



# Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 10 July-August 2019

Glenville Senior Center ★ 32 Worden Road, Glenville, NY 12302 ★ 518-374-0734

Senior Moments is issued once every two months i.e. Jan.-Feb.; Mar.-Apr.; May-June; July-Aug.; Sep.-Oct. and Nov.-Dec.

## Happy Hour

Thursday, July 18th at 4:30 pm

Come join us for Happy Hour at Wolf Hollow Brewing Company, located at 6882 Amsterdam Rd. Sample different brews or enjoy a pint of your favorite beer. Sign up in advance at the front desk.



## Movie & Internat'l Potluck

Saturday, August 17th at 2 pm

Bring your favorite International dish and join us for the movie "Lion". Please sign up with your dish/country at the front desk. Members only.

## Annual Senior Picnic

Friday, September 6th at 1:30 pm

Complete with outdoor games, hot dogs, chips and more. We'll have tables set up outside so people can choose to sit outdoors or inside. This year we will also have a Chinese auction of handmade items, gift certificates and other suitable donations. Please drop off your donations at the front desk. Ticket sales will offset the cost of the picnic. Please sign up at the front desk.

## Murder Mystery Dinner

Saturday, October 5th

"Lose By A Neck" featuring an Italian buffet by Marcella's. Ticket sales start August 12th. Watch for more information on the TV screen at the center and in the next newsletter.



## Social Committee News

Save the date:

Sunday, November 10th—Veterans Day Dinner

### Trips

See pg. 8 & 9

Thursday, July 11th - *Grease* at MacHaydn Theatre  
Tuesday, July 23rd - Hildene & Vermont Country Store  
Thursday, August 1st - *Ragtime* at MacHaydn Theatre  
Wednesday, August 28th - *Oklahoma!* at MacHaydn Theatre  
Thursday, August 29th - Culinary Institute Trip  
Tuesday, September 10th - Schoharie Valley Heritage Trip  
December 5th-9th - Spotlight on San Antonio, Texas

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### MARK YOR CALENDAR

Exec Council: July - No mtg.; August 1st at 1:30 pm  
Directors: July - No mtg.; August 8th at 1:30 pm  
*Senior Moments* Deadline: Wed. July 24th  
*Senior Moments* Mailing: Thurs. Aug 22nd at 9 am  
Senior Center closed: Thurs. July 4th  
Dining Center closed: Thurs. July 4th

*Senior Moments* is published by  
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### GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

# SENIOR CENTER NEWS



## Ron's Reflections

### Center Expansion Update

The proposal to expand the Glenville Senior Center on Worden Road by 1,400 square foot is back on the table. Why the change of plans a year after the Scotia-Glenville Board of Directors voted to co-locate with

the Town of Glenville in a proposed new municipal facility?

Plain and simple, financing is inadequate for the Senior Center part of the joint project. The assessment of the building is far short of the cost to build a new structure of comparable size in the proposed municipal center and thus unacceptable.

A major concern is the potential loss of the \$200,000 state grant the Town secured to expand the current Senior Center or a related facility if not used in a timely fashion. So, the Town has advised the Scotia-Glenville Seniors organization and requested its support to once again put the expansion project out to bid as soon as possible, with the expectation that construction would begin this year.

Clearly, we need the additional space the project would provide; namely, a new craft room with sink and cabinets, more office space for volunteers and center coordinator, and a multipurpose recreation lounge. In addition, the Town has agreed to install new exterior doors, flooring and an AV system in the large multi-use room, exterior security lighting and resurface the parking lot. All such improvements would add greatly to the utility of the existing facility and variety of spaces for community services and programming available to area seniors 55 and over. A variety of other community groups who currently use the Senior Center would also realize benefits from these improvements.

In consideration of these factors the Scotia-Glenville Senior Board of Directors at its regular meeting on May 9th passed a resolution with unanimous consent to donate up to \$100,000 from available funds to support the satisfactory construction and completion of the proposed improvements to the existing Glenville Senior Center on Worden Road. The Town is expected to provide additional matching funds. About \$25,000 in other S-G Seniors funds would be required to furnish the new spaces. Now, let us all get behind the Town Board in helping move the project forward this year so we and others in the community may soon enjoy the benefits many have worked on for so long.

