



Scotia-Glenville Senior Citizens Senior Moments



Volume 47 Number 2 March-April 2022

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.

"A Cruise to Die For" Saturday, April 2 at 1 pm Murder Mystery Dinner Theater

Talent night on a cruise ship in the Starlight Lounge;
including special guests such as the "Supremes," "Beach Boys,"
"Village People" - just to name a few.

Come and join the fun right here at the Senior Center.

Performance by a professional theater group.

Bring your friends and sing along. Luncheon catered by Carm's
Restaurant. Cost of luncheon and show: \$30



Volunteer Recognition Friday, April 22nd at 2 pm

Thank you to all our volunteers for your dedication to the
Center. Those who have given 12 hours or more of their time
volunteering at the Center during the past year are invited to a
luncheon at the Center. Sign up deadline: April 15th.

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MARK YOUR CALENDAR

Exec Council: Thurs. Mar 3rd & Apr. 7 at 1:30 pm
Directors: Thurs. Mar. 10th & April 14th at 1:30 pm
Senior Moments Deadline: Wed. Mar. 16th
Senior Moments Mailing: Thurs. April 21 at 9 am

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.

It's snow season - keep our carpets clean, floors dry and safe!

Please change from wet boots or shoes when entering the
Center. This is especially important when taking exercise
classes since wet floors are slippery.

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

Barbara Brown, President

Vicki Hillis, Executive Editor, Publisher

Ricki Lewis & Connie Large, Editors

Angie Pomykai, Assoc. Editor, Distribution Manager

GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS

Words from the President

This is March's edition of Senior Moments and I am writing on the first large snowfall day of the season January 17th, Martin Luther King, Jr. Holiday. Covid is still knocking on our doors everyday. I hear of different members and friends getting a mild case of it and they are thankful they had their shots and booster.

Some of you may not know **Linda Reinhart**, but she is a former President of the Scotia-Glenville Senior Citizens group. Linda recently stepped down from her volunteer job as the person in charge of our transportation program for the past 19 years. We appreciate all her years of service in dispatching, and we thank her for all that volunteering in one area. Linda will still serve as the chairperson of the trip committee, and we are pleased she will continue. Thank you to **Maureen Adamek** for taking over the transportation responsibilities.

Welcome to **Sarah Blackwood**, the new clerk working at the Center in the afternoons. Volunteers are still needed for the reception desk for all shifts, especially the afternoon shift. Some members thought hiring an afternoon clerical person would eliminate the afternoon volunteer shifts, but this is not the case. This person is a town employee and will be doing a variety of clerical tasks related to the town and will also close the building each day.

Now that I have mentioned volunteers, we need more members to help with many volunteer tasks around Center: dispatchers, drivers, desk volunteers, etc. Please think about volunteering.

Be Healthy, Be Safe, Be Smart.

Barbara

AARP Free Tax Preparation

The volunteer tax aides look forward to serving the Glenville community again. The Covid positivity rate will dictate how and if these services can be provided. Call the Center at 518-374-0734 to schedule your appointment.



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



Vicki's View

As spring approaches, maybe it's time to consider getting more involved at the Center. Here are some of our volunteer opportunities:
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 adds classes to 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: Researches trip possibilities, makes reservations and arrangements for trips, and serves as trip leader.

Please let us know if you're interested.

Vicki



CENTER SERVICES

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

The Sunshine Committee

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

In Memoriam

We are saddened to learn of the passing of the following members:

- ♦ James Blenker
- ♦ Mary Drisgula
- ♦ Pat Kislowski
- ♦ Don Puckette
- ♦ Irma Woloszyn

Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Gloria Kudzin** for her recent display of vintage food tins.

March & April: Display will be wood carvings of figures and puzzles from **Bud Bertino**.

If anyone has a collection that they would like to share, please call **Janet Neary** at 518-393-0331 or leave a message at the front desk. Remember, the case is lighted and always locked. Thank you to Janet for coordinating 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.

Email Initiative

In addition to our website and Senior Moments newsletter, you can receive email notifications about Center happenings. Send your full name and email address to seniorbaabs@gmail.com

Van Transportation

For senior residents of Glenville and Scotia only. Senior Center membership not required.
Our van must stay within Glenville/Scotia.

On-request pickup and delivery



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

take you on your errands: to the barber or hairdresser, Wal-Mart, grocery store, to visit a friend, etc., within the town. Van operates Monday through Friday, 9 am - 3 pm.

Donations are gratefully accepted to help defray costs.

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

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

We Need Drivers & Dispatchers.

Be a regular or substitute driver or a substitute dispatcher. Call **Maureen Adamek** at the Center for information.

Free Table

The little card table in the hallway is back in operation as a place for members to recycle books, magazines and puzzles - no other items. Please bring only a few items at a time. If you have a large number of books to donate, consider taking them to the main branch of the county library for donation.

