



Scotia-Glenville Senior Citizens Senior Moments



Volume 43 Number 2

March-April 2017

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.



20th Anniversary Celebration!

Please join us on Wednesday, April 5th from 1:30 to 4pm to celebrate the Glenville Senior Center's 20th Anniversary. See and hear about the development and history of our center. There will be speakers, video and Power Point presentation, and an open house with hors d'oeuvres, cake, cookies, and beverages. If you wish to attend, please sign up in advance at the front desk or by calling 374-0734.

St. Patrick's Day

Friday, March 17th. 9:00 am - 12 noon

Celebrate St. Patrick's Day and the March Birthdays here at the center.

Drop by for cake and punch.



Happy Birthday

We are grateful to CDPHP for their generous contribution: Each month of 2017, they will provide a decorated birthday cake for everyone to enjoy and honor those with birthdays that month. Check the calendar for dates to stop in to join our celebration with a piece of cake.



Trips
See pg. 8

Wed, Mar. 22 - Gavin's Irish Country Inn, East Durham, NY

Tues, April 4 - Clark Institute, Williamstown, MA

Thurs, April 27 - Bennington Museum, VT

Wed, May 24 - Lobster Feast at the Log Cabin, Holyoke, MA

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

Check local radio and TV for school announcements.

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MARK YOUR CALENDAR

Exec Council: Thur. Mar. 2 & Apr. 6 at 9:30 am at Town Hall
Directors: Thur. Mar. 9 & Apr. 13 at 1:30 pm at Sr. Ctr.
Senior Moments Deadline: Thursday, March 23rd
Senior Moments Mailing: Thursday, April 27th at 9 am
Dining Center closed: Friday, April 14

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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 a.m. to 4 p.m.

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

SENIOR CENTER NEWS



A line from Paula

Time sure does fly by! This spring, we will celebrate the 20th Anniversary of the opening of the Glenville Senior Center. Thanks to the Town of Glenville and the Scotia-Glenville Senior Citizens, Inc., the Glenville

Senior Center opened on April 5, 1997. Over the past 20 years the center has become a gathering place that provides many activities and services for senior citizens in Scotia, Glenville and surrounding communities. Activities at the center currently include cards, games, exercise classes provided by the YMCA and members, art and craft classes, social events throughout the year, movies, sports (golf, bowling, bocce and pickleball), social groups for quilting and knitting, discussion groups, trips, educational and informative programs on health and safety issues, and health screenings. I probably have missed a few. Our van provides transportation within the town to town residents for nonmedical purposes. And finally Catholic Charities maintains a dining center providing a noon meal available to all seniors. All of this is available because of the foresight of Scotia-Glenville Seniors, the Town of Glenville and the continuing volunteerism of our members.

On April 5th from 1:30 to 4 pm we will be celebrating this anniversary with a short program of speeches and presentations, an open house with displays about the center plus hors d'oeuvres, cake, cookies, and beverages. Please join us at this celebration.

Paula



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

facebook

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. Thursday, April 13th is the deadline for applications..



Vicki's View

The smallest act of kindness is worth more than the grandest intention. ~Oscar Wilde

Every spring, we have the chance to recognize our wonderful volunteers and all that they do for the seniors in our community. We have more than 125

volunteers who have given over 5,600 hours of service in a variety of capacities:

Board of Directors: Responsible for coordinating the functions of the senior group.

Building and Grounds: Responsible for purchasing and maintaining furniture & equipment owned by the seniors.

Classes: Determines what classes might be of interest to seniors and gets them on the schedule.

Computer tutor: Assists seniors with computer issues.

Desk volunteers: Greets visitors, answers the phone, signs people up for trips, classes and activities.

Dispatchers: Makes appointments for our van to take seniors within the community.

Drivers: Transports seniors within the town using the center's minivan.

Gardening: Maintains our gardens.

Humanities/Health: Arranges for speakers to talk on topics of interest to the seniors.

Membership: Collects membership forms, maintains member database, mails reminder cards.

Publicity: Supplies local newspapers with information on center events and trips, putting together ideas and materials to recruit new members.

Senior Moments: Gets the newsletter out to members, including gathering materials, typing, formatting, editing, printing and mailing.

