



Scotia-Glenville Senior Citizens Senior Moments



Volume 42 Number 3

May-June 2016

Glenville Senior Center ★ 32 Worden Road, Glenville, NY 12302 ★ 518-374-0734

Senior Moments is issued once every two months i.e. Jan-Feb.; Mar.-Apr.; May-June; July-Aug.; Sep.-Oct. and Nov.-Dec.

Tai Chi

Monday & Friday, 9-10 a.m.
8 week session

Come try our new class led by a certified Tai Chi for Arthritis Instructor. Tai chi is an ancient Chinese practice that combines slow moving with deep breathing. Benefits of Tai Chi for Arthritis include increasing strength, balance and posture; preventing falls; improving mind, body and spirit; and reducing stress.

FREE for members, but they must sign up in advance and attend all 16 classes. Classes begin on Monday, May 9th and run through July 1st.

Sponsored by Schenectady County Senior & Long-Term Care, in collaboration with the NYS Office for the Aging and the NYSDOH Older Adult Fall Prevention Program.



International Potluck Dinner

Friday, May 20th at 4:30 p.m.

It's a Small World - An International Potluck with specialties from around the world should not be missed. Start thinking about what you might want to bring. Stop by the desk to sign up by country beginning May 1st. Beverages will be provided. Open to all Senior Center members.



Memorial Day Parade

Wednesday, May 25th, Line up time TBD

Come represent the Senior Center walking in the Scotia Memorial Day parade. Sign up at the front desk.

Ice Cream Social

Friday, June 24th, 2:00- 4:00 p.m.

"I Scream, You scream,

We all scream for ice cream!"

We invite all members, particularly new members, to join us as we celebrate the start of summer with an Ice Cream Social on June 24th in the dining center and outdoors on the patio, weather permitting. Hosted by our wonderful social committee. Spoons provided! Members only..



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

facebook

Trips

See pg. 8-9

Thursday, May 5 - The Beeches Inn, Rome, NY
Thursday-Friday, May 26-27 - Samson, Lancaster, PA
Thursday, June 2nd - My Fair Lady, Mac-Haydn Theater
Thursday, June 16th—Cooperstown
Tuesday, June 28 - Statue of Liberty & Ellis Island
Wednesday, July 13th - The Delaware & Ulster Rip Van Winkle Flyer
Thursday, July 21st—Lake George Luncheon Cruise
Thursday, July 28th—Lobster Feast, Log Cabin, Holyoke, MA
Sunday, August 14th—Sister Act, Mac-Haydn Theatre

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MARK YOUR CALENDAR

Exec Council: Thu, May 5 & Jun. 2 at 9:30 am at Town Hall
Directors: Thu, May 12 & Jun. 9 at 1:30 pm at Sr. Ctr.
Senior Moments Deadline: Thursday, May 26
Senior Moments Mailing: Thursday, June 23 9 am
Center & Dining Center closed: Monday, May 30

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

A line from Paula



Dear Members,

On April 22, we held a dinner at the Center to thank and honor our volunteers. Most of you know that it is the volunteers who provide us with special events, trips and services as well as keep this organization running on a day-to-day basis.

All deserve our thanks, especially the following for their recent efforts.

For the last few months, the AARP tax-preparers headed by **Blanche Fischer** provided a valuable service free to many of our members and others in the community by preparing their tax returns. They donated many hours of their time to do this.

The Social Committee, headed by **Shirley Perazzo**, has worked hard to put on events that our members would enjoy. The planning, preparation and production of these events require the committee members spend many hours working together behind the scenes to make these events happen, even the small ones.

Also, thank you to **Kathy McDermott**, a new member and desk volunteer, for her help installing our new phones and intercom system. Without her help the phones would probably still be in their boxes.

Finally, the Trip Committee headed by **Linda Reinhart** has been working hard to provide our members a wider variety of trips in the coming months. The committee members spent much time researching, scheduling and organizing these trips.

If you know any of these committee members, be sure to thank them when you see them.

Of course, one way to thank all our volunteers is to join in and help out. We have many committees in addition to those above that can always use help—new ideas, time or physical labor. If you would like to join in, please contact **Vicki Hillis** at the Center, or leave a message in my box.

Paula

Hi from the Editor

Dear Friends, as always it is encouraging to see more of our members take active part in many of the events and activities at the Center. I request all of you to continue the same level of keen interest and help in the future as well.

