



Scotia-Glenville Senior Citizens Senior Moments



Volume 43 Number 3

May-June 2017

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

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

Memorial Day Parade

Wednesday, May 24th

Come represent the Senior Center walking in the Scotia Memorial Day parade. T-shirts will be provided to participants on a limited basis. For those unable to walk, we will have limited seats available to ride in the senior van. First come, first served. Sign up at the front desk.



Volunteer Recognition

Friday, May 12th from 1:30 – 4:00 pm

Without the efforts of our many volunteers, our center could not run. Those who have given 12 hours or more of their time volunteering for our center during the past year are invited to come to a luncheon. Please sign up at the front desk before May 5th.

Want to Help?

Join the Board of Directors. If you are interested in being an active member of the center, call or leave your name at the front desk. Our nominating committee will get in touch with you.

Ice Cream Social

Friday, June 16th from 2:00 – 4:00 pm

We invite all members, especially new members, to join us on June 16th to celebrate the coming of summer at our annual ice cream social. It is a great time to relax and chat with new and established friends over cookies and an ice cream sundae. Ice cream compliments of **Stewarts Shops**. Members only. Please sign up at the front desk before June 9th.



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

Tuesday, May 30th - Turning Stone Casino

Thursday, June 8th - Beardslee Castle & Arkell Museum

Tuesday, June 20th - Boston Tall Ships

Wednesday, June 28th - Mac-Haydn theatre "Anything Goes"

Thursday, July 13th - Delaware & Ulster Rip Van Winkle Flyer

Trips
See pg. 8

Upcoming: Wednesday, July 19th -Mac-Haydn theatre "Saturday Night Fever"

Wednesday, August 9th - Old Forge Boat Cruise

Thursday, August 24th -Mac-Haydn theatre "Hello Dolly"

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MARK YOUR CALENDAR

Exec Council: Thur. May 4 & Jun. 1 at 9:30 am at Town Hall

Directors: Thur. May 11 & Jun. 8 at 1:30 pm at Sr. Ctr.

Senior Moments Deadline: Thursday, May 25th

Senior Moments Mailing: Thursday, June 22nd at 9 am

Senior Center & Dining Center closed: Monday, May 29th

Senior Moments is published by
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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

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

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

SENIOR CENTER NEWS



A line from Paula

April 5th 2017 was the 20th anniversary of the opening of the Glenville Senior Center. To celebrate, we threw ourselves a party. It was a big success attended by approximately 120 people who enjoyed our short program and the delicious

appetizers from **Marcella's**. It was nice to meet some of those involved in the development of the Center.

The celebration was so successful due to the efforts and help of many individuals and organizations. A thank you to all of them. First on the list is the **Scotia Rotary** which was kind enough to reschedule their annual chicken barbecue so we could hold the celebration on the date the center opened 20 years ago. Next is the committee that organized the event, consisting of **Jamie MacFarland, Shirley and Ed Perazzo, Ruth Quinn, Sandra Glindmyer, Marge Carroll** and me. Of course, a big thank you goes out to all members of the Social Committee who worked behind the scenes to make the event a success. Although some of our invited guest speakers could not attend, we appreciate that members of their staff did present us with Proclamations from the U.S. House of Representatives (**Congressman Paul Tonko**), New York State Senate (**Senator James Tedisco**) and New York State Assembly (**Assemblywoman Mary Beth Walsh**). I would also like to thank our guest speakers: **Donna Gigone**, YMCA Glenville; **Marlene Hildebrandt**, Catholic Charities; **Cindy Amell**, former coordinator at the Center; **Jamie MacFarland**, Town of Glenville Deputy Supervisor; and **Chris Koetzle**, Glenville Town Supervisor. Supervisor Koetzle presented us with a proclamation from the town and was also instrumental in the production of a video about the current day Center. In honor of our anniversary, the **Scotia-Glenville Lions** made a nice donation to the Scotia Glenville Seniors. In addition to all those that actively participated in the celebration, I need to recognize those that donated goods and services. These include **MDR Printing** of Cohoes who did a wonderful job on our programs, **Shoprite** who donated a lovely cake, and **Target, Glenville Queen and Proctors** who provided us with door prizes. Again thank you for helping us with our 20th anniversary celebration.

I hope I have remembered all those who made the celebration a success. If I have missed anyone, please accept my apologies.

Paula

We are saddened to report that longtime member and past editor of this newsletter, Dick McMahan, has passed away. Our condolences to his family.



