



Scotia-Glenville Senior Citizens Senior Moments



Volume 42 Number 2

March—April 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.

St. Patrick's Day Celebration Thursday, March 17 from 9 am to noon

Join us on St. Patrick's Day for refreshments and a few fun Spring giveaways. Let's celebrate the longer days and coming of Spring!



Volunteer Recognition Friday, April 22 from 1:30 to 4:00 pm

Our Center would not run without the efforts of our wonderful volunteers. Those who have given 12 hours or more of their time volunteering at our Center during the past year are invited to come for lunch and entertainment on April 22nd at the Center. Lunch will be catered by Marcella's Restaurant. Sign up at the Front Desk or by phone by April 13th. Volunteers only.

Front Desk Volunteers Needed

Do you like to meet people, help others and know what is happening at the Center? Then volunteer to work at the Front Desk! We have three shifts daily: 9-11 am, 11 am-1 pm and 1-4 pm.

Duties primarily include answering the phone, greeting people, taking memberships, signing up members for trips, defensive driving and other activities, answering queries and other secretarial jobs. Training is provided along with a manual. Please call **Vicki Hillis** at 374-0734 or **Paula DeVries** at 885-9709, if you are interested.

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.

~Author Unknown

Trips

See pg. 8

Tuesday, March 15 - St. Patrick's Celebration at the Log Cabin
Thursday, April 21 - Norman Rockwell Museum, Red Lion Inn
Thursday, May 5 - The Beeches Inn, Rome, NY
Thursday-Friday, May 26-27 - Samson, Lancaster, PA
Thursday, June 2nd - My Fair Lady, Mac-Haydn Theater

INSIDE THIS ISSUE

	Page		Page
Center News	2	Trips and Travel	8
Center Services	3	Membership Form 2016	8
Center Events	4	Senior Center Calendar	9
Classes	5	Dining Center	10
Center Activities	6,7	Community Connections	11

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.



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; exercise and painting classes canceled; all programs before 11:00 canceled to allow time for plowing; everything after 11:00 as usual.

Check local radio and TV for school announcements.

MARK YOUR CALENDAR

Exec Council: Thu, Mar. 3 & Apr. 7 at 9:30 am at Town Hall
Directors: Thu, Mar. 10 & Apr. 14 at 1:30 pm at Sr. Ctr.
Senior Moments Deadline: Thursday, Mar 24
Senior Moments Mailing: Thursday, Apr 28 9 am
Dining Center only closed: Friday, March 25

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

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

SENIOR CENTER NEWS

A line from Paula



Dear Members,

There are two topics I'd like to cover in this issue of the *Senior Moments*.

First, what's happening with the building expansion, and second, input from our members.

It has been a while since you have had an update on the proposed expansion to the Senior Center. Things are still moving, just slowly. Last year, we received drawings and a cost estimate from the architect. The estimate was higher than anticipated, and would have required expending most of our savings. Since then we have been working on ways to possibly reduce the cost and how to obtain additional funding for the project. There are also some legal issues to be worked out with the town. We are still hoping to get the project underway this year.

In order to keep our members coming to the Center and getting new people to join, it's important that we offer interesting activities, events, trips and programs. That's where you come in. We need your help in identifying what you like or don't like at the Center. Do you have any ideas for new programs, activities, trips, events or topics for the newsletter? Our committees are always looking for suggestions as well as help. Just write me a note and leave it in my mail box in Vicki's office. I can't promise every idea will be acted upon, particularly with the space limitations, but we will do the best we can. Any help you can give will be appreciated.

Paula

Scholarships to Area HS Seniors

Scotia-Glenville Senior Citizens Inc. will again offer \$1,000 scholarships to two area high school seniors who have demonstrated good scholarship and community service, with special emphasis on service to Glenville Seniors. High School Seniors who live in the Town of Glenville, regardless of school affiliation, may request an application by writing to the Glenville Senior Center, 32 Worden Rd., Glenville, NY 12302 (ATTN.: **Charlotte McAllister**, Scholarship Committee). Applications will also be available in the local high school guidance offices. Completed applications must be returned by April 15, 2016.

