



# Scotia-Glenville Senior Citizens Senior Moments



Volume 48 Number 1 January-February 2023

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.

## Coffee with a Cop

Thursday, January 19 at 1:30 pm

Come join us for coffee and conversation with one of Glenville's police officers. Coffee will be provided. Come learn about current issues in the town and how our police department is responding. Please sign up at the front desk to attend.



## CREATE Craft Classes

Monday, Jan 23 at 2 pm Paper Snowflakes:

Make your own beautiful winter décor! Explore simple techniques for creating your own snowflakes using different types of paper.

Monday, Feb 13 at 2 pm Valentine's Day Rocks:

Paint and collage with rocks to create Valentine's Day art. Make something for yourself, give as gifts for friends and loved ones, or give away to spread love and kindness to others!

Instructors are from C.R.E.A.T.E. Community Studios. Cost: **\$10**. Min. 12 people Max: 15 people

## Valentine's Party and Games Day

Saturday, February 11 at 1 pm

Sign up at the desk. \$5.00 to cover SNACKS. Bring \$1.00 lottery ticket to be added to the lottery tree and receive a raffle ticket toward the raffle drawing. Bring your own cards, games or use those available at the Center. We'll set up corn hole and other games, plus we'll open up the new activity room for shuffleboard and pool. Come and play or hang out with your friends and visit. Sign up by Wednesday, February 8. Members only!

Watch email - if we need to cancel due to weather. Snow date: February 18th.



## Senior Law: Wills and Trusts

Thursday, February 2 at 1:30

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. Don't miss this important informational session. Sign up at the front desk.

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### MARK YOUR CALENDAR

Exec Council: Thurs. Jan. 5, Feb. 2 at 11:15 am

Directors: Thurs. Jan. 12, Feb. 9 at 1:30 pm

Senior Moments Deadline: Wed. Jan. 18

Senior Moments Mailing: Thurs. Feb. 16

Senior Center Closed: 1/2, 1/16, 2/20

### 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*

## 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.

Barbara Brown, President

Vicki Hillis, Executive Editor, Publisher

Ricki Lewis & Connie Large, Editors

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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

## Words from the President

Hope everyone enjoyed the holidays. If you didn't, I was with you. Last year I took the time to look up all languages to say Merry Christmas or Happy New Year, not this year. Belated Happy Holidays to all.

This New Year, I am going to stress taking care of our Senior Center's furnishings and all other items. So a few housekeeping items:

1. When putting card tables away back on rack please remember that they go padding back to back or legs to legs. This prevents damage to the padding.
2. Please put rooms back the way you found them. If found incorrectly, ask if there is a reason; Vicki or Sarah will know the answer. If coffee or food was served or eaten, please wipe tables down so next group doesn't have to clean up after you. If you spill something, please alert staff as well as make an effort to clean it up.
3. Do not put anything on top of the pool or shuffleboard tables as it may damage the playing surface
4. In the new section, lights turn off automatically after no movement is detected in the room. In the original part of the building (M1, M2, and craft room 1), please turn out lights when your group is finished.
5. Please use the mats to wipe off snow and salt from your feet upon entering and change out of your wet footwear in the lobby.

No more complaints from me.

HAPPY NEW YEAR!

**Barbara**

Be Smart, Be Safe, Be Careful

## Advance Directives

**Thursday, March 2, 1:30pm**

**(Snow date: 3/6)** What are advance directives and why are they important? Come join us for an honest and open conversation about advance directives led by an experienced medical social worker. Create your own "to do" list so that your wishes will be honored. Complete a Health Care Proxy form at no cost before you leave the session. Sign up at desk in advance.



## Vicki's View

I'd like to start off the new year by extending my thanks to at least a few of the people who work behind the scenes here at the Senior Center.

Thank you to the outgoing board members, who finished their term at year's end. And thank you to the new board members just starting for agreeing to serve the seniors of our community. 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 to Susan Jeffords for organizing the Holiday Giving Tree and to everyone who took a tag and purchased items so that residents in Baptist and Glendale could share in the joy of the holidays.

Thank you to Janet Neary who continues to fold hundreds of newsletters each time a new issue is printed. It eases the load on the mailing volunteers.

Thank you to Mary Sieder and the social committee for all of the wonderful events they organized for our members this year.

We appreciate all of the volunteers who staff the front desk, run our transportation program, organize our sports leagues, classes and activities, put together our newsletter, or do one of the other countless other tasks that make our Center special. Here's to another year of kindness and generosity. May we continue to give back to the community.

