



Scotia-Glenville Senior Citizens Senior Moments



Volume 45 Number 2 March-April 2020

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.

Construction Continues

The expansion is really starting to take shape. The drywalling, taping, siding and masonry work are complete and we are still on track to have the expansion ready for use in the spring. Please be patient as normal schedules may be disrupted on occasion.

Brain Games

Thursday, March 18th at 1:30 p.m.

Join us for a fun activity to learn all about what senior services has to offer. Brought to you by Eddy Senior Care, the Alzheimer's Association, and Schenectady County Senior and Long Term Care Services.

Afternoon Desk Volunteers

We are looking for volunteers interested in working at the front desk once or twice a month. Stop by the office to learn more. For existing volunteers, please don't forget to sign up for the upcoming month. Thank you -Myrtle Major

Brunch and Games

Saturday, March 21st - 11 am

Let's celebrate the coming of spring with a brunch and game day. We'll have breakfast pizza, mini sandwiches, salad - catering by Marcella's. Reserve your spot at the desk for \$5.00. Bring your favorite games or join us for corn hole, cards, wii bowling, boggle, scrabble, and other board games. Sign up deadline: March 13th

Volunteer Recognition

Friday, April 17th 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 come to a luncheon at the Center. Sign up deadline: April 10th

Save the Date

Friday, May 29th - Ice Cream Social

Friday, June 5th - Grand Opening of our Expansion

Friday, Sept 11th - Annual Outdoor Picnic

See page 8

Tuesday, March 24th - The NY State Capitol Building
Tuesday, April 14th - Norman Rockwell Museum
Canadian Rockies & Glacier National Park September 9-15, 2020

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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.*

MARK YOUR CALENDAR

Exec Council: Thurs. Mar.5th Apr.2nd at 1:30 pm

Directors: Thurs. Mar.12th & Apr. 9th at 1:30 pm

Senior Moments Deadline: March 18th

Senior Moments Mailing: Thurs. April 23rd @ 9 am

Dining Center Closed: Friday, April 10th

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.

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GLENVILLE SENIOR CENTER

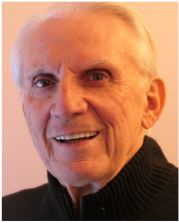
32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS



Ron's Reflections

New Addition to the Glenville Senior Center Nears Completion

I'm excited and hope you are too. The addition to the Senior Center will be completed and ready for use ahead of schedule. Be sure to come by and check

out the new digs (a grand opening is planned for early June). We hope you are sparked to imagine how members can make the most beneficial use of this new space in terms of activities and programs. The addition includes a large (20'x21') craft room with a wet sink and multi-use recreation room (20'x27'). There is also an office space for dispatchers and administrative use. A special advisory committee chaired by **Barbara Brown**, head of our Building and Grounds Committee, has been formed to recommend furnishings and equipment to be purchased. Members of the committee are **Anne Pomeroy, Ed Perazzo, Max Gollmer, Paula DeVries, Roger Peugh, Flo McClure, Shirley Perazzo, and Sandy Glindmyer**. **Vicki Hillis**, Center Coordinator, serves as advisor to the committee. They welcome your ideas for activities using these new spaces as a guide to the kinds of furnishings and equipment to recommend. A designated budget amount has been established by the Scotia-Glenville Senior Citizens Board of Directors for this purpose.

To make things easier for you in terms of giving us your ideas, I have set aside space below. Just copy or cut out this page and drop it off at the front desk of the Center or place in the mail. Including your name and contact information is optional, but will help the committee follow up on your suggestions. We look forward to hearing from you by March 15th.

Activities of Interest

Craft Room

Recreation Room

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Name _____ Phone: _____

Email: _____

Yours sincerely, **Ron Brach**



Vicki's View

Continuing with our series on senior scams, the article below is to help you avoid a common Medicare scam regarding medical braces.

Medical brace scams

Lisa Lake, Consumer Education Specialist, FTC

Scammers have been targeting Medicare recipients with a scheme to get "free or low-cost" back and knee braces. They're calling, running television ads, and mailing letters to get people to give their Medicare information. But if you give them your information, they'll use it to fraudulently bill Medicare for braces or other medical equipment. This uses up your medical benefits, which means you might not be able to get the right brace later, if your doctor prescribes one.

