



# Scotia-Glenville Senior Citizens Senior Moments



Volume 49 Number 3 May-June 2024

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

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

## Home Health Service Options

Thursday, May 9 at 1:30 pm

Jamie Gallup is a Provider Relations Specialist for the Eddy Community Services. This presentation will dive into the types of home-based health care services, the benefits of receiving services at home, how to look for services and what to do if staying at home is not an option. It is never too early to know your options. Please sign up in advance.

## Medicare 101 Presentation

Thursday, May 30 at 1:30 pm

Please join **Sandra Kahlon** for a discussion about the different parts of Medicare (A, B, C, D and beyond!) and the costs associated with each part. She will explain the pros and cons of each and address any and all of your Medicare questions. In addition to explaining the different community, state and federal subsidies that you may be eligible for, she will provide you with guidance on how to apply for any benefits you may be eligible for. Lastly, she will review how to avoid various Medicare scams.

## Whispering Willow

Thursday, June 6 at 1:30 pm

Whispering Willow Wild Care provides education programs featuring our non-releasable birds of prey. Join us for a live bird presentation by experienced environmental educators.



## Annual Ice Cream Social

Friday, June 14, 2:30 - 4 pm

Our annual Ice Cream Social will be held on Flag Day. We are thankful to Stewart's for providing the ice cream, toppings, and sprinkles. Come and enjoy this summertime treat. Members only. Please sign up at the desk by 6/12. **Be sure to mark your calendar for this event.**



## Artificial Intelligence

Monday, June 3 at 1:30 pm

What is Artificial Intelligence (AI) and where is it heading? Join **Mary Carrier** from the Mohawk Valley Library System for this interesting presentation. Learn about how artificial intelligence (AI) works, how it has evolved over the years, and the pros and cons of an automated digital world. We will introduce Chat GPT and other AI tools.

## Act Two

Thursday, June 13 at 1:30 pm

ACT TWO is a performing group of premier musical theater artists who have multiple years of show tune experience gathered from singing on various stages across the Capital District. Though no longer ingénues, these artists have compiled an impressive repertoire to share with audiences of all ages. Their programs consist of a variety of old and new musical theater delights sung as solos, duets, and group numbers.



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Senior Moments is published by  
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Linda Reinhart, President

Vicki Hillis, Executive Editor, Publisher

Ricki Lewis & Connie Large, Editors

Angie Pomykai, Assoc. Editor, Distribution Manager

## MARK YOUR CALENDAR

Exec Council: Thurs., May 2, June 6, at 10 am

Directors: Thurs., May 9, June 13, at 11 am

Senior Moments Deadline: Wed., May 15

Senior Moments Mailing: Thurs., June 20 at 9 am

Center closed: Mon., May 27, Memorial Day

## GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

# SENIOR CENTER NEWS

## Words from the President

Hello everyone! It is finally looking like spring has sprung. The gardening committee will be pulling out the old flowers and weeds and planting new flowers shortly. Anyone interested in joining this committee, please come to the Center and sign up at the front desk.

Like I've said before, come on in and get involved. Put your membership dues to good use. Have fun and meet a lot of new people.

Watch for all the new trips coming soon. They get filled fast, so don't wait to sign up.

Thank you, **Linda**

## Music Appreciation Group

A new committee is forming to bring music to the Senior Center! We are looking for volunteers to join us in planning musical enrichment for our members. Ideas include regular member singalongs, and small, live musical performances. If you are interested, please leave your name at the front desk.

## Gardening Help Needed

Even if you don't have the greenest of thumbs, we could use your help planting and maintaining the gardens. Please leave your name at the front desk if you're willing to volunteer for a few hours this summer.



## 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](mailto:seniorbaabs@gmail.com)

Please only one email per household.

## Lap blankets for Veterans

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



## Vicki's View

Thank you to our wonderful volunteers who keep our activities going. We appreciate the amount of time and talent you give to the Center. In 2023 alone, our members volunteered for over 4,250 hours.

These folks see a need, they fill it. Volunteering is essential for the overall well-being of our community,

Studies have shown that volunteering helps people feel more socially connected, thus warding off loneliness and depression. It may also have a positive effect on physical health - including lower blood pressure and a longer lifespan.