Yours sincerely, **Ron Brach**

**We all mourn the untimely passing of our dear friend and colleague Charlene Pomichter on May 22 following a tragic automobile accident. Please see the special notice.**



## Vicki's View

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

**Vicki**

If you need tech help with your computer, where do you go? Most of us probably search online. But your online search can lead you straight to scammers who scare you into thinking your computer is in dire need of repair...and then sell you costly security software that you don't need.

When looking for tech support, go to a company you know and trust, or get help from a knowledgeable friend or family member. If you search online for help, search on the company name plus "scam," "review," or "complaint."

If you get a phone call you didn't expect from someone who says there's a problem with your computer, hang up.

Never call a number in a pop-up that warns you of computer problems. Real security warnings will never ask you to call a phone number.

If you think there's a problem with your computer, update its security software and run a scan.

If you spot a tech support scam, tell the FTC: [www.ftc.gov/complaint](http://www.ftc.gov/complaint). And learn more at [www.ftc.gov/techsupportscams](http://www.ftc.gov/techsupportscams).

Article by Lisa Lake, Consumer Ed. Specialist, FTC

## Tragedy Strikes

We all mourn the untimely passing of Charlene Pomichter on May 22, 2019 as a result of a tragic automobile accident while marching with the Scotia-Glenville Seniors contingent at the Scotia Memorial Day parade. Charlene was just three days away from celebrating her 70th birthday when tragedy struck. She was a frequent volunteer and participant at our social events, part-time driver for the Senior Center van transportation service, and in other capacities as well. At the time of her passing Charlene was serving as 1st Vice President of the Scotia-Glenville Seniors organization, chairperson of volunteer services at the Senior Center reception desk, and chair of the scholarship awards committee. We will miss Charlene greatly. "A Celebration of Life" service was held for her at the Glenville Senior Center on June 20 attended by family and friends. A full obituary is available at the Scotia-Glenville Seniors website: [glenvilleseniors.org](http://glenvilleseniors.org).

# CENTER SERVICES

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

## The Sunshine Committee

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



## Box Tops for Education

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

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

## Display Case

Be sure to check out the display case in the library to see some unique collections. We appreciated **Charlene Pomichter's** teapot collection in May and **Barbara Rogow's** Barbie Doll collection in June.

Next Up:

July-Angels by **Claudette Herzog**

Aug-Music Boxes by **Myrtle Major**

**We need collections for the rest of the year.** If you would like to display your collection, please contact **Janet Neary** at 518-393-0331 or leave a message at the front desk.

Remember, the case is lighted and always locked. Thank you to Janet for coordinating the displays.

## Happy Birthday

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



## Van Transportation

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

*Our van must stay within Glenville/Scotia.*

### On-request pickup and delivery



Call (518) 374-0734 M-F between 9 am and noon at least a day ahead (up to two weeks ahead) to reserve space and schedule a ride to take you on your errands:

to the barber or hairdresser, Wal-Mart, grocery store, to visit a friend, etc., within the town. The van operates Monday through Friday, 9 am - 3 pm.

**Donations are gratefully accepted to help defray costs.**

*The center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with ample advance notice. Information on page 13.*

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

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

## Copy your wallet cards free

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

## Having a computer problem?

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

## Donate eyeglasses

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

# SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

## Let the Games Begin

We are exploring the idea of expanding the games at the Center. We have Pickle Ball, Bocce Ball, Corn Hole. If you have interest in Darts, Ladder Ball, Shuffle Board, Poker Parties (no money), Chess, or if you have any other suggestions, please call **Ed Perazzo** at 518-399-1438.



## Stampin' Up Card Workshop

First Tuesday of the month at 2:30 pm

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Sign up in advance at Front Desk. Please make checks payable to the instructor, **Brigid Meyer**. Cost: **\$5** per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates: 7/2, 8/6, 9/3

## Scholarship Winners

Scotia-Glenville Senior Citizens, Inc. is pleased to announce the winners of the \$1000 scholarships for 2019: **Abigail Evans** and **Lauren Pantalone**, seniors at Burnt Hills-Ballston Lake High School and **Elizabeth Bryson**, a senior at Scotia-Glenville High School. Congratulations!