Thanks and regards,



Nagarajan



Vicki's View

At our annual volunteer luncheon, we recognized an essential part of what makes our Senior Center so successful – our volunteers. The majority of the activities here are planned, organized and carried out by our wonderful volunteers. Approximately 125

volunteers donate their time and talents to the Center, contributing over 4,800 hours annually. We would not be able to offer so many activities, trips, classes, interest groups and services without them. Thank you to those who make these things possible!

In May, we will join the Schenectady County Office of Senior Services and Long Term Care in recognizing outstanding senior volunteers throughout our community. We will recognize our nominee for the Senior Citizen of the Year – **Dorothy Komoroske**. Dorothy has been a weekly volunteer at the Glenville Senior Center for 17 years. A former telephone operator, Dorothy was a natural fit to volunteer as a front desk receptionist. She is the friendly face who warmly greets people who come to the Center. She answers the phone, gives tours and signs people up for activities. Her desire to help and the empathy she has for other seniors are probably best shown in her other weekly volunteer role as dispatcher for the Senior Center van. As a dispatcher, Dorothy schedules the van to provide transportation for seniors throughout our town. Dorothy's sunny disposition and patience is obvious as she manages the coordination of senior needs and the van driver's busy schedules. We all wish to thank Dorothy for her continued service to our Center and the seniors of Glenville.

Vicki



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.

CENTER SERVICES

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

The Sunshine Club

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

Box Tops or Labels for Education

Check cans, bags, and boxes of groceries, cleaning supplies, etc., and you'll probably find little symbols like these on many of them. Each of these little symbols is worth 10 cents to our neighboring Glen-Worden Elementary School, so don't throw them away.



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

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Thana Howe** for her display of Woodwork items in March and **June Causey** for her display of Turtle Collection in April.

May - Susan Riley—Depression Glass Collection

June - Paul Geertgens—Tea Cup Collection

We are always in need of collections. If you would like to display your collection, leave a message at the front desk. Remember, the case is lighted and always locked.

Senior Center Kazoo Band

Looking for an outlet for your musical talents? Come join us the first Monday of every month at 2:30 pm at the Senior Center. Kazoos are available. Walk-ins welcome. Call **Ronnie Quinn** (399-5999) or **Bill Vullo** (399-8611) for details.

Having a computer problem?

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

Copy your wallet cards free

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

Van Transportation

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

Our van must stay within Glenville/Scotia.



On-request pickup and delivery



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

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

Donations are gratefully accepted to help defray costs.

The Center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with ample advance notice. Call Catholic Charities 357-4710 (donations accepted).



Tuesdays: Scheduled trips to Malls

Due to low demand for transportation to the malls, the van will now go to the malls on the following schedule.

First Tuesday of the month—Clifton Park Mall

Third Tuesday of the month—Rotterdam Square

All other Tuesdays will be available for regular van appointments.

Clifton Park Mall trip : May 3 and June 7

Rotterdam Square trip: May 17 and June 21

Call a week ahead to reserve a space. We begin home pickups at 9:30 am and return at 2 pm. Schedule subject to change, based on availability of drivers.

No charge, but donations are appreciated.

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.

Help us recycle!

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

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Stampin' Up Card Workshop

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

Dates: May 3, June 7

Cost: \$5 per class

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

Our Varying Views on Aging

Monday, May 9 at 1:30 pm

Eleanor Aronstein, a retired educator, had a special mission when designing this program. You'll have to attend to learn about it.

- Physical, emotional, social factors in aging well
- Conversing with family, friends & physicians
- Planning healthcare in advance to avoid leaving decisions to the wrong people
- Documents to have in place & resources to help achieve our goals

Refreshments will be served. Open to the public. Plenty of time for Q & A.

Please sign up at the front desk or call 374-0734.

Senior Moments Mailing party

Thursday, June 23rd at 9 am

Come join us for the "Christmas in June" Mailing Party as we prepare the Senior Moments Newsletter for mailing. We'll have refreshments and a "Christmas in June" Grab bag as volunteers perform the vital task of folding the Newsletters and applying the preprinted address labels and stickers for mailing. We'll meet in the Dining Center and complete the task usually within 1.5 hours. Come join us and have some fun!

Driver Safety Course By Empire Safety Council

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

Class Dates: May 17th and 24th from 6 to 9 pm

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

Please make check payable to **Armand Canestraro**.

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

Healthy Bones for Life

Tuesday at 10:15 & Thursday at 9 am

Healthy Bones for Life is a free exercise program that promotes strength, balance & strong bones along with some fun! Twice weekly in-class exercise sessions are held at the Center, sponsored this year by Sunnyview Rehab. Hospital, an affiliate of St. Peter's Hospital.