Please take a moment to thank our volunteers when you see them in action. I'm sure they would appreciate it. And as always, please stop by the front desk if you're interested in becoming a volunteer!

**Vicki**

## Garden Walk

**Saturday, July 13, 10:00am-3:00pm**

Glenville Senior Center is proud to announce our first garden tour of the Scotia area! We will be featuring 6 area gardens within a four-mile radius. Gardens will feature perennials, annuals, water features, sun and shade gardens, a secret garden, lilies, roses, hydrangeas and yard art. We hope you will have an enjoyable and peaceful few hours amongst these beautiful gardens right here in our area. No transportation is to be provided by the Center. Event is rain or shine. Open to members and non-members. Admission tickets and maps will be available 6/24/24-7/9/24 Please sign up at the front desk. **Cost: \$5.00** per person

**Senior Center Website**  
[www.scotiaglenvilleseniors.org](http://www.scotiaglenvilleseniors.org)  
Barbara Jones—Website Administrator

## CENTER SERVICES

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

### The Sunshine Committee

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

### In Memoriam

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

**Ralph Boyd**  
**Sarah Chapman**  
**Sharan Croff**  
**Agnesa Fraioli**  
**Debra Gesek**  
**William Godfrey**  
**Gary Hayostek**  
**David Laurenty**  
**Mary Moran-Raymond**  
**Edward Murray**  
**Marshall Schlosberg**  
**Jeanette Scripa**  
**Glen Shupe**  
**Nancy Tobiesen**  
**Roberta VanHeusen**  
**Norma Waldbillig**  
**Frank Westad**

### Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Janet Neary** for her recent display "Owls."

The May-June display will be "Silver Overlay Glass" by **Lee Poremba**.

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 no more than 3 items at a time. If you have a large number of books to donate, consider taking them to the main branch of the county library.

### Van Transportation

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

*Our van must stay within Glenville/Scotia.*



On-request pickup and delivery

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

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

**Donations are gratefully accepted to help defray costs.**

The Center cannot offer transportation to medical appointments,

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

We are looking for a permanent driver for Tuesdays starting May 7th. We also need substitute dispatchers, especially during summer vacations. We will train you. Please call the Senior Center at (518) 374-0734 or **Maureen Adamek** at (518) 377-8497. Thank you.

### Donate Eyeglasses

The Scotia-Glenville Lions Club collects discarded eyeglasses, which they restore and give to those less fortunate. You may drop off your old glasses in the box located in the Center's library. Another convenient location is the large yellow drop-off box in the front of Hannaford in Glenville.

### Copy Your Wallet Cards Free

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

# CLASSES AT THE SENIOR CENTER

All classes require registration. Center membership is required; must show current membership card at registration. Please feel free to come and observe any class. Refunds for missed classes must be requested from the instructor.

## Paint with Peggy

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

**Tuesday, May 14th,  
9:30 am - 2 pm**  
"Summer Lake"

Join Peggy to paint a relaxing summer scene that could be in the Adirondacks! Distant houses across the lake, reflections in the water and a large tree on the shore in the foreground create a beautiful oil painting. Layering colors on the foliage creates a lush tree that you will want to sit under. Come join us, it's fun!



## 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. See instructor for information on fees and schedule.



*Painting by  
Anthony Cintula*

## Knitting

**Tuesdays, 1:30 pm**

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

## 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.

## Country Line Dancing

**Fridays, 1:15 - 2:30 pm, no class in June**

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. For more information and to sign up, email instructor **Robin Dyanick** at [robinkaryl@gmail.com](mailto:robinkaryl@gmail.com). Pay as you go. Cost: **\$7** per class, check calendar for dates.

## MVP Intermediate Tai Chi

**Wednesdays, 1:15 - 2:00 pm**

**Spring session: 4/10 - 6/12**

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

## Greeting Card Workshop

**Thursday, 5/16 at 10 am**

**Thursday, 6/20 at 10 am**

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

## Watercolors with Mary

**Monday, May 6, 10 am - 12 pm**

**Monday, June 3, 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**

## Tai Chi Practice

**Tuesdays, 9 - 10 am**

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



# CLASSES AT THE SENIOR CENTER

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

## YMCA Balance

**Tuesdays, 9:15 am**

As we age, we lose our balance. The good news is that with practice, we can retrain our brains and bodies to improve our balance! This class strengthens key muscles, goes through balance drills, and provides tricks to help improve balance. Sessions run per month and cost depends upon the number of Tuesdays in the month. Registration forms available at front desk. Please complete separate checks for each participant, even husband and wife. No Y membership required.