Hi from the Editor

Dear Friends,

It is encouraging to note that more members are taking interest in attending the film shows, and suggesting titles for future screenings. I fervently hope that the support will be growing. As our President Paula has indicated in her column, the Center members should help in suggesting new ideas and topics for the Center activities as well as this newsletter. Thanks and regards,



Nagarajan



Vicki's View

On behalf of the Senior Center, I want to thank **Chuck Guare** for his years of volunteer service to the Center as a ballroom dance instructor. He has decided to retire and we know he'll be missed.

Thank you to the Social Committee for the wonderful Christmas party, Movie time and Valentine's celebration. Our members enjoyed these events immensely. Thank you to CDPHP for their sponsorship of the Christmas party and to the Scotia-Glenville Choralaires for their performance.

Our library computers have been upgraded. Thank you to **Kathy Stanley**, **Stan Gordon** and **Jim Moorhead** for trying to keep us tech-savvy.

January's health talk, Continence Improvement, was well-received. **Patty Schryer**, Physical Therapist with PRN, gave a very informative presentation about this important topic. Thank you, Patty!

As winter winds down, we still ask for your help to keep the carpets clean and the floors dry and safe, by changing wet boots or shoes, when entering the Center. Boot trays are available in the hallway. **Please also note our inclement weather policy:** If the Scotia-Glenville schools are closed due to bad weather, we are closed. If schools are delayed, we are open, but events before 11 am will be cancelled.

Also, we ask that you do not wear perfume to the Senior Center. There are several people with allergies who cannot breathe if exposed to perfume. This is particularly true in exercise classes and on trips, but should be observed in general. Thank you!

Vicki

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.

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 **Phillip Benner** for displaying his Car Replicas in January and **Bill Rolston** for display of Antique Viewmasters in February.

March - Thana Howe - Woodworking Items

April - June Causey - Turtle Collection

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.



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

facebook

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

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.

Colonie Center

Mar. 1, 15, 29

Apr. 12, 26

Clifton Park Mall

Mar. 8, 22

Apr. 5, 19

We Need Drivers & Dispatchers.

Be a regular or substitute driver or a substitute dispatcher. Call **Linda Reinhart** at the Center for information.

Help us recycle!

Our Senior Center is now single stream recycling just the way you do at home. Acceptable items include cardboard, paper, metal cans, foil and plastic containers. Our recycling bin is a blue tote located next to the free table. Your cooperation is appreciated.

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.

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Stampin' Up Card Workshop

First Tuesday of the month: 3-4:30 pm

Dates: Mar 1, Apr 5, May 3

Cost: \$5 per class

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.

Computer Courses

\$5 per class, sign up in advance at Front Desk.

Minimum class size to run: 5 persons.

- Email - Mon, 4/25 (1:30 pm - 2:45 pm)
- Google Search - Mon, 4/25 (2:45 pm - 4:00 pm)
- Google Maps - Wed, 4/27 (1:30 pm - 2:45 pm)
- Whatsapp - Wed, 4/27 (2:45 pm - 4:00 pm)
- Ipad: Beginner - Fri, 4/29 (1:30 pm - 2:45 pm)
- Ipad: Inter - Fri, 4/29 (2:45 pm - 4:00 pm)

Join the instructor **Gayathri Gopalan** for a 1.25 hour class on these popular computer topics.

Senior Moments Mailing party

Thursday, April 28th 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!

AAA Driver Safety Course

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

March 22nd & 23rd, Tuesday/Wednesday, 2-5 pm

April 19th & 20th, Tuesday/Wednesday, 2-5 pm

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

Pay by 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.

AARP Tax Return Preparation

Now through Wed. April 13th

Mon. 9am - 4pm; Wed. & Fri. 1pm - 4pm

By Appointment only

The tax-preparers are AARP-trained volunteers who will prepare and electronically file your Federal and NYS tax returns free of charge.

Call the Center (374-0734) to schedule your appointment. Please bring a photo ID, Social Security card and proof of health insurance for each member who will be listed on the return, last year's tax return and statements of interest, dividends, capital gains, wages, social security and retirement income. If you plan to itemize, please have your property tax, medical expenses and charitable deductions etc., organized and ready for review.

(*Soc. Sec. Form 1099 is acceptable as proof of Social Security enrollment and health insurance.*)

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

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.