Donate Eyeglasses

The Scotia-Glenville Lions Club collects discarded eyeglasses, which they restore and give to those less fortunate. You may drop off your old glasses in the box located in the Center's library. Another convenient location is the large yellow drop-off box in the front of Hannaford in Glenville.

CLASSES AT THE SENIOR CENTER

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

Paint with Peggy

Wednesday, March 9 & April 13

Time: 9:30 am–2 pm

Sign up in advance at the front desk. Cost: \$45 per class. Payment due at time of registration. Please make checks payable to **Peggy Porter**. Bring a bag lunch. If you have any questions, please call Peggy at 518-925-2238. Be sure to include a phone number with your information in case there is a last-minute change. Masks required.

Wednesday, March 9th: "Lighthouse on a Bluff"

Lighthouses are very popular subjects to paint. Join us as we paint the lighthouse on a bluff with waves splashing up on the cliff. It's an overcast day so you can see the beam of light shining out to sea.



Wednesday, April 13th: "Morning Walk"

This peaceful country scene is a pleasure to paint! Pastel sunrise colors and an old house with a path. Peggy will demonstrate and guide you through every step as you create this lovely oil painting.



Tai Chi Class

Fridays, 10:30 am to 11:30 am

Tai Chi class starting on Fridays, April 8 to June 10 (10 week class) from 10:30 am to 11:30 am. For beginners or advanced students, come experience WU Tai Chi. This course will help with balance, blood circulation, a positive well being feeling and a calmness that can help you with everyday stress reduction. The cost is \$70, pay in advance. Please call **Tony Grimaldi** at 518-469-4461 to register.

Oil, Acrylic Art

Fridays, 10 am - 1 pm

(begins 9:30 during tax season)

Certified by the Minneapolis Institute of Art, the instructor, **Dani Morette** provides her expertise as she guides you through your current piece of art. Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire. 8 week session fee is \$120.



*Painting completed by
Linda Hubbard*

Watercolors with Mary

Monday, March 7th, 10:30 am - 12:30 pm

Monday, April 11th, 10:30 am - 12:30 pm

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

Fee: \$6

Next class: 5/9

*"You can't use up creativity.
The more you use the more you have."
Maya Angelou*

CLASSES AT THE SENIOR CENTER

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

YMCA Classes

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

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

BALANCE: As we age, we lose our balance. The good news is that with practice, we can retrain our brains and bodies to improve our balance! Strengthens key muscles responsible for balance. Leads you through balance drills. Provides you with tricks to help you improve your balance.

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

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

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

Zumba Gold

Mondays, 9:15, 2/7-3/21 (no class 2/21)

Fridays, 9:15, 2/4-3/11

Sessions are 6 weeks. Next session will start mid-March and run through April.

Exciting Latin and International dance rhythms taught here for seniors and beginners. Easy to follow, so any age and any fitness level can do it! This fun Latin dance program includes merengue, salsa, cha-cha, calypso, and rock & roll. Guaranteed to provide a safe & effective total body workout. Cost: \$30 per session due to instructor on the first day of the session. Please make checks payable to **Kathy Gautie**.

MVP Tai Chi Moves

Winter session: Wednesdays 1:30-2:15

Spring session: Wednesdays 1:00-1:45

Join us for an introduction to Tai Chi. Described as "meditation in motion," the benefits of Tai Chi can include improved balance, flexibility, and muscle strength to prevent falls. Wear flat-soled shoes and loose, comfortable clothing. This program is free and open to the public, compliments of MVP Health Care. Space is limited and registration is required. Current winter session runs until March 16th. The spring session is planned for April 13th through June 15th.

Register at www.mvphealthcare.com/calendar/ as we get closer to the start date.

Chair Yoga

Thursdays, 9:15 am

Winter Session 2: 2/17- 3/17 (5 classes)

Spring Session 1: 3/31 - 4/28 (5 classes)

Cost: \$20 per session due to instructor on the first day of class

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

Participants will be guided through a series of stretches and yoga postures that are modified while sitting in a chair. A minimal amount of standing and balancing will also be included utilizing the chair for support. Each class will also include breath awareness techniques and guided relaxation.

Please wear loose, comfortable clothing for ease in movement. If you have an old necktie or stretchy strap, please bring it to class.

* A completed waiver form is required for class. They are available on the Senior Ctr. website or will also be available at each class. Please email Chris with any questions: cdarbyking@aol.com

CENTER ACTIVITIES

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

Responsibilities of Activity Participants

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

Senior Moments Mailing Party Thursday, April 21st 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!

