



Scotia-Glenville Senior Citizens Senior Moments



Volume 49 Number 2 March - April 2024

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.

Murder Mystery Dinner Theater

Saturday, April 6, 4 - 8 pm

Attention Guys and Dolls. Dig out those leather jackets, poodle skirts, white dinner jackets, and other 50's attire to wear to Rock 'n Roll Murder. This is dinner theater 50's style. We will be serving meatloaf, mashed potatoes, and a vegetable prepared by the Turf Tavern. Member price is \$35 per person. Non-members cost is \$40 per person. Members only reservations until March 15. Reservations close on March 29. There is a limit of 70 people for this event so be sure to sign up soon.



Volunteer Luncheon

Thursday, May 2 at 1:30 pm

We will honor our volunteers who have 12 hours or more of volunteer time with a Pizza Party. Please sign up by April 30.



Vital Records

Monday, April 29 at 1:30 pm

Don't be surprised or underprepared!

Attend this seminar given by **Jim Rulison**. He will present various ways to identify and access your vital written and electronic information and records. We will discuss records already created or that need to be created to be easily accessed in an emergency. Participants will receive handouts to assist them in delineating the information discussed.

Bingo

Tuesday, March 12 at 2 pm

The Eddy will sponsor an afternoon of Bingo. Play is limited to 60 people so be sure to mark your calendar when you sign up. Light refreshments will be served. We thank the Eddy for this afternoon of fun.



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MARK YOUR CALENDAR

Exec Council: Thurs., March 7, April 4, at 10 am

Directors: Thurs., March 14, April 11, at 11 am

Senior Moments Deadline: Wed., March 20

Senior Moments Mailing: Thurs., April 18 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 11am canceled to allow time for plowing; everything after 11 am 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
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GLENVILLE SENIOR CENTER

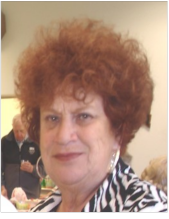
32 Worden Rd.

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



Words from the President

Hello everyone,

Almost 2 months (by the time you get the newsletter) have flown by.

This time of year is on the quiet side. Activities are going on as usual. Please stop by for coffee or tea and get involved with the everyday programs.

Don't forget we have income tax preparations going on free of charge (space is limited).

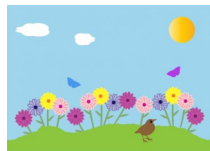
Stop by the Board of Directors meeting on the second Thursday of the month. All members are welcome.

Stay healthy. Watch the ice and don't forget to wipe your shoes on the mats or change your shoes when you enter the building and the weather is bad.

Thank you,
Linda

AARP Tax Preparation

AARP Tax-aide volunteers have returned with free electronic tax preparation service for qualified taxpayers. Covid-19 regulations as recommended by AARP will be followed. Pick up an AARP envelope at the desk and make an appointment. Complete the form enclosed in the envelope prior to your visit and follow the envelope instructions concerning documents needed to complete your tax return. If you are a homeowner, bring your county and school tax bills for 2023 as well. At this time, it is unclear if NYS will continue the homeowner tax credit.



Save the Date!

Mark your calendars for the Garden Tour on July 13. More information will be in the May/June newsletter.

Lap Blankets for Veterans

We have had numerous lap blankets donated for veterans in Hospice. We are still accepting red, white and blue lap blankets for donation to this worthy cause.



Vicki's View

In the afternoon of April 8th, a total solar eclipse will be visible as it crosses from Texas to Maine.

A total eclipse occurs when the moon crosses directly between the sun and the Earth, casting a shadow on the Earth. Totality (total eclipse) occurs when the moon covers the entirety of the sun except for the corona, or sun's atmosphere. Western NY will see a total eclipse, while our area will see 96-97% coverage of the sun.

The only safe way to look directly at the uneclipsed or partially eclipsed sun is through special-purpose solar filters. Use "eclipse glasses" or handheld solar viewers to look at the eclipse. Don't miss this unique event!

