



Scotia-Glenville Senior Citizens Senior Moments

Volume 47 Number 5 September-October 2022

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.

Dinner Dance Saturday, October 1 at 4 pm

Enjoy an evening of good music and food.

Music provided by "Three of a Kind" for your listening and dancing pleasure. This

group of musicians has been playing since the mid 1960s and will play music for all genres.

The meal will be catered by Turf Tavern, Buffet

Menu: Herb encrusted pork loin, roast top sirloin of beef, potato or rice, salad, rolls & butter, fresh vegetables, and New York cheesecake

Members only until 9/10 - \$30 per person

Open to the public after 9/10.

Non-members \$35 per person

The event is being sponsored by
MVP Healthcare.



Low Vision Tech Fair

Wednesday, October 12 at 9 am

Come learn about the latest in low vision technology equipment for reading, computers, watching television and adaptive visual aids. Listen to adaptive living experts on living successfully with low vision and vision rehabilitation therapy. An ophthalmologist will speak on the latest in eye health, treatments and wellness. Area agencies will provide information about a wide variety of services as well as support.

Annual Veteran's Day Dinner

Saturday, November 12 at 2 pm

Join us for dinner and a program honoring our veterans. Please sign up and pay at the front desk by Friday, November 4.

Veterans who are members: Free

Non-veterans: \$15

Other veterans eat free if accompanied by a relative who is a member of the Center. One free guest per member. Veterans are asked to provide military information on forms when they sign up.

Thank you to **CDPHP** for their sponsorship of this event.

Annual Senior Picnic & Games

Friday, September 9 at 1:30 pm

Join us for hot dogs, beans, salad and other picnic fare. Tables and games inside and out. Cost \$3 per person. Members only. RSVP by September 2.

Trips
See pg. 9

Thursday, September 15 - Erie Canal Cruise
Thursday, October 6 - Hyde Hall, Cooperstown
Tuesday, October 11 - Tina Turner/Whitney Houston Tribute at Villa Roma

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MARK YOUR CALENDAR

Exec Council: Thurs. Sept. 1, Oct. 6 at 11:15 am

Directors: Thurs. Sept. 8, Oct. 13 at 1:30 pm

Senior Moments Deadline: Wed. Sept. 21

Senior Moments Mailing: Thurs. Oct. 20

Senior Center Closed: Mon. Sept. 5, Oct. 10

Senior Moments is published by
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Barbara Brown, President

Vicki Hillis, Executive Editor, Publisher

Ricki Lewis & Connie Large, Editors

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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS

Words from the President

In May, I had the honor of giving out four (4) \$1,000 scholarships to deserving high school seniors. At Scotia-Glenville High School, three students were chosen from 13 applications. They were **Bret Colucciello, Ella Schultz, and Piper Wiegert**. The other honoree from Burnt Hills-Ballston Lake High School was **Ashley Rabbitt**. We all wish them well in their future.

I wanted to notify our membership of the board's recent decision to raise the membership dues for 2023. The rate for town residents will be twenty dollars (\$20) and nonresidents thirty dollars (\$30). The last time dues were raised was 2008, and we have experienced significant increases in our cost of operation in those intervening 15 years - paper, printing cost, and postage for Senior Moments, along with the prices for insurance, social events, building and grounds. (BTW, we will be replacing the dining tables as many are cracked or have damaged corners.)

Line dancing this past spring went over so well, we had at least 45 people on the dance floor learning new steps. If you didn't take the opportunity to try it then, it's returning this fall.

Writing this column every two months, it seems I just wrote about school opening in September and school buses on the road. Remember to STOP in both directions, even on highways, for buses with their flashing lights on.

Be Careful, Be Smart, Be Aware
Barbara

Oktoberfest

Saturday, September 24

We are looking for people to volunteer at the Senior Center table at the Town of Glenville Oktoberfest held in Maalwyck Park. Volunteers talk to people about what we offer and encourage them to become members.



Holiday Party

Friday, December 9



Vicki's View

The Annual Meeting will be held on October 13th which means that it is time to elect new Board members and officers. Be sure to cast your vote by filling out the ballot in the newsletter and send it or drop it off

at the Center in the box at the front desk. There are exactly 12 candidates running for 12 open spots, so please support those who volunteered to serve in this important capacity.

Speaking of voting, the Center will once again be an early voting site for the General Election.

| | |
|-------------------|-------------|
| Polls open: 10/29 | 9 am -5 pm |
| 10/30 | 9 am -5 pm |
| 10/31 | 12 pm -8 pm |
| 11/1 | 9 am -5 pm |
| 11/2 | 12 pm -8 pm |
| 11/3 | 9 am -5 pm |
| 11/4 | 9 am -5 pm |
| 11/5 | 9 am -5 pm |
| 11/6 | 9 am -5 pm |

Election Day 11/8 6 am -9 pm

Please be patient as we try to accommodate as many regular activities as we can during this time.