## Zumba Gold

**Mondays, 9:15 am**

**Fridays, 9:15 am**

Exciting Latin and International dance rhythms for seniors and beginners. Easy to follow, so any age and any fitness level can do it! This fun Latin dance program includes merengue, salsa, cha-cha, calypso, and rock & roll. Guaranteed to provide a safe & effective total body workout. Cost: See instructor. Please make checks payable to **Kathy Gautie**.

## Chair Yoga

**Wednesdays, 10:00 - 10:45 am**

May 1 - May 29, 5-week session, \$25/session

June 5- July 3, 4-week session, \$20 (no class 6/19)

**Thursdays, 9:05 - 9:50 am**

April 25 - May 23, 5-week session, \$25/session

May 30- June 27, 5- week session, \$25/session

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. 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](mailto:cdarbyking@aol.com)

Cash or checks payable to **Chris Darby-King**, due on the first day of class.

## YMCA Strength

**Mondays, 10:30 am**

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

## Gentle Yoga

**Wednesdays, 2:30-3:15 pm**

May: 1-29 (5 weeks) Cost \$25

June: 5-26; (no class 6/19) (3 weeks) Cost: \$15

Payment due to instructor on first day of class.

Cash or checks payable to **Linda Rockinger**.

This Gentle Yoga Class is for all levels, including beginners. Learn safe ways to improve flexibility, balance, and strength without straining the joints. Also, learn breath awareness and be guided through brief meditation. Please wear loose, comfortable clothes and bring your own mat.

Other supports like bolsters and blocks will be provided. Completed waiver forms are required.

Limit 12 students per class unless pre-authorized by instructor. Please email Linda at

[crockinger@yahoo.com](mailto:crockinger@yahoo.com) with any questions.

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

## Yoga & Osteoporosis Workshop

**Thursday, June 27, 1:00 - 3:00 pm**

Instructor: **Chris Darby-King**, OTR, CYT, Senior Fitness instructor, Level II Reiki Healer (Occupational Therapist, Certified Yoga Teacher)

A 2-hour workshop exploring osteoporosis/osteopenia more and how yoga can help. In this workshop we will be utilizing both chairs and yoga mats and yoga blocks to demonstrate and try various poses that have been proven to build bone mass and improve balance, stability and strength. \*\*Please bring your own yoga mat. Handouts will be available for everyone (yoga blocks will be available) The class will be limited to 25 students. Handouts will be provided.

Sign-up at front desk. Cost: **\$30** per person

# 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 20th at 9 am**

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

### Pickleball

**Monday, Wednesday, Friday at 4 pm**

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

### Duplicate Bridge

**Tuesdays, 12:30 pm**

Haven't played bridge for awhile? No problem! No duplicate bridge experience is necessary. This is a friendly game. Sign-up starts at 12:15 and play begins promptly at 12:30. Join us with your partner. If you need a partner or have any questions, please contact **Ruth Armbruster** at (518) 399-7871.

### Driver Safety Course

**Monday/Tuesday, June 17 & 18, 2 - 5 pm**

**Tuesday/Wednesday, July 16 & 17, 2 - 5 pm**

This program may reduce your auto insurance cost. Class consists of two three hour sessions held on two consecutive days. 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

### Card Playing

**Mondays, 12:30 pm**

We play bridge, pinochle, canasta, hand-and-foot card games and more. This is a great opportunity to meet new friends. Generally, foursomes are established and seldom have openings for drop-in players. If interested, stop by the front desk and add your name to the list of new players, indicating the game(s) of your interest. Then follow up with people on the list to establish new groups of play.