SPRING SESSION: 13 week session Feb. 22—May 27 No classes: Tuesday, April 19th, April 25-29th Fees: 1 class/wk \$45; 2/wk \$60; 3/wk \$75; 4/wk \$90; 5/wk \$105	
Class	Schedule
Fit Over 50	Mon., Wed., Fri. 9:15
Stretch & Strength	Wed. 10:15
Forever strong	Mon., Fri 10:15
Gentle Pilates for Seniors	Thur. 10:15
Zumba Gold	Tue., Thur. 9:15

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

Enhance Fitness

Class for adults who suffer from Arthritis. **Enhance Fitness** is a land-based exercise class for adults with arthritis. It is a 16-week program consisting of 3 one-hour classes per week. Each class will offer specific exercises targeted for people with arthritis as well as opportunities for socialization. Fitness assessments will be done every 4 months. Class runs on Monday, Wednesday and Friday 11:15-12:15. **Cost: \$96.** Any questions contact **Patty McCormack** @ the Glenville YMCA.

Other Senior Center Classes

Gentle Yoga

Wednesdays, 2 pm

11-week Sessions: Jan 13-Mar 23; Apr 6-Jun 15

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. It can also help calm the nervous system, lower blood pressure, increase flexibility and improve balance. Wear loose-fitting, comfortable clothing. Bring mat, blanket, and small pillow.

Cost: \$44 Pay instructor **Nancy Tobiessen** on the first day of attendance. **Nancy** has been a Kripalu yoga teacher for over 20 years with special training to teach seniors.

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.



Try something new!



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.

For more information, call **Anne Macejka** at 393-3551.

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.

Bocce Ball

Would you like to play bocce ball with us every Tuesday at 9 am? An organizational meeting will be held at the Center on Wed., March 23 at 9 am. If you are interested, but cannot attend the meeting, please call **Shirley** or **Ed Perazzo** at 399-1438.

Paint with Peggy

Monday, May 16 9:30am -2:00 pm

Details about the spring painting to be released soon. 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.

Watercolor by
Jerry Ginsberg



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.

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.

La Bella Lingua

Thursdays, 10 am for Beginners and

Fridays, 1 pm for Advanced Students

The Italian Club is going very well. We are having a good time and learning too. The classes are growing. Please come and join us. Beginners meet at 10 am on Thursdays and more experienced ones at 1:00 pm on Fridays. Ciao! For more details, please call **Ed Perazzo** at 399-1438.

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.

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.

March 7 - *The Housekeeper and the Professor*

- Yoko Ogawa

April 4 - *Brooklyn* - Colm Toibin

“A book is a present you can open again and again.”

First Friday Film Club

First Friday of month, 1:30 pm

March 4— **I’LL SEE YOU IN MY DREAMS (2015)**

In this vibrant film, Carol, a widow and an ex-songstress discover that life can begin at any age. With the support of three loyal girl-friends, Carol decides to embrace the world, with an unlikely romance with her pool cleaning man, and getting back with her daughter.

Starring Blythe Danner, Sam Elliott, Martin Starr.

April 1 — **HE NAMED ME MALALA (2015)**

This documentary is a testament to the courage of this Pakistani activist, the youngest person ever to win the Nobel Peace Prize.

Call **Dr. N. Nagarajan** (399-0195) to suggest films for future screening. Snacks and coffee will be served.

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.

Duplicate Bridge

Tuesdays, 12:30-4 pm

No previous experience is necessary. This is a friendly game! Come with your partner, or contact **Walter Overstreet** at 372-0448 if you need a partner.

Pickleball

Mon, Wed, Fri, 4 pm

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

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.

Bowling League

Wednesdays, 9 am

Looking for fun with new friends? Join the Scotia-Glenville Senior Bowling League! Senior men and women of all levels of ability and averages 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 with end-of-season banquet included. For more information or to sign up, contact either **Glen Wiltzie** (377-4322) or **Butch Carpenter** (374-1499).

Thursday Golf League

Do you like to play golf and have fun with nice people? If you do, why not join the Scotia-Glenville Seniors Thursday Morning League at Mill Road Golf Course? We play 9 holes each Thursday, starting at 9 am. League play starts mid-May and 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 littledoc48@icloud.com. You may also email **Luanne Valley** at ljvalley@icloud.com. We are also planning an informational meeting on Thursday, April 14 at 1:30 pm at the Senior Center.

