Gautie**.

Gentle Yoga

Wednesdays, 2:30-3:15

1/10-1/31 (4 week session)

2/7-2/28 (3 week session; no class 2/14)

This Gentle Yoga Class is for all levels, including beginners. Learn safe ways to improve flexibility, balance, and strength without straining their joints. Also, learn breath awareness and be guided through brief meditation. Please wear loose, comfortable clothes and bring your own mat. Other supports like bolsters and blocks will be provided. Completed waiver forms are required. Please email Linda at crockinger@yahoo.com with any questions. \$5 per class. Cash or checks payable to Linda Rockinger. *Limit 12 students per class (unless pre-authorized by instructor).

MVP Intermediate Tai Chi

Wednesdays, 1:15-2:00 pm

Winter session: 1/10– 3/13

The benefits of this class include improved balance, flexibility, fall prevention, and muscle strength. Free and open to the public, compliments of MVP Health Care. Space is limited and registration is required. Register at www.mvphealthcare.com/calendar/

YMCA Strength

Mondays, 10:30

A sculpt class designed for seniors using resistance bands, tubing and hand weights to keep your muscles and bones strong! Sessions run per month and cost depends upon the number of Mondays in the month. Registration forms available at front desk. Please complete separate checks for each participant, even husband and wife. No Y membership required.

Healthy Bones for Life

Tuesdays & Thursdays at 10:10 am

Healthy Bones for Life is a free exercise program that promotes strength, balance & strong bones along with some fun! Participants commit to twice weekly in-class exercise sessions. Participants must be Center members and have a doctor's note indicating osteoporosis. Advance registration at the front desk is required, and also a signed consent form acknowledging participation is at own risk. We will provide you with a medical information sheet, which you must complete and bring with you to each class.

Chair Yoga

Wednesdays, 10:00-10:45 am (new time)**

1/3-1/31(5 week session)

Thursdays, 9:05-9:50 am

1/4-2/1 (5 week session)

Cost: \$25 per session, payment due to instructor on the first day of class. Cash or checks payable to:

Chris Darby-King

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

Please wear loose, comfortable clothing for ease in movement. If you have an old necktie or stretchy strap, please bring it to class. Completed waiver form is required for class. They are available on the Senior Center website or at each class. Please email Chris with any questions: cdarbyking@aol.com

CENTER ACTIVITIES

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

Responsibilities of Activity Participants

Participants in Center activities (meetings, discussion groups, cards and table games, films, presentations, etc.) using Center equipment (e.g., chairs, tables) **are responsible for retrieving and setting up** equipment needed for the activity, and for **returning** it when finished with the activity. In cases where someone else has kindly done some set-up for you, **you remain responsible** for take-down and put-away unless told otherwise by a responsible person.

Senior Moments Mailing Party

Thursday, February 22 at 9 am

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

Pickleball

Monday, Wednesday, Friday at 4 pm

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

Duplicate Bridge

Tuesdays, 12:30 pm

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

Card Playing

Mondays, 12:30 pm

We play bridge, pinochle, canasta, hand-and-foot card games and more. This is a great opportunity to meet new friends. Generally, foursomes are established and seldom have openings for drop-in players. If interested, stop by the front desk and add your name to the list of new players, indicating the game(s) of your interest. Then follow up with people on the list to establish new groups of play.

Pinochle

Mondays, 12:30 pm

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

Coffee and Conversation

Tuesdays, 9-11 am

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



Connections Over Coffee

Every other Thursday, 9 am

New bereavement support group for those who have lost a loved one. Coffee provided.

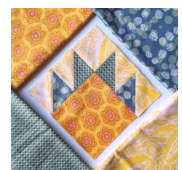
Connect, Share, Chat.

Upcoming dates: 1/4, 1/18, 2/1, 2/15, 2/29.

Silver Threads Quilters

Thursdays, 1-3 pm

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



Mah Jong

Fridays, Noon

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



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.