We look forward to providing an opportunity to regroup and strengthen our *Healthy Bones for Life* community, and the most up-to-date training for volunteer leaders.

Participants must be Senior Center members. Advance registration at the front desk is required, and also a signed consent form acknowledging that you will participate at your own risk. We will provide you with a medical information sheet which you must complete and bring with you to each class.

Call **Lily Henderson at 355-4629** for further information.

Please note: Unfortunately, we are no longer able to accept donations of old eyeglasses or empty ink cartridges. Please find another location to donate these items.

Senior Stumpers

Solutions on pg. 9

Problem 1. (Easy)

The Smiths have five children, who are 1, 3, 5, 7, and 9 years old. Sam is neither the youngest nor the oldest child. Midge and exactly two other children are younger than Toni. Max is exactly 4 years younger than Beth. What is the age of each child?

Problem 2. (Moderate, some algebra)

Gracie has a large supply of cups and a large supply of water. The cups come in three different sizes: 8 oz, 10 oz and 12 oz. On the table she has one 8 oz cup full of water, two 10 oz cups full of water and three 12 oz cups full of water. What is the smallest number of full cups of water that Gracie can add to the table such that the average amount of water in each cup is 9 oz?

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.

SUMMER SESSION: 13 week session May 31-July 30 Fees: 1 class/wk \$26; 2/wk \$36; 3/wk \$48; 4/wk \$58; 5/wk \$68 Registration: Monday, May 16th, 9 –11 am	
Class	Schedule
Fit Over 50	Mon., Wed. , Fri. 9:15
Stretch & Strength	Wed. 10:15
Forever strong	Mon., Fri 10:15
Gentle Core Strengthening	Thur. 10:15
Zumba	Tue., Thur. 9:15

YMCA Classes

Fit Over 50 A gentle warm-up, followed by invigorating aerobic, strengthening, & stretching segments. Total body conditioning leaves you feeling energized. 45 minutes.

Forever Strong Weight-bearing exercises are an effective and simple way to help fight osteoporosis. Light weight-bearing exercises designed to increase both muscle strength and bone density will be performed on both the upper-body and lower-body muscles. Equipment is provided. 45-minute class.

Gentle Core Strengthening

This 45-minute class will provide gentle exercises to stretch and

strengthen the “Core” muscles of the body. Exercises will focus on the abdominals, back, and hips to help keep you standing tall. A yoga exercise mat is required, since most of the exercises are done on the floor.

Stretch & Strength This class focuses on stretching in a chair to increase your range of motion. We also work on improving our muscular strength using different props such as weights, tubes, and balls.

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

Enhance Fitness

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

Other Senior Center Classes

Gentle Yoga

Wednesdays, 2 pm

11-week Sessions: Apr 6-Jun 15

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

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

Tai Chi practice

Tuesdays, 9 am

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

CENTER ACTIVITIES

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

Responsibilities of activity participants

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

Coffee and Conversation

Tuesdays, 9-11 am

Enjoy some refreshments and a great cup of coffee while you share your thoughts with others. If you are new to the Center, this is a great way to meet new friends.

Knitting and Crocheting

Tuesdays, 1 pm

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

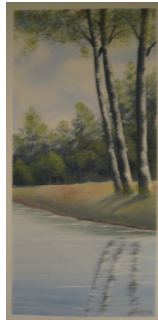
Thanks to those who have replenished our supply of yarn. We do not need any more yarn at this time.

Paint with Peggy

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

Monday, June 20 9:30 am - 2:00 pm

May 16 - 'Lakeside Birches' will be our May project. The canvas is 10" x 20". This painting will remind you of a relaxing summer vacation, sitting on a shore under some trees.



June 20 - 'Let's Paint an Old Barn'

This old barn is fun to paint! Beginning with a little acrylic under-painting, this Wilson Bickford design then transitions to oil paints. You will create a distant woods, an old abandoned barn, nearby fields and a fence. We will use a glazing medium for part of the painting, and you will have fun using a few different brushes as we paint.



Peggy provides all the materials from a blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting. This class is for any level of painter, no experience is required. Beginners are welcome.

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

Cost: \$45 Payment due at time of registration. Please make checks payable to **Peggy Porter**. Maximum: 8 students, members only. Sign up at the Front Desk. Call **Peggy** at 925-2238 for additional details.