Social events: Plans various events at the center.

Helps with setting up, decorating, baking, serving, and taking down.

Trips and travel: Researches trip possibilities, makes necessary reservations and arrangements for trips, and serves as trip leader accompanying trip.

So thank you to all those who put in so many hours making our services and activities possible. And also, thank you to all those who help in countless other ways—ways beyond what is captured in the descriptions above—that make our center such a close-knit community.

And as always, if you would like to become a volunteer please come in to learn more!

Vicki

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 are 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 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. Thank you to **Fran Madison** for graciously volunteering her time to cut the box tops.

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Kathleen Pultorak** for her Hummels collection in January and **Regina Solarek** for her flowers, frog & bud vases in February.

Next up:

March - Green Vaseline Glass by **Mary McClaine**

April - Irish Memorabilia by **Ruth Robin**

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. Thank you to **Emily Childers** who coordinates the displays.

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

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 Mar. 7 and Apr. 4

Rotterdam Sq. Mall trip: Mar. 21 Apr. 18

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.

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.

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.

AARP Tax Return Preparation

Through Friday April 14th

Mon. 9:00 am-4:00 pm, Wed. & Fri. 1:00-4:00 pm

By Appointment Only

Not limited to Senior Center members

AARP-trained volunteers will prepare and electronically file your Federal & NYS returns free of charge.

Call the center (374-0734) to schedule your date.

Funeral Pre-Planning

Brought to us by Scott & Barbieri Pre Need

Thursday, March 16th at 1:30 pm

A plan to devise before your demise. When a death occurs, there are numerous decisions that must be made in a very short amount of time, frequently under adverse emotional strain when clear thinking can be quite clouded. Because we have witnessed the difficulties that many families encounter during the time of loss, we are dedicated to doing everything we can to help ease the burden that usually falls on loved ones. This seminar offers real life stories and information every person needs to know before the need arises.

Please sign up in advance at the front desk or by calling 374-0734.

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 at 1:00 pm on Tuesdays or work on your own. Contact Vicki for Info.



Craft Classes

Art on Glass

Friday, April 21st at 2 p.m.

Join us for a fun afternoon painting on a drinking glass.

Price: \$7 per person includes all supplies and instruction.

Please make checks payable to Nancy Bowman.

Min. 6 participants; Max 20

Beading

Friday, May 19th at 2 p.m.

Come try your hand at beading a beautiful necklace.

Price: \$20 per person includes all supplies and instruction.

Please make checks payable to Nancy Bowman.

Min. 6 participants; Max 20

Driver Safety Courses

Saturday, March 25th from 9:00 am to 3:30 pm
with a 1/2 hour lunch break ;

Tuesday April 18th and Wed. April 19th 2:00-5:00 pm.

These programs may reduce your auto insurance premiums. Senior Center membership is not required.

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

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.



Stampin' Up Card Workshop

First Tuesday of the month at 3:00 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: 3/7, 4/4, 5/2

Gardening Corner

When this article goes to print, Spring will be less than 60 days away. I believe this is a special time to say "Thank you" to the volunteers for making the past year a time of beautiful flowers both in front, along the side in the Memorial Garden, and last to the left side of the building. Together we wheeled mulch, planted annuals early and maintained them through to the Fall. We removed the annuals and perennials from the future site of the new addition. These perennials were left for seniors to take home to expand their own gardens or to start their own special spots at home. We will need volunteers again this spring to help maintain the beautiful center gardens and to help with the Memorial Garden behind the Bocce ball court. In a future issue, I will be asking for volunteers to help and to sign up for garden maintenance. Again a HUGE "Thank you" to those who helped this past year.