-Vicki

Attention Desk Volunteers

Wednesday, October 26 at 1 pm

Lunch and meeting will be held on 10/26. We will be reviewing procedures and discussing any problems volunteers may have. Please call the Center at (518) 374-0734 to sign up.

Gardening Help Needed

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

Garden Walk

The Social Committee would like to host a Garden Walk for 2023 but we 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 will come and visit your special place of paradise. We hope to hear from you. More information in future newsletters.

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 **Pat Biggica** or **Lori Preddice** at the Center.

In Memoriam

We are saddened to learn of the passing of several of our members.

Angelo Grasso
Selwyn Harlow Sr.
Ginny Rovelli
Paul Trudell

Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Gladys Cox** for the recent display of Polish Pottery

Next Up:

Sept. & Oct. Box Assemblages by **Don Chapman**

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. Thank you to Janet for coordinating the displays.

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

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 & Dispatchers.

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

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.

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

Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? WELCOME to "Paint with Peggy"! Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. These classes do not require drawing skills, and they are also NOT paint-by-number. 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. If you have questions, email Peggy at: paintwithpeggy@gmail.com or call/text 518-925-2238. Just bring a box (such as a clean pizza box) to take home your completed painting! Beginners are welcome!! Try it! It's FUN!
Cost: \$45

Monday, Sept. 19, 9:30 - 2:00 pm "Sunflowers in Macro"

In this fun, relaxing class you will paint large sunflowers overlapping each other on the canvas. Peggy will guide you step-by-step through painting each flower and show how shading and highlighting separate the petals and create the layers of flowers.



Monday, Oct. 17, 9:30 - 2:00 pm "Autumn in the Adirondacks"



Using the warm colors of fall, you will create a peaceful scene of trees in their autumn splendor viewed across a lake, with a tree that has lost its leaves in the foreground. In this class we will have fun with color mixing, perspective, water reflections and using brushes in various ways to achieve desired effects.

Stampin' Up Card Workshop

Tuesday, September 27 at 1 pm
Tuesday, October 25 at 1 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: \$10 per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them.

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 Dani Morette

Watercolors with Mary

Monday, September 12, 10:30 am - 12:30 pm

Monday, October 3, 10:30 am - 12:30 pm

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

Qigong Class

Fridays, Nov 4-Dec 16 (5-week session)

10:30 am to 11:30 am

This is a class to help with breathing and blood circulation. This Qigong is also good for balance and putting harmony back into your life. Qigong is an ancient form of breathing and movement. Come experience this slow moving experience and put your body and mind back into focus.

The total cost is \$35 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.

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. Offered to members only at no cost. You are welcome to join us, whatever your level of skill.

CLASSES AT THE SENIOR CENTER

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

YMCA Classes

Classes run on a month to month basis. Check bulletin board for details.

| Mon | Tue | Wed |
|-------------------------------------|------------------------------|-------------------------|
| 10:30 am Cardio Fit Mary Jane | 9:15am Balance Mary Jo | 9:15am Yoga Melia |

BALANCE: 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! Strengthens key muscles responsible for balance. Leads you through balance drills. Provides you with tricks to help you improve your balance.

CARDIOFIT: Using energetic music, this class is taught in intervals using low impact aerobic activities created especially for older adults. It's easy on the joints, burns calories and strengthens your heart and lungs. Tone your muscles and strengthen your bones.

YOGA: Begins with poses seated in a chair, moves to standing poses, and ends with poses either sitting or lying on the floor. Participants should be able to get up and down from the floor with the assistance of a chair. This class will work to improve flexibility, balance, strength and overall wellness through yoga poses, breathing and relaxation techniques.

Please note that you do not need to be a YMCA member to participate.

Zumba Gold

Mondays, 9:15 am, 9/26-11/7 (no class 10/10)

Fridays, 9:15 am, 9/23-10/28

Exciting Latin and International dance rhythms taught here 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: **\$30** per session due to instructor on the first day of the session. Please make checks payable to **Kathy Gautie**.

MVP Tai Chi Moves

**Fall session: Wednesdays, 1:00-1:45 pm
9/7- 10/26**

Join us for an introduction to Tai Chi. Described as "meditation in motion," the benefits of Tai Chi can include improved 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/

Chair Yoga

Thursdays, 9:15 –10:00 am

The August-September Chair yoga session will be offered August 4 - September 8. The first fall session will run October 6 - November 3. The second session will run Nov 10 - December 15. No class 11/24 (Thanksgiving).