## Recycling at Center

There are three recycling bins in the Center. One is located by the card table in the hallway with the books on it, one is near the copier in the office, and a third in the library. If you have suggestions regarding recycling here at the Center, please leave a note for **Barbara Brown**.

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

## New Senior Center Web Site

Check it out at [glenvilleseniors.org](http://glenvilleseniors.org)  
Keep up to date about activities and events.  
But please be patient. It is still under development.

## Driver Safety Course

Tues./Wed. July 16th & 17th 2-5 pm

Tues./Wed. August 20th & 21st, 2-5 pm

These programs may reduce your auto insurance. Class consists of two-3-hour sessions held on two consecutive days. Senior Center membership is not required. Payment is due at sign-up. For either class, please make check payable to **Armand Canestraro**. No cash. Checks are not cashed until the class is held. Participants must register in person at the Front Desk. No phone reservations are accepted. Cost: Senior members **\$25.50** & non-members **\$29**

## Acrylics\Watercolors with Mary

Monday, July 8th at 9:30 am - noon

Monday, August 12th at 9:30 am - noon

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



*Sample painting*

## Gardening help needed

Even if you don't have the greenest of thumbs, we could use your help planting and maintaining the gardens. Please leave your name at the front desk if you're willing to volunteer for a few hours this summer.

## Membership Policy

We invite anyone 55 or older to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is only \$15 annually for those who reside within the town. People from outside the area are also welcome to join for \$25 annually. All memberships expire on December 31st regardless of date of joining.



# CLASSES AT THE SENIOR CENTER

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

## YMCA Classes

The summer session will run July 8th – August 23rd

**Fees: 1 class/wk \$23, 2 classes/wk \$38, 3 classes/wk \$53, 4 classes/wk \$63, 5 classes/wk \$70**

Watch bulletin board for fall class registration date.

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Cardio/Strength	9:15 Zumba Gold	9:30 Fit over 50	9:15 Zumba Gold	9:30 Fit Over 50
		10:30 Forever Strong		10:30 Forever Strong
	11:15 Chair Yoga	11:30 Balance		11:30 Chair Yoga
		2:00 Yoga		

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

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

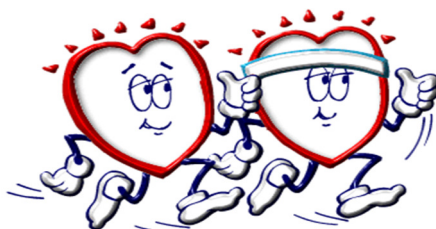
**CHAIR YOGA:** Experience a yoga practice designed for those times in our lives when we are faced with physical challenges. Chairs and props will be used to assist each person in variations of postures that are appropriate to promote comfort. Great for beginners, seniors & those with health challenges.

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

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

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

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



# CENTER ACTIVITIES

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

## Responsibilities of Activity Participants

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

### **Senior Moments Mailing party**

**Thursday, August 22nd 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!

### **Humanities & Health**

**3rd Thursday of the month, 1:30 pm**

It has been a pleasure planning the programs for the Center for the last couple of months and I would like to thank everyone that participated in making them successes. There is nothing planned for July and August as they are quiet months at the Center. Please see the bulletin board in August for programs planned for the Fall months. Thank you again. Pat Biggica

### **MVP Tai Chi Moves**

**Wednesdays, June 19th - July 31st at 1 - 1:45 pm**

No class on July 3rd

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

### **Senior Center 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.

### **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.

### **Coffee and Conversation**

**Tuesdays, 9 - 11 am**

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

### **Card Playing**

**Mondays and Thursdays, 12:30 pm**

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

### **Duplicate Bridge**

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

Sign up Starts at 12:15. Play begins promptly at 12:30. No duplicate experience is necessary. This is a friendly game! Come with your partner. If you need a partner or have any questions please call **Anne Bishop** at 518-372-7254

### **Bocce Ball**

**Tuesdays at 9:30 am**

Weather permitting, we will meet at the Bocce ball court on the east side of our building for our first game.

### **Tai Chi Practice**

**Tuesdays, 9 am**

We welcome you to join our small group trying to maintain our Tai Chi skills. Tai Chi is a meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Offered to members only at no cost.