### Pinochle

**Mondays, 12:30 pm**

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

### Coffee and Conversation

**Tuesdays, 9-11 am**

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



### Mah Jong

**Fridays, Noon**

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

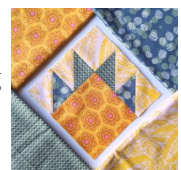
**Tuesdays, Noon**

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

### Silver Threads Quilters

**Thursdays, 1-3 pm**

We are a group of friendly, mentoring quilters who share threads of wisdom and create works of art. Everyone is welcome. There is no fee.



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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 6: The Lost Apothecary by Sarah Penner

June 3: The Frozen River by Ariel Lawhon

July 1: The Women by Kristin Hannah

August 5: The Wager by David Grann

### Golf Leagues

Starting Monday, May 6<sup>th</sup> and Wednesday, May 8<sup>th</sup>, senior golf returns to Hillcrest Golf Course in Duquesburg. Sign up begins each day at 8:30 am where golfers of all skill levels will be paired to enjoy 9 holes of fun, exercise, and socialization on a senior-friendly golf course. No commitment required, just show up and play. Please text or email one of us if you have any questions.

Mondays –

**Lee Hale** – 518 424-9186

[Lhale9387@gmail.com](mailto:Lhale9387@gmail.com)

Wednesdays –

**Bo Roberts** 518 930-3083

[Robertsbob1961@gmail.com](mailto:Robertsbob1961@gmail.com)

### Parkinson's Support Group

#### Third Thursday of month at 1:30 pm

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

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

### La Bella Lingua

#### Fridays, 1:30 pm

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

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

### Senior Center Photographers

#### 2nd and 4th Thursdays, 10 am

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

### Building Wooden Ship Models

#### Tuesdays, 1:30

Building scale models anywhere from a few inches to almost four feet long. I display mine in glass cases, but they can be displayed on a mantle piece, or anywhere you would like a beautiful decoration. Anyone interested feel free to call or text **Roy Busse** at 518-461-9248.

### Connections Over Coffee

#### Every other Thursday, 9 am

Bereavement support group for those who have lost a loved one. Coffee provided. Connect, Share, Chat.

Upcoming dates: 5/9, 5/23, 6/6, 6/27.

## Membership Policy

We invite anyone 50 or older to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is \$20 annually for those who reside within the town. People from outside the area are also welcome to join for \$30 annually. All memberships expire on December 31st regardless of date of joining.

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.

32 Worden Road, Glenville NY 12302

**MEMBERSHIP APPLICATION**

**Jan. 1 thru Dec. 31, 2024**

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

**Non-residents: \$30 per person**

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

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

**RESIDENT** \_\_\_\_\_ **NON-RESIDENT** \_\_\_\_\_

**RENEWAL** \_\_\_\_\_ **NEW MEMBER** \_\_\_\_\_

**\*Name1** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**\*Name2** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**\*Address** \_\_\_\_\_

**\*City/State/Zip** \_\_\_\_\_ **\*Phone** \_\_\_\_\_ **Cell phone** \_\_\_\_\_

**Emergency contact name & number:** \_\_\_\_\_

Office Use: Registration number: \_\_\_\_\_ Receipt number: \_\_\_\_\_ Receipt date: \_\_\_\_\_ Database: \_\_\_\_\_

## Saratoga Auto & Hyde Collection

**Thursday, May 9th**

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

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

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

This trip will be limited to 28 people due to the Trolley size so sign up as soon as you can if you don't want to miss out. Lunch will be at 1:00 p.m. at the Golden Corral in Queensbury with an all -you-can-eat buffet. Following lunch, we will visit the Hyde Collection.

Will leave the Center at 9:30 am and return home about 6:00 pm.

Cost: **\$85** for members and **\$89** for nonmembers

## Red Lion Inn & Norman

### Rockwell Museum

**Thursday, June 27<sup>th</sup>**

Our trip to Stockbridge will include an hour of free time to explore the village downtown shops, lunch at the Red Lion Inn, and the afternoon at the Norman Rockwell Museum. We will leave the Center at 9:00am

Cost: **\$118** for members and **\$122** for nonmembers.