**Vicki**



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

**facebook**

## Downsizing

**Tuesday, January 31, 1:30pm**

Whether you're planning to move and don't know where to start or you just want control of your space, this seminar is for you. **Jan Cavoli** will talk about the current real estate market and impacts on seniors. We'll also explore how to make the decision to stay or move and discuss effective ways to downsize and declutter your home. Sign up in advance at the front desk.

# 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 **Pat Biggica** or **Lori Preddice** at the Center.

## In Memoriam

We are saddened to learn of the passing of several of our members.

**Ronald Brach**  
**Frank Gerardi**  
**Dorothy Hathaway**  
**Kathryn Refice**  
**Mary Joy Robb**  
**Allan Shartrand**

## Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **the woodcarvers group** for the Thanksgiving and Christmas wood carvings in November and December.

Next Up:

January and February - Matryoshka Russian Nesting Dolls from **Mary Weiss**.

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.

## 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](mailto:seniorbaabs@gmail.com)

## 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 only a few 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, but Catholic Charities may be able to, with ample advance notice.

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

## We Need Drivers.

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

Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? Welcome to "Paint with Peggy"! Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. These classes do not require drawing skills, and they are also NOT paint-by-number. 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. If you have questions, email Peggy at: [paintwithpeggy@gmail.com](mailto:paintwithpeggy@gmail.com) or call/text 518-925-2238. Just bring a box (such as a clean pizza box) to take home your completed painting! Beginners are welcome! Cost: \$45

**Tuesday, Jan 10, 9:30 am – 2:00 pm**

"Winter Birches"

This is a bright winter scene painted on a toned (colored) canvas. During the class, Peggy will explain and demonstrate how to use various brushes. Then, using only a few colors you will create a distant forest and nearby birch trees. This painting is fun to do!



**Tuesday, Feb 14, 9:30 am - 2:00 pm**

"Moonrise at the Lake"

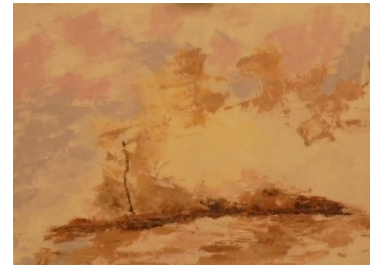
This painting is created using only black and white (acrylic and oils paints) so color value, contrast and perspective are emphasized. The result is always dramatic, and students tell me this is their family's favorite!



## Oil, Acrylic Art

**Fridays, 10 am - 1 pm**

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. See instructor for information on fees and schedule.



*Painting by Jan Barani*

## Qigong Class

**Fridays, 2/17 - 3/31 (7-week session)**

**10:30—11:30 am**

Tai Chi Ruler is a rare and ancient system of Taoist Qigong that uses a wooden dowel or "Ruler" based on the shape of ancient Chinese sword handles. Exercises with the Ruler coordinate breathing, balance and internal Qi. These easy movements are both relaxing and refreshing and promote improved circulation, respiration, metabolism, bone strength and posture.

The total cost is \$49 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.

## Tai Chi Practice

**Tuesdays, 9 - 10 am**

We are a group of Tai Chi enthusiasts who meet weekly to maintain our skills. We warm up gently with easy stretches. We practice the Sun form that is taught in the MVP class (Tai Chi for Arthritis). We also practice the popular Yang 24 form. We end 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.

## Watercolors with Mary

**Monday, Jan 9, 10 am - 12 pm**

**Monday, Feb 6, 10 am - 12 pm**

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



# CLASSES AT THE SENIOR CENTER

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

## YMCA Classes

Classes run on a month to month basis. Check bulletin board for details.

Mon	Tue	Wed
10:30 am Cardio Fit Mary Jane	9:15am Balance Mary Jo	9:15am Yoga Melia

**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 responsible for balance. Leads you through balance drills. Provides you with tricks to help you improve your balance.

**CARDIOFIT:** Using energetic music, this class is taught in intervals using low impact aerobic activities created especially for older adults. It's easy on the joints, burns calories and strengthens your heart and lungs. Tone your muscles and strengthen your bones.

**YOGA:** Begins with poses seated in a chair, moves to standing poses, and ends with poses either sitting or lying 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.

**Please note that you do not need to be a YMCA member to participate.**

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## Zumba Gold

**Mondays, 9:15 am, 1/9-2/27, no class 1/16 or 2/20,  
Fridays, 9:15 am, 1/6-2/24**

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**.