Vicki

Driver Safety Course

Monday/Tuesday, May 20 and 21, 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. Cost: Center members \$25.50 & non-members \$32.

Please checks only payable to **Armand**

Canestraro. Checks are not cashed until the class is held. Participants must register in person at the Front Desk. No phone reservations are accepted.

Country Line Dancing

Fridays, 1:15 - 2:30 pm

This is a fun class for anyone to get started in Country Line Dancing. Steps will be broken down and taught at an easy pace. Dances are done to fun, upbeat music! Must be a Senior Center member.

Instructor **Robin Dyanick** has been teaching in the area since 2014. For more information and to sign up, email Robin at robinkaryl@gmail.com.

Pay as you go. Cost: \$7 per class, check calendar for dates, pages 10 & 11.

Senior Center Website

www.scotiaglenvilleseniors.org

Barbara Jones—Website Administrator

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 **Lori Preddice** at the Center.

In Memoriam

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

**Arlene Atwood
David Dubé
Marjorie Edgars
Rosemary Fronk
Clara Lawyer
Samuel Thompson
Doris Urban
Rudolph Wilhelm
Bernadine Zawilinski**

Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Connie Holt** for her recent display of wooden candlesticks.

March – April display: “Owls” from **Janet Neary**

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. Thanks to Janet for coordinating these displays.

Special note: If anyone knows the whereabouts of a box containing two candle vases with poinsettias on them, please notify or return them to the office. They were mistakenly left while filling the case on Nov. 1. They were gifts and have sentimental value.



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 no more than 3 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.

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,

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

We are always in need of substitute drivers. We will train you. Please call the Senior Center at (518) 374-0734 or **Maureen Adamek** at (518) 377-8497. Thank you.

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.

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.

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

Welcome to "Paint with Peggy"! Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. Peggy provides everything to complete the oil painting: canvas, brushes, palette of paints, etc. Email **Peggy** with questions at: paintwithpeggy@gmail.com or call/text 518-925-2238. Just bring a box (e.g., clean pizza box) to take home your completed painting! Beginners are welcome! Cost: **\$50**

Tuesday, March 12, 9:30 am–2 pm
"Blue Bayou"

Beginning with a black canvas and a limited palette of colors, you will have fun creating a striking night scene— including a lakeside cabin, a shooting star in a dark, starry sky with a glowing moon. If you look closely, you may notice a heron looking for dinner along the nearby shore.



Tuesday, April 9, 9:30 am –2 pm
"Old Homestead"

This old, abandoned house at the edge of a field takes us back to a slower time and simpler way of life. (It does not have Internet!) Puffy clouds are fun to paint and we will create depth in the painting by adding layers of trees. Peggy will provide a pattern for the house, if desired as she guides the students step by step through the painting. Join us as we paint this tranquil scene.



Watercolors with Mary

Monday, March 11, 10 am-12 pm

Monday, April 8, 10 am-12 pm

Complete an entire painting during this class. A list of supplies you need to bring with you is available at sign up. Paper is provided. Sign up at the front desk in advance & make checks payable to the instructor, **Mary Fekete**. (518) 384-3393 Fee: \$6

Greeting Card Workshop

Thursday, March 21 at 10 am

Thursday, April 18 at 10 am

Come join us and make four greeting cards. Materials and instructions are provided. Bring your own adhesive or \$2 to purchase tape runner at class. Please sign up one week in advance. Class fee of \$12 payable to **Mary Beth Frewin**. Please pay for each class separately.

Oil, Acrylic Art

Fridays, 10 am-1 pm

Certified by the Minneapolis Institute of Art, the instructor, **Dani Morette** provides her expertise as she guides you through your current piece of art.



Painting by Joe Snapp

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. See instructor for information on fees and schedule.

NEW

Knitting and Crocheting

Tuesdays, 1:30 pm

Join us anytime! If you are a knitter or crocheter, stop by to meet some new friends. Great chance to visit while working on your own project. Want to learn either? We will help you get started. If there is enough interest, we may even have a learn to knit class. **New members welcome! No fee.**

Tai Chi & Qigong Class

Fridays, 10:30–11:30 am, April 19 -May 10

This will be a total of 4 classes. This class will cover Qigong exercises for better breathing and more flexibility. Come and feel energized and positivity in your life !!! The total cost is \$28.00 paid in full on the first day of class.