Oil, Acrylic & Art

Fridays, 10 am-1 pm

See instructor, **Dani Morette**, for fees and schedule.

Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire. Certified by the Minneapolis Institute of Art, the instructor **Dani Morette** will provide guidance on color, mixing, technique and application. Dani has exhibited her work at a one woman show at the Canajoharie Library/Museum and Art Gallery. She has also participated in an historic River Flotilla (Mohawk Valley Heritage Corridor) held at the marina in St. Johnsville. Some of her paintings depict life along the Mohawk in the mid 1700's.

Cribbage

Fridays, 10 am

Please note that we have changed to Fridays at 10 am.

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

Senior Center Photographers

Thursdays, 10 am

Activities include taking photo trips to local sites, sharing slides and prints, demonstrating the capabilities of a photo-editing program on the Center's computer, and discussing any aspect of film or digital photography. Free. Come check us out some Thursday.

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.

La Bella Lingua

**Thursdays, 10 am for Beginners and
Fridays, 1 pm for Advanced Students**

The Italian Club is going very well. We are having a good time and learning too. The classes are growing. Please come and join us. Beginners meet at 10 am on Thursdays and more experienced students at 1:00 pm on Fridays. Ciao!

For more details, please call **Ed Perazzo** at 399-1438.

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.

May 2 - *A Tree Grows in Brooklyn* by Betty Smith

June 6 - *Hotel on the Corner of Bitter and Sweet*
by Jamie Ford

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

First Friday Film Club

First Friday of month, 1:30 pm

May 6 - ROOM (USA:2015)

A woman and her 5-year old son try to adapt to life after escaping from the man who held them captive.

Starring Brie Larson, Jacob Tremblay, Sean Bridgers

June 3 - THE DANISH GIRL (USA:2016)

This remarkable love story inspired by the lives of artists Lili Elbe and Gerda Wegener, as they navigate Lili's journey as a transgender pioneer.

Starring Alicia Vikander, Eddie Redmayne etc.

Please Note: There will be no film shows in July & August, for summer recess. The next Season will start on Friday, September 2, '16.

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

Duplicate Bridge

Tuesdays, 12:30-4 pm

No previous experience is necessary. This is a friendly game! Come with your partner, or contact **Bob Evans** at 399-9380, if you need a partner.

Silver Threads Quilters

Thursdays, 1- 3 pm

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. Check our Bulletin Board in the hallway and see photographs of our creations. Everyone is welcome; there is no fee.

Card Playing

Mondays and Thursdays, 12:30 pm

We play bridge, pinochle, canasta, hand-and-foot card game.....and mah jong. This is a great opportunity to meet new friends.

Generally, foursomes are established and seldom have openings for drop-in players. If interested, stop by the front desk and add your name to the list of new interested players, indicating the game(s) of your interest. You can then follow up with people on the list to establish new groups of play.

Thursday Golf League

Do you like to play golf and have fun with nice people? If you do, why not join the Scotia-Glenville Seniors Thursday Morning League at Mill Road Golf Course? We play 9 holes each Thursday, starting at 9 am. League play starts mid-May and continues weekly through August. If you would like to join our league, call **Margo Snyder** (952-7371 or 256-5351). If you prefer, email her at littleoc48@icloud.com. You may also email **Luanne Valley** at ljvalley@icloud.com.

Mon. & Wed. Galway Golf League

Anyone interested in golfing in either or both leagues should call:

Monday League: **Roger Farley** (377-6539)

Wednesday League: **Ron Brach** (366-1272)

Bocce Ball

Tuesdays, 9 am

The Bocce ball players meet every Tuesday at 9 am on the bocce ball court outside the Center, weather-permitting. Everyone is welcome. Bring a folding chair, if desired. If you have questions, please call **Shirley** or **Ed Perazzo** at 399-1438.

Pickleball

Mon, Wed, Fri, 4 pm

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

TRIPS and TRAVEL

- ♦ **Make reservations** in person (none by phone).
- ♦ **Payment** must accompany reservation.
- ♦ **Mail reservations** confirmed only if space is available.
- ♦ Responsible adult must be with anyone requiring **walking aid**.
- ♦ **Cancellations** reimbursed only if a replacement is found.
- ♦ Center members may invite **family or friends** as guests on a trip.
- ♦ **Children** should be at least junior-high-school age.
- ♦ Please do not wear perfume on trips; others are allergic.
- ♦ On trip days, our parking lot gets overcrowded. Please carpool to the center and park where directed, as you arrive.
- ♦ **Non-members** not sponsored by members as described above are subject to bumping by a member who is on waiting list.
- ♦ Trips that are for Senior Center **Members Only** will be so identified in the *Senior Moments* announcement.
- ♦ *Senior Moments* cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.