Vicki's View

This spring we celebrate our wonderful volunteers who contribute so much to our community.

We also congratulate a few of our own as their volunteer efforts are recognized at the county level. This year we are

pleased to nominate **Ed and Shirley Perazzo** who have served others for a combined total of 80 years. Church, school, scouts and the Schenectady Home Bureau have benefitted from their involvement over the years. Here at the Center these two have served on the Board of Directors, helping to further the goals and objectives of the senior organization. Shirley oversees the Social Committee and all of its functions as well as the quilting group. Ed runs two weekly Italian classes and assists the treasurer. Together they organize our bocce league, and Ed recently built benches for our court.

Member **Toni Cilberti** is also celebrated this month for her lifelong commitment of giving to others through a host of organizations. Toni is being recognized as the recipient of Schenectady County's Lifetime Achievement Award. Congratulations!

Vicki

Expansion Update: We have received word that the paperwork for the grant from Senator Farley is slowly making its way through the Dormitory Authority and we may be able to move forward with our plans in the near future.

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. Check the calendar for dates to stop in to join the celebration with a piece of cake.



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 are special to us. Contact **Mary Stagliano** at the center.

Box Tops or Labels for Education



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

Keep looking for these Box Tops and bring them in so we can help the school achieve its goal to get playground equipment for the school. Our collection box is near the books and magazines in the main hallway. Thank you to our two volunteers who have been cutting out the box tops—**Fran Madison** and **Jeffrey Rauch**.

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Mary McClaine** for her Green Vaseline Glass collection in March and **Ruth Robin** for her Irish Memorabilia in April.

Next up:

May: **Marlys Anderson** - Doll Collection

June: **Mary McClaine** - Sewing Machine & related items

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

Copy your wallet cards free

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



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

facebook

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 9:00 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, 9:00 am-3:00 pm

Donations are gratefully accepted to help defray costs.

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

Tuesdays: Scheduled trips to Malls

First Tuesday of the month - Clifton Park Mall

Third Tuesday of the month - Rotterdam Square

All other Tuesdays will be available for regular van appointments.

Clifton Park Mall trip: May 2 and June 6th

Rotterdam Sq. Mall trip: May 16 and June 20th

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

We Need Drivers & Dispatchers.

Be a regular or substitute driver or a substitute dispatcher. Call **Linda Reinhart** at the center for information.

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

Having a computer problem?

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

Donate eyeglasses

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

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Cooking Class

Tuesday, May 30th at 1:30 pm

Cooking for one or two can be easy, nutritious and delicious. **Patrice Mastrianni** from Serendipity Cooking Classes in Saratoga, shows you how to take a \$6 rotisserie chicken and turn it into an Asian Stir Fry and Tuscan Bean Soup. Our Cooking Classes are fun and interactive plus you'll get to taste what we make and take home recipes! Cost: \$15 each. Minimum 10 people; maximum 15. Please make checks payable to: Serendipity Arts Studio. Please sign up at the front desk in advance.

Beading Class

Friday, May 19th at 2 pm

Come try your hand at beading a beautiful necklace. Price: \$20 per person includes all supplies and instruction. Please make checks payable to **Nancy Bowman**. Min. 6 participants; Max 20. Please sign up at the front desk in advance.

Medication Safety & Adherence

Thursday, June 15th at 1:30 pm

This pharmacist led presentation will give you tips to help you reap the most benefit from your medications. Information about safe and effective use of medications will be emphasized. A CDPHP pharmacist will be available after the presentation to answer additional questions. Bring your meds along if you have particular questions or seek advice. Perhaps there will be strawberry shortcake available. Sign up at the desk to attend. Free and open to the public.

Downsizing Presentation

Thursday, May 18th at 1:30 pm

Whether you're planning to move and don't know where to start or you just want to get control of your space, this seminar is for you. Join us for an informative talk with three Capital District Professionals.

Donna Esposito advises on how changes in the real estate market impact seniors. She shares useful information for making a decision about whether to stay or go. **Antionette Wallace** shares the most effective ways to downsize from start to finish, making the process manageable and efficient. **Michelle Kavanaugh** explores aspects of "rightsizing" from space planning, packing, moving and getting settled in a new location. Sign up at the desk to attend – reservations are required. Light refreshments served. Free and open to the public.