Please contact **Tony Grimaldi** certified instructor and 3rd Duan rank to register at 518-469-4461.

Tai Chi Practice

Tuesdays, 9-10 am

We are a group of Tai Chi enthusiasts who meet weekly to practice together. Members bring their own experience and skills to share. We warm up gently with easy stretches. We practice the Sun form that is taught in the MVP class as well as the popular Yang 24 form. We close with Qigong, stationary movements with deep breathing. You are welcome to join us, whatever your level of skill. Offered to members only no cost.

CLASSES AT THE SENIOR CENTER

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

YMCA Balance

Tuesdays, 9:15 am

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! This class strengthens key muscles, goes through balance drills, and provides tricks to help improve balance. Sessions run per month and cost depends upon the number of Tuesdays in the month. Registration forms available at front desk. Please complete separate checks for each participant, even husband and wife. No Y membership required.

Healthy Bones for Life

Tuesdays & Thursdays at 10:10 am

Healthy Bones for Life is a free exercise program that promotes strength, balance & strong bones along with some fun! Participants commit to twice weekly in-class exercise sessions. Participants must be Center members and have a doctor's note indicating osteoporosis. Advance registration at the front desk is required, and also a signed consent form acknowledging participation is at own risk. We will provide you with a medical information sheet, which you must complete and bring with you to each class.

Gentle Yoga

Wednesdays, 2:30-3:15

3/6—3/27, (3 wks with no class 3/13)

4/3—4/24 (4 week session)

Cost is \$15 for March session, \$20 for April session. Payment due to instructor on first day of class. Cash or checks payable to **Linda Rockinger**

This Gentle Yoga Class is for all levels, including beginners. Learn safe ways to improve flexibility, balance, and strength without straining the joints. Also, learn breath awareness and be guided through brief meditation. Please wear loose, comfortable clothes and bring your own mat. Other supports like bolsters and blocks will be provided. Completed waiver forms are required. Limit 12 students per class unless pre-authorized by instructor. Please email Linda at crockinger@yahoo.com with any questions.

*Limit 12 students per class (unless pre-authorized by instructor).

YMCA Strength

Mondays, 10:30

A sculpt class designed for seniors using resistance bands, tubing and hand weights to keep your muscles and bones strong! Sessions run per month and cost depends upon the number of Mondays in the month. Registration forms available at front desk. Please complete separate checks for each participant, even husband and wife. No Y membership required.

Zumba Gold

Mondays, 9:15 am

Fridays, 9:15 am

Exciting Latin and International dance rhythms 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: See instructor. Please make checks payable to **Kathy Gautie**.

Chair Yoga

Instructor Linda Rockinger

Wednesdays, 10:00 –10:45 am

March 6-27 (3 wks with no class 3/13)

April 3-24 (4 wks)

Cost is \$15 for March session, \$20 for April session. Cash or checks payable to **Linda Rockinger**. Please email Linda Rockinger at crockinger@yahoo.com with any questions.

Instructor Chris Darby King

Thursdays, 9:05-9:50 am

March 14-April 4 (4 week session)

April 25 –May 23 (5 week session)

Cost: \$20 per session for 4 week session, \$25 for 5 week session. Cash or checks payable to **Chris Darby-King**. Please email Chris with any questions: cdarbyking@aol.com

Participants will be guided through a series of stretches and yoga postures that are modified for sitting in a chair. Minimal standing and balancing will be included, utilizing the chair for support. Each class will also include breath awareness techniques and guided relaxation. If you have an old necktie or stretchy strap, please bring it to class. Completed waiver form is required for class. They are available on the Senior Center website or at each class.

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 18 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!

Pickleball

Monday, Wednesday, Friday at 4 pm

Novice play is scheduled for Mondays and Wednesdays. Advanced play is scheduled for Fridays. Always check the calendar for any cancellations. Questions? Leave a message at the desk.