### **Mah Jong**

**Wednesdays, 9 am**

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

# 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 1st - *Where'd You Go, Bernadette* by Maria Semple

August 5th - *Where the Crawdads Sing* by Delia Owens

Sept. 2nd - *Between the World and Me* by Ta-Nehisi Coates

*"Reading is to the mind what exercise is to the body."*  
- Joseph Addison

### La Bella Lingua

**Beginners - Thursdays at 10:30 am (In the Library)**

This beginner class resumes on 9/26.

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

Advance class will resume on 9/27.

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

### Blanket-makers Needed

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

### Silver Threads Quilters

**Thursdays, 1 - 3 pm**

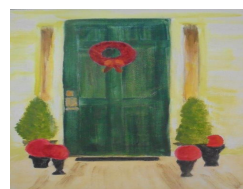
We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. This year our group has made quilts to donate to Camp Erin, a camp for bereaved children. Also, some of our generous members made hats, mittens and scarves to give to the camp for the cold Adirondack nights.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

### Oil, Acrylic & Art

**Fridays, 10 am - 1pm**

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

Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire. Certified by the Minneapolis Institute of Art, the instructor **Dani Morette** will provide guidance on color mixing technique and application.



*Painting by Shirley Taft*

### EASE program: Alzheimer's

New series coming this fall. 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, legal and financial preparation, communication and compensatory strategies, home safety and community resources. Meetings will occur on Mondays from 12:30 - 2:30 p.m., beginning on September 9th. This program is free, but pre-registration is required. Individuals must be pre-screened to participate. If interested, please call Meagan DeMento: 518.888.5563

Presented by the Alzheimer's Association of Northeastern New York.



### Knitting and Crocheting

**Tuesdays, 1 pm**

Join us anytime! If you are a knitter or crocheter, stop by to meet some new friends. Want to learn either? We will help get you started. New members welcome!

### Pickleball

**Mon, Wed, Fri 4 pm**

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

## TRIPS and TRAVEL

- ◆ **Make reservations** in person (not by phone).
- ◆ **Payment** must accompany reservation.
- ◆ Separate checks required for each trip.
- ◆ **Mail reservations** confirmed only if space is available.
- ◆ Responsible adult must be with anyone requiring **walking aid**.
- ◆ **Cancellations** reimbursed only if a replacement is found.
- ◆ Center members may invite **family or friends** as guests on a trip.
- ◆ **Children** should be at least junior-high-school age.
- ◆ Please do not wear perfume on trips; others are allergic.
- ◆ On trip days, our parking lot gets overcrowded. Please carpool to the Center and park where directed, 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.
- ◆ We cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.

### Shows at Mac-Haydn Theatre.

We have 3 separate trips remaining to some of the outstanding shows of the upcoming summer season at Mac-Haydn Theatre. Join us for an afternoon matinee and lunch at a nearby restaurant. Leave the Center at 10:45 am and return at approximately 5:00 pm

Cost for each trip: **\$78** members; **\$83** non-members

**July 11th - Grease** with lunch at Whitestone Café

**August 1st - Ragtime** with lunch at Whitestone Café

**August 28th - Oklahoma!** with lunch at Yianni's

Prices for trips include transportation, show, lunch, and gratuities

### Culinary Institute Trip

**Thursday, August 29<sup>th</sup>**

Join us for a trip to the Culinary Institute's Ristorante Caterina de' Medici, followed by a visit to the Thomas Cole National Historic Site.

The CIA's Luncheon Menu is: 1<sup>st</sup> Course - Ravioli filled with spinach and ricotta, butter and sage; 2<sup>nd</sup> Course - Pork Scallopini with asparagus, mushrooms, ham, mozzarella, and potato gratin ; and Dessert - Tiramisu Classico - Mascarpone cream layered with lady fingers soaked in coffee.

After our fabulous luncheon, we will be stopping at the Thomas Cole National Historic Site for a self-guided walking tour of this historic landmark.

Departure time at the Center will be 9:15 am; CIA Luncheon at 11:30 am.; Thomas Cole House arrival 2:30pm; Return time will be about 6:30.

Cost is **\$94** for members and **\$99** for non-members – bring a friend! Please be aware CIA requires a head count by August 1<sup>st</sup>, so you must sign up by July 30th.