Westward Ho! to The Beeches Inn Thursday, May 5

Visit the Beeches Inn in Rome, NY for a buffet lunch, followed by a 1:30 show - The Tumbling Tumbleweeds. The Old West brought to life through song and stories. Depart Center at 9:45 am.

Returns to center at approximately 5:30 pm.

Cost: \$75 pp for members
\$80 pp for non-members

If you are interested, you may sign up for the waitlist. In the event of a cancellation, we will call to see if you are still interested in attending.

Samson

Lancaster, PA

Thursday-Friday, May 26-27

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

Depart Center on Thursday at 9 am.

Returns to center on Friday at approximately 7 pm.

Cost: \$211 pp double occupancy for members
\$216 pp double occupancy for non-members

You are responsible for finding a roommate. Add \$41 for single room.

My Fair Lady

Thursday, June 2

Join us for a 2 pm show of My Fair Lady at the Mac-Haydn Theater. Buffet lunch at the White Stone Café. The bus leaves the Center at 10:30 a.m. We will return to the Center at approximately 5:30 p.m.

Cost: \$66 pp for members
\$71 pp for nonmembers

Trip is currently full. Please sign up to be on the waitlist for cancellations.

Cooperstown Tour & Otesaga Thursday, June 16th

Cooperstown is more than the Baseball Hall of Fame. Take a tour of the Cooperstown area on our Brown's Bus with a special tour guide who'll be joining us at the Otesaga Hotel. After the tour, we will return to the Otesaga for their famous luncheon buffet. And, of course, what would a trip to Cooperstown be without a stop at the Fly Creek Cider Mill and Country Store?

Leave the Senior Center at 8:30 am and arrive back at about 5:30 pm. The cost is \$62 per member and \$67 for nonmembers.

Statue of Liberty & Ellis Island Tuesday, June 28

Visit the Statue of Liberty and Ellis Island. Package includes round trip transportation and ferry tickets to attractions. Lunch on your own. On the way home, we will stop in Poughkeepsie for dinner at Shadows on the Hudson overlooking the Hudson River. Meal choices: wild mushroom risotto, chicken madena or stuffed sole. Depart Center at 7:00 am, arriving approx. at 11 am. Return to Center at approximately 8:30-9:00 pm.

Cost: \$80 pp members; \$85 pp non-members

The Delaware & Ulster Rip Van Winkle Flyer

Wednesday, July 13th

This first class train service with superb cuisine is a trip back in time to the elegance of yesteryear! We'll have a 2-hour ride through the beautiful Catskill Mountains with a lively historical narrative. Our trip will include a delightfully delicious luncheon with linens and china on this perfectly restored Streamliner train.

After lunch, we will visit the Blenheim-Gilboa Visitor Center and the Lansing Manor House. The Gilboa Center is a newly refurbished museum devoted to information about energy generation. Lansing Manor is an historic home built in 1819 and furnished with period pieces. Both museums are part of the original manor property. Depart the Center at 8:30 am and arrive back at about 6:00 pm.

Cost: \$89 for members; \$94 for non-members.

Lake George Luncheon Cruise

Thursday, July 21

Welcome aboard the Lac du Saint Sacrement. At noon, enjoy a nice lunch buffet in the elegant dining room, while cruising by the beautiful mountain wilderness on the crystal-clear waters of Lake George. Every seat has a view of the lake!

Bus leaves from the Center at 9:45 am. Board the boat at 11 am, the 2-hour cruise lasts from noon until 2 pm. Afterward we will stop at the Lake George outlets for an hour of shopping, before returning home by around 5 pm.

Cost: \$60 pp for members

\$65 pp for non-members.

Lobster Feast

Thursday, July 28

Throw on your jeans and shine up your boots! We're heading to the Log Cabin in Holyoke, Mass to see "Colt 45" master country music's greatest hits. Lunch menu: rolls & butter, clam chowder, New England boiled lobster, barbequed ribs & chicken, corn, baked potato & strawberry ice cream. Coffee- reg. & decaf. - and tea provided. Complimentary glass of wine included.

Bus leaves the Center at 9:30 am & returns at 5 pm.

Cost: \$75 pp for members

\$80 pp for non-members

Sister Act

Sunday, August 14

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

The Bus leaves the Center at 10:30 am. We will return to the Center by around 5:30 pm.