Cost: **\$20** 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 while sitting in a chair. Minimal standing and balancing will also 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

Senior Stumper

I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. Then I turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?

Solution on page 6

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, October 20th at 9 am

Come join us for our mailing party as we prepare the *Senior Moments* newsletter. Volunteers fold the newsletters and apply pre-printed address labels. 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

Mon, Wed, Fri 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.

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

Anyone interested in having a foursome play at the Center is welcome to play at the card sessions on Mondays and Thursdays. We have the game boards 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.

Senior Stumper Solution

Answer: White. The only place you can hike 3 miles south, then east for 3 miles, then north for 3 miles and end up back at your starting point is the North Pole, Polar bears are the only bears that live at the North Pole and they are white.

Card Playing

Mondays and Thursdays, 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.

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.



A first....5 tables of duplicate bridge. We would like our bridge family to grow larger. Please join us.

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. This year our group has made 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.

CENTER ACTIVITIES

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First Monday Book Club

First Monday of Month, 10 am

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

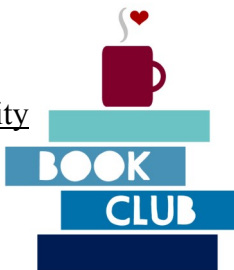
September 12: The Woman They Could Not Silence
by Kate Moore

October 3: All That is Secret
by Patricia Raybon

November 7: The Train to Crystal City
by Jan Jarboe Russell

December 5: Sunflower Sisters
by Martha Hall Kelly

January 9, 2023: The Last Flight
by Julie Clark



Driver Safety Course

Tues/Wed October 18 & 19, 2-5 pm

Sat, October 22, 9am-12 noon, 12:45-3:45pm.

This program may reduce your auto insurance cost. October 18 & 19 class consists of two three-hour sessions held on two consecutive days. Saturday, October 22 class consists of a morning and afternoon session. 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**

Senior Bowlers

Looking for fun with new friends this fall? Join the Scotia-Glenville Senior Bowling League! Senior men and women of all levels of ability and averages are welcome. We play once per week on Wednesday mornings at 9 am at Boulevard Bowl starting Sept 7. An open, free practice session takes place on Aug 31 at 8:45 am. If you cannot commit to every week, we're also looking for subs. League runs through mid-April. For more information or to sign up, contact **Rob MacHattie** at (518) 596-2663 or **Butch Carpentier** at (518) 374-1499.

Senior Golfers

Hillcrest Golf Course has invited us back for this year's league. The cost is **\$10** for 9 holes. Anyone interested in joining, please contact Butch Carpentier for the Monday league or Rich Kruk for the Wednesday league. All are welcome to join. Contact us by phone, email, or text.

Butch Carpentier (518) 779-2199

cfcarpentier@verizon.net

Rich Kruk (518) 441-1827

La Bella Lingua

Fridays at 1:30, classes resume September 16

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 own 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

Country Line Dancing

Fridays, 1:00 - 2:15 pm

Classes starting September 16, check the calendar for all dates. 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

CENTER ACTIVITIES

Voters Ballot

Scotia-Glenville Senior Citizens and Related Concerns, Inc.

2022 Annual Meeting – Election of Officers and Directors for 2023

To: Barbara Brown, President: I hereby authorize you to cast my votes as follows for Officers and Directors for the years indicated.

Check YES or NO for each nominee (required by our Bylaws):

- **Directors**, for three-year terms, 2023-2025, replacing Directors whose terms will expire this year:

YES NO

- | | | |
|--------------------------|--------------------------|-------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Maureen Adamek |
| <input type="checkbox"/> | <input type="checkbox"/> | Anne Bishop |
| <input type="checkbox"/> | <input type="checkbox"/> | Arlene Maranville |
| <input type="checkbox"/> | <input type="checkbox"/> | Ann Meskunas |
| <input type="checkbox"/> | <input type="checkbox"/> | Janet Neary |

- **Directors**, for two-year terms, 2023:-2024

- | | | |
|--------------------------|--------------------------|------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Jack Arnold |
| <input type="checkbox"/> | <input type="checkbox"/> | Butch Carpentier |
| <input type="checkbox"/> | <input type="checkbox"/> | Gladys Cox |
| <input type="checkbox"/> | <input type="checkbox"/> | Claudette Herzog |

- **Directors**, for one-year terms, 2023

YES NO

- | | | |
|--------------------------|--------------------------|-----------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Dave Boomhower |
| <input type="checkbox"/> | <input type="checkbox"/> | Marty Deschaine |
| <input type="checkbox"/> | <input type="checkbox"/> | Barbara Jones |