Driver Safety Courses

Tues, June 20th & Wed, June 21st from 2:00-5:00 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.; Others:\$32.

Please 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.

Stampin' Up Card Workshop

First Tuesday of the month at 3:00 pm

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Sign up in advance at Front Desk. Please make checks payable to the instructor, **Brigid Meyer**. Cost: \$5 per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates: 5/2, 6/6,

Painting with Peggy

Monday, May 15th 9:30 am-2:00 pm.

"Moonrise at the Lake" This painting is completed using only black & white paint so color value, contrast and perspective are emphasized. The final result is always dramatic, and students tell me this is their family's favorite! This painting is based on two photographs of nearby Sacandaga Lake.



Monday, June 12th, 9:30 am-2:00 pm.

"Let's paint a sunset" In this class, you will have fun mixing and blending colors as you paint a glowing sunset over water, with the sun setting behind the mountains. Each painting is unique since some students prefer a bold bright sky, while others prefer a more pastel look. Peggy will demonstrate how to use the brushes and mix colors to create a beautiful 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. This class is for any level of painter, no experience is required. Beginners are welcome.

Note: There will be 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 student, members only. Sign up at Front Desk. Call Peggy at 925-2238 for additional details.

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: Apr 10th—Jun 16th; No classes on May 29, Memorial Day
 Session Fees: 1 class/wk: \$33. for 10-week session; 2/wk \$45; 3/wk \$59; 4/wk \$72; 5/wk \$85
 Summer Session registration: June 15th 9-11 a.m.

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

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

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

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

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

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

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

SIT AND GET FIT: This class improves strength, stamina, and flexibility. It includes various movements and modified cardio from a seated position.

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

Other Senior Center Classes

Gentle Yoga

Wednesdays, 2:00 pm

Spring Session 4/19 - 11 weeks

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. Wear loose-fitting, comfortable clothing. Bring mat, blanket, and small pillow.

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

Tai Chi practice

Tuesdays, 9:00 am

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

CENTER ACTIVITIES

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

Responsibilities of activity participants

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

Senior Moments Mailing party

Thursday, June 22 9:00 am

Come join us for our mailing party as we prepare the *Senior Moments* newsletter for mailing. Volunteers perform the vital task of folding the newsletters and applying the pre-printed address labels for mailing. We'll meet in the Dining Center and complete the task usually within 1.5 hours. Baked goods and coffee will be served. Come join us and have some fun!

Bocce

Tuesdays, 9:00 am

We play bocce every Tuesday morning- weather permitting. Newcomers are welcome. We're enjoying the new benches with umbrellas. For information, call **Shirley** or **Ed Perazzo** at 399-1438.

Knitting and Crocheting

Tuesdays, 1:00 pm

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

* We are accepting donations of yarn at this time.

Duplicate Bridge

Tuesdays, 12:30-4:00 pm

No previous experience is necessary. This is a friendly game! Come with your partner. If you need a partner, come see the group and add your name to our list. Also, you may take a copy of the list to find your partner.

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.

Coffee and Conversation

Tuesdays, 9:00-11:00 am

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

La Bella Lingua

Thursdays, 11:00 am - Beginners; Intermediate 10:00 am and Fridays, 1:00 pm for Advanced Students

Everyone is welcome. There is no fee. The only expense is to buy your own books. The classes are informal and enjoyable. We have fun as we learn to read, write and speak the beautiful language. If you are interested, now is the time to jump in. The last classes will be June 8 & 9; we will resume Sept 28 & 29. Ciao!

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

Mah Jong

Wednesdays, 9:00 am

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

Blanket-makers Needed

Do you knit, crochet or quilt? We're looking for volunteers to make lap blankets for wheelchair-bound veterans at the VA Hospital. Blanket sizes can vary but 36 inch by 48 inch works well with wheelchairs. You can do your project at our knitting group at 1:00 pm on Tuesdays or work on your own. Contact Vicki for Info.

Gardening

Do you enjoy being outside? Join us for light exercise in planting flowers, weeding, deadheading, to continue to make this Center beautiful. Sign up at the front desk and we will call you when it is time to plant. We are also looking for new ideas for the memorial garden located behind the bocce court.

Cribbage

Fridays, 10:00 am

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

CENTER ACTIVITIES

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First Monday Book Club

First Monday of month, 10:00 am

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

May 1 - *Silver Stars* by Jeanette Walls

June 5 - *Bread and Roses too* by Katherine Paterson

First Friday Film Club

First Friday of month, 1:30 pm

May 8: Hello My Name is Doris

Sally Field stars as a spinster Accountant who seeks out new experiences comically, awkwardly & sweetly!

