



# Scotia-Glenville Senior Citizens Senior Moments



Volume 42 Number 4

July—August 2016

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.

## Senior Center Expansion

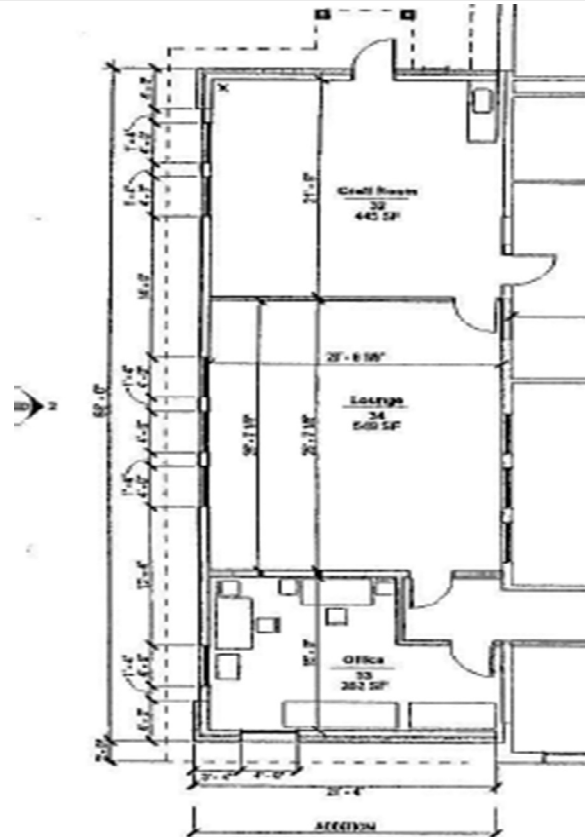
GOOD NEWS! After so many years of talking and planning, we will finally be moving forward with our building expansion!

Most of you are already aware that we will be receiving a \$200,000 State grant for our building expansion due to the efforts of **Senator Hugh Farley** and Glenville Town Supervisor **Chris Koetzle**. This was welcome news since we had put the project on hold due to insufficient funds. Needless to say, we are very thankful for their efforts.

The Expansion Committee is currently working with **Jamie MacFarland**, Deputy Supervisor and **Synthesis** architects finalizing plans. Since we already have architect drawings and cost estimates, we should be able to request bids in the not too distant future. Plans for the expansion are posted on the bulletin board. Updates will be posted on the bulletin board and *Senior Moments*.



*Paula*



Wednesday, July 13<sup>th</sup> – The Delaware & Ulster Rip Van Winkle Flyer

Thursday, July 21st—Lake George Luncheon Cruise

Thursday, July 28th—Lobster Feast, Log Cabin, Holyoke, MA

Sunday, August 14th—Sister Act, Mac-Haydn Theatre

Tuesday-Wednesday, August 16th-17th — Atlantic City

Thursday, September 15th—Turning Stone Casino

### Trips

See pg. 8

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### MARK YOUR CALENDAR

Exec Council: Thurs. Aug. 4 at 9:30 am at Town Hall

Directors: Thurs. Aug. 11 at 1:30 pm at Sr. Ctr.

*Senior Moments* Deadline: Thursday, July 28

*Senior Moments* Mailing: Thursday, August 25 9 am

Center & Dining Center closed: Monday, July 4

*Senior Moments* is published by  
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Paula DeVries, President

Vicki Hillis, Executive Editor, Publisher

Dr. N. Nagarajan, Editor

Angie Pomykai, Assoc. Editor, Distribution Manager

Bob Atwood, Associate Editor

### GLENVILLE SENIOR CENTER

32 Worden Rd., Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm;

Summer: Desk closes at 3 pm; Center closes at 3 pm on  
Fridays for July and August.

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

## SENIOR CENTER NEWS



### Vicki's View

Thank you to everyone who turned out to represent the Senior Center for the Scotia Memorial Day parade this year. Not only did we have people who walked with our banner, but **Phil Benner** drove our van and **Ron Appleby** drove his convertible so

some seniors could also ride.

Our social committee has been busy these past few months with our International potluck dinner and our ice cream social. Thank you to our volunteers who make those events possible and to **Stewarts shops** for the donation of ice cream!



### Hi from the Editor

Dear Friends, It is nice to note that more members are attending the Film shows. It was a full house during last two months, and I ask all of you to show the same level of keen interest and help in the future as well.

