



Scotia-Glenville Senior Citizens Senior Moments



Volume 48 Number 3 May-June 2023

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.

Basic First Aid

Wednesday, May 3 at 9:30 am

Paul Reo, a surgical physician assistant at Albany Medical Center, will be presenting First Aid topics. This will include how to deal with heart attack and stroke symptoms, minor bleeding, falls and CPR fundamentals. Certification in CPR is NOT included in the presentation although opportunity to practice CPR on a mannequin will be available. Seating is limited to 35 people.

Computer Security

Thursday, May 18 at 1:30 pm

Join us for a discussion with Anna Hartz of Garnet Computer Consulting about maintaining computer security on your home/personal computer. Ms. Hartz will give advice about protecting yourself against an outside attempt to take over your computer.

Tea and Crumpets

Thursday, May 25 at 2 pm

Come and help us celebrate the merry month of May and the coronation of King Charles III. The cost is \$5, open to members only. Sign up at the front desk by May 19th.



Tips for Healthy Eating

Thursday, June 1 at 1:30 pm

Join dietitian Dawn Baudoux to talk about the importance of fiber as we age. She'll share tips on eating enough fiber daily. Learn how fiber helps lower cholesterol and blood sugar, maintain weight, and keep us regular. Free and open to the public. Sign up at the front desk in advance.

Installing Apps

Monday, June 12 at 1:30 - 3:00 pm

"There's an app for that!" If you've heard this phrase, and wondered what exactly apps are and how to install them on your smartphone or tablet, this class is for you. Topics include paid versus free apps, payment methods, security, storage space, uninstalling, and permissions. Both Apple and Android devices will be discussed.

Presenter: **Nate Heyer**, Independent Information Professional & Technology Trainer, DigLitCoach.com in partnership with Albany Guardian Society.

Free and open to the public. Stop by the front desk to sign up or call 518-374-0734.

Ice Cream Social

Thursday, June 15 at 2 pm

I scream, you scream, we all scream for ice cream. Sign up at the front desk. Members only.

Thank you to Stewart's Shops for their donation of ice cream and all of the supplies for this event.



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Senior Moments is published by
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Barbara Brown, President

Vicki Hillis, Executive Editor, Publisher

Ricki Lewis & Connie Large, Editors

Angie Pomykai, Assoc. Editor, Distribution Manager

MARK YOUR CALENDAR

Exec Council: Thurs. May 4, June 1 at 11:15 am

Directors: Thurs. May 11, June 8 at 1:30 pm

Senior Moments Deadline: Wed. May 17

Senior Moments Mailing: Thurs. June 22 at 9 am

Senior Center Closed: Monday, May 29

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

Two months ago, I was missing and had gone fishing. Back now.

At the last Board of Directors meeting on March 9, 2023, the board voted to change the By-Laws to allow membership to begin at the age of 50, reduced from the previous age of 55. This hopefully will be good news as we have had requests for people to join who were only 50. Many other senior places have the age as 50 including AARP.

Every year Scotia-Glenville Senior Citizens, Inc. awards three scholarships to local high school seniors. Students must live within the Town of Glenville, have above average academic records, and demonstrate noteworthy community service, to qualify for consideration. The selected recipients are presented with \$1,000 toward their academic/career goals. My thanks to the Scholarship committee **Susan Jeffords, Arlene Maranville**, and **Anne Pomeroy** for getting this together and mailed out to the high schools.

If you are interested or know someone who would be interested in being on our Board of Directors, please let the front desk know or leave a note for me. The Board meets on the second Thursday of each month and each board member is asked to get involved with a Center committee.

COVID is still here. Be Careful, Be Smart, and Be Safe.

Barbara

Recycling at Center

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

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



Vicki's View

The seniors have recently purchased a new van for the transportation program. This van looks very much like our previous one as it's a 2023 Chrysler Pacifica minivan, maroon in color with gold lettering. The exciting part is that the new van is a hybrid, meaning that it runs on both electricity and gasoline. You will often see the van plugged in at the charging station at Town Hall.

Our transportation program has been in existence since the 1970s. We provide transportation for seniors within the Town of Glenville so seniors who are not driving any longer can still get to the grocery store, the hairdresser, the bank or post office and, of course, the Senior Center. This allows people to stay independent and in their own homes for longer than they may be able to otherwise. We do not require membership for seniors to utilize the van. The Scotia-Glenville Senior Citizens, Inc. is a 501(c)3, not for profit corporation with the mission of seniors helping seniors. The van program is one aspect of this. Our drivers and dispatchers are all volunteers. It is suggested that riders make a donation to the program if they can.