June 2nd: Brooklyn

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

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

*Please note there will be no shows in July & August due to summer recess. Next season starts September 1st.

Senior Center Photographers

Thursdays, 10:00 am

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

Silver Threads Quilters

Thursdays, 1:00- 3:00 pm

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. This year our group has made 10 quilts to donate to Camp Erin, a camp for bereaved children. Also some of our generous members made hats, mittens and scarves to give to the camp for the cold Adirondack nights. Everyone is welcome; there is no fee.

Oil, Acrylic & Art

Fridays, 10:00 am

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. See instructor for fees and schedule.

Painting by Ruth Quinn



Mon\Wed Senior Golf Leagues

Two Senior Center leagues are available at the Galway course on Monday and Wednesday mornings beginning the first week of May and continuing for 16 weeks into the end of August.

For information on joining the Monday League, please call **Butch Carpentier** @ 374-1499. For Wednesday league info, call **Ron Brach** @ 366-1272. Many members enjoy the golf & camaraderie and belong to both Mon. & Wed. leagues.

Thursday Golf League:

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

Pickleball

Mon, Wed, Fri, 4:00 pm

Novice Play is scheduled for Mondays, Wednesday, and Fridays. Questions? Leave a message at desk.

TRIPS and TRAVEL

- ♦ **Make reservations** in person (not 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.

Lobster Feast at the Log Cabin

Wednesday, May 24th in Holyoke, MA

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

Leave the center at 9:30 am; returns to the center at 5:30 pm

Cost : \$71 members; \$76 non-members

Turning Stone Casino

Tuesday, May 30th

Bring your lucky charms and join us for a day at the Turning Stone Casino. Trip includes:

\$25 Casino bonus + \$5 food credit

or

\$20 Bingo bonus + \$5 food credit

Cost: \$35 members; \$40 non-members

Leave Center at 9 am; Return by 7 pm

Beardslee Castle & Arkell Museum

Thursday, June 8th

The **Arkell Museum** at Canajoharie collects, preserves, researches and presents American Art and Mohawk Valley History. With 156 years of history and legendary tales of ghosts and spirits, **Beardslee Castle** is a perfect setting for our lunch. We will stop at the **Palatine Cheese Factory** for chance to buy some tasty treats. Weather-permitting we will also stop at the much publicized **Mohawk Valley Gateway Overlook** more commonly known as the Amsterdam Pedestrian Bridge. Rumor has it that it is a beautiful panorama.

The bus will leave the Center at 9:00 and arrive at the Arkell Museum at 10:00 for one hour guided tour. Lunch at 12:00 at Beardslee Castle. We will arrive back at the center between 4:30 and 5:00.

Cost: \$63 for members; \$68 non-members

Please be advised that Beardslee Castle requires a minimum of 30 guests. If you are interested in doing this trip, please sign-up as soon as possible. If we do not have 30 sign-ups by June 1st, the trip will have to be canceled.

- ♦ 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.

Boston Tall Ships

Tuesday, June 20th

View the tall ships from the best possible vantage – the deck of a Boston Harbor Cruise Boat on a 90-minute cruise from 1:00 -2:30 p.m. But first, lunch on your own at Quincy Market where you can choose from the wonderfully diverse foods available to you. There are also 100 shops to do a little shopping before setting sail.

Depart the Senior Center at 6:30 a.m. to Boston (Quincy Market). Depart Boston at approximately 3 p.m. with a dinner stop on the Mass Pike.

Cost: \$90 members; \$95 non-members

“Anything Goes” at Mac-Haydn

Wednesday, June 28th

Join us for a trip to see the 2 p.m. show of “Anything Goes” at the Mac-Haydn theater. But first we’ll enjoy a buffet lunch at the Whitestone Restaurant. The menu includes chicken parmesan, stuffed shells, Italian meatballs, sausage & peppers, vegetable, rice, pasta, salad bar, sundae bar and dessert bar. Leaver at 10:45, return approximately 6 pm

Cost: \$65 members; \$70 non-members

The Delaware & Ulster Rip Van Winkle Flyer

Thursday, July 13th

Yes, we are going to try again! The train is in tip top condition and the operators are looking forward to finally meeting all of us!