- **Barbara Brown**

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

Winter session ends March 31st. Spring session: Apr 10th—Jun 16th

Registration for the spring session: Thurs, March 30th 9am-11 am

No classes on May 29 Memorial Day

Session Fees: 1 class\wk: \$33 for 10-week session; 2\wk \$45; 3\wk \$59; 4\wk \$72; 5\wk \$85

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Cardio Sculpt	9:15 Zumba Gold	9:15 Forever Strong	9:15 Zumba Gold	9:30 Cardio Sculpt
10:15 Forever Strong		10:15 Active Stretch	10:15 Gentle Core	10:30 Forever Strong
	11:20 Chair Yoga	11:15 Cardio-Dancin'		
	12:15 Balance			

ACTIVE STRETCH: Addresses muscles as a form of maintenance, by taking joints through their full range of motion naturally. This class is appropriate for all individuals, regardless of their flexibility or range of motion. Every active stretch is done within your individual limits to reduce risk of injury while increasing your ability to move through daily life.

BALANCE: Variety of stability ball and floor exercises aimed to increase core strength and overall stability. Appropriate for all members who wish to improve their muscular endurance, flexibility, and balance.

CARDIO DANCIN': Choreographed, medium-to-high level aerobic dance program designed to improve balance, flexibility, coordination, cardiovascular endurance and muscle tone.

CARDIO/SCULPT CIRCUIT: Using energetic music, this class is taught in intervals moving between low impact aerobic activity and body sculpting exercises created especially for active older adults. It's easy on the joints, burns calories and strengthens your heart and lungs. Tone your muscles and strengthen 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 their comfort. Great for beginners, seniors & those with health challenges.

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

GENTLE CORE STRENGTH: Gently "wake up" and strengthen the core. Exercises are taught standing, in a chair and on the floor. Learn good form, improve your posture and become stronger all with this invigorating class.

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

Other Senior Center Classes

Gentle Yoga

Wednesdays, 2:00 pm

Winter Session ends 3/15; Spring Session starts 4/19

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. 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, 9:00 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.

Senior Moments Mailing party

Thursday, April 27th 9:00 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. Baked goods and coffee will be served. Come join us and have some fun!

Bocce

Tuesdays, 9:00 am

Our first bocce ball game will start on April 25th - weather permitting. Newcomers are welcome. This year, we have new benches with umbrellas. For information, call Shirley or Ed Perazzo at 399-1438.

Knitting and Crocheting

Tuesdays, 1:00 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.

Duplicate Bridge

Tuesdays, 12:30-4:00 pm

No previous experience is necessary. This is a friendly game! Come with your partner, or contact **Kathy Stanley** at 280-9832, if you need a partner.

Bowling League

Wednesdays, 9:00 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 a.m. at Boulevard Bowl. If you cannot commit to every week, we're also looking for subs. League runs through mid-April. For more information or to sign up, contact **Jacob Lederman** at 399-5249.

Coffee and Conversation

Tuesdays, 9:00-11:00 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.

La Bella Lingua

Thursdays, 10:00 am for Beginners and

Fridays, 1:00 pm for Advanced Students

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 399-1438.

Mon\Wed Senior Golf Leagues Mtg

Monday, April 17th at 2:00 pm

Join us at the Senior Center for this joint organizational meeting for current and new members to sign up at for the 2017 senior golf leagues at Galway golf course. Two leagues are available at the course on Monday and Wednesday mornings beginning the first week of May and continuing for 16 weeks into the end of August. A highlight of the 2016 golf season was a well-attended joint golf tournament and picnic held at the Galway Golf Course with prizes and delicious food for everyone. Not to be outdone, the senior most member of the league, **Hal Moore**, delighted us all by scoring a hole in one on the 115-yard sixth hole during the season. A celebration and birthday party was held for Hal at the Charlton Tavern. For information on joining the Monday League, please call **Butch Carpentier** @ 374-1499. For Wednesday league info, call **Ron Brach** @ 366-1272. Many members enjoy the golf & comradery and belong to both Mon. & Wed. leagues.

Thursday Golf League:

The Thursday morning SG Seniors Golf is seeking substitutes for the 2017 season. We play each Thursday morning at 9:00 am starting in May at Mill Rd. If you are interested in being added to our substitute list, please contact **Margo Snyder** @ 952-7371 or 256-5351 or e-mail her at littledoc48@cloud.com

CENTER ACTIVITIES

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First Monday Book Club

First Monday of month, 10:00 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 6 - *Things We Keep* by Sally Hepworth

April 3 - *The Burgess Boys* by Elizabeth Strout

May 1 - *Silver Stars* by Jeanette Walls

First Friday Film Club

First Friday of month, 1:30 pm

March 3rd: Brooklyn

An Irish woman comes to America to start a new life, but is torn between two men. A beautiful tale of love on two continents in early 1950s. Starring **Emory Cohen** In the Oscar-nominated drama.