Mon. & Wed. Galway Golf League

An organizational/sign-up meeting will be held on Monday, April 18th at the Senior Center from 2 pm to 4 pm. Anyone interested in golfing in either or both leagues should try to attend the meeting. Otherwise, please call:
Monday League: **Roger Farley** (377-6539)
Wednesday League: **Ron Brach** (366-1272)

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.
- ♦ 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.

St. Patrick's Celebration

Tuesday, March 15

Come join us for lunch and a show at the Log Cabin in Holyoke, Mass. featuring Gerry Malone and the Lads. "Galway Bay," "McNamara's Band," "Danny Boy," and "When Irish Eyes Are Smiling" are a few of the tunes you'll sing along with. Corned Beef dinner includes glass of wine and Bailey's Irish Crème Cake.

Leaves Center at 9 am and returns to center at approximately 5 pm.

Members: **\$70** per person;
Nonmembers: **\$75** per person
Please sign up at front desk.



Norman Rockwell Museum

Thursday, April 21

Remember the *Saturday Evening Post*?

We will leave the Senior Center at 8:45 am and arrive in Stockbridge around 10 am. We will have an hour or more to explore the village before meeting at the Red Lion Inn for a

scrumptious lunch at 11:30 am. After lunch, we will go to the Norman Rockwell Museum to rediscover the original art works of the fabulous American artist. We will return to the Center at approximately 6:15 p.m.

Cost: \$72 per member; **\$77** per guest
Please sign up at the front desk by April 1st.



Westward Ho! to The Beeches Inn

Thursday, May 5

Visit the Beeches Inn in Rome, NY for a buffet lunch, followed by a 1:30 show - The Tumbling Tumbleweeds. The Old West brought to life through song and stories.

Depart Center at 9:45 am.

Returns to center at approximately 5:30 pm.

Members: **\$75** per person
Nonmembers: **\$80** per person
Please sign up at front desk.

My Fair Lady

Thursday, June 2

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

The bus leaves the Center at 10:30 a.m. We will return to the Center at approximately 5:30 p.m.

Cost: \$66 pp for members
\$71 pp for nonmembers
Please sign up at the front desk.



Samson

Lancaster, PA

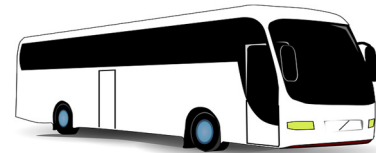
Thursday-Friday, May 26-27

Package includes: Roundtrip motorcoach transportation, 1 night accommodations in Lancaster, 1 breakfast, 1 dinner, reserved seating for the evening show "Samson", guided 2-hour tour of Amish country, visit to Kitchen Kettle village, browsing at Tanger Outlets, dinner gratuities and baggage handling.

Depart Center on Thursday at 9 am.

Returns to center on Friday at approximately 7 pm.

Members: **\$211** per person; Nonmembers: **\$216** per person
Please sign up at front desk.



GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

March 2016

Tue 1 Shopping Colonie Center
 Tue 1 Caregivers Support Group 1:00 pm
 Tue 1 Stampin' up Workshop 3 – 4:30 pm
 Wed 2 AARP Tax Prep 1 – 4:00 pm
 Thu 3 Executive Council Meeting 9:30 am
 Fri 4 AARP Tax Prep 1 – 4:00 pm
 Fri 4 Film Club 1:30 pm
 Mon 7 AARP Tax Prep 9:00 am – 4:00 pm
 Mon 7 Book Club 10:00 am
 Mon 7 Kazoo band practice 2:30 pm
 Tue 8 Shopping Clifton Park Mall
 Tue 8 American Legion Meeting 1:00 pm
 Wed 9 AARP Tax Prep 1 – 4:00 pm
 Thu 10 Board of Directors Meeting 1:30 pm
 Fri 11 AARP Tax Prep 1 – 4:00 pm
 Mon 14 AARP Tax Prep 9:00 am – 4:00 pm
 Tue 15 Shopping Colonie Center
 Tue 15 Trip to Holyoke, Mass. 9:00 am
 Wed 16 AARP Tax Prep 1 – 4:00 pm
 Thu 17 St. Patrick's Day Celebration 9:00 am – Noon
 Fri 18 AARP Tax Prep 1 – 4:00 pm
 Mon 21 AARP Tax Prep 9:00 am – 4:00 pm
 Tue 22 Shopping Clifton Park Mall
 Tue 22 AAA Driver Safety Course 2 – 5:00 pm
 Wed 23 Bocce Ball Meeting 9:00 am
 Wed 23 AARP Tax Prep 1 – 4:00 pm
 Wed 23 AAA Driver Safety Course 2 – 5:00 pm
 Thu 24 **Senior Moments** Deadline
 Fri 25 Dining Center Closed
 Fri 25 AARP Tax Prep 1 – 4:00 pm
 Mon 28 AARP Tax Prep 9:00 am – 4:00 pm
 Tue 29 Shopping Colonie Center
 Wed 30 AARP Tax Prep 1 – 4:00 pm