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.

Our duplicate bridge family is expanding. Always happy to have new members join us. Excited to have an all time high of 6 tables, that's 24 people enjoying the game of bridge.



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.

Card Playing

Mondays, 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 players, indicating the game(s) of your interest. Then follow up with people on the list to establish new groups of play.

Pinochle

Mondays, 12:30 pm

Calling all current, former and wanna-be Pinochle players! Full time, Part time and Fill in players needed for our Pinochle tables. We play for fun and have fun playing! If you're interested, leave your phone number at the front desk.

Coffee and Conversation

Tuesdays, 9-11 am

Enjoy 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.

Mah Jong

Fridays, Noon

Anyone interested may join us. Beginners are welcome. We have the gameboards or you can bring your own.

Tuesdays, Noon

The Tuesday group is looking for people to play from 12 to 2:30. We will teach and all are welcome. Please join us for fun and laughter.

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. Everyone is welcome. There is no fee.

CENTER ACTIVITIES

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First Monday Book Club

First Monday of Month, 10 am

All Center members are welcome to join our monthly sessions. For each meeting, please read the book listed and come prepared to join the discussion.

March 4: Cry The Beloved Country
by Alan Paton

April 1: Heaven and Earth Grocery Store
by James McBride

May 6: The Lost Apothecary
by Sarah Penner

June 3: The Frozen River
by Ariel Lawhon

Senior Bowlers

Wednesdays, 9 am

Join the Scotia-Glenville Senior Bowling League! Senior men and women of all levels of ability and averages are welcome. We play once per week on Wednesday mornings at 9 am at Boulevard Bowl. If you cannot commit to every week, we're also looking for subs. League runs through mid-April. For more information or to sign up, contact **Rob MacHattie** at 518-596-2663 or **Butch Carpentier** at 518-374-1499.

Building Wooden Ship Models

Tuesdays, 10:30 am

My name is **Roy Busse**, a new member. I have a hobby that I would like to share with anyone interested, whether established or brand new. I build model wooden sailing ships. These are not ships in a bottle. That pursuit requires skill and patience beyond my reach. These are scale models anywhere from a few inches to almost four feet long. I display mine in glass cases, but they can be displayed on a mantle piece, or anywhere you would like a beautiful decoration. Anyone interested feel free to call or text me at 518-461-9248. I look forward to meeting you.

La Bella Lingua

Fridays, 1:30 pm

The Advanced Italian Class meets weekly. Anyone interested in joining the class should contact **John Alfano** by phone at 518-881-8985 or email: jalfano@nycap.rr.com.

This is not a beginner class and you will need to have some knowledge of the Italian language, pronunciation and the ability to read and translate at an intermediate level. We study the language, the culture and, of course, the food. Most importantly we have a good time while doing this.

Senior Center Photographers

2nd and 4th 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. If you have questions, please contact **Bill Rolston** at (518)383-3183.

Social Committee

First Tuesday of the month at 1 pm

The social committee meets the first Tuesday of the month to plan events. Committee members take on tasks such as gathering information, shopping for the event, setting up tables and chairs and working at the event. Ideas for events are always welcome. If you are interested, please contact **Gladys Cox** or leave your name at the Center.

MVP Intermediate Tai Chi

Wednesdays, 1:15-2:00 pm

Spring session: 4/10– 6/12

The benefits of this class include improved balance, flexibility, fall prevention, and muscle strength. Free and open to the public, compliments of MVP Health Care. Space is limited and registration is required. Register at www.mvphealthcare.com/calendar/

Membership Policy

We invite anyone 50 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 \$20 annually for those who reside within the town. People from outside the area are also welcome to join for \$30 annually. All memberships expire on December 31st regardless of date of joining.

Don't forget to renew your membership for 2024.

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.

32 Worden Road, Glenville NY 12302

MEMBERSHIP APPLICATION

Jan. 1 thru Dec. 31, 2024

Annual Fee: Glenville & Scotia residents: \$20 per person

Non-residents: \$30 per person

Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc.