## MVP Tai Chi Moves

**Wednesdays, 1:00-1:45 pm**

**Winter session: 1/11 –3/15**

Join us for an introduction to Tai Chi. Described as “meditation in motion,” Tai Chi can improve balance, flexibility, and muscle strength to prevent falls. 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.

Register at [www.mvphealthcare.com/calendar/](http://www.mvphealthcare.com/calendar/) as we get closer to the start date.

## Mini Chair Yoga session

**Thursday, Feb 9 and Feb 16, 9:05-9:50 am**

**Cost \$10**

Cash or check payable to **Chris Darby-King**

## Chair Yoga

*Two days offered for Winter/Spring 2023*

**Wednesdays 10:30 –11:10**

Session 1: 1/4 –2/1 (5 classes)

Session 2: 3/15 –4/12

Cost \$25 per session

Fee due to instructor on the first day of class

Cash or checks payable to **Chris Darby-King**

**Thursdays, 9:05 –9:50am**

Session 1: 1/5 –2/2 (5 classes)

Session 2: 3/16 –4/13 (5 classes)

Cost: **\$25** per session 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 while 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.

\* A 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](mailto: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 16 at 9 am

Come join us for our mailing party and holiday 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 Mon, Wed, Fri 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.

### 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.

### Mah Jong Fridays, Noon

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



### 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.

### 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 players, indicating the game(s) of your interest. Then follow up with people on the list to establish new groups of play.

### Zentangle Class

**January 4, 11, 18, 25\*, 1-2 pm / \*1-3 pm**

Each one-hour session (first three weeks) will focus on a different Zentangle pattern, and we'll practice a variety of ways to draw and shade it. This series of workshops will culminate in a "found poetry" piece of art. You will be given a page with text and you choose your favorite words or phrases, then we draw – aka "tangle" – using Zentangle patterns around it.

For beginners and those who have taken the Zentangle introduction class. All materials will be provided by the instructor. Cost: Each of the first three-week sessions is \$5 per person per session. The final workshop, week four, is \$10 per person.

Total for all four workshops is \$20 (slight discount for attending all sessions) Checks payable to **Linda Fasano**. Since we will be using the designs that we practiced in the first three-week sessions, it is recommended that those who plan on attending the final workshop attend at least two of the three sessions prior. Members only. Max 10 people.



### February 8, 1-3pm

Using simple Zentangle (patterned) designs to create Valentine cards and notes. For beginners and those who have taken the Zentangle introduction class. All materials will be provided by the instructor. Cost: **\$10** per person

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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 9: The Last Flight

by Julie Clark

February 6: I'm Glad My Mom Died

by Jennette McCurdy

March 6: Lions of Fifth Avenue

by Fiona Davis

April 3: Washington Black

by Esi Edugyan

May 1: Liar, Temptress, Soldier, Spy

by Karen Abbott



### Senior Bowlers

Looking for fun with new friends? Join the Scotia-Glenville Senior Bowling League! 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.

### Watercolors: Open Studio

Open studio time on the 3rd and last Tuesday of the month from 10:30-12:30. Come and join others to paint watercolor on your own. It is not a class. There is no fee.

### La Bella Lingua

**Fridays, 1:30 pm**

Everyone is welcome. The class consists of reading and translating intermediate Italian stories, vocabulary and some study of Italian culture, food and traditions. There is no fee - the only expense is to buy your books. The classes are informal and enjoyable. Anyone interested in joining the class should contact **John Alfano** at [jalfano@nycap.rr.com](mailto:jalfano@nycap.rr.com) or call (518) 881-8985.

### 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. If you have questions, please contact **Bill Rolston** at (518) 383-3183



### 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.

### Country Line Dancing

**Fridays, 1:15 - 2:30 pm**

Starts Jan. 13th. 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](mailto:robinkaryl@gmail.com).

Pay as you go. Cost: \$7 per class

# Membership News

## 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 \$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.

**\*\*Please note that dues have increased to \$20 for residents and \$30 for nonresidents in 2023.\*\***

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 <b>MEMBERSHIP APPLICATION</b>		<b>Annual Fee: Glenville &amp; Scotia residents: \$20 per person</b> <b>Non-residents: \$30 per person</b> <b>Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc.</b> If cash, exact amount please. Senior = 55 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-			

## AARP Tax Aid Volunteers

will return in 2023 with free, in person 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 9th) and establish 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 2022 as well. At the time of this writing it is unclear if NYS will continue the homeowner tax credit.