Attention Bowlers Wednesdays, 9am

We may still be looking for bowlers to replace our Snow Birds. If you've been thinking about joining our league now would be the perfect time. We bowl Wednesday mornings starting at 9 am. If you are interested, just show up and try us out. We are a fun league with a wide range of averages. You can just show up or you can contact **Butch Carpentier** at 518-374-1499 for more information.

Canasta Anyone?

Looking for one more person to start a table for canasta at one of the card playing days. We have three members looking for a fourth. Come to the front desk if you're interested.

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 pm

Haven't played bridge for awhile? No problem! No duplicate bridge experience is necessary. This is a friendly game. Sign-up starts at 12:15 and play begins promptly at 12:30. Join us with your partner. If you need a partner or have any questions, please contact **Ruth Armbruster** at 518-399-7871 or **Anne Bishop** at 518-372-7254.

Mah Jong

Anyone interested in having a foursome play at the Center is welcome to play at the card sessions on Mondays and Thursdays. We have the game boards or you can bring your own.

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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.

March 7: The Exiles by **Christina Baker Kline**

Apr 4: Sisters in Arms by **Kaia Anderson**

May 2: The Yellow Wife by **Sadega Johnson**

A book is a gift you can open again and again.



You can borrow a book, but you get to keep the ideas.

La Bella Lingua

Advanced - Fridays at 1:30 pm

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 send **John Alfano** an email at jalfano@nycap.rr.com or call him at 518-881-8985.

Silver Threads Quilters

Thursdays, 1 - 3 pm

We are a group of friendly, mentoring quilters who share threads of wisdom and create works of art. 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.

Tai Chi Practice

Tuesdays, 9-10 am

We are a group of Tai Chi enthusiasts who meet weekly to maintain our skills. We warm up gently, with easy stretches. We practice the Sun form that is taught in the MVP class (Tai Chi for Arthritis). We also practice the popular Yang 24 form. We end with Qi Gong, stationary movements with deep breathing. Offered to members only at no cost. You are welcome to join us, whatever your level of skill.

Free Legal Consultations

Wednesday, March 9th at 1:30 pm

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

Upcoming dates: 5/11, 7/13

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.

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.
- ♦ Non-members not sponsored by members as described above are subject to bumping by a member who is on the waiting list.
- ♦ Trips that are for Senior Center Members Only will be so identified in the *Senior Moments* announcement.
- ♦ We cannot publish announcements of trips sponsored by organizations other than the Glenville Senior Center or those we team with for Joint Venture trips. Please sign up well in advance. Watch for deadlines - trips may be filled or cancelled due to low enrollment.

No travel plans for March and April. Watch the trips bulletin board for other sister Senior Center trips and travel as a member!

Driver Safety Course

Tues./Wed. April 19th & 20th, 2-5 pm

Tues./Wed. May 24th & 25th, 2-5 pm

These programs may reduce your auto insurance cost. 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: Center members: **\$25.50**

Non-members: **\$29**



Poetry Corner

Spirals

*She asks a question, again,
minutes after I've already answered it twice.
I shout my reply. She's nearly deaf.
Long pauses searching for a name or a word
she calls the phone the camera or the radio.*

*I slow to match my mother's shuffling feet;
my hips ache with the effort of snail-like steps,
my throat cracks with shouting, my patience flags.
I'm with you, she says. I'm here, I shout back.*

*I mourn our losses:
her halting steps
my slowing pace
repeated questions
unheard answers
erased memories*

*We spend time and health
stumbling toward the end
that comes both too late
and too soon.*

*By Virginia Bach Folger
First published in Constellations:
A Journal of Fiction and Poetry*

Senior Center Website

www.scotiaglenvilleseniors.org

Find the latest information about activities and events.

Barbara Jones—Website Administrator

Senior Golfers

Hillcrest Golf Course has invited us back for this year's golf league. Hillcrest worked out very well for us last year, treating us like special guests. The cost to golf will tentatively still be \$10 for 9 holes. The plan is to start on Monday, May 4th and Wednesday May 6th. A meeting beforehand would still be very difficult to plan.

Instead of a meeting, we're asking anyone interested in joining one of the leagues to notify Butch Carpentier for the Monday league or Rich Kruk for the Wednesday league. Anyone is welcome to join both leagues. You can contact us by phone, email, or text. Please help us make this work. We are both looking forward to seeing everyone this spring.

Butch Carpentier 518 779-2199 cfcarpentier@verizon.net

Rich Kruk 518 441-1827 rkruk42@hotmail.com

Rec Room

All members are welcome to come in and enjoy the rec room for pool, shuffle board, etc. The only time the room is occupied is Thursday mornings for the photography group so they can view their photos on the large screen television.

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.