Thanks and regards,



*Nagarajan*

### Quilt Raffle on Veterans Day

This year's Veterans Day quilt is ready! Look for it at the front desk at the Center. A big thank you goes out to **Diane Podesva** for a beautiful quilting job.



Please help fund our annual Veteran's Day Celebration by purchasing raffle tickets at the front desk. The drawing will be at the celebration. Tickets are \$1 each or 6 for \$5. You do not have to be present to win. Tickets will also be sold at the Glenville Oktoberfest, September 24. If interested in selling tickets at the Oktoberfest, please call the Center and leave your name.

### Save the Date!

Our annual Veterans Day Celebration will be held on Sunday, November 6. Details will follow.

### Senior Moments Mailing party Thursday, August 25 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 and coffee are served. Come join us and have some fun!



### 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.



# CENTER SERVICES

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

## The Sunshine Club

Do you know any member who is recovering from an illness/operation or the family of a member who has died? Or maybe a member who could use an extra ray of sunshine? The Sunshine Club will send a card or make a phone call to let them know that they are in our thoughts and special to us. Contact **Jo Moore** at the Center.

## Box Tops or Labels for Education

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



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

## Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Susan Riley** for her display of Depression Glass Collection in May and **Paul Geertgens** for his display of Tea Cup Collection in June.

**July - Ellie Isabella—Seasonal Figures by Annalee**

**August - Irene DeGraff — Items from Portugal**

We are always in need of collections. If you would like to display your collection, leave a message at the front desk. Remember, the case is lighted and always locked.

## Senior Center Kazoo Band

Looking for an outlet for your musical talents? Come join us the first Monday of every month at 2:30 pm at the Senior Center. Kazoos are available. Walk-ins welcome. Call **Ronnie Quinn** (399-5999) or **Bill Vullo** (399-8611) for details.

## Having a computer problem?

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

## Copy your wallet cards free

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

## Van Transportation

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

*Our van must stay within Glenville/Scotia.*



### On-request pickup and delivery



Call 374-0734 M-F between 9 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. Call Catholic Charities 357-4710 (donations accepted).*



### Tuesdays: Scheduled trips to Malls

Due to low demand for transportation to the malls, the van will now go to the malls on the following schedule.

**First Tuesday** of the month—Clifton Park Mall

**Third Tuesday** of the month—Rotterdam Square

All other Tuesdays will be available for regular van appointments.

**Clifton Park Mall trip : July 5 and August 2**

**Rotterdam Sq. Mall trip: July 19 and August 16**

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

**No charge, but donations are appreciated.**

## 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.**

## Scholarship Winners

Scotia-Glenville Senior Citizens, Inc. is pleased to announce the winners of the \$1000 scholarships for 2016: **Christina DeAngelis**, a senior at Burnt Hills-Ballston Lake HS and **Lisa Smith**, a senior at Scotia-Glenville HS. Congratulations!

# SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

## Stampin' Up Card Workshop

**Next Date: Tuesday, Sept. 6th at 3-4:30 pm**

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Please sign up in advance at Front Desk.

Please make checks payable to the instructor, **Lynn Streifert**. Cost: \$5 per class.

## Understanding & Caring for those with Low or No Vision

**Thursday, August 18 at 1:30 pm**

An Educational presentation by Northeastern Association of the Blind

Learn about a) 4 leading causes of vision loss in old Americans today: cataracts, glaucoma, diabetic retinopathy and age-related macular degeneration, b) low vision, c) Vision health and early warning signs  
There will be a video on "Living with Low Vision",  
Demonstration of low vision aids and Free low vision screening after the presentation.

**NOT limited to Senior Center members. Please sign up at the Front Desk, or call 374-0734.**

## Christmas Craft in July

**Friday, July 22nd at 1:00 pm**

Please join us for a fun afternoon of ornament-making as we prepare decorations for our entry in the Festival of Trees. Materials provided. Sign up in advance at the front desk.



## Driver Safety Courses

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

### A) Empire Safety Council

**Class Dates: July 19th & 20th from 2 to 5 pm**

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

Please make check payable to **Armand Canestraro**.

### B) AAA Northway

**Class Dates: August 16th & 17th from 2 to 5 pm**

**Cost:** Senior Center members: \$25; Others: \$32.

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.

## Pizza & Movie Night

**Saturday, September 10th**

Please join us for pizza and a film. Film suggestions now being accepted. More details in the fall newsletter. Sign up in advance at the front desk.