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.

We will be leaving the Senior Center at 8:30 am and be arriving back at about 6:00 pm.

Price: \$89 for members; \$94 for non-members

Senior Stumper

Submitted by Jim Moorhead

(Level: Easy, but requires logic)

You've come to a strange town and you're searching for an honest man. You meet Arnold, Boris and Conrad. Somehow you know that one of them always tells the truth. One of them always lies. The other one tells lies or speaks truth as he sees fit. To try to find out which is which you ask each to say something about the others. Arnold says: "Boris never says anything that's true." Boris says: "No, Arnold never says anything that's true. And by the way, neither does Conrad." Conrad says, "Actually, neither of those two ever say anything that is true." Which is which? *See below for solution.*

Mark your calendars for more trips:

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

Wednesday, August 9th - Old Forge Boat Cruise

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

A Message from the Glenville Police

A few red flags that you can look for in a driveway repair scam:

- There are leftover materials from another job. Professional asphalt contractors know, with great accuracy, how much paving material is needed to complete each project. Rarely will they have large quantities of leftover material.
- You are pushed to make a quick decision. Trustworthy contractors will provide a written estimate that will be valid for days or even weeks. It should specify in detail the work to be performed and the total price. They also don't mind you checking them out before signing a contract.
- Cash-only sales. Most reputable contractors will take checks or credit cards and don't require payment up front. BBB recommends never paying more than 1/3 up front, and only with a written contract.
- The company is from out of state. Look at the truck the representative travels in. If it is unmarked or has an out-of-state license plate, be cautious. Even if the representative claims to have a local phone number, scammers can easily purchase disposable cell phones to provide a local number in the area they are soliciting. Also, don't be afraid to ask to see their driver's license. If the worker is from out of state, how likely are they to come back if a problem arises in the future?

If you suspect that you are dealing with a paving scammer, report them to the Glenville police at 518-630-0911.



(Arnold: Truth teller, Boris: Liar, Conrad: flip flopper)
Conrad's statement is obviously a lie, because at most one of the other's can be the habitual liar. For the reason, at least one of Boris' assertions has to be a lie. So Arnold is the truth teller and he has branded Boris as the habitual liar. That leaves Conrad as the one who flip flops.

Stumper Solution

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2017		Annual Fee: Glenville & Scotia residents: \$15 per person; Non-residents: \$25 per person Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc. If cash, exact amount please.
Check one: <input type="checkbox"/> New Member <input type="checkbox"/> Renewal [Senior = 55 or older] Check one: <input type="checkbox"/> Resident <input type="checkbox"/> Non-resident		
* These items required on ALL applications – new members and renewals		PLEASE PRINT
*Name1 _____	e-mail _____	
*Name2 _____	e-mail _____	
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*City/State/Zip _____		*Phone _____
Interests/Talents/Comments _____		
Registration #: _____		

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OF THIS FORM
ARE AVAILABLE AT
THE FRONT DESK**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 9:15 Cardio Sculpt 10:00 Book Club 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	2 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. M2 3:00 Cardmaking	3 9:15 Forever Strong 9:00 Mah Jong 10:15 Active Stretch 11:15 Cardio Dancin’ 2:00 Yoga w\Nancy 4:00 Picklebal	4 9:00 Healthy Bones 9:15 Zumba Gold 9:30 Executive Brd. 10:00 Photography 10:00 Italian beginners 10:15 Gentle Core 12:30 Cards 1:00 Quilting	5 9:30 Sit & Get Fit 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:00 Italian advanced 1:30 Film club 4:00 Pickleball	6	
7	8 9:15 Cardio Sculpt 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	9 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 American Legion	10 9:15 Forever Strong 9:00 Mah Jong 10:15 Active Stretch 11:15 Cardio Dancin’ 2:00 Yoga w\Nancy 4:00 Pickleball	11 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Gentle Core 12:30 Cards 1:00 Quilting 1:30 Board Meeting	12 9:30 Sit & Get Fit 10:00 Cribbage 10:00 Painting w\Dani 10:30 Forever Strong 1:00 Italian advanced 1:30 Volunteer luncheon 4:00 Pickleball	13
14	15 9:30 Paint with Peggy 9:15 Cardio Sculpt 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	16 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting C	17 9:15 Forever Strong 9:00 Mah Jong 10:15 Active Stretch 11:15 Cardio Dancin’ 2:00 Yoga w\Nancy 4:00 Pickleball	18 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Gentle Core 12:30 Cards 1:00 Quilting 1:30 Downsizing Prgm	19 9:30 Sit & Get Fit 10:00 Cribbage 10:00 Painting w\Dani 10:30 Forever Strong 1:00 Italian advanced 2:00 Beading Class 4:00 Pickleball	20
21	22 9:15 Cardio Sculpt 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	23 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	24 <i>LobsterFeast trip</i> 9:15 Forever Strong 9:00 Mah Jong C 10:15 Active Stretch 11:15 Cardio Dancin’ 2:00 Yoga w\Nancy 4:00 Pickleball <i>Memorial Day Parade</i>	25 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Gentle Core 12:30 Cards 1:00 Quilting	26 9:30 Sit & Get Fit 10:00 Cribbage 10:00 Painting w\Dani 10:30 Forever Strong 1:00 Italian advanced 4:00 Pickleball	27
28	29 <i>Memorial Day— Senior Center Closed Dining Center Closed</i>	30 <i>Turning Stone Casino Trip</i> 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:00 Cribbage 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:30 Cooking class	31 9:15 Forever Strong 9:00 Mah Jong 10:15 Active Stretch 11:15 Cardio Dancin’ 2:00 Yoga w\Nancy 4:00 Pickleball	<div>May</div>		