**SOLD OUT!**



## Canadian Rockies & Glacier National Park - 2024

*The world is full of magic things, patiently waiting for our senses to grow sharper.*

W.B. Yeats



# 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.

## West Side Story - Mac-Haydn

Thursday, June 20

Often regarded as the greatest love story of all time, this landmark Broadway musical returns to the Mac-Haydn. With unforgettable music and lyrics by iconic team Leonard Bernstein and Stephen Sondheim, *West Side Story* changed musical theatre forever. Shakespeare's most beloved Romeo and Juliet takes a new life in 20th century New York City as we follow their star-crossed struggle through a groundbreaking message that still rings true, 67 years after its creation. Restaurant TBD.

## Sister Act - Mac-Haydn

Thursday, July 11

Nominated for five Tony Awards including Best Musical, this high-energy, uplifting tale is a story of unity and faith. Disco diva Deloris Van Cartier finds herself in protective custody after witnessing a murder, only to end up in perhaps the most effective hideout of all – a convent, disguised as a nun. After struggling to adapt to her new lifestyle, Deloris inspires a new rhythm in the convent choir and bonds with her community. Restaurant TBD.

## RENT– Mac-Haydn

Thursday, July 25

RENT is a beloved cultural phenomenon, known for its raw, resonant storytelling and remarkable rock score. RENT follows a year in the life of seven New Yorkers in the East Village. As these young, impoverished artists struggle to create, the group navigates major life changes, relationship struggles, fulfillment of dreams, the loss of loved ones, and living in the age of HIV/AIDS. Restaurant TBD.

All Mac-Haydn trips depart at 10:45 am & return at approximately 6:00 pm

Members- \$110 Non-members \$115

## Essex Steam Train & Riverboat

Thursday October 17<sup>th</sup>

Travel aboard the train as it coasts along the lower Connecticut River Valley. Our trip includes a 3-course lunch prepared on board a restored 1920's Pullman Dining Car. At Deep River Landing we will transfer to the Becky Thatcher Riverboat for a cruise on the Connecticut River. Following our cruise, we will return to the Essex Station aboard one of their coach passenger trains.

Cost will be \$125 for members and \$129 for non-members.

## Senior Stumpers

*Solution on page 13*

When Mabel got married, she had a maid of honor and 4 bridesmaids, one of whom wore a green dress, attending her.

- Mabel, a paragon of virtue, wore a white dress and was the last to walk down the aisle, preceded immediately by her maid of honor.
- In the procession, Gracie was two positions ahead of Amanda, who wore a stunning pink pants suit to attend her lifelong friend.
- Three who walked down the aisle consecutively were the one in the blue dress, followed by Lucy, and then the one dressed in lilac.
- Mabel had only met Carol, one of the groom's former lovers, that very day, so that Carol was certainly not the maid of honor.
- Zoe was immediately followed by the girl attired in yellow.

Based on the above clues, in what order did each of the members of Mabel's bridal party walk down the aisle and in what color was each attired?