If you or someone you know is covered by Medicare, please share these ideas on how to avoid these scams:

- ◆ If someone calls and says they're from Medicare and offers you a "free" or "low cost" brace, hang up right away. No one from Medicare will call you with such an offer. It's a scam.
- ◆ Never give your Medicare or other personal information over the phone to anyone who calls asking for it.
- ◆ If you suspect someone is using your Medicare information, check your Medicare Summary Notice to be sure you (and Medicare) are only being charged for services you really got.
- ◆ If you need a brace or another type of medical equipment or prescription, talk to your doctor. Sellers on the phone don't know what you need - and you may need nothing.
- ◆ Don't accept medical equipment you get in the mail unless you or your doctor ordered it. If it comes to your door and you didn't order it, you can keep it as a gift. You don't have to pay for things you didn't order.
- ◆ Find out more about Medicare fraud by visiting [CMS.gov](https://www.cms.gov) or calling 800-MEDICARE (800-633-4227). Also, read the Federal Trade Commission's article on medical identity theft.

If you've seen or heard about this or other scams, report it to the FTC online or by calling 1-877-FTC-HELP (1-877-382-4357).



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

facebook

CENTER SERVICES

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

The Sunshine Committee

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



Box Tops for Education

Check cans, bags, and boxes of groceries, cleaning supplies, etc., and you'll probably find little symbols like these on many of them. Each of these little symbols is worth

10 cents to our neighboring Glen-Worden Elementary School, so don't throw them away.

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

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Sandy Glindmyer** for her Snowman collection in January, and **Joan Gould** for her Cardinal collection in February

Next Up:

March: GE Memorabilia by **Pat Dwyer**

April: Vintage Food Tins by **Gloria Kudzin**

We need collections for upcoming months. If you would like to display your collection, please contact **Janet Neary** at 518-393-0331 or leave a message at the front desk. Remember, the case is lighted and always locked. Thank you to Janet for coordinating the displays.

Happy Birthday

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



Van Transportation

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

Our van must stay within Glenville/Scotia.

On-request pickup and delivery



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

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

Donations are gratefully accepted to help defray costs.

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

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

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

Copy Your Wallet Cards Free

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

Having a Computer Problem?

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

Donate Eyeglasses

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

SG Senior Citizens Web Site

Check it out at glenvilleseniors.org Keep up to date about activities and events. Thank you to our website administrator, **Jim Moorhead**.

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Stampin' Up Card Workshop

First Tuesday of the Month at 2:30 pm

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Sign up in advance at Front Desk. Please make checks payable to the instructor, **Brigid Meyer**.

Cost: **\$5** per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates 3/3, 4/7, 5/5

Golf League Meeting

Monday, March 16th at 2pm

An organizational meeting for current and new members to sign up for the 2020 senior golf league is scheduled to be held at the Center on Worden Road. **Please plan to attend because we will be discussing new golf course options.** For more information on the meeting or joining the league, please call or email **Butch Carpentier** at 518-374-1499; email cfcarpentier@verizon.net.

Citizens Preparedness Course

Wednesday, March 25th at 6 pm or

Thursday, March 26th at 1:30 pm

We are hosting two Citizens Preparedness training opportunities. Initiated by the Governor's Office and the NYS Division of Homeland Security and Emergency Services of the National Guard, the purpose of this training is to provide citizens with the tools and resources to prepare for emergencies and disasters, and recover as quickly as possible. They will also discuss how to prepare for active shooter scenarios. The course takes about 1 1/2 hours and is free. Sign up at the desk and reserve your spot. Both courses are open to the public.

Paint with Peggy

Monday, May 4th at 9:30 am

"Sailing Away" - This painting invites you to walk over the hill to watch the sailboats in the lake. We create perspective with the water, a distant shore line and a nearby path going over a hill. Peggy demonstrates and provides step by step instruction in how to complete this lovely summer oil painting. Beginners and ALL skill levels are welcome. Just bring a flat box in which to carry home your completed oil painting! Peggy provides all the materials from blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting.

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

Cost: **\$45**. Payment due at time of registration. Please make checks payable to **Peggy Porter**. Max. 8 participants. Sign up at Front Desk. Call Peggy at 518-925-2238 for additional details.