If cash, exact amount please. Senior = 50 or older

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: _____ Data-

Advance Directives Presentation

Thursday, May 9th at 1:30 pm

Jamie Gallup is a Provider Relations Specialist for the Eddy Community Services. This presentation will go in depth about the importance of creating advance directives. By the end of the session participants will be able to define the term "advance directives," list and describe four types of advance directives, be able to explain why it is important to have advance directives and create a "To Do" list for themselves regarding advance directives. Please sign up in advance.

Hospital Patient Rights

Thursday, March 28 at 1:30 pm

Understanding Policies for Admissions, Discharges, and Observation Status and How to Protect Your Rights. Hospital stays are one of the most trying times that patients and families may face. This session will provide tips on how to compare and select providers, how to prepare to go to the hospital for an invasive procedure, the admission and discharge processes, communication with hospital staff, what to do if problems arise, and how to complain about the quality of care. Information on how to prevent or report health care fraud will also be provided. Please sign up at front desk in advance.

Parkinson's Support Group

Third Thursday of month at 1:30 pm

If you or a loved one has been diagnosed with Parkinson's, please join us at our monthly meeting. Open to nonmembers.

March 21 - Kathleen Toombs will talk about normal wills, trusts, estates, nursing homes and Medicaid. This will be more geared towards people with major life lasting diseases.

April 18 - A Glenville Funeral home representative will speak about pre planning funerals and the benefits of doing so.

These presentations are open to anyone, not just those with PD.

Connections Over Coffee

Every other Thursday, 9 am

New bereavement support group for those who have lost a loved one. Coffee provided.

Connect, Share, Chat.

Upcoming dates: 3/14, 3/28, 4/11, 4/25.

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 middle 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 are subject to bumping by a member 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.

Saratoga Automobile Museum & Hyde Collection

Tuesday, May 28th

History Tour - The Saratoga Automobile Museum was chartered in 1999 and officially opened to the public in June 2002. The Museum's mission is to preserve, interpret, and exhibit automobiles and automotive artifacts.

Saratoga History Tour - Discover the history of Saratoga Springs in style by taking **Upstate Transit of Saratoga's guided trolley tours**. This 1-hour excursion includes Saratoga Automobile Museum, a view of historic sites along Broadway, Skidmore campus, High Rock area, Saratoga Casino, Saratoga Race Course, Union Ave & more.

The Hyde Collection in Glens Falls - The Hyde opened as a museum in 1963. A product of the golden age of the private art collector, The Hyde is one of the Northeast's exceptional small art museums with distinguished collections of European and American art.

This trip will be limited to 28 people due to the Trolley size so sign up as soon as you can if you don't want to miss out. Lunch will be at the Davidson's Brew Pub in Glens Falls. Following lunch, we will visit the Hyde Collection.

Parts of this trip are still in the planning stage (Times, Cost?) but will soon be made available at the Front Desk and the Bulletin Board. Feel free to ask at any time.

Bennington Museum Trip

Thursday, April 25th

Old Bennington Step-On Tour expands our Bennington Museum visit to include attractions in Old Bennington. In addition to a guided tour of the galleries, one of our Tour Guides will board the coach to guide our group as we explore the Bennington Monument, Old First Church, Robert Frost's grave site, and, if time permits, a covered bridge, providing information about the history of the area, adding depth to the Bennington experience.

Lunch will be at the Museum provided by the Elm Street Market. You will have your choice of 4 sandwich options as part of a box lunch on the picnic grounds at the museum.

After lunch, we will be going on our guided tour of the Museum. This will be a comfortable walking tour of the Museum Galleries.

Parts of this trip are still in the planning stage (Times, Cost?) but will soon be made available at the Front Desk and the Bulletin Board.

Scholarship Program

The Scotia-Glenville seniors will hold their annual scholarship program for graduating high school seniors living in the Town of Glenville. Three \$1000 awards will be selected from the applications received. This year we are adding another \$1000 for a deserving graduate who will not be pursuing a college program but entering a vocational/trade school program.