Cost: \$66 pp for members

\$71 pp for non-members

For all trips:

**Please sign up in advance at the front desk.
No phone reservations.**

Cancellations reimbursed only if a replacement is found.

**Please do not wear perfume on trips;
others are allergic.**

Answers to Stumpers

Solution 1. Beth: 9, Toni: 7, Max: 5, Sam: 3, Midge: 1. Toni has exactly three younger siblings. So she is 7. None of Sam, Max, or Midge is the oldest. So Beth is 9, making Max 5. Sam is not the youngest. So he is 3, leaving Midge at 1.

Solution 2. 10 The average amount of water in the six cups on the table is already greater than 9 oz so that adding any 10 oz cups or 12 oz cups will not help in reducing the average to 9 oz. Only some number (N) of 8 oz cups must be added. There are already 6 cups on the table containing a total of 64 oz of water. Adding N 8 oz cups will bring the number of cups 6 + N and the total amount of water to 64 + 8 * N. The average amount of water in each cup must be: $(64 + 8 * N) / (6 + N) = 9$. With a little algebra, $N = 10$.

MEMBERSHIP APPLICATION

Jan. 1 thru Dec. 31, 2016

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.
32 Worden Road, Glenville NY 12302

Annual Fee:

Glenville & Scotia residents: \$15 per person; Non-residents: \$25 per person

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

If cash, exact amount please.

Check one: ☐ New Member ☐ Renewal [Senior = 55 or older] Check one: ☐ Resident ☐ Non-resident

* These items **required** on ALL applications – **new members and renewals**

PLEASE PRINT

*Name1 _____ e-mail _____

*Name2 _____ e-mail _____

*Address _____

*City/State/Zip _____ *Phone _____

Interests/Talents/Comments _____

Registration #: _____

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OF THIS FORM
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THE FRONT DESK**

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
1	2 9:15 Fit Over 50 M1 10:00 Book Club L 10:15 Forever Strong M1 11:15 Enhance Fitness M1 12:30 Cards M1 2:30 Kazoo M2 4:00 Pickleball M1	3 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C 1:00 Caregivers Grp. M2 3:00 Cardmaking M2	4 9:15 Fit Over 50 M1 9:00 Mah Jong C 10:15 Stretch & Strength M1 11:15 Enhance Fitness M1 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	5 <i>Trip to the Beeches Inn</i> 9:00 Healthy Bones M2 9:15 Zumba M1 9:30 Executive Mtg. @ Town 10:00 Photography C 10:00 Italian beginners L 10:15 Pilates M1 12:30 Cards M1 1:00 Quilting C	6 9:15 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:15 Forever Strong M1 11:15 Enhance Fitness M1 1:00 Italian advanced M1 1:30 Film club L 4:00 Pickleball M1	7
8	9 9:00 Tai Chi M2 9:15 Fit Over 50 M1 10:15 Forever Strong M1 11:15 Enhance Fitness M1 12:30 Cards M1 1:30 Speaker on Aging M2 4:00 Pickleball M1	10 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C 1:00 American Legion M2	11 9:15 Fit Over 50 M1 9:00 Mah Jong C 10:15 Stretch & Strength M1 11:15 Enhance Fitness M1 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	12 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Pilates M1 12:30 Cards M1 1:00 Quilting M2 1:30 Board meeting C	13 9:00 Tai Chi M2 9:15 Fit Over 50 M1 10:00 Cribbage L 10:00 Painting w\Dani C 10:15 Forever Strong M1 11:15 Enhance Fitness M1 1:00 Italian advanced M1 4:00 Pickleball M1	14
15	16 <i>YMCA class registration</i> 9:00 Tai Chi M2 9:30 Paint w\Peggy C 9:15 Fit Over 50 M1 10:15 Forever Strong M1 11:15 Enhance Fitness M1 12:30 Cards M1 4:00 Pickleball M1	17 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 1:00 American Legion M2 12:30 Dupl. Bridge M1 1:00 Knitting C 6-9 Defensive Driving M2	18 9:15 Fit Over 50 M1 9:00 Mah Jong C 10:15 Stretch & Strength M1 11:15 Enhance Fitness M1 2:00 Yoga w\Nancy M1 4:00 Pickleball M1	19 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Pilates M1 12:30 Cards M1 1:00 Quilting C	20 9:00 Tai Chi M2 9:15 Fit Over 50 M1 10:00 Cribbage L 10:00 Painting w\Dani C 10:15 Forever Strong M1 11:15 Enhance Fitness M1 1:00 Italian advanced M1 4:00 Pickleball M1 4:30 Potluck Dinner	21
22	23 9:00 Tai Chi M2 9:15 Fit Over 50 M1 10:15 Forever Strong M1 11:15 Enhance Fitness M1 12:30 Cards M1 4:00 Pickleball M1	24 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C 6-9 Defensive Driving M2	25 9:15 Fit Over 50 M1 9:00 Mah Jong C 10:15 Stretch & Strength M1 11:15 Enhance Fitness M1 2:00 Yoga w\Nancy M1 4:00 Pickleball M1 <i>Scofia Memorial Day Parade</i>	26 <i>Trip to Lancaster, PA</i> <i>Sr. Moments deadline</i> 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Pilates M1 12:30 Cards M1 1:00 Quilting C	27 9:00 Tai Chi M2 9:15 Fit Over 50 M1 10:00 Cribbage L 10:00 Painting w\Dani C 10:15 Forever Strong M1 11:15 Enhance Fitness M1 1:00 Italian advanced M1 4:00 Pickleball M1	28
29	30 <i>Memorial Day— Senior Center Closed Dining Center Closed</i>	31 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:00 Cribbage L 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	<div>May</div>			