Driver Safety Course

Tues. March, 17 & Wed. March 18th - 2-5 pm

Tues. April, 14 & Wed. April 15th - 2-5 pm

This program may reduce your auto insurance. Class consists of two-3-hour sessions held on two consecutive days. Senior Center membership is not required. Payment is due at sign-up. Please make check payable to AAA Northway. No cash. Checks are not cashed until the class is held. Participants must register in person at the Front Desk. No phone reservations are accepted. Cost: Senior Center members **\$25** & non-members **\$32**.

AARP Tax Return Preparation

Mon, Wed, Fri. By appointment only

For those who have an appointment, please bring a photo ID, social security card and proof of health insurance for each member who will be listed on the return. Also bring last year's tax return, interest, dividends, capital gains, wages, social security, and retirement income statements. (*Soc. Sec. 1099 is acceptable proof of health insurance and social security enrollment.*)

* Appointments are full, waitlist openings may be

Acrylics/Watercolors with Mary

Monday, April 20th 9:30 am-Noon

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

Let's Play Games

The new expansion is progressing very nicely. Soon we will be able to have a special game room with perhaps a shuffle board, a pool table, a ping pong table and a dart board. We need to know how much interest there is for any or all of these games. Please call the front desk at 518 374-0734 to voice your opinion so that we know what to buy. Thank you.

Giving Tree A Success

A very big thank you to all who helped make the first Glenville Senior Citizens tree a huge success. It could not have succeeded without our volunteers making tags and wrapping gifts or all those members who purchased gifts for the residents of Glendale. We believe over 100 gifts were collected as they filled the back of both a large SUV and a minivan. The recipients and staff at Glendale were thrilled by our generosity. Again, thank you for your support.

-Paula DeVries

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 Spring Session: March 30th-June 19th 2020 No Classes April 13-17th, May 25th Fees: 1 class/wk \$36, 2 classes/wk \$60, 3 classes/wk \$83, 4 classes/wk \$99, 5 classes/wk \$110 | | | | |
|---|----------------------------|---|--------------------------|-------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 9:30 Cardio/Strength Circuit for AOA Susan | 9:15 Zumba Gold Carolyn | 9:30 Fit over 50 Susan | 9:15 Zumba Gold Kathy | 9:30 Fit Over 50 Joyce |
| 10:30 Forever Strong Susan | | 10:30 Forever Strong Susan | | 10:30 Forever Strong Joyce |
| | 11:15 Chair Yoga Joni | | | 11:30 Chair Yoga Joni |
| | | 2:00 Gentle Yoga Joni (75 minute class) | | |

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

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



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

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

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

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



CENTER ACTIVITIES

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

Responsibilities of Activity Participants

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

Senior Moments Mailing Party Thursday, April 23rd 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.

MVP Tai Chi Moves

Wednesdays, 1 - 1:45 pm, February 26th- May 13th

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

Craft Class

Wednesday April 29th, 1:00 pm

Spring forward creating a fabric covered clay flower pot. Using a minimum amount of materials and your own creativity, you can brighten your decor or someone's day. All materials will be provided. Class size is limited to 10 participants. Cost is \$6.00. Make checks payable to **Barbara Jones**. Please bring a pair of scissors to class.



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.

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.

Scholarships

The Scotia-Glenville Senior Citizens, Inc. award a \$1,000 scholarship to each of three high school students living in the Town of Glenville who are graduating in 2020. Applications for the scholarships are now available in the guidance offices of local high schools and/or by contacting 518-374-0734. Completed applications must be returned to the Glenville Senior Center **no later than April 1, 2020**.

Duplicate Bridge

Tuesdays, 12:30 - 4 pm

Haven't played bridge in years? No problem, we'll refresh your memory. No duplicate experience is necessary. Sign up starts at 12:15. Play begins promptly at 12:30.

This is a friendly game! Come with your partner. If you need a partner or have any questions, please call **Anne Bishop** at **518-372-7254**

Tai Chi Practice

Tuesdays, 9 am

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

Mah Jong

Wednesdays, 9 am

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

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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.