I'll conclude with a thank you to these volunteer drivers and dispatchers. There are folks in our community who rely on this service, and you all make it possible.

Vicki



Senior Center Website

www.scotiaglenvilleseniors.org
Barbara Jones—Website Administrator

Email Initiative

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

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 several of our members.

Laura Adams
Roger Bisaillon
Jean Bourgeois
Frances Capiello
Walter Duel
Mary Ellen Gale
Benjamin Hertzendorf
Hans Hillander
Rev. John Hunter
Eloise Kalasinski
Betty Mardirosian
Jackie Newcomb
Rena Nicodemi
Veronica Peck
Joan Peugh
Charlotte Saunders
Marvin Weiss

Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Sue Reilly** for the Spring and Easter decorations in March and April.

Next Up: A collection of antique salt vessels by **Lynn Rivers**

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.

Free Table

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

Van Transportation

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



On-request pickup and delivery

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

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

Donations are gratefully accepted to help defray costs.

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

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

We Need Drivers.

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

Peggy will not be teaching classes at the Senior Center in May and June. Look for her classes to return in July and August.

Decoupage Plates Monday, May 8th at 1 pm

Make your own decorative plate to dress up your table or give as a gift for any season, holiday, or special occasion. All supplies will be provided. Sign up at the front desk in advance and make checks payable to the instructor, **Barbara Jones**. Class size is limited to ten. Fee \$5.00



Decorating Committee

The decorating committee helps to bring color and interest to the building as people enter to participate in all our activities. They meet each month to decorate with a seasonal theme focusing on the library and the main lobby. Decorating the new rooms in our recent addition will further make the Center a fun, bright, and inviting place. Consider joining the Decorating Committee.

Lap blankets for Veterans

We have had numerous lap blankets donated for veterans in Hospice. Attached is a photo of one of the blankets crocheted by **Janet Neary**. We are still accepting red, white and blue lap blankets for donation to this worthy cause.



Watercolors with Mary Monday, May 1, 10 am - 12 pm Monday, June 5, 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

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. 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.



Painting by Jan Barani

Qigong Class Fridays, 10:30 –11:30 am May 26 – June 30 (5-week session) Note: No class on June 23

Tai Chi Symbol tracing and circular movements. This class helps with circular movement and energy flow. The Qigong part will work on concentration and movement in a small area. Increase your memory and find harmony in these movements.

The total cost is \$40 paid in full on the first day of class. Please contact **Tony Grimaldi** (certified instructor) and 3rd Duan rank from New Moon Tai Chi at (518) 469-4461 to register. This class is for seniors (50 and older) and members of the Senior Center.

Tai Chi Practice Tuesdays, 9 - 10 am

We are a group of Tai Chi enthusiasts who meet weekly to maintain our skills. We warm up gently with easy stretches. We practice the Sun form that is taught in the MVP class (Tai Chi for Arthritis). We also practice the popular Yang 24 form. We end with Qi Gong, stationary movements with deep breathing. You are welcome to join us, whatever your level of skill. Offered to members only at 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 (except 6/23)

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. You do not need to be a YMCA member to participate.

Zumba Gold

Mondays, 9:15 am, 5/1 – 6/12 (no class May 29)

Fridays, 9:15 am, 5/5 – 6/9

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**.



TAI CHI EXERCISES

MVP Tai Chi

Wednesdays, 1:00-1:45 pm, 4/12 - 6/14

Join us for an introduction to Tai Chi for health and fall prevention. Described as “meditation in motion,” Tai Chi can improve balance, flexibility, and muscle strength to prevent falls. Wear flat-soled shoes and loose, comfortable clothing. This program is free and open to the public, compliments of MVP Health Care. Space is limited and registration is required.

Register at www.mvphealthcare.com/calendar/

YMCA Yoga

Wednesdays, 9:15 am (except 6/24)

Begins with poses seated in a chair or floor, moves to standing or chair-based poses, and ends either sitting or lying on the floor. This class is designed to be accessible to all levels and to improve flexibility, balance, strength and overall wellness through yoga poses, breathing and relaxation techniques. Sessions run per month and cost depends upon the number of Wednesdays in the month. Registration forms available at front desk. Please complete separate checks for each participant, even husband and wife. Also, please note that you do not need to be a YMCA member to participate.