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2022		Annual Fee: Glenville & Scotia residents: \$15 per person Non-residents: \$25 per person Checks preferred. Payable to : Scotia-Glenville Senior Citizens, Inc.	
RESIDENT _____ NON-RESIDENT _____		RENEWAL _____ NEW MEMBER _____	
*Name1 _____		E-mail _____	
*Name2 _____		E-mail _____	
*Address _____			
*City/State/Zip _____		*Phone _____ Cell phone _____	
Emergency contact name & number: _____			
Office Use: Registration number: _____ Receipt number: _____ Receipt date: _____ Database: _____			

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	March	1 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Support	2 9:15 YMCA Yoga 1:30 MVP Tai Chi 4:00 Pickleball	3 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	4 9:15 Zumba Gold 9:30 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi Class 1:30 Advanced Italian 4:00 Pickleball	5
6 Pizza & Movie	7 9:15 Zumba Gold 10:00 Book Club 10:30 Cardio Fit 10:30 Watercolors w\Mary 12:30 Cards 4:00 Pickleball	8 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	9 9:15 YMCA Yoga 9:30 Paint w/Peggy 1:30 MVP Tai Chi 1:30 Legal Consults 4:00 Pickleball	10 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Meeting.	11 9:15 Zumba Gold 9:30 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi Class 1:30 Advanced Italian 4:00 Pickleball	12
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20	21 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	22 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	23 9:15 YMCA Yoga 4:00 Pickleball	24 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	25 9:15 Zumba Gold 9:30 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi Class 1:30 Advanced Italian 4:00 Pickleball	26
27	28 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	29 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	30 9:15 YMCA Yoga 4:00 Pickleball	31 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting		

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24	25 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	26 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	27 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	28 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	29 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi Class 1:30 Advanced Italian 4:00 Pickleball	30

Glenville Dining Center

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

The Friendship Café is a gathering place for older adults where a nutritious mid-day meal is served with others. Older adults enjoy meeting up with friends and participating in diverse activities that offer them the opportunity to remain active and connected to their community while meeting nutritional needs.

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

Reservations are taken a week in advance and participants must call by 12:00 noon the Friday before. Participants must complete registration forms at first visit. Full menus are also available on site.

*** Menu subject to change. ***

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

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.

Recycling at Center

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

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



Please do not put garbage in these bins!

Giving Tree

Thank you to all the knitters and crocheters who donated hats, mittens and scarves for the Schenectady giving tree this winter. Many people appreciated the gift of warmth this winter season.



Save the Date -
Friday, 6/3 - Ice Cream Social
Friday, 9/9 - Annual Outdoor Picnic

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 & Third Tuesday of month at 1:30 pm

Caregivers discuss caregiving issues faced in people's daily lives. Open to any resident of Schenectady County. Facilitated by **Wendy Petroci**, Schenectady County Department of Senior & Long Term Care Services. CDC guidelines will be followed.

Glenville Sr. Ctr. meetings: March 1st & 15th
April 5th & 19th
May 3rd & 17th

Upcoming Support Group Conference Calls:

Mon., March 7	Conference call	5:30-6:30 pm
Mon., March 21	Conference call	5:30-6:30 pm
Mon., April 11	Conference call	5:30-6:30 pm
Mon., April 25	Conference call	5:30-6:30 pm

Dial-in number & Access code always the same

Dial-in number: (978) 990-5000

Access code: 368-996#

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.

Home Energy Assistance Program (HEAP)

HEAP helps low-income people pay the cost of heating their homes. Eligible people may receive one regular HEAP benefit per season and could also be eligible for an emergency HEAP benefit if you are in impending danger of running out of fuel or having your utility service shut off.

For information about eligibility or applying, contact:

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

Health Insurance Information & Counseling Program (HIICAP)

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

Senior Services

Catholic Charities Senior & Caregiver Support Services provides trained staff members who can assist you with choosing health insurance and prescription drug coverage; applying for food stamps, Medicaid and other programs; and locating information about community services and resources. Please contact **518-372-5667**.

Legal Hand Helpline

The Legal Hand helpline is open to any resident living in Albany and Schenectady counties. It focuses on providing information on civil law and connecting individuals with community resources that can assist.

The service is free and individuals may call the service as often as needed. The helpline can be reached by calling or texting

518-400-5544

on the following days:

Monday: 11 a.m. to 5 p.m.

Tuesday: 11 a.m. to 7 p.m.

Wednesday: 11 a.m. to 5 p.m.


Thursday: 11 a.m. to 5 p.m.

Friday: 11 a.m. to 2 p.m.

Saturday: 9 a.m. to 12 p.m.

Services can also be acquired by emailing schenectadyalbanyhelp@legalhand.org

Additional information can be found by visiting legalhand.org/schenectady-albany.

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- Jim Henson



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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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Glenn offers free consultations at the Center on the second Wednesday of every other month. Call the Center to schedule an appointment.

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CONTACTS

Senior Center Coordinator:
Vicki Hillis
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