January 8: The Whole Town's Talking
by Fannie Flagg

February 5: The Poisonwood Bible
by Barbara Kingsolver

March 4: Cry The Beloved Country
by Alan Paton

Senior Bowlers

Wednesdays, 9 am

Looking for fun with new friends this fall? Join the Scotia-Glenville Senior Bowling League! Senior men and women of all levels of ability and averages are welcome. We play once per week on Wednesday mornings at 9 am at Boulevard Bowl. If you cannot commit to every week, we're also looking for subs. League runs through mid-April. For more information or to sign up, contact **Rob MacHattie** at 518-596-2663 or **Butch Carpentier** at 518-374-1499.

Building Wooden Ship Models

My name is **Roy Busse**, a new member. I have a hobby that I would like to share with anyone interested, whether established or brand new. I build model wooden sailing ships. These are not ships in a bottle. That pursuit requires skill and patience beyond my reach. These are scale models anywhere from a few inches to almost four feet long. I display mine in glass cases, but they can be displayed on a mantle piece, or anywhere you would like a beautiful decoration. Vicki has offered a room that we can meet and possibly work in. Anyone interested feel free to call or text me at 518-461-9248. I look forward to meeting you.

La Bella Lingua

Fridays, 1:30 pm

The Advanced Italian Class meets weekly. Anyone interested in joining the class should contact **John Alfano** by phone at 518-881-8985 or email: jalfano@nycap.rr.com.

This is not a beginner class and you will need to have some knowledge of the Italian language, pronunciation and the ability to read and translate at an intermediate level. We study the language, the culture and, of course, the food. Most importantly we have a good time while doing this.

Senior Center Photographers

2nd and 4th Thursdays, 10 am

Activities include taking photo trips to local sites, sharing slides and prints, demonstrating the capabilities of a photo-editing program on the Center's computer, and discussing any aspect of film or digital photography. Free to members. Come check us out some Thursday. If you have questions, please contact **Bill Rolston** at (518)383-3183.

Social Committee

First Tuesday of the month at 1 pm

The social committee meets the first Tuesday of the month to plan events such as the ice cream social, senior picnic, veteran's appreciation lunch and holiday party. If we are to continue with these types of events, we need more volunteers who are willing to commit to being on this committee. Committee members take on tasks such as gathering information, shopping for the event, setting up tables and chairs and working at the event. Ideas for events are always welcome. If you are interested in being on this committee, please contact **Gladys Cox** or leave your name at the Center.

Membership Policy

We invite anyone 50 or older to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is \$20 annually for those who reside within the town. People from outside the area are also welcome to join for \$30 annually. All memberships expire on December 31st regardless of date of joining.

Don't forget to renew your membership for 2024.

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2024		Annual Fee: Glenville & Scotia residents: \$20 per person Non-residents: \$30 per person Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc. If cash, exact amount please. Senior = 50 or older	
RESIDENT _____ NON-RESIDENT _____		RENEWAL _____ NEW MEMBER _____	
*Name1 _____		E-mail _____	
*Name2 _____		E-mail _____	
*Address _____			
*City/State/Zip _____		*Phone _____ Cell phone _____	
Emergency contact name & number: _____			
Office Use: Registration number: _____ Receipt number: _____ Receipt date: _____ Data-			

Congratulations to our early bird registration raffle winners.

1. Susan Alexander
2. James Burke
3. Marge Carroll
4. Robert Clark
5. Blanche Fischer
6. Suzanne Greene
7. Robert Kerker
8. Susan Montgomery
9. Maria Muller
10. William Murphy
11. Patricia Olsen
12. Linda Peek
13. Michael Preddice
14. Shur Rabbe
15. Rita Vullo



Parkinson's Support Group

Third Thursday of month at 1:30 pm

If you or a loved one has been diagnosed with Parkinson's, please join us at our monthly meeting. Open to nonmembers.