April 7th: A Man called Ove

A Swedish film on an isolated retiree with strict principles and short fuse. Starring **Rolf Lassgard, Bahar Pars, Ida Engvall**.

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

Senior Center Photographers

Thursdays, 10:00 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.

Silver Threads Quilters

Thursdays, 1:00- 3:00 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 10 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.

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.

Mah Jong

Wednesdays, 9:00 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.



Painting by **Craig Hoffman**

Oil, Acrylic & Art

Fridays, 9:30 am during tax season, 10:00 regularly

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.

Cribbage

Fridays, 10:00 am

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

Pickleball

Mon, Wed, Fri, 4:00 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

Gavin's Irish Country Inn

Wednesday, March 22nd in East Durham, NY

Join us for lunch, a show & some shopping.

Visit Our Lady of Knock Shrine: 11 am tour, Noon lunch at Gavins Irish Country Inn: corned beef & cabbage, chicken marsala, or baked salmon. Dessert included.

Live Irish Music by Donald O'Shaunessy 1:00-2:30

Shopping in the Irish Village-Tea shop, General Store and Irish gift shop 2:00-3:30

Leave the center at 9:30 am, return to center by 5:00 pm.

Cost: **\$65** for members; **\$70** for non-members.

Bennington Museum

Thursday, April 27th in Bennington, VT

We will be going to the Bennington Museum for the Grandma Moses step on tour. In addition to a guided tour of the Museum's galleries, the step expands the visit to include a trip to Grandma Moses Country, her home and Mt. Nebo Gallery. A trained guide will board the coach to guide our group as we explore the rolling countryside that inspired Grandma Moses, stopping at the Old First Church & gravesite of Robert Frost, a friend and collaborator of Grandma Moses. Passing the Bennington Monument and stopping at the Henry Bridge before continuing on to the Grandma Moses home & Mt Nebo Gallery now home to her great grandson Will Moses Our Guide will provide information about the Artist, how she got her start, and how she came to be so popular.

Our bus will depart the center at 8:30 am and arrive at the museum at about 10:00 am. Lunch will be at noon after which we will go on our tour through Grandma Moses country. We will arrive back at the center about 5:00 pm
Cost: **\$67** for members; **\$72** for non-members

Dates to watch for more trips:

Wed., Jun. 28-Mac-Haydn theatre "Anything Goes"

Wed., July 19-Mac-Haydn "Saturday Night Fever"

Thurs., Aug. 24-Mac-Haydn theatre "Hello Dolly"

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 Clark

Tuesday April 4th in Williamstown, MA

In 1950 **Sterling and Francine Clark** chartered the Clark Art Institute as a home for their extensive art collection. Opened to the public in 1955, the Clark has built upon this extraordinary group of works to become one of the most beloved and respected art museums in the world, known for its intimate galleries and stunning natural environment.

The Clark's collection of more than six thousand prints, drawings, and photographs spans the history of the graphic arts from the fifteenth century through the early twentieth century. The collection includes significant concentrations of work by Albrecht Dürer, Claude Lorraine, John Constable, Edgar Degas, Henri de Toulouse-Lautrec, Paul Gauguin, and Winslow Homer. The Clark's small but important group of pastels by Degas, Camille Pissarro, Mary Cassatt, and Jean-François Millet are also housed in the department.

Lunch will be at 1:00 at the **Pera Mediterranean Bistro** right in Williamstown. You will have several things to choose from so don't forget to make your choice when you sign up.

After lunch we will be stopping at the **Sweet Brook Farm Store**. The store is an alpaca and maple products shop. You'll get to meet several alpacas and see many of the fine knitted products made from their yarn.

Our bus will leave the center at 8:15 am and arrive at the Clark at about 10:00 am. We will return to the center about 5:00 pm.