Chair Yoga

Two days offered for April/May 2023

Wednesdays 10:30 – 11:15

April Session 4/19 - 5/17 (5 classes)

Cost \$25 per session

Fee due to instructor on the first day of class

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

Thursdays, 9:05 - 9:50am

April Session 4/20 - 5/18 (5 classes)

Cost: **\$25** per session due to instructor on the first day of class.

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

Participants will be guided through a series of stretches and yoga postures that are modified 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.

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

* A completed waiver form is required for class.

They are available on the Senior Center website or at each class. Please email Chris with any questions: cdarbyking@aol.com

CENTER ACTIVITIES

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

Responsibilities of Activity Participants

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

Senior Moments Mailing Party Thursday, June 22 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, Wednesdays, and Fridays except where noted on the calendar. 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.

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.

Mah Jong

Fridays, Noon

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



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.

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

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, Attn: **Mike** Hope to see you soon!

Greeting Card Workshop

Thursday, 5/18 at 10 am

Thursday, 6/15 at 10 am

Come join us for a creative time making four greeting cards. Materials and instructions are provided. Bring your own adhesive and a pair of sharp scissors. Please sign up one week in advance at the Front Desk. Class fee of \$10 Payable to **Mary Beth Frewin**.

Driver Safety Course

Mon/Tues, May 15 & 16, 2 - 5 pm

Tues/Wed, June 20 & 21, 2 - 5 pm

This program may reduce your auto insurance cost. Class consists of two three-hour sessions held on two consecutive days. Participants must attend both sessions that day. Senior Center membership is not required. Payment is due at sign-up. Please make check payable to **Armand Canestraro**. No cash. Checks are not cashed until the class is held. Participants must register in person at the front desk. No phone reservations are accepted.

Cost: Center Members **\$25.50**

Non Members **\$29.00**

CENTER ACTIVITIES

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Responsibilities of Activity Participants

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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 1: Liar, Temptress, Soldier, Spy
by Karen Abbott

June 5: Heartland
By Sarah Smarsh

July 3: Radium Girls
by Kate Moore

August 7: The Girl in His Shadow
by Audrey Blake

September 11: The Measure
by Nikki Erlick

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: 5/11, 5/25, 6/8, 6/29, 7/13

Senior Golfers

Hillcrest Golf Course has invited us back for this year's golf league. Hillcrest worked out very well for us for the last 2 years, treating us like special guests. Tentatively, the cost to golf will be \$12 for 9 holes. The plan is to start Monday, May 1st, and Wednesday, May 3rd.

Instead of a meeting, we're asking anyone interested in joining one of the leagues to notify Lee Hale ((518)-424-9186, lhale9387@gmail.com) for the Monday league or Bo Roberts ((518)-930-3083, robertsbob1961@gmail.com) for the Wednesday league. Anyone is welcome to join both leagues. You may contact us by phone, email or text. Please help us make this work. We are looking forward to seeing everyone this spring.



La Bella Lingua

Fridays, 1:30 pm

Everyone is welcome. The class consists of reading and translating intermediate Italian stories, vocabulary and some study of Italian culture, food and traditions. There is no fee - the only expense is to buy your books. The classes are informal and enjoyable. Anyone interested in joining the class should contact **John Alfano** at jalfano@nycap.rr.com or call (518) 881-8985.

Senior Center Photographers

Thursdays, 10 am

Activities include taking photo trips to local sites, sharing slides and prints, demonstrating the capabilities of a photo-editing program on the Center's computer, and discussing any aspect of film or digital photography. Free to members. Come check us out some Thursday. If you have questions, please contact **Bill Rolston** at (518) 383-3183

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.

Country Line Dancing

Fridays, 1:15 - 2:30 pm, in May

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.

Watercolors: Open Studio

Open studio time on the 3rd and last Tuesday of the month from 10:30-12:30. Come and join others to paint watercolor on your own. It is not a class. There is no fee.

Membership News

Membership Policy

We invite anyone 55 or older to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is \$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.

****Please note that dues have increased to \$20 for residents and \$30 for nonresidents in 2023.****

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2023		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- _____			

Garden Walk

The Social Committee would like to host a Garden Walk for 2024 but we still need your help. If you or a friend have a garden that you'd like to share with others to view, please give us a call. We hope to hear from you. More information in future newsletters.

Social Committee

The Social Committee is looking for help with setting up and taking down tables and chairs before and after events. There is no commitment to join the committee. For various reasons, many committee members are no longer able to lift the heavy tables. If you are interested in helping us, please leave your name and phone number at the desk. We appreciate it.