## Gardening Committee

Thank you to everyone for the beautiful job preparing and planting the gardens. We are always looking for more volunteers to help with weeding and upkeep throughout the summer. Please leave your name at the front desk if you are able to help.



## Senior Stumpers

*Solutions on pg. 9*

Good Old Days

1. What was the name of Red Ryder's a) Horse? b) Sidekick?
2. What was the name of Rootie Kazootie's a) Dog? b) Girlfriend?
3. Who rode the horse named Buttermilk?
4. What were the names of Mr. Bluster's two brothers?
5. Who were Fran Allison's two main puppet friends?
6. What old time TV character popularized the word "Kowabonga?"
7. On whose show did Willy the Worm appear?
8. What was the name of Hopalong Cassidy's horse?
9. Who (character, actor) often uttered a phrase that began "Let's went ... ?"
10. What character took over for Buffalo Bob for a while when he was sick?

# 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.

<p align="center"><b>CURRENT SESSION ends July 30th</b>  <b>NEXT SESSION:</b>  Mini session to be held in August, check at Center for details</p>	
<b>Class</b>	<b>Schedule</b>
<b>Fit Over 50</b>	<b>Mon., Wed. , Fri. 9:15</b>
<b>Stretch &amp; Strength</b>	<b>Wed. 10:15</b>
<b>Forever strong</b>	<b>Mon., Fri 10:15</b>
<b>Gentle Core Strengthening</b>	<b>Thur. 10:15</b>
<b>Zumba</b>	<b>Tue., Thur. 9:15</b>

## YMCA Classes

**Fit Over 50** A gentle warm-up, followed by invigorating aerobic, strengthening, & stretching segments. Total body conditioning leaves you feeling energized. 45 minutes.

**Forever Strong** Weight-bearing exercises are an effective and simple way to help fight osteoporosis. Light weight-bearing exercises designed to increase both muscle strength and bone density will be performed on both the upper-body and lower-body muscles. Equipment is provided. 45-minute class.

**Gentle Core Strengthening** This 45-minute class will provide gentle exercises to stretch and strengthen the “Core” muscles of the body. Exercises will focus on the abdominals, back, and hips to help keep you standing tall. A yoga exercise mat is required, since most of the exercises are done on the floor.

**Stretch & Strength** This class focuses on stretching in a chair to increase your range of motion. We also work on improving our muscular strength using different props such as weights, tubes, and balls.

**Zumba** Ditch the workout and join the party! Zumba uses Latin rhythms and easy-to-follow steps to create a dynamic and fun fitness program. 45-minute class.

## Other Senior Center Classes

### Healthy Bones for Life

**Tuesday at 10:15 & Thursday at 9 am**

*Healthy Bones for Life* is a free exercise program that promotes strength, balance & strong bones along with some fun! Twice weekly in-class exercise sessions are held at the Center, sponsored this year by Sunnyview Rehab. Hospital, an affiliate of St. Peter’s Hospital.

We look forward to providing an opportunity to regroup and strengthen our *Healthy Bones for Life* community, and the most up-to-date training for volunteer leaders.

Participants must be Senior Center members. Advance registration at the front desk is required, and also a signed consent form acknowledging that you will participate at

your own risk. We will provide you with a medical information sheet which you must complete and bring with you to each class.

Call **Lily Henderson at 355-4629** for further information.

### 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.

# 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.

### 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.

### 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!

Thanks to those who have replenished our supply of yarn. We do not need any more yarn at this time.

### Paint with Peggy

**Monday, August 8th 9:30 am-2:00 pm**

"Foggy Day" - Students will create a lighthouse on a bluff, shining a beacon into the fog, with sea foam spraying on the bluff. (Students can choose to make this painting a sunny day, too). This painting is created using acrylic and oil paints. The pattern and straight edge are also provided for the lighthouse!

**Monday, September 12th, 9:30 am-2:00 pm**

"Late Summer in the Country" - Students will create a summer sky, a distant hedgerow and a field of round hay bales. This painting is a lot of fun and is easier than it looks to paint. Come join us!

Peggy provides all the materials from a blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting. This class is for any level of painter, no experience is required. Beginners are welcome.

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

**Cost: \$45** Payment due at time of registration. Please make checks payable to **Peggy Porter**. Maximum: 8 students, members only.

Sign up at the Front Desk.