## Garden Walk

The Social Committee would like to host a Garden Walk for 2023 but we need your help. If you or a friend have a garden that you'd like to share with others to view, please give us a call. We will come and visit your special place of paradise. We hope to hear from you. More information in future newsletters.

## Membership News

Don't forget to renew your membership for 2023! Those who registered for 2023 before Thanksgiving were eligible for our membership raffle. This year's prizes are gift cards to local restaurants. Congratulations to our early bird registration winners:

1. Marge Carroll
2. Carole Chaisson
3. Owen Cole
4. Cecilia Dillman
5. Clara Lawyer
6. Susan Montgomery
7. Edward Murray
8. Janet Neary
9. Diane Persons
10. Ruth Robin
11. Ralph Rosenthal
12. Cathy Jo Stoeckl
13. Sue Sykes
14. Norma Waldbillig
15. Lizabeth White





## 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.

No trips planned this winter. Look forward to better travel weather in the Spring.

### Giving Tree

#### Calling all knitting and crocheting enthusiasts:

Local attorney **Kate Toombs** is looking for donations of hats, scarves, gloves and mittens to put on a giving tree outside of her office in Schenectady. The items are free to anyone who is in need of these items to keep warm this winter season. If you would like to participate, donations can be dropped off at the Senior Center anytime the next few months.



### Senior Stumper

A farmer needs to take a fox, a chicken, and a sack of grain across a river. The only way across the river is by a small boat, which can only hold the farmer and one of the three items. Left unsupervised, the chicken will eat the grain, and the fox will eat the chicken. However, the fox won't try to eat the grain, and neither the fox nor the chicken will wander off. How does the farmer get everything across the river?

Answer on page 12.

### Wisdom from a Snowman

It's OK to be a little bottom heavy.  
Don't get too much sun.  
Everyone "nose" carrots are good for you.  
Keep a happy soul.  
It takes a few extra rolls to make a good midsection.  
It's fun to hang out in your front yard.  
Remember we're all a bit flaky.  
It's OK to wear white after Labor Day.  
Accessorize, accessorize, accessorize.



### Lap blankets for Veterans

We have had numerous lap blankets donated for veterans in Hospice. Attached is a photo of one of the blankets crocheted by **Janet Neary**. We are still accepting red, white and blue lap blankets for donation to this worthy cause.



### Senior Center Website

[www.scotiaglenvilleseniors.org](http://www.scotiaglenvilleseniors.org)

Barbara Jones—Website Administrator

### Recycling at Center

There are three recycling bins in the Center. One is located by the card table in the hallway, one is near the copier in the office, and a third in the library.

**\*\*Plastic bags are only recyclable at participating stores. Do not put plastic bags in the recycling bins.**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>1</b>	<b>2</b>  <i>Closed New Year's</i>	<b>3</b> 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp.	<b>4</b> 9:15 YMCA Yoga 10:30 Chair Yoga 1:00 Zentangle 4:00 Pickleball	<b>5</b> 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>6</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	<b>7</b>
<b>8</b>	<b>9</b> 9:15 Zumba Gold 10:00 Book Club L 10:00 Watercolor/Mary 12:30 Cards 4:00 Pickleball	<b>10</b> 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	<b>11</b> 9:15 YMCA Yoga 10:30 Chair Yoga 1:00 MVP Tai Chi 1:30 Legal Consults 1:00 Zentangle 4:00 Pickleball	<b>12</b> 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg	<b>13</b> 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	<b>14</b>
<b>15</b>	<b>16</b>  <i>Closed Martin Luther King, Jr. Day</i>	<b>17</b> 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 10:30 Watercolor Studio 12:30 Dupl. Bridge	<b>18</b> 9:15 YMCA Yoga 10:30 Chair Yoga 1:00 MVP Tai Chi 1:00 Zentangle 4:00 Pickleball	<b>19</b> 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Coffee w/a Cop	<b>20</b> 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	<b>21</b>
<b>22</b>	<b>23</b> 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 2:00 Craft Class 4:00 Pickleball	<b>24</b> 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	<b>25</b> 9:15 YMCA Yoga 10:30 Chair Yoga 1:00 MVP Tai Chi 1:00 Zentangle 4:00 Pickleball	<b>26</b> 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>27</b> 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	<b>28</b>
<b>29</b>	<b>30</b> 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	<b>31</b> 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 10:30 Watercolor Studio 12:30 Dupl. Bridge 1:30 Downsizing	<b>January</b>			