| <i>Sunday</i>   | <i>Monday</i> | <i>Tuesday</i>  | <i>Wednesday</i>   | <i>Thursday</i>   | <i>Friday</i>   | <i>Saturday</i>                    |
|---|---------------|---|--|---|---|------------------------------------|
|   | <b>May</b>    |   | <b>1</b> 10:00 Chair Yoga<br>1:15 MVP Tai Chi<br>1:30 Korean Culture<br>2:30 Yoga<br>4:00 Pickleball | <b>2</b> 9:05 Chair Yoga<br>10:10 Healthy Bones<br>12:30 Cards<br>1:00 Quilting<br>1:30 Volunteer Lunch   | <b>3</b> 9:15 Zumba Gold<br>10:00 Painting w\Dani<br>10:00 Cribbage<br>10:30 Tai Chi Class<br>12:00 Mah Jong<br>1:15 Line Dancing<br>1:30 Advanced Italian<br>4:00 Adv. Pickleball  | <b>4</b><br><b>Blood Drive 9-1</b> |
| <b>5</b><br><b>6</b> 9:15 Zumba Gold<br>10:00 Book Club<br>10:00 Watercolors w/Mary<br>10:30 Strength<br>12:30 Cards<br>4:00 Pickleball |               | <b>7</b> 9:00 Tai Chi Practice<br>9:00 Coffee & Conver<br>9:15 Balance<br>10:10 Healthy Bones<br>12:00 Mah Jong<br>12:30 Dupl. Bridge<br>1:00 Social Committee<br>1:30 Knitting                     | <b>8</b> 10:00 Chair Yoga<br>1:15 MVP Tai Chi<br>2:30 Yoga<br>4:00 Pickleball                        | <b>9</b> <b>Trip: Saratoga/Hyde</b><br>9:00 Connections<br>9:05 Chair Yoga<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Board Meeting<br>12:30 Cards<br>1:30 Hime health options<br>1:00 Quilting | <b>10</b> 9:15 Zumba Gold<br>10:00 Painting w\Dani<br>10:00 Cribbage<br>10:30 Tai Chi Class<br>12:00 Mah Jong<br>1:15 Line Dancing<br>1:30 Advanced Italian<br>4:00 Adv. Pickleball | <b>11</b>                          |
| <b>12</b><br><b>13</b> 9:15 Zumba Gold<br>10:30 Strength<br>12:30 Cards<br>4:00 Pickleball  |               | <b>14</b> 9:00 Tai Chi Practice<br>9:00 Coffee & Conver<br>9:15 Balance<br>9:30 Paint w/Peggy<br>10:10 Healthy Bones<br>12:00 Mah Jong<br>12:30 Dupl. Bridge<br>1:30 Knitting                       | <b>15</b> 10:00 Chair yoga<br>1:15 MVP Tai Chi<br>2:30 Yoga<br>4:00 Pickleball                       | <b>16</b> 9:05 Chair Yoga<br>10:00 Cardmaking<br>10:10 Healthy Bones<br>12:30 Cards<br>1:00 Quilting<br>1:30 Parkinson's Sup.   | <b>17</b> 9:15 Zumba Gold<br>10:00 Painting w\Dani<br>10:00 Cribbage<br>10:30 Tai Chi Class<br>12:00 Mah Jong<br>1:15 Line Dancing<br>1:30 Advanced Italian<br>4:00 Adv. Pickleball | <b>18</b>                          |
| <b>19</b><br><b>20</b> 9:15 Zumba Gold<br>10:30 Strength<br>12:30 Cards<br>2-5 Driving Safety<br>4:00 Pickleball                        |               | <b>21</b> 9:00 Tai Chi Practice<br>9:00 Coffee Conver<br>9:15 Balance<br>10:10 Healthy Bones<br>12:00 Mah Jong<br>12:30 Dupl. Bridge<br>1:30 Knitting<br>1:30 Caregivers Grp.<br>2-5 Driving Safety | <b>22</b> 10:00 Chair Yoga<br>1:15 MVP Tai Chi<br>2:30 Yoga<br>4:00 Pickleball                       | <b>23</b> 9:00 Connections<br>9:05 Chair Yoga<br>10:00 Photography<br>10:10 Healthy Bones<br>12:30 Cards<br>1:00 Quilting   | <b>24</b> 9:15 Zumba Gold<br>10:00 Painting w\Dani<br>10:00 Cribbage<br>10:30 Thi Chi Class<br>12:00 Mah Jong<br>1:15 Line Dancing<br>1:30 Advanced Italian                         | <b>25</b>                          |
| <b>26</b><br><b>27</b> <b>Closed Memorial Day</b>   |               | <b>28</b> 9:00 Tai Chi Practice<br>9:00 Coffee & Conver<br>9:15 Balance<br>10:10 Healthy Bones<br>12:00 Mah Jong<br>12:30 Dupl. Bridge<br>1:30 Knitting   | <b>29</b> 10:00 Chair yoga<br>1:15 MVP Tai Chi<br>2:30 Yoga<br>4:00 Pickleball                       | <b>30</b> 9:05 Chair Yoga<br>10:10 Healthy Bones<br>12:30 Cards<br>1:00 Quilting<br>1:30 Medicare 101   | <b>31</b> 9:15 Zumba Gold<br>10:00 Painting w\Dani<br>10:00 Cribbage<br>10:30 Thi Chi Class<br>12:00 Mah Jong<br>1:15 Line Dancing<br>1:30 Advanced Italian<br>4:00 Adv. Pickleball |                                    |