The presenter for the January 18th meeting will be **Allison Poetzsch**, Physical Therapist, Neurologic Clinical Specialist, Driving Rehabilitation Specialist from Albany Stratton VA Medical Center. She will speak regarding physical therapy and rehabilitation stemming from a neurological problem

Email Initiative

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

TRIPS and TRAVEL

- ◆ Make reservations in person (not by phone).
- ◆ Payment must accompany reservation.
- ◆ Separate checks required for each trip.
- ◆ Mail reservations confirmed only if space is available.
- ◆ Responsible adult must be with anyone requiring walking aid.
- ◆ Cancellations reimbursed only if a replacement is found.
- ◆ Center members may invite family or friends as guests on a trip.
- ◆ Children should be at least middle school age.
- ◆ Please do not wear perfume on trips; others are allergic.
- ◆ On trip days, our parking lot gets overcrowded. Please carpool to the Center and park where directed.
- ◆ Non-members not sponsored by members are subject to bumping by a member on the waiting list.
- ◆ Trips that are for Senior Center Members Only will be so identified in the *Senior Moments* announcement.
- ◆ We cannot publish announcements of trips sponsored by organizations other than the Glenville Senior Center or those we team with for Joint Venture trips. Please sign up well in advance. Watch for deadlines - trips may be filled or cancelled due to low enrollment.

Armchair Travel

Antarctica, Jan. 8 at 1:30 pm

If you've ever dreamed of seeing Antarctica, now is your chance. Our own Miss Vicki will give us a slide show presentation of her trip to the southern continent. Seating is limited to 25 members. Please sign up by Friday, January 5.

Around the World, Feb. 5 at 1:30 pm

Do you long to see far away places? Wish you could see the world? Join us as Alice shows us slides of her adventures on all seven continents. Seating is limited to 25 members. Please sign up by Friday, February 2.

SOLD OUT!



Canadian Rockies & Glacier National Park - 2024

Scholarship Program

The Scotia-Glenville seniors will hold their annual scholarship program for graduating high school seniors living in the Town of Glenville. Three \$1000 awards will be selected from the applications received. This year we are also adding another \$1000 for a deserving graduate who will not be pursuing a college program but entering a vocational/trade school program.

Applications can be picked up at the guidance department in the local high schools and BOCES, at the Senior Center or one can be mailed by calling the Center.

Completed applications need to be received by the Scholarship committee by March 28, 2024.

Committee members will notify all applicants. Awards will be made at the local high schools when they have their annual awards program.

Committee members are **Gladys Cox, Sue Jeffords, Arlene Maranville, and Lois Renko.**

Senior Stumpers

Solution on page 13

#1. The water level in a reservoir is low, but doubles every day. It takes 60 days to fill the reservoir. How long does it take for the reservoir to become half full?



#2. Four cars come to a four-way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Closed New Years Holiday	2 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	3 10:00 Chair Yoga 4:00 Pickleball	4 9:00 Connections 9:05 Chair Yoga 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	5 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	6
7	8 9:15 Zumba Gold 10:00 Book Club 10:00 Watercolors w/Mary 10:30 Strength 12:30 Cards 1:30 Antarctica Slideshow 4:00 Pickleball	9 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Social Comm. Mtg	10 10:00 Chair Yoga 1:15 MVP Tai Chi 2:30 Yoga 4:00 Pickleball	11 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Meeting	12 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	13
14	15 Closed MLK Holiday	16 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 9:30 Paint w/Peggy 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp.	17 10:00 Chair Yoga 1:15 MVP Tai Chi 2:30 Yoga 4:00 Pickleball	18 9:00 Connections 9:05 Chair Yoga 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Parkinson's Sup.	19 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	20
21	22 9:15 Zumba Gold 10:30 Strength 12:30 Cards 1:30 Alzheimer's pres. 4:00 Pickleball	23 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	24 10:00 Chair Yoga 1:15 MVP Tai Chi 2:30 Yoga 4:00 Pickleball	25 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Wills & Trusts	26 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	27
28	29 9:15 Zumba Gold 10:30 Strength 12:30 Cards 4:00 Pickleball	30 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Computer Basics	31 10:00 Chair Yoga 1:15 MVP Tai Chi 2:30 Yoga 4:00 Pickleball	January		