Call **Peggy** at 925-2238 for additional details.

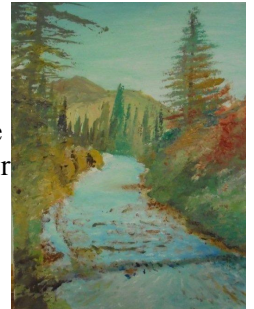
### Oil, Acrylic & Art

**Fridays, 10 am-1 pm**

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

Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire. Certified by the Minneapolis Institute of Art, the instructor **Dani Morette** will provide guidance on color, mixing, technique and application. Dani has exhibited her work at a one woman show at the Canajoharie Library/Museum and Art Gallery.

She has also participated in an historic River Flotilla (Mohawk Valley Heritage Corridor) held at the marina in St. Johnsville. Some of her paintings depict life along the Mohawk in the mid 1700's.



Painting by  
**Paul Geertgens**

### La Bella Lingua

**Thursdays, 10 am for Beginners and  
Fridays, 1 pm for Advanced Students**

Due to this fantastic weather, the Italian lessons will be suspended until the end of September. We will probably resume the Beginner class on Thursday, Sept. 29 at 10 am and the Advanced class on Friday, Sept. 30 at 1 pm. Ciao! For more details, please call **Ed Perazzo** at 399-1438.

### 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.

### Want to learn Mah Jong?

**Mondays, Sept. 19 & 26th at 12:30 pm**

Here is your chance to learn how to play mah jong. Sign up at front desk by August 29th. Limited to 4 people.

**Cost: \$9** for Mah Jong Card; Payable at sign up.

# CENTER ACTIVITIES

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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.

July 11— *The Sense of an Ending* by Julian Barnes

August 1— *A Train to Crystal City* by Jan Jarbee  
Russell

Sept. 12— *Modern Romance* by Aziz Ansari

“You cannot open a book without learning something.”  
- Confucius

### First Friday Film Club

First Friday of month, 1:30 pm

**Please Note:** There will be no film shows in July & August. The next season will start on Friday, Sept. 2.

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

### Cribbage

Fridays, 10 am

Please note that we have changed to Fridays at 10 am.

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

### Duplicate Bridge

Tuesdays, 12:30-4 pm

No previous experience is necessary. This is a friendly game! Come with your partner, or contact Bob Evans at 399-9380, if you need a partner.

### 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. Come check us out some Thursday.

### Silver Threads Quilters

Thursdays, 1- 3 pm

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. Check our Bulletin Board in the hallway and see photographs of our creations. Everyone is welcome; there is no fee.

### Card Playing

Mondays and Thursdays, 12:30 pm

We play bridge, pinochle, canasta, hand-and-foot card game....and mah jong. This is a great opportunity to meet new friends.

Generally, foursomes are established and seldom have openings for drop-in players. If interested, stop by the front desk and add your name to the list of new interested players, indicating the game(s) of your interest. You can then follow up with people on the list to establish new groups of play.

### Golf Leagues

Do you like to play golf and have fun with nice people? If you do, why not join the Scotia-Glenville Seniors ?

### Thursday League at Mill Road

We play 9 holes each Thursday, starting at 9 am. League play continues weekly through August. If you would like to join our league, call Margo Snyder (952-7371 or 256-5351). If you prefer, email her at [littleloc48@icloud.com](mailto:littleloc48@icloud.com). You may also email Luanne Valley at [ljvalley@icloud.com](mailto:ljvalley@icloud.com).

### Mon. & Wed. Galway Golf League

Anyone interested in golfing in either or both leagues should call:

Monday League: Roger Farley (377-6539)

Wednesday League: Ron Brach (366-1272)

### Bocce Ball

Tuesdays, 9 am

The Bocce ball players meet every Tuesday at 9 am on the bocce ball court outside the Center, weather-permitting. Everyone is welcome. Bring a folding chair, if desired. If you have questions, please call Shirley or Ed Perazzo at 399-1438.