### Hildene & Vt. Country Store

**Tuesday, July 23<sup>rd</sup>**

Robert Lincoln built Hildene as a summer home at the turn of the 20th century. He was the only child of Abraham and Mary Todd Lincoln to survive to maturity.

Now, the 412-acre estate, with its Georgian revival mansion and 14 historic buildings includes the home, formal garden and observatory; Welcome Center and The Museum Store in the historic carriage barn; 1903 Pullman car, Sunbeam; a solar-powered goat dairy and cheese-making facility and the lower portion of the property, Dene Farm, was recently incorporated into the guest experience. This land functions as a campus for environmental and agricultural education for high school students and includes a teaching greenhouse, composting facility, animal barn, vegetable gardens, apple orchard, and 600 foot floating wetland boardwalk. Nearby, the 1832 schoolhouse, still used for education programs, stands in contrast to the new facilities.

Lunch will be at the Lunch Room on the Hildene property. Our lunch will be a sandwich sampler buffet which will include cookies, brownies, chips, lemonade and ice tea.

After lunch, we will head over to the **Vermont Country Store** for a brief trip back in shopping time. This will bring back many happy memories!

Cost for the trip will be **\$68** for members and **\$73** for nonmembers. The bus will depart the Senior Center at 8 am and arrive at Hildene at 10 am. Lunch will be served at 12:30pm. We will arrive at the Vermont Country Store at 2:30. We will leave for home at 4 pm and arrive about 6 pm.

Sign up at the front desk.

Checks for trips may be held until we have sufficient people signed up that we know the trip is financially viable. Just a friendly reminder that you'll need to keep track of these outstanding checks if you sign up early.

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



## TRIPS and TRAVEL

### Schoharie Valley Heritage Trip

Tuesday, September 10th

Enjoy three 60-minute tours at three locations in the beautiful Schoharie Valley Region of New York State. Tour locations are convenient to one another - less than a 15-minute drive apart.

The Palatine House Museum is the oldest house in Schoharie County. Built in 1743 for the Palatines' newly arrived German Lutheran pastor, the Rev. Peter Nicholas Sommer, it is one of only a few houses in Schoharie that survived the Revolution.

The Old Stone Fort Museum Complex celebrates and preserves the rich, historic legacy of the beautiful Schoharie Valley. Buildings include an early 1700s home, a 1780s Dutch barn, an 1830s law office, and an 1890s one-room schoolhouse as well as the 1772 stone church that was fortified and attacked by British forces in 1780.

The Iroquois Indian Museum is an educational institution dedicated to fostering understanding of Iroquois culture. The Museum is a venue for promoting Iroquois art and artists, and a meeting place for all peoples to celebrate Iroquois culture and diversity. As an anthropological institution, it is informed by research on archaeology, history, and the common creative spirit of modern artists and craftspeople.

Lunch will be at Rubbin Butts Bar-B-Q, a tasty treat. The menu will be a choice of a pulled pork sandwich, a pulled chicken sandwich or a mild smoked sausage sandwich. Included will be a choice of 3 or 4 sides and a nonalcoholic drink.

The cost will be **\$75** for members and **\$80** for nonmembers.

### Spotlight on San Antonio

**Trip: December 5-9th:** Taste the flavors of Texas

Day 1: Evening welcome reception

Day 2: Tour of San Antonio, visit the Alamo, Brave at El Mercado (Mexican Marketplace)

Day 3: San Antonio - Stonewall-Fredericksburg  
Visit LBJ ranch (36th President)

Day 4: Riverboat Ride on the Paseo del Rio  
Evening visit to picturesque olive orchard

Day 5: Tour ends

Trip includes transportation to Albany Airport, airfare, shuttle to and from hotel, hotel accommodations.

**\$2,149** pp based on double occupancy

**\$2,549** based on single occupancy

**\$2,119** pp based on triple occupancy

*Let's Go*



SCOTIA-GLENVILLE SENIOR CITIZENS, INC.