April 2016

Fri 1 AARP Tax Prep 1 – 4:00 pm
 Fri 1 Film Club 1:30 pm
 Mon 4 AARP Tax Prep 9:00 am – 4:00 pm
 Mon 4 Book Club 10:00 am
 Mon 4 Kazoo band practice, 2:30 pm
 Tue 5 Shopping Clifton Park Mall

Tue 5 Caregivers Group Meeting 1:00 pm
 Tue 5 Stampin' Up Card Workshop 3 – 4:30 pm
 Wed 6 AARP Tax Prep 1 – 4:00 pm
 Wed 6 Brooks Barbecue – Rotary
 Thu 7 Executive Council Meeting 9:30 am
 Fri 8 AARP Tax Prep 1 – 4:00 pm
 Mon 11 AARP Tax Prep 9:00 am – 4:00 pm
 Tue 12 Shopping Colonie Center
 Tue 12 American Legion Meeting 1:00 pm
 Wed 13 AARP Tax Prep 1 – 4:00 pm
 Thu 14 Board of Directors Meeting 1:30 pm
 Thu 14 Thursday Golf League Mtg. 1:30 pm
 Fri 15 Scholarship Applications Due
 Mon 18 Mon. & Wed. Golf League Meeting 2:00 pm
 Tue 19 Shopping Clifton Park Mall
 Tue 19 AAA Driver Safety Course 2:00-5:00 pm
 Wed 20 AAA Driver Safety Course 2:00-5:00 pm
 Thu 21 Trip to Norman Rockwell Museum 8:45 am
 Fri 22 Volunteer Appreciation Luncheon 1:30 - 4:00 pm
 Mon 25 No YMCA classes this week
 Tue 26 Shopping Colonie Center
 Thu 28 **Senior Moments** Mailing 9:00 am
 Fri 29 VFW Ziti Diner 4:00-7:00 p.m.



Weekly Events – March & April 2016

Mon Card Playing 12:30 pm
 Mon Pickleball 4:00 pm
 Tue Coffee & Conversation 9:00 am
 Tue Knitting & Crocheting 1:00 pm
 Tue Duplicate Bridge 12:30 pm
 Wed Mah Jong 9:00 am
 Wed Pickleball (Ex 3/23, 4/6 & 4/20) 4:00 pm
 Thu Photography Group 10:00 am
 Thu Italian Class Beginners 10:00 am
 Thu Card Playing 12:30 pm
 Thu Quilting 1:00 pm
 Fri Cribbage 10:00 am
 Fri Italian Class Adv.(Ex 4/22 & 29) 1:00 pm
 Fri Acrylic & Oil Painting 10:00 am
 Fri Pickleball (Ex 4/22 & 4/29) 4:00 pm

Past Presidents

Senior Stumpers

- In US history, there have only been five periods when there were no living past presidents of the US. Who was the president in office during each of those periods?
- There have been three periods when there were six presidents (past or in office) still alive. Who were the six presidents living during each of those periods?

1. 3-4-1861 to 1-19-1862 Van Buren, Tyler, Fillmore,
 Pierce, Buchanan, Lincoln
 1-20-1993 to 4-23-1994 Nixon, Ford, Carter, Reagan,
 G. Bush, Clinton
 1-20-2001 to 6-6-2004 Ford, Carter, Reagan, G.
 Bush, Clinton, G. W. Bush

1. 4-30-1789 to 3-4-1797 George Washington
 12-15-1799 to 3-4-1801 John Adams
 8-1-1875 to 3-5-1877 US Grant
 6-25-1908 to 3-4-1909 Teddy Roosevelt
 1-23-1973 to 8-9-1974 Richard Nixon

Answers:

Glenville Dining Center

Operated at the Glenville Senior Center by Catholic Charities

Open to all seniors. Senior Center membership not required.