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		February		1 9:00 Connections 9:15 Chair Yoga 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	2 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 12-4 AARP Tax Prep 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	3
4	5 9:15 Zumba Gold 10:00 Book Club 10:00 Watercolors w/Mary 10:30 Strength 12:30 Cards 12-4 AARP Tax Prep 1:30 Slideshow w/Alice 4:00 Pickleball	6 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 9:30 Painting w/Peggy 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Internet Basics	7 1:15 MVP Tai Chi 12-4 AARP Tax Prep 2:30 Yoga 4:00 Pickleball	8 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg	9 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 12-4 AARP Tax Prep 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	10
11	12 9:15 Zumba Gold 10:30 Strength 12:30 Cards 12-4 AARP Tax Prep 4:00 Pickleball	13 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Social Comm. Mtg 1:30 Microsoft Word	14 1:15 MCP Tai Chi 12-4 AARP Tax Prep 2:30 Yoga 4:00 Pickleball	15 9:00 Connections 9:15 Chair Yoga 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Parkinson's Grp	16 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 12-4 AARP Tax Prep 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	17
18	19 Closed Presidents' Day	20 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers	21 1:15 MVP Tai Chi 12-4 AARP Tax Prep 2:30 Yoga 4:00 Pickleball	22 9:00 Mailing Party 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	23 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 12-4 AARP Tax Prep 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	24
25	26 9:15 Zumba Gold 10:30 Strength 12:30 Cards 12-4 AARP Tax Prep 4:00 Pickleball	27 9:00 Tai Chi Prac. 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	28 1:15 MVP Tai Chi 12-4 AARP Tax Prep 2:30 Yoga 4:00 Pickleball	29 9:00 Connections 9:15 Chair Yoga 10:10 Healthy Bones 12:30 Cards 1:00 Quilting		

Glenville Dining Center

The Friendship Café at the Glenville Senior Center operates Monday-Friday. This program is open to all Schenectady County residents 60 years and older with a suggested meal contribution of \$2.00. Guests and those under 60 are charged \$10.00 per meal. Senior Center membership is not required.

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

For more information on reserving your spot, menu options and how to register for the Friendship Café, please call **518-382-8481 Ext 1302**.

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

** Menu subject to change. **

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



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.

Senior Moments Advertising

For information or a form to place an ad in our Senior Moments Newsletter, please go to our website at www.scotiaglenvilleseniors.org or visit the Front Desk. Ads business card-sized, horizontal format (3 1/2" wide x 2" high) are priced at \$50 per issue or 6 issues for the year at \$250. Payment due at time of submission.

EASE

Thursdays, March 7-April 25, 1-3 pm

Early Alzheimer's Support and Education – An 8-week interactive learning program for people with early-stage memory loss and their care partners. Participants will have the opportunity to learn about Alzheimer's disease and other forms of dementia as well as current research and treatment plans.

Other topics covered during the 8 weeks include legal and financial preparation, communication and compensatory strategies, home safety and community resources. A support group is also offered at the end of each session. Appropriate Audience – Persons with Early-Stage Alzheimer's and their care partners. **ALL PARTICIPANTS MUST BE SCREENED BEFORE ATTENDING.** For more details or to be screened for the EASE program, please call 518-675-7214.

Presented by Alzheimer's Association of Northeastern NY, NYS DOH grant.

Caregiver Conversations

Third Tuesday of month at 1:30 pm

Caregivers discuss caregiving issues faced in people's daily lives. Open to any resident of Schenectady County. Facilitated by Schenectady County Department of Senior & Long Term Care Services. Upcoming dates: 1/16, 2/20.

Home Energy Assistance Program (HEAP)

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


For information about eligibility or applying, contact:
Schenectady County
Department of Social Services
797 Broadway
Schenectady, NY 12305
Phone: (518) 388-4470

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A Thousand Words



Senior Stumpers Solution

From page 9

Answer #1: 59 days. If the water level doubles every day, the reservoir on any given day was half the size the day prior. If the reservoir is full on day 60, that means it was half full on day 59, not on day 30.

Answer #2: They all made right-hand turns.

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