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
	<div style="border: 2px solid black; padding: 20px; text-align: center; font-size: 48px; font-weight: bold;">June</div>		1 9:15 Fit Over 50 M1 9:00 Mah Jong C 10:15 Stretch & Strength M1 11:15 Enhance Fitness M1 2:00 Yoga w/Nancy M1 4:00 Pickleball M1	2 <i>Trip to "My Fair Lady"</i> 9:00 Healthy Bones M2 9:15 Zumba M1 9:30 Executive Mtg. @ Town 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	3 9:00 Tai Chi M2 9:15 Fit Over 50 M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:15 Forever Strong M1 11:15 Enhance Fitness M1 1:00 Italian advanced M1 1:30 Film club L 4:00 Pickleball M1	4
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19	20 9:00 Tai Chi M2 9:15 Fit Over 50 M1 10:15 Forever Strong M1 11:15 Enhance Fitness M1 12:30 Cards M1 4:00 Pickleball M1	21 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 American Legion M2 1:00 Knitting C	22 9:15 Fit Over 50 M1 9:00 Mah Jong C 10:15 Stretch & Strength M1 11:15 Enhance Fitness M1 4:00 Pickleball M1	23 <i>Sr. Moments mailing</i> M2 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	24 9:00 Tai Chi M2 9:15 Fit Over 50 M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:15 Forever Strong M1 11:15 Enhance Fitness M1 1:00 Italian advanced M1 2:00 Ice Cream Social M2 4:00 Pickleball M1	25
26	27 9:00 Tai Chi M2 9:15 Fit Over 50 M1 10:15 Forever Strong M1 11:15 Enhance Fitness M1 12:30 Cards M1 4:00 Pickleball M1	28 <i>Statue of Liberty trip</i> 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 1:00 American Legion M2 12:30 Dupl. Bridge M1 1:00 Knitting C	29 9:15 Fit Over 50 M1 9:00 Mah Jong C 10:15 Stretch & Strength M1 11:15 Enhance Fitness M1 4:00 Pickleball M1	30 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C		

Glenville Dining Center

Operated at the Glenville Senior Center by Catholic Charities

Open to all seniors. Senior Center membership not required.

Kathy Conboy – Dining Center Manager

Diana Yeo – Dining Center Assistant

The Senior Dining Center offers a hot, nutritious noon meal Mondays through Fridays. A variety of activities and programs take place prior to the meal, with penny bingo every day and prize bingo on Wednesdays after lunch. Every Tuesday, there is also transportation available for grocery shopping at 12:30 pm (\$2.00 round trip to Hannaford or Price Chopper).

PLEASE ARRIVE BY 11:45 am FOR THE NOON MEAL.

Reservations: Call 393-1946, 9 am to 2 pm, a day in advance. Please call ahead if you need to cancel a reservation. Menus are available at the Dining Center. Substitutions available. Make request when you call for reservation.

Suggested donations for meals: \$3.50 for those 60+; \$6.00 for those under 60.