Cost: **\$70** for members; **\$75** for non-members

Lobster Feast at the Log Cabin

Wednesday, May 24th in Holyoke, MA

Enjoy the afternoon with a lobster feast and a show featuring the Kings & Queens of Country. Your lobster feast menu includes clam chowder, boiled lobster, chicken, corn, baked potato and dessert. Coffee and tea provided. And a complimentary glass of wine included.

Leave the center at 9:30 am;

Returns to the center at 5:30 pm Cost : **\$71** members; **\$76** non-members

Senior Stumper

Submitted by Jim Moorhead

(Difficulty: medium, requires some statistics and a calculator)

Remember the old sock drawer? It contains 4 green socks, 6 red socks, 8 blue socks, and 10 yellow socks, which, except four their color, are identical. You are in the dark trying to find a pair to wear for the day and all you need is a matching pair. You don't care what color they are. You can't see either the socks in the drawer or the socks you've drawn out until you go to another room and turn on the light. Pulling socks out at random, you could of course take five or more socks and be sure that you had at least one pair of matching socks up on leaving the room. But you are a gambler. So you only take two socks and leave the darkened room, happy as a lark. But what is the probability that you actually have a pair of matching socks.

See answer below.

There are many ways to support Scotia-Glenville Senior Citizens, Inc. with your donations:
We accept gifts by cash or check by mail or in person.

Honorary and memorial gifts: A gift to SGSC, Inc. is a nice way to honor the memory of a friend or loved one. Donations may be made in any amount. Once received, a personalized note will be sent in your name to the honoree or family member notifying them of your kind gesture.

Matching gifts: Many area companies, like GE, will match your charitable contribution. Please check with the human resources department of the company where you work or from which you retired. Some companies may make a contribution because of your volunteer participation.

Planned giving – bequests: Including SGSC, Inc. in your estate plans is a way to provide a legacy to the future and guarantees continued quality services and programs to seniors in our community.

You take your sock. There are 10 yellow socks in the drawer containing a total of 28 socks. So the probability that you have picked a yellow sock is $10/28$. Given that the second sock is also a yellow sock is $9/27$ (there are 9 left in the drawer containing 27). So the probability that you have picked pair of yellow socks is $10/28 * 9/27$. Likewise the probability that you have picked a pair of blue socks is $(8/28 * 7/27)$, and so on. So the probability that you have a pair of matching socks is $(10*9+8*7+6*5+4*3+2*2)/28*27 = .249$ or about a $1/4$.

Stumper Solution

Solution 1 (about 1/4)

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2017		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: <input type="checkbox"/> New Member <input type="checkbox"/> Renewal [Senior = 55 or older] Check one: <input type="checkbox"/> Resident <input type="checkbox"/> 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 #: _____			

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<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<div>March</div>		1 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep 2:00 Yoga w/Nancy M1 4:00 Pickleball M1	2 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian Beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	3 9:30 Cardio Sculpt M1 9:30 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian Advanced 1-4 AARP Tax Prep C 1:30 Film Club M2 4:00 Pickleball M1	4
5	6 9 - 4 AARP Tax Prep C 9:15 Cardio Sculpt M1 10:00 Book Club L 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	7 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:00 Cribbage L 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Caregivers Grp. M2 1:00 Knitting C 3:00 Cardmaking C	8 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep C 2:00 Yoga w/Nancy M1 4:00 Pickleball M1	9 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian Beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting M2 1:30 Board Mtg. C	10 9:30 Cardio Sculpt M1 9:30 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian Advanced 1-4 AARP Tax Prep C 4:00 Pickleball M1	11
12	13 9- 4 AARP Tax Prep C 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	14 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:00 Cribbage L 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C 1:00 American Legion M2	15 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep C 2:00 Yoga w/Nancy M1 4:00 Pickleball M1	16 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian Beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C 1:30 Funeral Planning M2	17 9-12 St. Patrick's Celebration 9:30 Cardio Sculpt M1 9:30 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian Advanced 1-4 AARP Tax Prep C 4:00 Pickleball M1	18
19	20 9 - 4 AARP Tax Prep C 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	21 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:00 Cribbage L 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C	22 <i>Trip to Gavin's Irish Inn</i> 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep C 4:00 Pickleball M1	23 <i>Sr. Moments deadline</i> 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian Beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	24 9:30 Cardio Sculpt M1 9:30 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian Advanced 1-4 AARP Tax Prep C 4:00 Pickleball M1	25 Safe Driving 9-3:30
26	27 9- 4 AARP Tax Prep C 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	28 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:00 Cribbage L 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C	29 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep C 4:00 Pickleball M1	30 <i>Y Class registration 9-11</i> 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian Beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	31 9:30 Cardio Sculpt M1 9:30 Painting w/Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian Advanced 1-4 AARP Tax Prep C 4:00 Pickleball M1	