- **Officers** for the 2023 year:

YES NO

- | | | | |
|----------------|----------------|--------------------------|--------------------------|
| President | Barbara Brown | <input type="checkbox"/> | <input type="checkbox"/> |
| 1st Vice Pres. | Dave Boomhower | <input type="checkbox"/> | <input type="checkbox"/> |
| 2nd Vice Pres. | Susan Jeffords | <input type="checkbox"/> | <input type="checkbox"/> |
| Secretary | Lynn Purcell | <input type="checkbox"/> | <input type="checkbox"/> |
| Treasurer | Nick Oberle | <input type="checkbox"/> | <input type="checkbox"/> |

Name or Membership Number: _____ Date: _____

Sign and return this form to the Senior Center on or before Friday, October 7th, whether or not you plan to attend the October 13th Annual Meeting.

Affirmations Group

Wednesdays, 10 am

Affirmations are positive statements, about ourselves. Come to our group and feel even better about who we are. The first group meeting will be on Sept. 7th. Looking forward to meeting you.

Moderator: **Kathleen D. Russo, MSW**

Bloomin' 4 Good

Glenville Senior Center has been selected to receive \$1 from every Bloomin' 4 Good bouquet sold during the month of September 2022 at:

Hannaford located at 262 Saratoga Road, Route 50, Glenville NY

Let's get some seeds planted!



Free Legal Consultations

Wednesday, September 14 at 1:30 pm

Do you have questions about estate planning? Medicaid applications? **Glenn Witecki**, Esq will be offering free consultations at the Center on the second Wednesday of every other month. For members only. Call the Center to schedule an appointment.

Upcoming dates: November 9

Senior Center Scholarships

The winners of the four \$1,000 scholarships for 2022 are from Scotia-Glenville High School:

Piper Wiegert, Ella Schultz, Brett Colucciello and from Burnt Hills-Ballston Lake High School:

Ashley Rabbitt. Congratulations and thank you for your volunteerism within the Scotia and Glenville communities.

Recycling at Center

There are three 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.**

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.

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.

The Erie Canal Thursday, September 15

Our trip through time will start in Herkimer with a 90 minute cruise and history lesson on the Erie Canal. After the cruise we will have lunch at the Waterfront Grille. After lunch we will visit the General Herkimer House, a NY State Historical Sight. Our visit to the General's House will include a mouth watering Home Chocolate demo. Time permitting, our trip home will include a stop at Palatine Cheese Factory. Times and price to be announced soon.

A Trip through Time!



Tina Turner/Whitney Houston Tribute at Villa Roma Tuesday, October 11th

Talented songstress LaTraia Savage puts on an explosive, sultry and sassy dual performance as she serenades you as both Whitney Houston and Tina Turner in this electrifying performance.



All luncheons include carafes of red & white wine at every table, coffee, tea, decaf, unsweetened ice tea; fruit cup & pumpkin soup. Entrees: pot roast, chicken francese, or fillet of cod. Served with chef's choice starch and vegetables. desserts: chef's surprise.

Trip includes motorcoach transportation, hostess service, free time at Villa Roma Resort, lunch in the Villa Roma Main Dining Room, and reserved seats to see the show. Departs Center at 7:00 am; Returns at approx. 6:00 pm

Prices: **\$102** members; **\$107** nonmembers

Hyde Hall in Cooperstown Thursday, October 6

Hyde Hall is a stunning reminder of a bygone American era, when powerful English families established vast estates in their former colonies. The house itself is considered the finest example of a neoclassic country mansion anywhere in the United States. Roger Kennedy of the Smithsonian Institution has hailed Hyde Hall as "a great house, architecturally, and a social document of the first importance."

A short ride from the northern end of Otsego Lake will bring us to lunch. Lunch will be one of two places, the Otesaga Hotel or the Ommegang Brewery. Which one will depend on the menus and availability. Both are exceptionally fine restaurants.

After lunch we will make our obligatory stop at the Fly Creek Cider Mill.

We will depart Glenville Senior Center at 8:15am to Hyde Hall (10:00am) Otesaga (12:30pm lunch) Fly Creek Cider Mill (2:00pm)

We should arrive back at the Center 5:30 to 6:00.

Cost will be **\$101** for members and **\$106** for nonmembers .