# June

| <i>Sunday</i>  | <i>Monday</i>   | <i>Tuesday</i>   | <i>Wednesday</i>   | <i>Thursday</i>   | <i>Friday</i>  | <i>Saturday</i>  |
|--|---|--|--|---|--|--|
| <b>2</b>   | <b>3</b> 9:15 Zumba Gold<br>10:00 Book Club<br>10:30 Strength<br>10:30 Watercolor/Mary<br>12:30 Cards<br>1:30 AI Talk<br>4:00 Pickleball                        | <b>4</b> 9:00 Tai Chi Practice<br>9:00 Coffee & Conver<br>9:15 Balance<br>10:10 Healthy Bones<br>12:00 Mah Jong<br>12:30 Dupl. Bridge<br>1:30 Knitting   | <b>5</b> 10:00 Chair Yoga<br>1:15 MVP Tai Chi<br>2:30 Gentle Yoga<br>4:00 Pickleball   | <b>6</b> 9:00 Coffee/Connection<br>9:05 Chair Yoga<br>10:10 Healthy Bones<br>12:30 Cards<br>1:00 Quilting<br>1:30 Wildlife Rescue   | <b>7</b> 9:15 Zumba Gold<br>10:00 Painting w/Dani<br>10:00 Cribbage<br>10:30 Tai Chi Class<br>12:00 Mah Jong<br>1:30 Advanced Italian<br>4:00 Adv. Pickleball  | <b>1/8</b><br><b>Rabies</b><br><b>Clinic</b><br><b>10-12</b> |
| <b>9</b>   | <b>10</b> 9:15 Zumba Gold<br>10:30 Strength<br>12:30 Cards<br>4:00 Pickleball   | <b>11</b> 9:00 Tai Chi Practice<br>9:00 Coffee & Conver<br>9:15 Balance<br>10:10 Healthy Bones<br>12:00 Mah Jong<br>12:30 Dupl. Bridge<br>1:30 Knitting  | <b>12</b> 10:00 Chair Yoga<br>1:15 MVP Tai Chi<br>2:30 Gentle Yoga<br>4:00 Pickleball  | <b>13</b> 9:05 Chair Yoga<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Board Meeting<br>12:30 Cards<br>1:00 Quilting<br>1:30 Act II Music   | <b>14</b> 9:15 Zumba Gold<br>10:00 Painting w/Dani<br>10:00 Cribbage<br>10:30 Tai Chi Class<br>12:00 Mah Jong<br>1:30 Advanced Italian<br>2:30 Ice Cream Social<br>4:00 Adv. Pickleball                                    | <b>15</b><br><b>9-5</b><br><b>Early</b><br><b>Voting</b>     |
| <b>16</b><br><b>9-5</b><br><b>Early</b><br><b>Voting</b>                     | <b>17</b> <b>12-8 Early voting</b><br><del>9:15 Zumba Gold</del><br><del>10:30 Strength</del><br>12:30 Cards<br>2-5 Driver Safety<br><del>4:00 Pickleball</del> | <b>18</b> <b>9-5 Early voting</b><br>9:00 Tai Chi Practice<br>9:00 Coffee & Conver<br><del>9:15 Balance</del><br><del>10:10 Healthy Bones</del><br>12:00 Mah Jong<br><del>12:30 Dupl. Bridge</del><br>1:30 Knitting<br>1:30 Caregivers Grp.<br>2-5 Driver Safety | <b>19</b> <b>12-8 Early voting</b><br><del>10:00 Chair Yoga</del><br><del>2:30 Gentle Yoga</del><br><del>4:00 Pickleball</del> | <b>20</b> <b>9-5 Early voting</b><br><b>Trip- West Side Story</b><br>9:00 Mailing Party<br><br>9:05 Chair Yoga<br>10:00 Cardmaking<br><del>10:10 Healthy Bones</del><br>12:30 Cards<br>1:00 Quilting<br>1:30 Parkinson's Sup. | <b>21</b> <b>9-5 Early voting</b><br><del>9:15 Zumba Gold</del><br>10:00 Painting w/Dani<br>10:00 Cribbage<br><del>10:30 Tai Chi Class</del><br>12:00 Mah Jong<br>1:30 Advanced Italian<br><del>4:00 Adv. Pickleball</del> | <b>22</b><br><b>9-5</b><br><b>Early</b><br><b>Voting</b>     |
| <b>23/30</b><br><b>9-5</b><br><b>Early</b><br><b>Voting</b><br><b>(23rd)</b> | <b>24</b><br><del>9:15 Zumba Gold</del><br><del>10:30 Strength</del><br>12:30 Cards<br>4:00 Pickleball  | <b>25 Primary Election</b><br>9:00 Tai Chi Practice<br>9:00 Coffee & Conver<br><del>9:15 Balance</del><br><del>10:10 Healthy Bones</del><br>12:00 Mah Jong<br>12:30 Dupl. Bridge<br>1:30 Knitting  | <b>26</b><br>10:00 Chair Yoga<br>2:30 Gentle Yoga<br>4:00 Pickleball   | <b>27</b><br>9:00 Coffee/Connection<br>9:05 Chair Yoga<br>10:00 Photography<br>10:10 Healthy Bones<br>12:30 Cards<br>1:00 Quilting<br>1:00 Osteo/Yoga Wkshp   | <b>28</b> 9:15 Zumba Gold<br>10:00 Painting w/Dani<br>10:00 Cribbage<br>10:30 Tai Chi Class<br>12:00 Mah Jong<br>1:30 Advanced Italian<br>4:00 Adv. Pickleball   | <b>29</b>  |