Trip to Nashville, TN

October 8-12

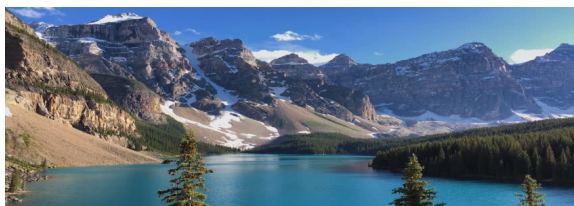
Information on bulletin board at Center.
Waitlist only.



Looking Ahead

Coming 2024

Trip to Canadian Rockies & Glacier National Park



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.

42nd Street - MacHaydn Thursday, June 22

Fan favorite 42nd Street celebrates the magic of Broadway and what it means to be a part of “the biz.” Aspiring chorus girl Peggy Sawyer lands her first professional gig on Broadway, led by big-time NY producer Julian Marsh. Set in the height of the Great Depression, the show faces threats of closing—and a serious problem when the leading lady breaks her ankle on opening night. Chock-full of Broadway standards including “We’re In The Money,” “Lullaby of Broadway,” “Shuffle Off to Buffalo,” “Dames,” and of course “Forty-Second Street” – this iconic love letter to the theater will have you shaking in your shoes. Buffet lunch at White Stone Cafe prior to matinee performance. Departs Center at 10:45 am; returns at approx. 5 pm
Prices: **\$110** members; **\$115** nonmembers

Footloose - MacHaydn Wednesday, July 12

This powerhouse musical is a story of wisdom, courage, forgiveness and healing supported by a Tony and Grammy Award-winning, Billboard Top 200-charting score! In his new hometown, Ren receives anything but a warm welcome when he learns of the local ban on dancing instituted by the controlling preacher. When the reverend’s rebellious daughter sets her sights on Ren, his reputation is on the line as he skirts the law, leading his class down the path to a proper prom night. Of course, it’s all for the love of dancing! Get ready to be dancing in your seat to the rhythm of Footloose’s hit score, featuring “Holding Out for a Hero,” “Let’s Hear it for the Boy,” and the iconic title song “Footloose.” It’s guaranteed you’ll leave with an open mind, a warm heart—and more inspired than ever to hit the dance floor! Buffet lunch at Jacksons Old Chatham House prior to matinee performance. Departs Center at 10:45 am; returns at approx. 5 pm
Prices: **\$110** members; **\$115** nonmembers

Sound of Music - MacHaydn Thursday, July 27th

The hills are alive for Rodgers & Hammerstein’s most beloved musical. After proving too high-spirited for her life as a postulant, Maria, an exuberant young governess brings music, laughter and joy back to a broken family—capturing the hearts of seven rambunctious children and lightening the demeanor of their militaristic father. Set in 1938 Austria before World War II, The Von Trapps face insurmountable odds as their beloved homeland confronts the impending arrival of the dangerous Nazi regime. Based on a true story, this epic classic is both thrilling and inspirational to audiences throughout the world. Buffet lunch at Kozel’s prior to matinee performance. Departs Center at 10:45 am; returns at approx. 5 pm
Prices: **\$110** members; **\$115** nonmembers

Neil Diamond Tribute at Turning Stone Thursday, September 21st

Longtime Las Vegas performer and Legends in Concert alumni Rob Garrett has become the #1 Neil Diamond Tribute artist with his unparalleled portrayal of this legendary performer. Rob and his portrayal of Neil Diamond has become known as the ‘King of Diamonds’. This show will capture all your favorite Neil Diamond hits such as ‘Cherry Cherry’, ‘Cracklin Rosie’, ‘I’m a Believer’, ‘Coming to America’, and the iconic ‘Sweet Caroline’. In addition to the show, this package also includes a \$25 Slot and a \$5 Food Credit.

Departs Center at 8 am; returns at approx. 6 pm
Prices: **\$90** members; **\$95** nonmembers

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	10:00 Book Club 10:30 Watercolor/Mary 12:30 Cards 4:00 Pickleball	9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	3 9:15 YMCA Yoga 9:30 First Aid 10:30 Chair Yoga 1:00 MVP Tai Chi 4:00 Pickleball	4 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	5 10:00 Painting w\Dani 10:00 Cribbage 10:30 Qigong 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	6
7	8 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	10 9:15 YMCA Yoga 10:30 Chair Yoga 1:00 MVP Tai Chi 1:30 Legal Con- sults 4:00 Pickleball	11 9:00 Connections 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Meeting	12 10:00 Painting w\Dani 10:00 Cribbage 10:30 Qigong Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	13
14	15 9:15 Zumba Gold 12:30 Cards 2-5 Driver Safety 4:00 Pickleball	9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers 2-5 Driver Safety Course	17 9:15 YMCA Yoga 10:30 Chair yoga 1:00 MVP Tai Chi 4:00 Pickleball	18 9:05 Chair Yoga 10:00 Photography 10:00 Cardmaking 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Computer Security	19 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Qigong Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	20
21	22 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	9:00 Tai Chi 9:00 Coffee Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	24 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	25 9:00 Connections 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 2:00 Tea Party	26 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Thi Chi Class 12:00 Mah Jong 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	27
28	29 Closed	9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	31 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball		May	
28						