Applications can be picked up at the guidance department in the local high schools and BOCES, at the Senior Center or one can be mailed by calling the Center.

Completed applications need to be received by the Scholarship committee by March 28, 2024.

Committee members will notify all applicants. Awards will be made at the local high schools when they have their annual awards program.

Committee members are **Gladys Cox, Sue Jeffords, Arlene Maranville, and Lois Renko.**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
March						
3	4 9:15 Zumba Gold 10:00 Book Club 10:30 Strength 12:30 Cards 2-5 Safe Driving 4:00 Pickleball	5 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:00 Mah Jong 12:30 Dupl. Bridge 1:00 Social Committee 1:30 Knitting 2-5 Safe Driving	6 10:00 Chair Yoga 11:00 Beg. Tai Chi 1:15 MVP Tai Chi 2:30 Yoga 4:00 Pickleball	7 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	1/8 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Adv. Pickleball	2/9
10	11 9:15 Zumba Gold 10:00 Watercolors w/Mary 10:30 Strength 12:30 Cards 4:00 Pickleball	12 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 9:30 Paint w/Peggy 10:10 Healthy Bones 12:00 Mah Jong 12:30 Dupl. Bridge 1:30 Knitting 2:00 Bingo	13 10:00 Chair Yoga 11:00 Beg. Tai Chi 1:15 MVP Tai Chi 4:00 Pickleball	14 9:00 Connections 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 11:00 Board Meeting 12:30 Cards 1:00 Quilting	15 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Adv. Pickleball	16
17	18 9:15 Zumba Gold 10:30 Strength 12:30 Cards 4:00 Pickleball	19 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:00 Mah Jong 12:30 Dupl. Bridge 1:30 Knitting 1:30 Caregivers Grp.	20 10:00 Chair Yoga 11:00 Beg. Tai Chi 2:30 Yoga 4:00 Pickleball	21 9:05 Chair Yoga 10:00 Cardmaking 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Parkinson's Sup	22 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Adv. Pickleball	23
24/31	25 9:15 Zumba Gold 10:30 Strength 12:30 Cards 4:00 Pickleball	26 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:00 Mah Jong 12:30 Dupl. Bridge 1:30 Knitting	27 10:00 Chair Yoga 11:00 Beg. Tai Chi 2:30 Yoga 4:00 Pickleball	28 9:00 Connections 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Hospital Pt. Rights	29 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Adv. Pickleball	30

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 9:15 Zumba Gold 10:00 Book Club 10:30 Strength 12:30 Cards 4:00 Pickleball	2 Primary Election 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:00 Mah Jong 12:30 Dupl. Bridge 1:00 Social Committee 1:30 Knitting	3 10:00 Chair Yoga 11:00 Beg. Tai Chi 2:30 Yoga 4:00 Pickleball	4 9:05 Chair Yoga 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	5 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Rotary Ziti Dinner 4:00 Adv. Pickleball	6 Dinner Theater 4pm
7	8 9:15 Zumba Gold 10:00 Book Club 10:00 Watercolors w/Mary 10:30 Strength 12:30 Cards 4:00 Pickleball	9 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 9:30 Paint w/Peggy 10:10 Healthy Bones 12:00 Mah Jong 12:30 Dupl. Bridge 1:30 Knitting	10 10:00 Chair Yoga 11:00 Beg. Tai Chi 1:15 MVP Tai Chi 2:30 Yoga 4:00 Pickleball	11 9:00 Connections 10:00 Photography 10:10 Healthy Bones 11:00 Board Meeting 12:30 Cards 1:00 Quilting	12 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Adv. Pickleball	13
14	15 9:15 Zumba Gold 10:30 Strength 12:30 Cards 4:00 Pickleball	16 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:00 Mah Jong 12:30 Dupl. Bridge 1:30 Caregivers Grp. 1:30 Knitting	17 10:00 Chair Yoga 11:00 Beg. Tai Chi 1:15 MVP Tai Chi 2:30 Yoga 4:00 Pickleball	18 9:00 Mailing Party 10:00 Cardmaking 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Parkinson's Sup	19 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Adv. Pickleball	20
21	22 9:15 Zumba Gold 10:30 Strength 12:30 Cards 4:00 Pickleball	23 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:00 Mah Jong 12:30 Dupl. Bridge 1:30 Knitting	24 10:00 Chair Yoga 11:00 Beg. Tai Chi 1:15 MVP Tai Chi 2:30 Yoga 4:00 Pickleball	25 Trip- Bennington 9:00 Connections 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	26 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Adv. Pickleball	27
28	29 9:15 Zumba Gold 10:30 Strength 12:30 Cards 1:30 Vital Records 4:00 Pickleball	30 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:00 Mah Jong 12:30 Dupl. Bridge 1:30 Knitting		April		