## Glenville Dining Center

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

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

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

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

**\* Menu subject to change. \***

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



*The program is funded by the Older Americans Act, NYS Office for the Aging, Schenectady County Department of Senior and Long Term Care Services, and through individual contributions. The program provides services and access to services without regard to race, religion, sex, national origin, partisan affiliation or sexual orientation.*

### Beginner Tai Chi

**Wednesdays, 11 am**

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

### Social Committee

**First Tuesday of the month at 1 pm**

**Please note that the June meeting will be 6/18.**

The social committee meets the first Tuesday of the month to plan events such as the ice cream social, senior picnic, Veteran's appreciation lunch and holiday party. If we are to continue with these types of events, we need more volunteers who are willing to commit to being on this committee. Committee members take on tasks such as gathering information, shopping for the event, setting up tables and chairs and working at the event. Ideas for events are always welcome. If you are interested in being on this committee, please contact **Gladys Cox** or leave your name at the Center.

### Caregiver Conversations

**Third Tuesday of month at 1:30 pm**

Caregivers discuss caregiving issues faced in people's daily lives. Open to any resident of Schenectady County. Facilitated by Schenectady County Department of Senior & Long Term Care Services. Upcoming dates: 5/21, 6/18.

### Senior Moments Advertising

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

### 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**.

## Rabies Vaccination Clinic

**Saturday, June 8** at the Center

Provided by Schenectady County Public Health Services. Cats & Ferrets must be in carriers; Dogs must be leashed. As always, clean up after your pet and bring previous vaccination certificates, if any. **FREE** to Schenectady County Residents. Cash donations are appreciated. Call **518-386-2818** to sign up.

Mabel wore a white dress and was the 6th to walk down the aisle.  
Gracie, Zoe, and Lucy each had at least one person after her besides the bride. So none of them was the maid of honor. Carol wasn't either because she had been too friendly with the groom. So Amanda, pretty in pink, was the amid of honor and 5th to stroll down the aisle. Gracie was two ahead of her, walking 3rd.  
Lucy could not be 1st because the girl in the blue dress was ahead of her. Lucy could not have been 4th because the girl wearing lilac immediately followed her. So she was 2nd with the girl in blue 1st and the girl in lilac (Gracie) 3rd.  
Zoe was followed by the girl in yellow,, so she couldn't be 4th. So, she's 1st wearing blue with 2nd going to the girl wearing yellow (Lucy).  
That leaves 4th for Carol, who was green with envy.

From page 9  
1 Zoe blue  
2 Lucy yellow  
3 Gracie lilac  
4 Carol green  
5 Amanda pink  
6 Mabel white

## Senior Stumpers Solution



Peace of mind at home and on the go.

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## TRINITY HEALTH ALERT

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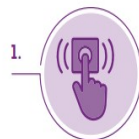


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**CONTACTS**

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

Senior Center Clerk:  
**Sarah Blackwood**