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<h1>June</h1>		1 9:00 Healthy Bones 9:15 Zumba Gold 9:30 Executive Brd. 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 12:30 Cards 1:00 Quilting	2 9:30 Sit & Get Fit 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:00 Italian advanced 1:30 Film club 4:00 Pickleball	3
4	5 9:15 Cardio Sculpt 10:00 Book Club 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	6 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. 3:00 Cardmaking	7 9:15 Fit Over 50 9:00 Mah Jong 10:15 Stretch & Strength 2:00 Yoga w\Nancy 4:00 Pickleball	8 <i>Trip to Arkell & Beardsley</i> 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 12:30 Cards 1:00 Quilting 1:30 Board Meeting	9 9:30 Sit & Get Fit 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:00 Italian advanced 4:00 Pickleball	10
11	12 9:00 Paint with Peggy 9:15 Cardio Sculpt 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	13 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:00 Cribbage 10:15 Healthy Bones 11:20 Chair Yoga 1:00 American Legion 2:30 Dupl. Bridge 1:00 Knitting	14 9:15 Fit Over 50 9:00 Mah Jong 10:15 Stretch & Strength 2:00 Yoga w\Nancy 4:00 Pickleball	15 <i>9-11 Y class registration</i> 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:15 Core Strength 12:30 Cards 1:00 Quilting 1:30 Medication program	16 9:30 Sit & Get Fit 10:00 Painting w\Dani 10:00 Cribbage 10:15 Forever Strong 2:00 Ice Cream Social 4:00 Pickleball	17
18	19 9:30-2 Paint with Peggy 12:30 Cards 4:00 Pickleball	20 <i>Trip to Boston's Tall Ships</i> 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 10:15 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 2-5 AAA Driving	21 9:00 Mah Jong 2:00 Yoga w\Nancy 2-5 AAA Driving 4:00 Pickleball	22 9:00 Sr. Moments mailing 9:00 Healthy Bones 10:00 Photography 10:15 Core Strength 12:30 Cards 1:00 Quilting	23 10:00 Painting w\Dani 10:00 Cribbage 4:00 Pickleball	24
25	26 12:30 Cards 4:00 Pickleball	27 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 10:15 Healthy Bones 11:20 Dupl. Bridge 1:00 Knitting	28 <i>"Anything Goes" trip</i> 9:00 Mah Jong 2:00 Yoga w\Nancy 4:00 Pickleball	29 9:00 Healthy Bones 10:00 Photography 12:30 Cards 1:00 Quilting	30 10:00 Painting w\Dani 10:00 Cribbage 4:00 Pickleball	

Glenville Dining Center

Operated at the Glenville Senior Center by Catholic Charities Senior & Caregiver Support Services

Open to all seniors. Senior Center membership not required.

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

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

Suggested contribution toward meals:

\$3.50 for those 60+

\$6.00 for those under 60.