April

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
2	3 9-4 AARP Tax Prep C 10:00 Book Club L 12:30 Cards M1 4:00 Pickleball M1	4 <i>Trip to Clark Institute</i> 9:00 Tai Chi M1 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C 1:00 Caregivers Grp. M2 3:00 Cardmaking M2	5 9:00 Mah Jong C 4:00 Pickleball M1 <i>20th Anniversary Celebration</i> <i>1:30 - 4:00 pm</i>	6 9:00 Healthy Bones M1 10:00 Photography C 10:00 Italian Beginners L 12:30 Cards M1 1:00 Quilting C	7 10:00 Cribbage L 9:30 Painting w/Dani C 1:00 Italian Advanced 1:30 Film Club M2 1-4 AARP Tax Prep C 4:00 Pickleball M1	1/8
9	10 9-4 AARP Tax Prep C 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	11 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 American Legion M2 1:00 Knitting C	12 9:15 Forever Strong M1 9:00 Mah Jong C 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 1-4 AARP Tax Prep C 4:00 Pickleball M1 <i>Scotia Rotary Brooks BBQ</i>	13 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian Beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting M2 1:30 Board Mtg. C	14 9:30 Cardio Sculpt M1 10:00 Cribbage L 9:30 Painting w/Dani C 10:30 Forever Strong M1 1:00 Italian Advanced 1-4 AARP Tax Prep C 4:00 Pickleball M1	15
16	17 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 2:00 Golf league mtg. M2 4:00 Pickleball M1	18 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C 2:00 Safe Driving Course	19 9:15 Forever Strong M1 9:00 Mah Jong C 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 2:00 Yoga w/Nancy M1 2:00 Safe Driving Course 4:00 Pickleball M1	20 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian Beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	21 9:30 Cardio Sculpt M1 10:00 Cribbage L 10:00 Painting w/Dani C 10:30 Forever Strong M1 1:00 Italian Advanced 2:00 Art on Glass class M2 4:00 Pickleball M1	22
23/30	24 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	25 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba Gold M1 10:15 Healthy Bones M1 11:20 Chair Yoga M1 12:15 Balance C 12:30 Dupl. Bridge M1 1:00 Knitting C	26 9:15 Forever Strong M1 9:00 Mah Jong C 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 2:00 Yoga w/Nancy M1 4:00 Pickleball M1	27 <i>Trip to Bennington Museum</i> 9:00 Sr. Moments Mailing 9:00 Healthy Bones M2 9:15 Zumba Gold M1 10:00 Photography C 10:00 Italian Beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	28 9:30 Cardio Sculpt M1 10:00 Cribbage L 10:00 Painting w/Dani C 10:30 Forever Strong M1 1:00 Italian Advanced 4:00 Pickleball M1 <i>VFW Ziti Dinner</i>	29

Glenville Dining Center

Operated at the Glenville Senior Center by Catholic Charities Senior & Caregiver Support 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 p.m. (\$2.00 round trip to Hannaford or Price Chopper).

Please arrive by 11:45 a.m. for the noon meal.

Reservations: Call 393-1946, 9 a.m. to 1 p.m., a day in advance. Please call ahead if you need to cancel a reservation. Full menus are also available at the Dining Center. Substitutions available. Make request when you call for reservation.

Suggested contribution toward meals:

\$3.50 for those 60+

\$6.00 for those under 60.