Mar. 2nd - *Winter Sister* by Robin Oliveira

Apr. 6th - *Little Women* by Louisa May Alcott

May 4th - *March* by Geraldine Brooks

La Bella Lingua

Beginners - Thursdays at 10 am (In Library)

Intermediate - Thursdays at 11 am (In Library)

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

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

Building & Grounds

We retired the Old Glory in the front foyer and replaced it with a bright new flag. We have a committee for picking out new furniture for your new addition. Read Ed's article about your desires for the game room. Got an idea for the craft room? Pass it on. Thank you, **Barbara Brown**

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.

Blanket-makers Needed

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

Silver Threads Quilters

Thursdays, 1 - 3 pm

We are a group of friendly, mentoring 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.

Oil, Acrylic Art

Fridays, 10 am - 1pm (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. An 8-week session is \$120.



Painting by Tony Cintula

Gardening Corner

As you read this issue of Seniors Moments, Spring will be right around the corner. If you have any interest in keeping the flowers blooming or helping removing weeds, PLEASE let me know or leave your name at the front desk and I'll get back to you.—**Barbara Brown**

Bowling League

Wednesdays, 9 am

Join the Scotia-Glenville Senior Bowling League! Senior men and woman of all levels of ability and averages are welcome. We bowl 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. For more information or to sign up, contact **Butch Carpentier** at 518-374-1499.

Knitting and Crocheting

Tuesdays, 1 pm

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

Pickleball

Mon, Wed, Fri 4 pm

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

TRIPS and TRAVEL

- ◆ **Make reservations** in person (not by phone).
- ◆ **Payment** must accompany reservation.
- ◆ Separate checks required for each trip.
- ◆ **Mail reservations** confirmed only if space is available.
- ◆ Responsible adult must be with anyone requiring **walking aid**.
- ◆ **Cancellations** reimbursed only if a replacement is found.
- ◆ Center members may invite **family or friends** as guests on a trip.
- ◆ **Children** should be at least junior-high-school age.
- ◆ Please do not wear perfume on trips; others are allergic.
- ◆ On trip days, our parking lot gets overcrowded. Please carpool to the Center and park where directed.
- ◆ **Non-members** not sponsored by members as described above are subject to bumping by a member who is on waiting list.
- ◆ Trips that are for Senior Center **Members Only** will be so identified in the *Senior Moments* announcement.
- ◆ We cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.
- ◆ Please sign up well in advance. Watch for deadlines - trips may be filled or cancelled due to low enrollment.

Canadian Rockies

& Glacier National Park

September 9-15, 2020

Transportation by motor coach to & from Newark Airport

Overview of trip:

Day 1: Calgary, Alberta, Tour begins. Mingle with your fellow travelers at a cocktail reception this evening.

Day 2: Waterton Lakes National Park, Journey south to the prairie lands. Visit Head-Smashed-In Buffalo Jump. You'll get to view and photograph the famous Prince of Wales Hotel. Tonight, enjoy dinner overlooking Waterton Lake.

Day 3: Experience Glacier National Park, Montana. Ride aboard one of its famous Jammer cars, an open-air touring car.

Day 4: Relax during your journey to Banff while viewing the wonderful wildlife and the majestic Canadian Rockies. Enjoy stops at the powerful Bow Falls and Surprise Corner.

Day 5: Set out along the unforgettable Icefields Parkway. At the Athabasca Glacier, choose to ride across the ice or walk onto a glass bottom platform. Then stop at stunning Peyto Lake.

Day 6: Visit the shores of famous turquoise blue Lake Louise and the incomparable Chateau Lake Louise. Enjoy lunch at the lodge before boarding a gondola which ascends the mountain.

Day 7: Calgary, Tour ends.

Book now and save:

Double: **\$3,399**

Single: **\$4,299**

Triple: **\$3,369**

For bookings after 3/9/20, call for rates.

Included in price: 7 Days, 9 Meals, Round trip from Newark Int'l Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Any Questions ? Call **Eileen** at travel by Brown @518-399-3128

The NY State Capitol Building

Tuesday, March 24th

Cost: **\$44** for members and **\$49** for nonmembers

Sitting majestically atop Albany's State Street hill, the New York State Capitol has served as the seat of government for New York since the 1880s. The building is a marvel of late 19th-century architectural grandeur, built by hand of solid masonry over a period of 32 years. Let's take a tour of this local attraction.