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

May 2017		
Mon.	1	Seafood Scampi
Tues.	2	Chicken Marsala
Wed.	3	Baked Ziti
Thurs.	4	Breaded Pork w/Gravy
Fri.	5	Harbour Style Fish
Mon.	8	Salisbury Steak w/Gravy
Tues.	9	Baked Manicotti
Wed.	10	Pulled Pork Sandwich
Thurs.	11	Turkey Roll Ups/Gravy
Fri.	12	Macaroni & Cheese
Mon.	15	Ham & Potato Au Gratin
Tues.	16	Chicken & biscuits
Wed.	17	Hot Turkey Sandwich
Thurs.	18	Chicken Cacciatore
Fri.	19	Spilt Pea Soup & Breaded Fish
Mon.	22	Spaghetti w Meatballs
Tues.	23	Roast Beef
Wed.	24	Kielbasa w/ Sauerkraut
Thurs.	25	Breaded Chicken Fillet w/Gravy
Fri.	26	Macaroni & Cheese
Mon.	29	Closed –Memorial Day
Tues.	30	Chicken Marsala
Wed.	31	Baked Ziti

June 2017		
Thurs.	1	Breaded Pork w/Gravy
Fri.	2	Harbour Style Fish
Mon.	5	Salisbury Steak in Gravy
Tues.	6	Baked Manicotti
Wed.	7	Pulled Pork Sandwich
Thurs.	8	Turkey Roll Ups
Fri.	9	Macaroni & Cheese
Mon.	12	Ham & potato Au Gratin
Tues.	13	Chicken & Biscuit
Wed.	14	Hot Turkey Sandwich
Thurs.	15	Chicken Cacciatore
Fri.	16	Spilt Pea Soup& Breaded Fish
Mon.	19	Spaghetti & Meatballs
Tues.	20	Roast Beef
Wed.	21	Kielbasa & Sauerkraut
Thurs.	22	Breaded Chicken Fillet w/Gravy
Fri.	23	Macaroni & Cheese
Mon.	26	Seafood Scampi
Tues.	27	Chicken Marsala
Wed.	28	Baked Ziti
Thurs.	29	Breaded Pork w/Gravy
Fri.	30	Harbour Style Fish

Doreen Wright - Dining Center Manager Beth Gish —Dining Center Coordinator; Diana Yeo – Dining Center Cook Catholic Charities Senior & Caregiver Support Services are partially funded through Schenectady County Department of Senior and Long Term Care Services with county tax dollars. State and Federal Funding is also provided through New York State Office for the Aging and Federal Administration on Aging.

COMMUNITY CONNECTIONS

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

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

Caregiver Conversations

First Tuesday of month, 1:00 pm

Caregivers meet monthly at the center to discuss caregiving issues faced in people's daily lives. Facilitated by Schenectady County Department of Senior and Long Term Care Services Caregiver Support Group staff.
Next meetings: May 2; June 6

American Legion Post 1001

Second Tuesday of month at 1:00 pm

Next meetings: May 9, June 13

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

Friendship Café

Second Wednesday of the month at 10:30 am

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

Senior Services

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

Schenectady County Airport

Come join the celebration of the airport's 90th anniversary on Saturday, July 29th.

8:30 am Breakfast

10:00-4:00 Tours

2:00 pm Charles Lindbergh's life story presentation

8:00 pm Hangar dance

For more information, please call 377-2191.

Her Treasure Box

Located at 1775 Van Vranken Ave., Her Treasure Box is a thrift shop specializing in craft and art supplies. The shop also accepts donations of fabric, yarn, craft and art supplies on Thursdays or by appointment.

Lions Splash Pad

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



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*A stone once it is thrown,
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And time once it has passed.*

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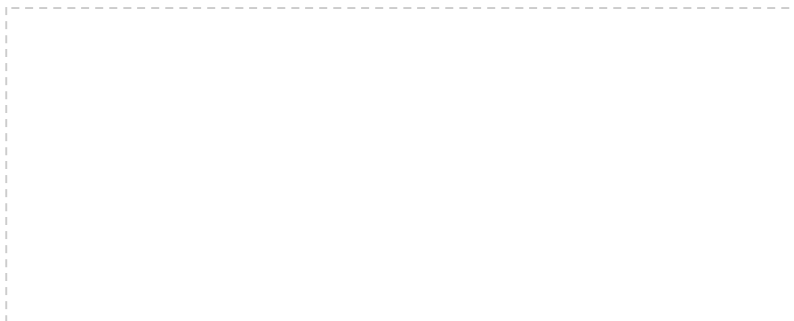
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