32 Worden Road, Glenville NY 12302

**MEMBERSHIP APPLICATION**

**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>
	<b>1</b> 10:00 Book Club 12:30 Cards 4:00 Pickleball	<b>2</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:30 Bocce 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 1:30 Caregivers Grp. 2:30 Cardmaking	<b>3</b> 9:00 Mah Jong <del>1:00 MVP Tai Chi</del> 4:00 Pickleball	<b>4</b> <del>Independence Day—</del> Senior Center Closed Dining Center Closed	<b>5</b> 10:00 Painting w/Dani 10:00 Cribbage 3:00 Pickleball	<b>6</b>
<b>7</b>	<b>8</b> 9:30 Cardio/Strength 9:30 Paint w/Mary 12:30 Cards 4:00 Pickleball	<b>9</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>10</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	<b>11</b> <i>Trip - Grease</i> <i>CDPHP Birthday Cake</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>12</b> 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 3:00 Pickleball	<b>13</b>
<b>14</b>	<b>15</b> 9:30 Cardio/Strength 12:30 Cards 1:30 Self-care for Caregivers 4:00 Pickleball	<b>16</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving	<b>17</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 2:00 Yoga 2-5 Safe Driving <del>4:00 Pickleball</del>	<b>18</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 4:30 Happy Hour	<b>19</b> 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 3:00 Pickleball	<b>20</b>
<b>21</b>	<b>22</b> 9:30 Cardio/Strength 12:30 Cards 4:00 Pickleball	<b>23</b> <i>Trip - Hildene</i> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>24</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	<b>25</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>26</b> 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 3:00 Pickleball	<b>27</b>
<b>28</b>	<b>29</b> 9:30 Cardio/Strength 12:30 Cards 4:00 Pickleball	<b>30</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>31</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	July		

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<b>August</b>		<b>1</b> <i>Trip - Ragtime</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>2</b> 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 3:00 Pickleball	<b>3</b>
<b>4</b>	<b>5</b> 9:30 Cardio/Strength 10:00 Book Club 12:30 Cards 4:00 Pickleball	<b>6</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:30 Caregivers Grp. 2:30 Cardmaking	<b>7</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 2:00 Yoga 4:00 Pickleball	<b>8</b> <i>CDPHP Birthday Cake</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	<b>9</b> 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 3:00 Pickleball	<b>10</b> <b>Sch'dy County Rabies clinic</b>
<b>11</b>	<b>12</b> 9:30 Cardio/Strength 9:30 Paint w/Mary 12:30 Cards 4:00 Pickleball	<b>13</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold M1 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>14</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 2:00 Yoga 4:00 Pickleball	<b>15</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards M1 1:00 Quilting	<b>16</b> 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 3:00 Pickleball	<b>17</b> <b>Movie &amp; Internat IDinner</b>
<b>18</b>	<b>19</b> 9:30 Cardio/Strength 12:30 Cards 1:30 Self-care for Caregivers 4:00 Pickleball	<b>20</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving Course	<b>21</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 2:00 Yoga 2-5 Safe Driving Course <del>4:00 Pickleball</del>	<b>22</b> 9:00 Mailing Party 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>23</b> 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 3:00 Pickleball	<b>24</b>
<b>25</b>	<b>26</b> 12:30 Cards 4:00 Pickleball	<b>27</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:30 Bocce 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	<b>28</b> <i>Trip - Oklahoma</i> 9:00 Mah Jong C 4:00 Pickleball	<b>29</b> <i>Trip -Culinary Institute</i> 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>30</b> 10:00 Painting w/Dani 10:00 Cribbage 3:00 Pickleball	<b>31</b>

# Glenville Dining Center

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

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

*\* Menus subject to change. \**

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

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

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

**Doreen Wright - Friendship Café Manager; Viola Konradt - Site Coordinator; Diana Yeo – Café Cook**  
*The program is funded by the Older Americans Act, NYS Office for the Aging, Schenectady County Department of Senior and Long Term Care Services, and through individual contributions. The program provides services and access to services without regard to race, religion, sex, national origin, partisan affiliation or sexual orientation.*



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## 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.

## Senior Stumper

What character (and performer) in what production uttered each of the following lines?