### Pickleball

Mon, Wed, Fri, 4 pm

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

## TRIPS and TRAVEL

- ♦ **Make reservations** in person (none by phone).
- ♦ **Payment** must accompany reservation.
- ♦ **Mail reservations** confirmed only if space is available.
- ♦ Responsible adult must be with anyone requiring **walking aid**.
- ♦ **Cancellations** reimbursed only if a replacement is found.
- ♦ Center members may invite **family or friends** as guests on a trip.
- ♦ **Children** should be at least junior-high-school age.
- ♦ Please do not wear perfume on trips; others are allergic.
- ♦ On trip days, our parking lot gets overcrowded. Please carpool to the center and park where directed, as you arrive.
- ♦ **Non-members** not sponsored by members as described above are subject to bumping by a member who is on waiting list.
- ♦ Trips that are for Senior Center **Members Only** will be so identified in the *Senior Moments* announcement.
- ♦ *Senior Moments* cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.

### The Delaware & Ulster Rip Van Winkle Flyer

Wednesday, July 13

This first class train service with superb cuisine is a trip back in time to the elegance of yesteryear! We'll have a 2-hour ride through the beautiful Catskill Mountains with a lively historical narrative. Our trip will include a delightfully delicious luncheon with linens and china on this perfectly restored Streamliner train.

After lunch, we will visit the Blenheim-Gilboa Visitor Center and the Lansing Manor House. The Gilboa Center is a newly refurbished museum devoted to information about energy generation. Lansing Manor is an historic home built in 1819 and furnished with period pieces. Both museums are part of the original manor property.

Depart the Center at 8:30 am and arrive back by 6:00 pm.

**Cost: \$89 pp** for members; **\$94 pp** for non-members.

### Lake George Luncheon Cruise

Thursday, July 21

Welcome aboard the Lac du Saint Sacrement. At noon, enjoy a nice lunch buffet in the elegant dining room, while cruising by the beautiful mountain wilderness on the clear waters of Lake George. Every seat has a view of the lake! Bus leaves the Center at 9:45 am. Board the boat at 11 am. The 2-hour cruise lasts from noon till 2 pm. Afterward we will stop at the Lake George outlets for an hour of shopping, before returning home by 5 pm.

**Cost: \$60 pp** for members; **\$65 pp** for non-members

### Lobster Feast

Thursday, July 28

Throw on your jeans and shine up your boots! We're heading to the Log Cabin in Holyoke, Mass to see "Colt 45" master country music's greatest hits. Lunch menu: rolls & butter, clam chowder, New England boiled lobster, barbequed ribs & chicken, corn, baked potato & strawberry ice cream. Coffee- reg. & decaf. - and tea provided. Complimentary glass of wine included.

Bus leaves the Center at 9:30 am & returns at 5 pm.

**Cost: \$75 pp** for members ; **\$80 pp** for non-members

### Sister Act

Sunday, August 14

Join us for a 2:00 pm show of Sister Act at the Mac-Haydn Theater. Buffet lunch at the White Stone Café.

The Bus leaves the Center at 10:30 am and will return to the Center by around 5:30 pm.

**Cost: \$66 pp** for members; **\$71 pp** for non-members.

### Atlantic City Airshow

Tuesday & Wednesday, August 16 & 17

**8/16**— Depart the Center at 8 am for travel to Atlantic City with lunch stop (on your own!) *en route*. Check-in at Marriot Courtyard, Atlantic City. Evening on your own.

**8/17**— Breakfast on your own. Depart hotel at 8:45 am to Resorts Casino for Air-show package(9:15 am— 4:00 pm) \$ 15 slot play/ \$5 deferred. Ticket to exclusive pier viewing of Thunder Over the Boardwalk Air Show (covered seating Steel Pier) Grab & Go Lunch to include beverage & dessert. Depart Atlantic City by 4 pm. Dinner stop (on your own) *en route*. And arrive back at approximately 9 pm

**Cost: \$176 pp** for members; **\$181 pp** for non-members  
( double occupancy)

**\$245 pp** for members; **\$250 pp** for non-members  
(single occupancy)

### Turning Stone Casino

Thursday, September 15th

Bring your lucky charm and join us for a day at the Turning Stone Casino.

Trip includes:

\$25 Casino bonus + \$5 food credit

or

\$20 Bingo bonus + \$5 food credit

Bus leaves the Center at 9:00 am & leaves the casino at 5 pm to return to Center at approximately 7 pm.

**Cost: \$30 pp** for members ; **\$35 pp** for non-members



## TEXTING CODES FOR SENIORS!

Young people have their texting codes. Now Seniors can have their own texting codes!