Lunch will be in one of the Empire Plaza Concourse cafes, where you can purchase lunch on your own. After lunch, a tour guide will direct us on an hour tour of the sights of Albany. After the city tour we will be dropped off at the Albany Institute of History and Art for a guided tour and some free time to explore. Itinerary: Leave the Senior Center at 9:00. Arrive at the Capitol at 10:00. Lunch on the concourse at 11:30. The City tour 1:00 to 2:00. Arrive at the Albany Institute of History and Art at 2:30. Leave for home about 4:30. Arrive home about 5:30.

Norman Rockwell Museum

Tuesday, April 14th

Cost: **\$89** for members and **\$94** guests.

We will be stopping at the Arrowhead Museum on the way to Stockbridge. The Arrowhead is a historic house museum of American author Herman Melville during his most productive years. We will be having a guided tour of the House. We will arrive in Stockbridge around 11 am and will have an half hour or so to explore the village. We meet at the Red Lion Inn for a scrumptious luncheon at 11:30. After lunch we head to the Norman Rockwell Museum to rediscover the original art works of this fabulous American artist. Please sign up at the front desk by March 31st.

Itinerary: Leave the Senior Center at 8:00. Arrive the Arrowhead Museum 9:30.

Arrive Stockbridge about 11:00. Lunch at the Red Lion Inn at 11:30. Arrive at the Norman Rockwell Museum at 1:00, leave at 4:00. Arrive home at about 5:30.

SENIOR CENTER FORMS

Senior Stumper

Submitted by Jim Moorhead

Problem (relatively easy, if you can count to infinity): Josh looks at the clock on the wall (the old kind, round, with fixed numbers from 1 to 12 on the display, and an hour hand, a minute hand and a second hand to "tell" the time; maybe you remember this type. He notices that the time is exactly 12 noon (with all three hands pointing straight up). a) What is the next time of day, to the nearest second, when the hour and minute hands will again be pointed in the same direction? b) At what time all three hands again be pointed in the same direction ?

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.

Of course the first event will occur at a little past 1:05 PM (not at exactly 1:05), because by the time the minute hand gets to the 1 on the display, the hour hand will have moved 1/12th of the distance from the 1 to the 2. It will take 25 more seconds for the minute hand to get to that position, and good heavens, the hour hand will have moved away a little more by then. Repeating this process an infinite number of times with the hour hand ever out of reach of the minute hand (but by less and less time), the minute hand will miraculously catch up to the hour hand at 1:05:27.27 PM, which not surprisingly, is at 1/11th of the distance around the clock face. So the first such event, to the nearest second, is 1:05:27 PM. And all three hands won't point in the same direction again until midnight.

Answer. (a) 1:05:27 PM, b) midnight

Stumper Solution

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, 2020

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. Senior = 55 or older

REGISTRATION #: _____ RESIDENT _____ NON-RESIDENT _____ RENEWAL _____ NEW MEMBER _____

*Name1 _____ E-mail _____

*Name2 _____ *Phone _____

*Address _____

*City/State/Zip _____ Cell phone _____

Emergency contact name & number: _____

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|----------------------|---|---|---|---|---|--|
| 1 | 2 9-4 AARP Tax Prep 9:30 Cardio/Strength 10:00 Book Club 10:30 Forever Strong 12:30 Cards 4:00 Pickleball | 3 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:30 Caregivers Grp. 2:30 Cardmaking | 4 9:00 Mah Jong 9:15 Fit Over 50 10:30 Forever Strong 11:30 Balance 1-4 AARP Tax Prep 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball | 5 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting | 6 9:30 Fit Over 50 9:30 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball | 7 |
| 8 | 9 9-4 AARP Tax Prep 9:30 Cardio/Strength 10:30 Forever Strong 12:30 Cards 4:00 Pickleball | 10 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting | 11 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1-4 AARP Tax Prep 1:00 MVP Tai Chi 1:30 Legal consults 2:00 Yoga 4:00 Pickleball | 12 <i>CDPHP Birthday Cake</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting 1:30 Board Meeting | 13 9:30 Fit Over 50 9:30 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball | 14 |
| 15 | 16 9-4 AARP Tax Prep 9:30 Cardio/Strength 10:30 Forever Strong 12:30 Cards 2:00 Golf League Mtg 4:00 Pickleball | 17 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 AAA Driving | 18 9:00 Mah Jong 9:15 Fit Over 50 10:30 Forever Strong 11:30 Balance 1-4 AARP Tax Prep 1:00 MVP Tai Chi 2-5 AAA Driving 2:00 Yoga 4:00 Pickleball | 19 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting 1:30 Self-care: Yoga 1:30 Brain Games | 20 9:30 Fit Over 50 9:30 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball | 21 Brunch & Games |
| 22 | 23 9-4 AARP Tax Prep 9:30 Cardio/Strength 10:30 Forever Strong 12:30 Cards 4:00 Pickleball | 24 <i>NY State Capital Trip</i> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting | 25 9:00 Mah Jong 9:15 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 1-4 AARP Tax Prep 2:00 Yoga 4:00 Pickleball 6:00 Citizen Preparedness | 26 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting 1:30 Citizen Preparedness | 27 9:30 Fit Over 50 9:30 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball | 28 |
| 29 | 30 9-4 AARP Tax Prep 9:30 Cardio/Strength 10:30 Forever Strong 12:30 Cards 4:00 Pickleball | 31 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting | March | | | |
| | | | | | | |