March 2017		
Wed	1	Kielbasa with Sauerkraut
Thurs	2	Breaded Chicken Fillet
Fri.	3	Macaroni & Cheese
Mon	6	Seafood Scampi
Tues.	7	Chicken Marsala
Wed.	8	Baked Ziti
Thurs.	9	Breaded Pork w/Gravy
Fri.	10	Harbour Style Fish
Mon.	13	Salisbury Steak
Tues.	14	Baked Manicotti
Wed.	15	Pulled Pork Sandwich
Thurs	16	Turkey Roll Ups
Fri.	17	Macaroni & Cheese
Mon.	20	Ham & Potato Au Gratin
Tues	21	Chicken & Biscuit
Wed.	22	Cheese Pizza & Chicken Nuggets
Thurs	23	Chicken Cacciatore
Fri	24	Split Pea Soup & Fish Dinner
Mon.	27	Spaghetti & Meatballs
Tues	28	Roast Beef
Wed	29	Kielbasa w/Sauerkraut
Thurs	30	Breaded Chicken Fillet
Fri.	31	Macaroni & Cheese

April 2017		
Mon.	3	Seafood Scampi
Tues.	4	Chicken Marsala
Wed.	5	Baked Ziti
Thurs.	6	Breaded Pork
Fri.	7	Harbour Style Fish
Mon.	10	Salisbury Steak
Tues	11	Baked Manicotti
Wed.	12	Pulled Pork Sandwich
Thurs.	13	Turkey Rollups
Fri.	14	Closed—Good Friday
Mon.	17	Ham & Potato Au Gratin
Tues	18	Chicken & Biscuit
Wed	19	Cheese Pizza & Chicken Nuggets
Thurs.	20	Chicken Cacciatore
Fri.	21	Split Pea Soup & Fish dinner
Mon.	24	Spaghetti & Meatballs
Tues.	25	Roast Beef
Wed.	26	Kielbasa w/ Sauerkraut
Thurs.	27	Breaded Chicken Fillet
Fri.	28	Macaroni & Cheese



Looking for volunteer bingo callers - contact Beth for details.

Beth Gish —Dining Center Manager; **Diana Yeo** – Dining Center Cook

Catholic Charities Senior & Caregiver Support 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 and Federal Administration on Aging.

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 Schenectady County Department of Senior and Long Term Care Services Caregiver Support Group staff. Next meetings: March 7; April 4

American Legion Post 1001

Second Tuesday of month at 1 pm

Next meetings: March 14; April 11

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

Scotia Rotary Brooks BBQ

Wednesday, April 12th 4-7 pm

at the Glenville Senior Center

Please watch for flyers for more details.



VFW Ziti Dinner

Friday, April 28th 4-7 pm

at the Glenville Senior Center

Classic Italian Sausage & Meatballs.

Eat in or Take out. \$8 at the door; \$7 advanced sale

Sponsored by VFW Post 4660

Friendship Café

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 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!

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.

Lions Splash Pad

The Scotia-Glenville Lions are raising funds to build Lions Splash Pad in Collins Park. A 'Buy-a-Brick' campaign is being held where project donors can get their name engraved on a brick around the Splash Pad. Personalized bricks start at \$150, with larger donations result in larger bricks. We hope the Lions Splash Pad will be a great addition to Collins Park for decades to come. Contact Eric Buskirk 518-882-8754 with questions or visit www.SGLions.org for more information.



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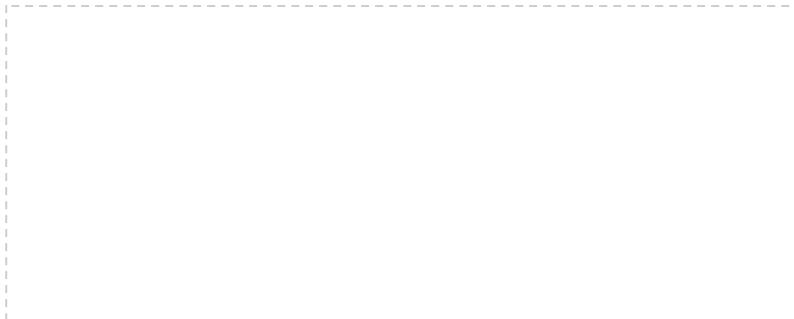
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