**ATD** : At the Doctor  
**BFF** : Best Friend's Funeral  
**BTW** : Bring the Wheelchair  
**BYOT**: Bring Your Own Teeth  
**CBM** : Covered by Medicare  
**CUATSC** : See You at the Senior Center  
**DWI** : Driving While Incontinent  
**FWIW** : Forgot Where I Was  
**GGLKI** : Gotta Go, Laxative Kicking In !

**GHA** : Got Heartburn Again  
**HGBM** : Had Good Bowel Movement  
**LMDO** : Laughing My Dentures Out  
**LOL** : Living on Lipitor  
**OMSG** : Oh My! Sorry, Gas  
**TOT** : Texting on Toilet  
**WAITT** : Whom Am I Talking To?  
**GGPBL**: Gotta Go, Pacemaker Battery Low

*Submitted by : Ruth Quinn*



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Search **Scotia-Glenville**  
**Senior Citizens, Inc.**

facebook

**Please note:** Unfortunately, we are no longer able to accept donations of old eyeglasses or empty ink cartridges. Please find another location to donate these items.

## Answers to Stumpers

1. a) Thunder, b) Little Beaver
2. a) Gala Poochie Pup, b) Polka Dottie
3. Dale Evans
4. Don Jose Bluster and Hector Hancock Bluster
5. Kukla and Ollie (hence Kukla, Fran, and Ollie)
6. Chief Thunderthud
7. Soupy Sales
8. Topper
9. Pancho (on the Cisco Kid), played by Leo Carrillo
10. Bison Bill

### MEMBERSHIP APPLICATION

**Jan. 1 thru Dec. 31, 2016**

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.  
32 Worden Road, Glenville NY 12302

### Annual Fee:

Glenville & Scotia residents: \$15 per person; Non-residents: \$25 per person

Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc.

If cash, exact amount please.

Check one: ☐ New Member ☐ Renewal [Senior = 55 or older] Check one: ☐ Resident ☐ Non-resident