Kathy Conboy – Dining Center Manager

Diana Yeo – Dining Center Assistant

The Senior Dining Center offers a hot, nutritious noon meal Mondays through Fridays. 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 2 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.

All are welcome. Have a good meal and meet some wonderful people.



March 2016		
Tues	1	Roast Beef
Wed	2	Kielbasa w\ Sauerkraut
Thurs	3	Chicken Fillet
Fri	4	Macaroni & Cheese
Mon	7	Seafood Scampi
Tues	8	Chicken Marsala
Wed	9	Baked Ziti
Thurs	10	Pork Cutlet
Fri	11	Harbour Baked Fish
Mon	14	Salisbury Steak
Tues	15	Baked Manicotti
Wed	16	Pulled Pork Sandwich
Thurs	17	Turkey Roll Ups
Fri	18	Clam Chowder
Mon	21	Ham & Potato Au Gratin
Tues	22	Chicken & Biscuit
Wed	23	Pizza & Chicken Nuggets
Thurs	24	Chicken Cacciatore
Fri	25	Dining Center CLOSED
Mon	28	Spaghetti & Meatballs
Tues	29	Roast Beef
Wed	30	Kielbasa w\ Sauerkraut
Thurs	31	Chicken Fillet

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

Please note: There were some last minute changes at the end of the year and our senior meal program did not change management. Catholic Charities has agreed to continue oversight of our dining program.

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.

American Legion Post 1001 Scotia, NY

Second Tuesday of month at 1 pm

The next meetings will be Mar 8 and Apr 12.

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

Friendship Café Schedule

Second Wednesday of the month at 10:30 am

Welcome to a new season of 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.

March 7, 2016

MiSci Trip at 3:00 pm

Senior Science Day at the Dudley Observatory

"Life in the Universe-Possibilities for Life in our Solar System Beyond Earth"

March 9, 2016 at 10:30 am

Social "If I could have, I would have" Ice Breaker Games and Opportunity to meet current Friendship Café members.

April 13, 2016 at 10:30 am

Downtown Schenectady Improvement Corporation

"DSIC Resources and Improvements in the Downtown Schenectady Area".

May 11, 2016 at 10:30 am

Lisa Whitman on "Your Schenectady County Medical Reserve Corporation Preparedness Overview and Community Engagement".

June 8, 2016 at 10:30 am

Cynthia Seacord, City of Schenectady Archives—Efner History Center on "Pictorial History of Schenectady: Who are these people and where were these photos taken?"

VFW Ziti Dinner

Friday, April 29th 4:00-7:00 pm

Mayfair\Glenville VFW Post 4660 is sponsoring a ziti dinner at the Glenville Senior Center. The dinner will include salad, meatballs, sausage and dessert, along with raffles and more. Dinner prices are: \$8 (\$7 for advanced sales), children under 5 are free. Advance tickets can be purchased at Mail N' More, Glenville Senior Center and from VFW Post 4660 members. Eat-in and Take-outs available.

Proceeds will be used to support local Disabled and Homeless Veterans programs, Veterans outreach, Wounded Warrior and other community-based support groups. Come join us - we promise great food, fun and fellowship. Please help us "Help our Heroes." For more info, contact **Larry Zeglen** at 399-7559.

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 Senior Services staff, 107 Nott Terrace (Suite 300), Schenectady, NY 12308.

Upcoming meetings: Mar 1 and Apr 5

Senior Services

Catholic Charities of Schenectady County 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**.



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.

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.

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.



Angelo Zuppa PT, DPT
Doctor of Physical Therapy

105 Lakehill Rd, Suite 4
Burnt Hills, NY 12027
p: 518-952-7780
f: 1-888-370-2441

Angelo@ZuppaPT.com
www.ZuppaPT.com

"I've been worried about Mom lately..."

Does your loved one need more help with activities like shopping, getting to appointments, and meal preparation? Contact...