[Please Note: all itineraries are subject to change due to the continuing effects of COVID-19.](#)

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|---------------|--|--|--|---|--|--|
| | | September | | | | |
| | | | | | | |
| | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | 9:00 Tai Chi Practice 9:00 Coffee & Conversation 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp. | 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball | 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Meeting | 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 4:00 Pickleball | 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:30 Annual Picnic 4:00 Pickleball |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | 9:15 Zumba Gold 10:00 Book Club 10:30 Watercolors w/Mary 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball | 9:00 Tai Chi Practice 9:00 Coffee & Conversation 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge | 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 1:30 Legal Consults 4:00 Pickleball | Trip-Erie Canal 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting | 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball | 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | 9:15 Zumba Gold 9:30 Painting w/Peggy 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball | 9:00 Tai Chi Practice 9:00 Coffee & Conversation 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp. | 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball | 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting | 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball | Glenville Oktoberfest Maalwyck Park Sch'dy Co. Rabies Clinic @ Center |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball | 9:00 Tai Chi Practice 9:00 Coffee & Conversation 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Cardmaking | 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball | 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting | 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball | |

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|--|---|---|---|--|---|---|
| 2 | 3 9:15 Zumba Gold 10:00 Book Club 10:30 Cardio Fit 10:30 Watercolors /Mary 12:30 Cards 4:00 Pickleball | 4 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp. | 5 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball | 6 Trip—Cooperstown 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting | 7 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing M1 1:30 Advanced Italian 4:00 Pickleball | 1/8 Dinner Dance Oct 1st |
| 9 | 10 <i>Senior Center Closes Day at 12:00</i> | 11 Trip—Villa Roma 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge | 12 9:00 Low Vision Fair 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball | 13 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg | 14 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 1:30 Advanced Italian 1:00 Line Dancing 4:00 Pickleball | 15 |
| 16 | 17 9:15 Zumba Gold 9:30 Painting w/Peggy 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball | 18 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp. 2-5 Safe Driving | 19 9:15 YMCA Yoga 10:00 Affirmations 1:00 MCP Tai Chi 2-5 Safe Driving 4:00 Pickleball | 20 9:00 Mailing Party 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting | 21 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball | 22 Safe Driving 9-3:30 |
| 23 | 24 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball | 25 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Cardmaking | 26 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 1:00 Desk Volunteers 4:00 Pickleball | 27 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting | 28 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball | 29 Early Voting 9-5 |
| 30 <i>Early Voting 9-5</i> | 31 <i>Early Voting 12 p.m. - 8 p.m. 12:30 Cards</i> | October | | | | |
| | | | | | | |

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.

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 only \$15 annually for those who reside within the town. People from outside the area are also welcome to join for \$25 annually. All memberships expire on December 31st regardless of date of joining.

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

| | | | |
|---|--------------------|---|------------------|
| SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION | | Annual Fee: Glenville & Scotia residents: \$15 per person Non-residents: \$25 per person Checks preferred. Payable to : Scotia-Glenville Senior Citizens, Inc. | |
| 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: _____ | | | |

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 & 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 **Wendy Petroci**, Schenectady County Department of Senior & Long Term Care Services. CDC guidelines will be followed.

Glenville Sr. Ctr. meetings: September 6 & 20
 October 4 & 18

Upcoming Support Group Conference Calls:

September 12 - (Monday) 5:30-6:30 pm
 September 26 - (Monday) 5:30-6:30 pm
 October 11 - (Tuesday) 5:30-6:30 pm
 October 24 - (Monday) 5:30-6:30 pm

Dial-in number & Access code always the same
 Dial-in number: (978) 990-5000
 Access code: 368-996#

Rabies Vaccination Clinic

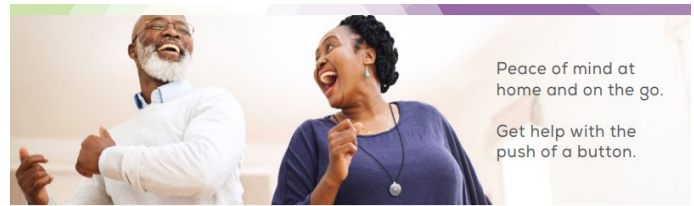
Saturday, September 24 at the Center

Provided by Schenectady County Public Health Services.

Cats and Ferrets: 10 am to 11 am

Dogs: 11 am to noon

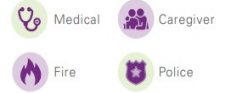
Cats & Ferrets must be in carriers; Dogs must be leashed.
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Catholic Charities Senior & Caregiver Support Services provides trained staff members who can assist you with choosing health insurance and prescription drug coverage; applying for food stamps,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

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Glenn offers free consultations at the Center on the second Wednesday of every other month. Call the Center to schedule an appointment.

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Vicki Hillis
Town of Glenville
Director of Human Services