\* These items **required** on ALL applications – **new members and renewals**

**PLEASE PRINT**

\*Name1 \_\_\_\_\_ e-mail \_\_\_\_\_

\*Name2 \_\_\_\_\_ e-mail \_\_\_\_\_

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

\*City/State/Zip \_\_\_\_\_ \*Phone \_\_\_\_\_

Interests/Talents/Comments \_\_\_\_\_

Registration #: \_\_\_\_\_

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

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<div>July</div>			<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> Independence Day— Senior Center Closed Dining Center Closed	<b>5</b> <i>No Y Classes this week</i> 9:00 Van - Clifton Park Mall 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	<b>6</b> 9:00 Mah Jong C 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	<b>7</b> 9:00 Healthy Bones M2 10:00 Photography C 12:30 Cards M1 1:00 Quilting C	<b>8</b> 9:00 Tai Chi M2 10:00 Painting w\Dani C 10:00 Cribbage L 4:00 Pickleball M1	<b>9</b>
<b>10</b>	<b>11</b> 9:00 Book Club L 9:15 Fit Over 50 M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	<b>12</b> 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	<b>13</b> <i>Catskill Railroad Trip</i> 9:00 Mah Jong C 9:15 Fit Over 50 M1 10:15 Stretch & Strength M1 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	<b>14</b> 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	<b>15</b> 9:15 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:15 Forever Strong M1 4:00 Pickleball M1	<b>16</b>
<b>17</b>	<b>18</b> 9:15 Fit Over 50 M1 9:30-2 Paint w\Peggy C 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	<b>19</b> 9:00 Bocce 9:00 Van - Rotterdam Mall 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C 2-5 Safe Driving Course M2	<b>20</b> 9:00 Mah Jong C 9:15 Fit Over 50 M1 10:15 Stretch & Strength M1 2:00 Yoga w\Nancy M1 2-5 Safe Driving Course M2 <del>4:00 Pickleball M1</del>	<b>21</b> <i>Lake George Cruise</i> 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	<b>22</b> 9:15 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:15 Forever Strong M1 1:00 Christmas Crafts C 4:00 Pickleball M1	<b>23</b>
<b>24/31</b>	<b>25</b> 9:15 Fit Over 50 M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	<b>26</b> 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	<b>27</b> 9:00 Mah Jong C 9:15 Fit Over 50 M1 10:15 Stretch & Strength M1 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	<b>28</b> <i>Lobster Feast @ Log Cabin</i> <i>Sr. Moments deadline</i> 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	<b>29</b> 9:15 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:15 Forever Strong M1 4:00 Pickleball M1	<b>30</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> 10:00 Book Club L 12:30 Cards M1 4:00 Pickleball M1	<b>2</b> 9:00 Bocce 9:00 Van - Clifton Park Mall 9:00 Tai Chi M2 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C 1:00 Caregivers Mtg.	<b>3</b> 9:00 Mah Jong C 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	<b>4</b> 9:00 Healthy Bones M1 9:30 Exec. Comm. TH 10:00 Photography C 12:30 Cards M1 1:00 Quilting C	<b>5</b> 10:00 Painting w\Dani C 10:00 Cribbage L 4:00 Pickleball M1	<b>6</b> <b>Sch'dy County Rabies clinic</b>
<b>7</b>	<b>8</b> 9:30 Paint with Peggy C 12:30 Cards M1 4:00 Pickleball M1	<b>9</b> 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	<b>10</b> 9:00 Mah Jong C 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	<b>11</b> 9:00 Healthy Bones M2 10:00 Photography C 12:30 Cards M1 1:00 Quilting C 1:30 Board Mtg. C	<b>12</b> 10:00 Painting w\Dani C 10:00 Cribbage L 4:00 Pickleball M1	<b>13</b>
<b>14</b> <b>Trip to Sister Act</b>	<b>15</b> 12:30 Cards M1 4:00 Pickleball M1	<b>16</b> 9:00 Bocce 9:00 Van - Rotterdam Mall 9:00 Tai Chi M1 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C 2-5 Safe Driving Course M2	<b>17</b> <i>Trip to Atlantic City Airshow</i> 9:00 Mah Jong C 2:00 Yoga M1 <del>2-5 Safe Driving Course M2</del> <del>4:00 Pickleball M1</del>	<b>18</b> 9:00 Healthy Bones M1 10:00 Photography C 12:30 Cards M1 1:00 Quilting C 1:30 Vision Program M2	<b>19</b> 10:00 Painting w\Dani C 10:00 Cribbage L 4:00 Pickleball M1	<b>20</b>
<b>21</b>	<b>22</b> 12:30 Cards M1 4:00 Pickleball M1	<b>23</b> 9:00 Bocce 9:00 Tai Chi M1 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	<b>24</b> 9:00 Mah Jong C 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	<b>25</b> 9:00 Mailing Party M2 9:00 Healthy Bones M1 10:00 Photography C 12:30 Cards M1 1:00 Quilting C	<b>26</b> 10:00 Painting w\Dani C 10:00 Cribbage L 4:00 Pickleball M1	<b>27</b>
<b>28</b>	<b>29</b> 12:30 Cards M1 4:00 Pickleball M1	<b>30</b> 9:00 Bocce 9:00 Tai Chi M1 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	<b>31</b> 9:00 Mah Jong C 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	<div style="border: 2px solid black; padding: 20px; text-align: center;"> <h1>August</h1> </div>		

# Glenville Dining Center

***Operated at the Glenville Senior Center by Catholic Charities Senior Services***

(Open to all seniors. Senior Center membership not required.)

The Senior Dining Center offers a hot, nutritious noon meal Mondays through Fridays. The menus are nutritionally balanced and approved by a registered dietician. A variety of activities and programs take place prior to the meal, with penny bingo every day and prize bingo on Wednesdays after lunch. Every Tuesday, there is also transportation available for grocery shopping at 12:30 pm (\$2.00 round trip to Hannaford or Price Chopper).

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

**Reservations: Call 393-1946, 9 am to 1 pm, a day in advance.** Please call ahead if you need to cancel a reservation. Menus are available at the Dining Center. Substitutions available. Make request when you call for reservation.

Suggested donations for meals:

\$3.50 for those 60+

\$6.00 for those under 60.



**Save the Date:**

**July 8th** - Card and Game party. Join us for a day filled with fun games, great food, raffles and silent auction.

**August 10th** - 2016 Annual Senior Picnic, Central Park Pavilion

## PLEASE CHECK AHEAD FOR SUMMER MENU CHANGES!

July 2016		
Fri	1	Harbour Baked Fish
Mon	4	Closed for 4th of July
Tues	5	Baked Manicotti
Wed	6	Pulled Pork Sandwich
Thurs	7	Turkey Roll Ups
Fri	8	Clam Chowder
Mon	11	Ham & Potato Au Gratin
Tues	12	Chicken & Biscuit
Wed	13	Pizza & Chicken Nuggets
Thurs	14	Chicken Cacciatore
Fri	15	Breaded Fish Dinner
Mon	18	Spaghetti & Meatballs
Tues	19	Roast Beef
Wed	20	Kielbasa w/Sauerkraut
Thurs	21	Chicken Fillet
Fri	22	Macaroni & Cheese
Mon	25	Seafood Scampi
Tues	26	Chicken Marsala
Wed	27	Baked Ziti
Thurs	28	Pork Cutlet
Fri	29	Harbour Baked Fish
Tues	31	Chicken Marsala