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------|---|---|---|--|--|-----------------|
| | | April | 1 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 1-4 AARP Tax Prep 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball | 2 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting | 3 9:30 Fit Over 50 9:30 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball | 4 |
| 5 | 6 9-4 AARP Tax Prep 9:30 Cardio/Strength 10:00 Book Club 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball | 7 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:30 Caregivers Support 2:30 Cardmaking | 8 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 1-4 AARP Tax Prep 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball Rotary Brooks BBQ | 9 <i>CDPHP Birthday Cake</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting 1:30 Board Mtg. | 10 Dining Ctr. closed 9:30 Fit Over 50 9:30 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball | 11 |
| 12 | 13 9-4 AARP Tax Prep 12:30 Cards 1:30 Self-care 4:00 Pickleball | 14 <i>Norman Rockwell trip</i> 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 2-5 AAA Driving | 15 9:00 Mah Jong 1:00 MVP Tai Chi 2-5 AAA Driving 4:00 Pickleball | 16 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting | 17 10:00 Painting w\Dani 10:00 Cribbage 1:30 Volunteer Luncheon 1:30 Advanced Italian 4:00 Pickleball | 18 |
| 19 | 20 9:30 Paint w/Mary 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball | 21 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga M1 12:30 Dupl. Bridge 1:00 Knitting | 22 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball | 23 9:00 Newsletter Mailing 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting | 24 9:30 Fit Over 50 10:00 Cribbage 10:00 Painting w\Dani 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball | 25 |
| 26 | 27 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball | 28 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting C | 29 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 1:00 MVP Tai Chi 1:00 Craft Class 2:00 Yoga 4:00 Pickleball | 30 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:00 Italian Beginners 11:00 Italian Intermed. 12:30 Cards 1:00 Quilting | | |

Glenville Dining Center

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

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

** Menu subject to change. **

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

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

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

| March 2020 | | |
|------------|----|-----------------------------|
| Mon. | 2 | Ham & Potato Frittata |
| Tues. | 3 | Goulash w/ Ground Beef |
| Wed. | 4 | Roast Beef w/ Gravy |
| Thurs. | 5 | 3 Meatballs |
| Fri. | 6 | Turkey ala King |
| Mon. | 9 | Glazed Ham |
| Tues. | 10 | Meat Lasagna |
| Wed. | 11 | Chicken & Biscuit |
| Thurs. | 12 | Beef Stew |
| Fri. | 13 | Sweet & Sour Chicken |
| Mon. | 16 | Baked Pork Chop w/Gravy |
| Tues. | 17 | Stuffed Cabbage |
| Wed. | 18 | Chicken Enchilada Casserole |
| Thurs. | 19 | Meatballs & Spaghetti |
| Fri. | 20 | Baked Fish Fillet |
| Mon. | 23 | Roast Pork w/ Gravy |
| Tues. | 24 | Honey Ginger Chicken Thighs |
| Wed. | 25 | Pot Roast w/ Gravy |
| Thurs. | 26 | Breaded Baked Fish |
| Fri. | 27 | Oven Fried Breaded Chicken |
| Mon. | 30 | Salisbury Steak w/ Gravy |
| Tues. | 31 | Vegetable Lasagna |