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		JUNE		1 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Healthy Eating	2 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi\Qigong 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	3
4	5 9:15 Zumba Gold 10:00 Book Club 10:30 Watercolor/Mary 12:30 Cards 4:00 Pickleball	6 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	7 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	8 9:00 Connections 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	9 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi\Qigong 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	10 Rabies Clinic 10-12
11	12 9:15 Zumba Gold 12:30 Cards 1:30 Installing Apps 4:00 Pickleball	13 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp	14 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	15 10:00 Photography 10:00 Cardmaking 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 2:00 Ice Cream Social	16 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi\Qigong 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	17 9-5 Early Voting
18 9-5 Early Voting	19 12-8 Early voting 12:30 Cards 4:00 Pickleball	20 9-5 Early voting 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 2-5 Driver Safety	21 12-8 Early voting 2-5 Driver Safety 4:00 Pickleball	22 <i>MacHaydn—42nd St.</i> 9-5 Early voting 9:00 Mailing Party 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	9-5 Early voting 9-15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	24 9-5 Early Voting
25 9-5 Early Voting	26 12:30 Cards 4:00 Pickleball	27 Primary Election 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge	28 9:15 YMCA Yoga 4:00 Pickleball	29 9:00 Connections 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	30 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi\Qigong 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	

Glenville Dining Center

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

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

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.

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

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

*** Menu subject to change. ***

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

Catholic Charities transportation for meals:
Please call 518-357-9801

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.

CDC guidelines will be followed.

Upcoming dates: May 16, June 13*

*Note date change for June.

Rabies Vaccination Clinic

Saturday, June 10th at the Senior Center

Provided by Schenectady County Public Health

By appointment only.

Cats & Ferrets: 10 to 11 am.

Dogs: 11 am to noon.

Cats & ferrets must be in carriers; Dogs must be leashed. As always, please clean up after your pet.

Please bring previous vaccination certificates, if any.

FREE to Schenectady County Residents. Cash donations are appreciated.

Sign up online through Schenectady County's website.

Call (518) 386-2818 for more information.



Senior Stumper

An old man dies, leaving behind two sons. In his will, he orders his sons to race with their horses, and the one with the slower horse will receive his inheritance. The two sons race, but they're both holding their horses back. They go to a wise man and ask him what they should do. After that, the brothers race again — this time at full speed. What did the wise man tell them?

Answer on page 13.

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.

Home Energy Assistance Program (HEAP)

HEAP helps low-income people pay the cost of cooling their homes. Eligible people may receive cooling assistance to buy and install an air conditioner or a fan for your home.

For information about eligibility or applying, contact:

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

Health Insurance Information & Counseling Program (HIICAP)

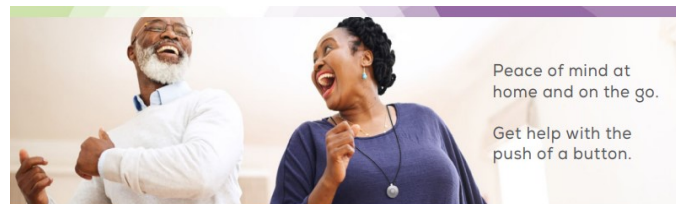
Through a partnership with Catholic Charities Senior & Caregiver Support Services, HIICAP provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, their representatives,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

Medical Transportation

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

Senior Services

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

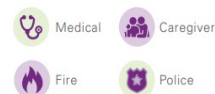


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I walked a mile with Pleasure;
She chatted all the way;
But left me none the wiser
For all she had to say.

I walked a mile with Sorrow,
And ne'er a word said she;
But, oh! The things I learned from her,
When Sorrow walked with me.

- Robert Browning Hamilton

Stumper Solution

Answer: To switch horses.
Explanation: After they switch horses, whoever wins the race will get the inheritance because they still technically own the losing (i.e., slower) horse.

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

Senior Center Clerk:
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