August 2016		
Mon	1	Salisbury Steak
Tues	2	Baked Manicotti
Wed	3	Pulled Pork Sandwich
Thurs	4	Turkey Roll Ups
Fri	5	Clam Chowder
Mon	8	Ham & Potato Au Gratin
Tues	9	Chicken & Biscuit
Wed	10	Pizza & Chicken Nuggets
Thurs	11	Chicken Cacciatore
Fri	12	Breaded Fish Dinner
Mon	15	Spaghetti & Meatballs
Tues	16	Roast Beef
Wed	17	Kielbasa w/Sauerkraut
Thurs	18	Chicken Fillet
Fri	19	Macaroni & Cheese
Mon	22	Seafood Scampi
Tues	23	Chicken Marsala
Wed	24	Baked Ziti
Thurs	25	Pork Cutlet
Fri	26	Harbour Baked Fish
Mon	29	Salisbury Steak
Tues	30	Baked Manicotti
Wed	31	Pulled Pork Sandwich

**Doreen Wright**—Program Manager; **Kathy Conboy** – Dining Center Manager; **Diana Yeo** – Dining Center Cook  
 Catholic Charities Senior Services are partially funded through Schenectady County Department of Senior and Long Term Care Services with county tax dollars. State and Federal Funding is also provided through New York State Office for the Aging, Federal Administration on Aging, and United Way of the Capital Region.





# COMMUNITY CONNECTIONS

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

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

## Caregiver Conversations

**First Tuesday of month, 1 pm**

Caregivers meet monthly at the Center to discuss caregiving issues faced in people's daily lives. Facilitated by Catholic Charities Senior and Caregiver Support Services staff.

Upcoming meetings: No meeting in July;

Next meeting on August 2nd, Sept. 6.

## Friendship Café Schedule

**Second Wednesday of the month at 10:30 am**

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

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

## Rabies Vaccination Clinic

**Saturday, August 6 at the Center**

Provided by Schenectady County Public Health Services.

**Cats & Ferrets : 10 am to 11 am; Dogs: 11 am to noon.**

Cats & ferrets must be in carriers; Dogs must be leashed.

As always, clean up after your pet, and bring previous vaccination certificates, if any. **FREE to Schenectady County Residents. Cash donations are appreciated.**

## American Legion Post 1001

**Scotia, NY**

**Second Tuesday of month at 1 pm**

There are no meetings in July and August.

Next meeting on Sept. 13.

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

## Foster Grandparents Program



The Foster Grandparents Program seeks volunteers age 55 and older to volunteer with children in local schools, Daycare Centers, and Head Start Programs.

Get involved and make a difference by sharing your love, time and talents with

children in your community! **CALL: 272-6012**

Income eligible volunteers will receive a non-reportable, non-taxable stipend of \$2.65 for each hour they volunteer, with a minimum of 15 hours per week required. They will also receive partial travel reimbursement.

## Senior Services

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



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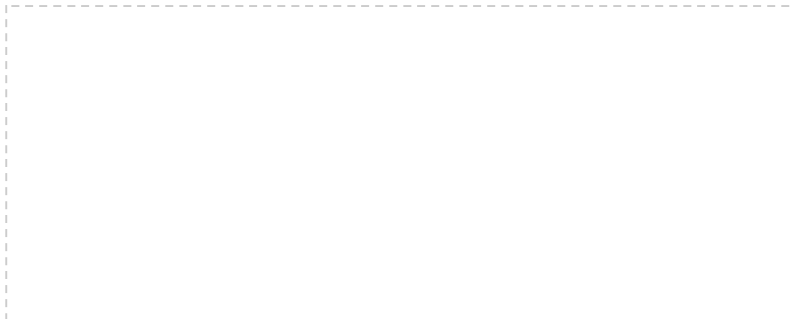
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Senior Center Coordinator  
**Vicki Hillis**  
Glenville Senior Center  
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