1. "Just the facts ma'am."
2. "One of these days, Bang! Zoom! you're goin' to the moon."
3. "Head 'em up, move 'em out."
4. "Be careful, Matt."
5. "You've got a lot of 'splainin' to do, Lucy."
6. "Frankly, my dear, I don't give a damn."
7. "Go ahead, make my day."
8. "Play it once, Sam."
9. "I've a feeling we're not in Kansas anymore."
10. "What we've got here is a failure to communicate."
11. "Who's on first?"
12. "Say goodnight, Gracie."
13. "Stifle it, Edith!"

1. Sgt. Joe Friday (Jack Webb) *Dragnet*
2. Ralph Cramden (Jackie Gleason) *The Honeymooners*
3. Gil Favor (Eric Fleming) *Rawhide*
4. Miss Kitty (Amanda Blake) *Gunslinger*
5. Ricky Ricardo (Desi Arnaz) *I Love Lucy*
6. Rhett Butler (Clark Gable) *Gone with the Wind*
7. Harry Callaghan (Clint Eastwood) *Sudden Impact*
8. Lisa Lund (Ingrid Bergman) *Casablanca*
9. Dorothy Gale (Judy Garland) *The Wizard of Oz*
10. The Captain (Strother Martin) *Cool Hand Luke*
11. Bud Abbott, first started in burlesque, then movies.
12. George Burns, The George Burns Show
13. Archie Bunker (Carroll O'Connor) *All in the Family*

## Stumper Solutions

# COMMUNITY CONNECTIONS

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

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

## Caregiver Conversations

First Tuesday of month at 1:30 pm

Caregivers meet monthly at the center to discuss caregiving issues faced in people's daily lives. Facilitated by Wendy Petroci, Schenectady County Department of Senior & Long Term Care Services.

## Self-Care for Caregivers

Choose from the following comfort menu:

**Monday, July 15th, 1:30**

**Comedy-Learn Improv** from the Mopco Improv Theatre

This workshop will introduce you to the basics of improvisation. In a fun, supportive environment, participants will learn the core improv concepts of "yes, and..." celebrating failure, and making your partner look good to collaboratively create scenes and stories. Through exercises and games, this workshop will guide you toward better listening skills, to trust your creative instincts, be present in the moment, and lots of laughter. Whether you want to do improvisation on the stage, be a better communicator and more spontaneous off-stage, or just have a fun afternoon laughing, this class is a great place to start. Presented by **Livia Armstrong**.

**Monday, August 19th, 1:30**

**Yoga for Care Givers** -Too often as caregivers we put the needs of others before our own, and while we mean well, this can lead to stress and burnout. This introductory yoga class offers simple approaches to balancing your physical, mental, emotional and energetic well-being through breath work, movement, affirmation and guided meditation. Presented by **Mary Clare O'Connor**.

**Wed., Sept. 18th - Essential Oils Wellness Class**

**Wed., Oct. 23rd - Physical Fitness**

**Mon., Nov 18th - EFT (Emotional Freedom Technique)**

## Rabies Vaccination Clinic

**Saturday, August 10th at the Glenville Senior Center**

Provided by Schenectady County Public Health Services. Cats & Ferrets: 10 am - 11 am

Dogs: 11am-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. If you have any questions, please call public health at 518.386.2818. Free to Schenectady County Residents. Donations are appreciated.

## American Legion Post 1001

Second Tuesday of each month at 1 pm

No summer meeting. Next meeting: 9/10

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



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From October 1 through February 14, a representative will be available to speak with you from 8 a.m. to 8 p.m. seven days a week. A representative will be available to speak with you from 8 a.m. to 8 p.m. Monday through Friday the rest of the year.

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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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**PURDY REALTY, LLC**

**123 Lake Hill Road, Burnt Hills, NY 12027**

**Office phone: 518.384.1117**

*He who blames others has a long way  
to go on his journey.  
He who blames himself is halfway there.  
He who blames no one has arrived.*  
-Chinese Proverb

Scotia-Glenville  
Senior Citizens  
Recreation & Related  
Concerns, Inc.  
32 Worden Road  
Glenville NY 12302

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Senior Citizens, Inc.**



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1st VP: Vacant  
2nd VP: Ed Perazzo  
Secretary: Jim Moorhead  
Treasurer: Art Coats  
(Officers are also Directors)

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Bob Farstad  
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Anne Pomeroy  
Angie Pomykai  
Don Puckette  
Lynn Purcell

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**CONTACTS**

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