Glenville Dining Center

The Friendship Café at the Glenville Senior Center operates Monday-Friday. This program is open to all Schenectady County residents 60 years and older with a suggested meal contribution of \$2.00. Guests and those under 60 are charged \$10.00 per meal. Senior Center membership is not required.

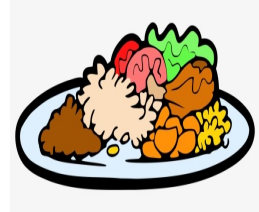
The Café is a gathering place for older adults where a nutritious mid-day meal is served with others. Older adults enjoy meeting up with friends and participating in diverse activities that offer them the opportunity to remain active and connected to their community while meeting nutritional needs.

For more information on reserving your spot, menu options and how to register for the Friendship Café, please call **518-382-8481 Ext 1302**.

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.

** 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.

Beginner Tai Chi

Wednesdays, 11 am

Join us for a free Beginner Gentle Tai Chi class. Tai chi (standing or seated) is a relaxing exercise suitable for anyone interested in improving their health - it can help you improve your balance, handle stress, and improve your cardiovascular function and blood pressure. Come learn the ancient art of tai chi and then stay for lunch. Reserve your lunch by calling [518-382-8481 ext. 1302](tel:518-382-8481).

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 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

Caregiver Conversations

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 Schenectady County Department of Senior & Long Term Care Services. Upcoming dates: 3/19, 4/16.

EASE

Thursdays, March 7-April 25, 1-3 pm

Early Alzheimer's Support and Education – An 8-week interactive learning program for people with early-stage memory loss and their care partners. Participants will have the opportunity to learn about Alzheimer's disease and other forms of dementia as well as current research and treatment plans.

Other topics covered during the 8 weeks include legal and financial preparation, communication and compensatory strategies, home safety and community resources. A support group is also offered at the end of each session. Appropriate Audience – Persons with Early-Stage Alzheimer's and their care partners. **ALL PARTICIPANTS MUST BE SCREENED BEFORE ATTENDING.** For more details or to be screened for the EASE program, please call 518-675-7214. Presented by Alzheimer's Association of Northeastern NY, NYS DOH grant.

Senior Stumpers

Answer below

- 1: A man goes out for a walk during a storm with nothing to protect him from the rain. He doesn't have a hat, a hood, or an umbrella. But by the end of his walk, there isn't a single wet hair on his head. Why doesn't the man have wet hair?
- 2: It has keys, but no locks. It has space, but no room. You can enter, but can't go inside. What is it?
3. Which tire doesn't move when a car turns right?

Life is like riding a bicycle. In order to keep your balance you have to keep moving.



Senior Moments Advertising

For information or a form to place an ad in our Senior Moments Newsletter, please go to our website at www.scotiaglenvilleseniors.org or visit the Front Desk. Ads business card-sized, horizontal format (3 1/2" wide x 2" high) are \$50 per issue or 6 issues for the year at \$250. Payment due at time of submission.

Senior Stumpers Solution

1. He's bald.
2. A keyboard
3. The spare tire



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Vicki Hillis
Town of Glenville
Director of Human Services

Senior Center Clerk:
Sarah Blackwood