Home Connection Companions

- affordable, dependable companion care
- complimentary in-home needs assessment

(518)453-5446

www.HomeConnectionCompanions.com

Planning for young families,
professionals & retirees



LAW OFFICE OF
**KATHLEEN M.
TOOMBS**



157 BARRETT STREET
SCHENECTADY, NEW YORK 12305

TEL: 518.688.2846 FAX: 518.688.2849

KTOOMBS@TOOMBSLAWNY.COM

ELDER LAW
WILLS • TRUSTS • ESTATES
NURSING HOME ISSUES

ATTORNEY ADVERTISING



Hospital-to-Home Transition Specialists

Newly Remodeled Private and Semi-Private Suites

To learn more about our short-term rehab, call
518-370-4700

or visit

www.HomewardBoundRehab.com



297 N. Ballston Ave., Scotia, NY 12302

A rehabilitation program of Baptist Health
Nursing and Rehabilitation Center, Inc.

More Than 15 Years Experience
Serving the Glenville and BH-BL Communities



Kathleen Engel, Associate Broker
Certified Seniors' Real Estate Specialist
518-640-4808

E-mail: Kathleen.Engel@ColdwellBankerPrime.com
www.ColdwellBankerPrime.com/Kathleen.Engel



Mobile Men's Cuts

We'll cut your hair in your home.



**Tom's Old Fashioned
Barber Shop**

**795 Route 50, Burnt Hills
399-8411**



Handyman Of America #1

518.557.6208

*** Gift Certificates Available ***



We take your trash to the curb for you for \$12 a week.
We snake drains as well.

\$25 HR Painting and taping
Masonry work
Snow blowing & Roof raking
Lawn mowing


Plumbing
Lighting
\$60 HR

Emergency repair: call 836-1258

James Baggs, Proprietor
handymanofamerica1@gmail.com

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.




Services for Older Adults and Caregivers
A program of

Senior Services in Schenectady
107 Nott Terrace, Schenectady
346-1852

Adult Day Program

Mon.-Fri., 7:30-5:30
Enabling Seniors to remain at home and allowing caregivers peace of mind
Motivational Activities
Safe, Homelike Environment
Caring Staff
Nutritious Lunches & Snacks



Frank & Sons
BODY WORKS
SCOTIA, NY
Your Collision Work Professionals
Frank, Todd & Scott Plemenik
518-346-8119 272 N. Ballston Ave., Scotia, NY 12302
www.frankandsonsbodysworks.com




A plan for life.

For information, call
(518) 641-3400
TTY/TDD (518) 641-4000

CDPHP® contracts with the federal government to offer Medicare Choices. Medicare Choices members must have both Medicare Parts A and B.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.

This is an advertisement.
Y0019 12_0117 File & Use 052712




THE MEADOWS AT GLENWYCK

Set to open in Spring 2015, our 110-unit independent living community is designed for those 55+ who want to maintain an active, healthy lifestyle without all the hassles of home ownership.

To learn more call **518-380-1988**
or visit MeadowsAtGlenwyck.com

**Now Accepting Reservations.
Act Now for Best Selection!**





Heritage Home

For Women
Retirement and Assisted Living Facility
"Serving our Community since 1868"

1519 Union Street 518.374.6921
Schenectady, NY 12309 Fax: 518.370.1873

Email: jschramm@heritagehome4women.net
www.heritagehome4women.net



Physical & Occupational Therapy

"There when you need us"

2 Tryon Ave
Apartment # 209A
Glenville, NY 12302

Providers of outpatient Physical & Occupational Therapy
Specialty Services include:
Incontinence Therapy Orthopedic Therapy
Vestibular Therapy Hands on Therapy
And much more. For more information call:
518-346-3543

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

NON-PROFIT ORG.
U.S. POSTAGE PAID
ALBANY, NY
PERMIT NO. 169

TO: CURRENT OCCUPANT OR



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



OFFICERS – 2016

President: Paula DeVries
1st VP: Ruth Quinn
2nd VP: Max Gollmer
Secretary: Sandy Glindmyer
Treasurer: Kathy Stanley
(Officers are also Directors)

DIRECTORS – 2016

Phil Benner
Jim Bishop
Emily Childers
Blanche Fischer
Desdemona Johnson
Charlotte McAllister
Arlene Meiklejohn
Joan Menhinick
Janet Neary
Edward Perazzo
Shirley Perazzo

Roger Peugh
Charlene Pomichter
Ronnie Quinn
Carol Shartrand
Geri Tracey

CONTACTS

Senior Center Coordinator
Vicki Hillis
Glenville Senior Center
Administrator:
Jamie MacFarland
Village of Scotia Liaison:
Tom Gifford
Town of Glenville Liaison:
Alan Boulant