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



May 2016		
Mon	2	Seafood Scampi
Tues	3	Chicken Marsala
Wed	4	Baked Ziti
Thurs	5	Pork Cutlet
Fri	6	Harbour Baked Fish
Mon	9	Salisbury Steak
Tues	10	Baked Manicotti
Wed	11	Pulled Pork Sandwich
Thurs	12	Turkey Roll Ups
Fri	13	Clam Chowder
Mon	16	Ham & Potato Au Gratin
Tues	17	Chicken & Biscuit
Wed	18	Pizza & Chicken Nuggets
Thurs	19	Chicken Cacciatore
Fri	20	Breaded Fish Dinner
Mon	23	Spaghetti & Meatballs
Tues	24	Roast Beef
Wed	25	Kielbasa w/Sauerkraut
Thurs	26	Chicken Fillet
Fri	27	Macaroni & Cheese
Mon	30	Dining Center CLOSED
Tues	31	Chicken Marsala

June 2016		
Wed	1	Baked Ziti
Thurs	2	Pork Cutlet
Fri	3	Harbour Baked Fish
Mon	6	Salisbury Steak
Tues	7	Baked Manicotti
Wed	8	Pulled Pork Sandwich
Thurs	9	Turkey Roll Ups
Fri	10	Clam Chowder
Mon	13	Ham & Potato Au Gratin
Tues	14	Chicken & Biscuit
Wed	15	Pizza & Chicken Nuggets
Thurs	16	Chicken Cacciatore
Fri	17	Breaded Fish Dinner
Mon	20	Spaghetti & Meatballs
Tues	21	Roast Beef
Wed	22	Kielbasa w/Sauerkraut
Thurs	23	Chicken Fillet
Fri	24	Macaroni & Cheese
Mon	27	Seafood Scampi
Tues	28	Chicken Marsala
Wed	29	Baked Ziti
Thurs	30	Pork Cutlet

COMMUNITY CONNECTIONS

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

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

Caregiver Conversations

First Tuesday of month, 1 pm

Caregivers meet monthly at the Center to discuss caregiving issues faced in people's daily lives. Facilitated by Senior Services staff, 107 Nott Terrace (Suite 300), Schenectady, NY 12308.

Upcoming meetings: May 3 and June 7

Friendship Café Schedule

Second Wednesday of the month at 10:30 am

Welcome to the Friendship Café meeting at the Apostrophe Café in Proctors. The Friendship Café is for seniors nearing age 60 and above, and caregivers to convene for educational, recreational and social needs. Two hours of free parking is available behind the Proctors Theatre. Come and join us!

For more information, please contact the Senior & Long-term Care Office (382-8481) and leave a message for **Mary Forman**. You may also email her at Mary.Forman@schenectadycounty.com.

May 11, 2016 at 10:30 am

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

June 8, 2016 at 10:30 am

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

American Legion Post 1001 Scotia, NY

Second Tuesday of month at 1 pm

The next meetings will be May 10 and June 14. There are no meetings in July and August.

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

Foster Grandparents Program



The Foster Grandparents Program seeks volunteers age 55 and older to volunteer with children in local schools, Daycare Centers, and Head Start Programs.

Get involved and make a difference by sharing your love, time and talents with

children in your community! **CALL: 272-6012**

Income eligible volunteers will receive a non-reportable, non-taxable stipend of \$2.65 for each hour they volunteer, with a minimum of 15 hours per week required. They will also receive partial travel reimbursement.

Senior Services

Catholic Charities of Schenectady County provides trained staff members who can assist you with choosing health insurance and prescription drug coverage; applying for food stamps, Medicaid and other programs; and locating information about community services and resources. For more information, please contact **372-5667**.



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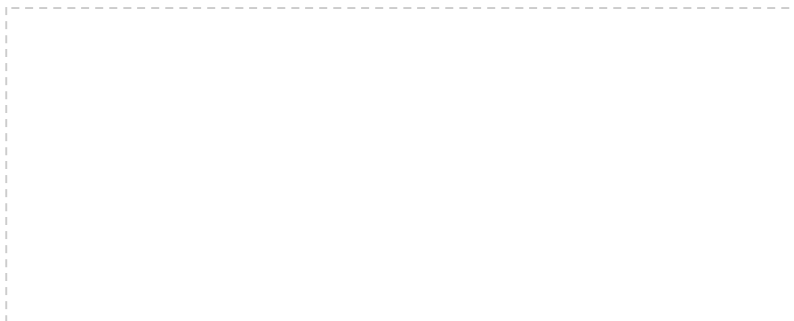
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(Officers are also Directors)

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Village of Scotia Liaison:
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Alan Boulant