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b> 9:15 YMCA Yoga 10:30 Chair Yoga 1:00 MVP Tai Chi 4:00 Pickleball	<b>2</b> 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Wills and Trusts	<b>3</b> 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	<b>4</b>
<b>5</b>	<b>6</b> 9:15 Zumba Gold 10:00 Book Club L 10:00 Watercolor/Mary 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	<b>7</b> 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Zentangle 1:30 Care Givers Grp.	<b>8</b> 9:15 YMCA Yoga 1:00 MVP Tai Chi 1:00 Zentangle 4:00 Pickleball	<b>9</b> 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	<b>10</b> 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	<b>11</b> <b>Valentine Card/ Game Party 1pm</b>
<b>12</b>	<b>13</b> 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 2:00 Craft Class 4:00 Pickleball	<b>14</b> 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	<b>15</b> 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	<b>16</b> 9:00 Mailing Party 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>17</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Ruler 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	<b>18</b>
<b>19</b>	<b>20</b> <b>Closed President's Day</b>	<b>21</b> 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 10:30 Watercolor Studio 12:30 Dupl. Bridge	<b>22</b> 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	<b>23</b> 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>24</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Ruler 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	<b>25</b>
<b>26</b>	<b>27</b> 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	<b>28</b> 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 10:30 Watercolor Studio 12:30 Dupl. Bridge		<b>February</b>		

## Glenville Dining Center

Catholic Charities Senior & Caregiver Support Services operates the congregate dining program "Friendship Café" at the Glenville Senior Center Monday-Friday. This program is open to all Schenectady County residents 60 years and older with a suggested meal contribution of \$3.50. Guests and those under 60 are charged \$6.75 per meal. Senior Center membership is not required

The Friendship 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.

*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.*

For more information on reserving your spot, menu options and how to register for the Friendship Café, please call 518-393-1946.

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.***

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### Free Legal Consultations

**Wednesday, January 11 at 1:30 pm**

Do you have questions about estate planning? Medicaid applications? **Glenn Witecki**, Esq will be offering free consultations at the Center on the second Wednesday of every other month. For members only. Call the Center to schedule an appointment.

Upcoming date: March 8

### Caregiver Conversations

**First 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 **Wendy Petroci**, Schenectady County Department of Senior & Long Term Care Services. CDC guidelines will be followed.

Glenville Sr. Ctr. meetings: January 3  
February 7

### Stumper Solution:

The farmer must follow these steps:

1. Take the chicken across the river.
2. Come back with an empty boat.
3. Take the grain across the river.
4. Bring the chicken back.
5. Take the fox across the river.
6. Come back with an empty boat.
7. Take the chicken across the river.

### Social Committee

The Social Committee is looking for help with setting up and taking down tables and chairs before and after events. There is no commitment to join the committee. For various reasons, many committee members are no longer able to lift the heavy tables. If you are interested in helping us, please leave your name and phone number at the desk. We appreciate it.



# 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.

## 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 you are in impending danger of running out of fuel or having your utility service shut off.

For information about eligibility or applying, contact:

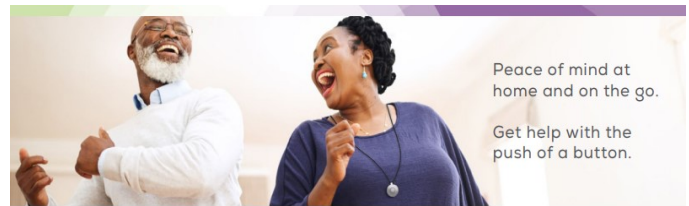
Schenectady County  
Department of Social Services  
797 Broadway  
Schenectady, NY 12305  
Phone: (518) 388-4470

## 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.

## Health Insurance Information & Counseling Program (HIICAP)

Through a partnership with Catholic Charities Senior & Caregiver Support Services, HIICAP provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, their representatives, or persons soon to be eligible for Medicare. Schenectady County residents can contact the local HIICAP office at (518) 372-5667.

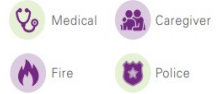


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## Medical Transportation

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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It gives you something to do, but  
gets you nowhere.*





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[www.WiteckiLaw.com](http://www.WiteckiLaw.com)

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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.



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**CONTACTS**

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

Senior Center Clerk:  
**Sarah Blackwood**