| April 2020 | | |
|------------|----|----------------------------------|
| Wed. | 1 | Chicken Pot Pie /Biscuit topping |
| Thurs. | 2 | Macaroni & Cheese |
| Fri. | 3 | Roasted Pork Chop w/Gravy |
| Mon. | 6 | Ham & Potato Frittata |
| Tues. | 7 | Goulash w/Ground Beef |
| Wed. | 8 | Roast beef w/Gravy |
| Thurs. | 9 | 3 Meatballs |
| Fri. | 10 | Closed for Good Friday |
| Mon. | 13 | Glazed Ham |
| Tues. | 14 | Meat Lasagna |
| Wed. | 15 | Chicken & Biscuit |
| Thurs. | 16 | Beef Stew |
| Fri. | 17 | Sweet & Sour Chicken |
| Mon. | 20 | Baked Pork Chop w/Gravy |
| Tues. | 21 | Stuffed Cabbage |
| Wed. | 22 | Chicken Enchilada Casserole |
| Thurs. | 23 | Meatballs & Spaghetti |
| Fri. | 24 | Baked Fish Fillet |
| Mon. | 27 | Roast Pork w/Gravy |
| Tues. | 28 | Honey Ginger Chicken Thighs |
| Wed. | 29 | Pot Roast w/ Gravy |
| Thurs. | 30 | Breaded Bake Fish |

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.

COMMUNITY CONNECTIONS

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

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

Caregiver Conversations

First Tuesday of Month at 1:30 pm

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

Upcoming meetings: 3/3, 4/7, 5/5

SG Lions Spaghetti Dinner

Saturday, March 7th, 4-7 pm

The Scotia-Glenville Lions Club is sponsoring a spaghetti dinner at the First Reformed Church of Scotia. Dinner will include salad, spaghetti and meatballs, Perreca's bread and homemade desserts. Dinner prices are \$10 for adults; \$5 for children under 5 years old. Advanced sale tickets can be obtained from any Lions member. For additional information, contact **Bob VanVorst** at 518-370-0489.

VFW Ziti Dinner

Friday, May 8th, 4-7 pm

Classic Italian sausage and meatballs, salad, bread, drinks and amazing desserts will be offered along with raffle prizes and entertainment. \$9 at door; \$8 advance sale, under 5 years old free. Eat in or take out available, advanced tickets available at Senior Center, Mail n' More or VFW Post members.

Self-Care for Caregivers

Join us for the following programs offered at the Glenville Senior Center:

Thursday, March 19th at 1:30 - Chair Yoga for Caregivers presented by Chris Darby-King

Monday, April 13th at 1:30 - Meditation presented by Mary Clare O'Connor from Yoga Bliss on the Blvd.

Monday, May 11th at 1:30 - Comedy presented by The Mopco Improv Theatre

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**.



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Medical Transportation

Catholic Charities Senior & Caregiver Support Services offers transportation to medical appointments for Schenectady County seniors aged 60 and older who are not on Medicaid. Our door to door service is also able to transport wheelchair clients. Our donation only program suggests \$4.00 for ambulatory services; \$6.00 for wheelchair services. A brief phone registration is required. Complete program information will be shared at that time. Please call **518-357-9801**, 8-4, M-F.

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I may not have gone where I intended to go, but
I think I have ended up where I needed to be.

- Douglas Adams

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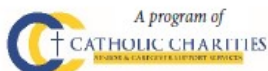
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Glenn Witecki can help you with your estate planning – standard or advanced, including protecting your assets from Long Term Care expenses and filing Medicaid Applications. Other services include: Probate & Administration, Real Estate and Trust and Estate lawsuits.

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

Dorothy (Dott) Skomp
“The Real Estate Lady”
Real Estate Associate Broker
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1st VP: Max Gollmer
2nd VP: Pat Biggica
Secretary: Lynn Purcell
Treasurer: Gladys Cox
(Officers are also Directors)

DIRECTORS – 2020

Lena Becker
Dave Boomhower
Butch Carpentier
Mike Collins
Marty Deschaine
Bob Farstad
Barbara Jones
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Anne Pomeroy
Pauline Postonian
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Joy Robb
Mary Sieder
Barbara Smith
Gerry Turecek

CONTACTS

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