



Scotia-Glenville Senior Citizens Senior Moments



Volume 43 Number 6 November-December 2017

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

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



\$200,000 Grant Presented to Expand Senior Center

Finally! The expansion is going to happen. As many of you already know, New York State has released the grant funds for our expansion that were obtained by former Senator Hugh Farley and pushed through by now Senator James Tedisco. While waiting for the funds, work continued on the Request for Proposal (bid) documents, so that they should be out to the contractors by the time you receive this newsletter. The bids will be reviewed quickly and if we are lucky, ground will be broken before the end of the year. Thank you to all those who made the expansion a possibility. The hard work by Supervisor Chris Koetzle, Deputy Supervisor Jamie MacFarland, Center Coordinator Vicki Hillis, and the following members of the Glenville

Seniors: Jim Bishop, Ed Perazzo, Ruth Quinn, Kathy Stanley, Carole Stevens, Max Gollmer and Paula DeVries is deserving of our thanks.

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Snow Closings and Delays

When Scotia-Glenville Schools are closed due to weather: Center is closed; no van service. **If S-G schools are delayed:** Center is open; no van service; all classes and programs before 11:00 canceled to allow time for plowing; everything after 11:00 as usual.

Check local radio and TV for school announcements.

MARK YOUR CALENDAR

Exec Council: Thurs. Nov. 2nd & Dec. 7th at 9:30 am

Directors: Thurs. Nov. 9th & Dec. 14th at 1:30 pm

Senior Moments Deadline: Wed. Nov. 22nd

Senior Moments Mailing: Thurs. Dec. 21st at 9 am

Senior Ctr & Dining Ctr. closed: Nov. 10, 23, 24 & Dec 22, 25, 29

It's snow season – keep our carpets clean, floors dry and safe!

Please change from wet boots or shoes when entering the center. This is especially important when taking exercise classes since wet floors are slippery.



Senior Moments is published by
the Scotia-Glenville Senior Citizens, Inc.

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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS



A Line from Paula

As I sat down to write this, my last column for the Senior Moments, I realized it is the only job as President that I will not miss. I have really enjoyed meeting so many of our members the last two years. It has been a pleasure working with the other officers, the Board of Directors, and the great committees, Building and Grounds, Gardening, Classes, Humanities, Membership, Memorial, Publicity, Senior Moments, Social, Sports, Sunshine, Transportation and Trips, that make this the best senior center in the area. Our Center Coordinator **Vicki Hillis** was always there to help out and handled any number of crises for us. And my job would have been much harder without the support from the Town of Glenville and Supervisor **Chris Koetzle**, Deputy Supervisor **Jamie MacFarland** and last but not least **Rob Conover**. So many of you have become my friends. Thank you to all who made my job easier. Special thanks to Vice Presidents **Ruth Quinn** and **Max Gollmer**, Secretary **Sandra Glindmyer** and Treasurer **Kathy Stanley**. One last note of appreciation goes out to **Shirley Perazzo**, head of our Social Committee for all her hard work organizing our many events. Best wishes to the incoming officers and Board members. They will have great people with which to work.

Paula

Quilt Raffle

Want to support our Veterans Day Celebration? Buy a Quilt Raffle ticket! The Glenville Senior Center quilters have made a beautiful patriotic quilt which will be raffled at the Veterans Day Celebration. The quilt is on display at the Center. The tickets are available at the front desk. \$1 for one, \$5 for six tickets. You do not have to be present to win.



Happy Birthday

We are grateful to **CDPHP** for their generous monthly contribution of a decorated birthday cake for everyone to enjoy and honor those with birthdays that month. Join the celebration with a piece of cake. We typically celebrate on the second Thursday of the month, but check the bulletin board for dates.



Vicki's View

It is hard to believe that it is already the start of the holiday season! Our Social Committee has lined up some wonderful celebrations for all of our members to enjoy. Please see details below. As always, we are grateful to **CDPHP** for their sponsorships of so many of our social events. We also would like to thank **Kingsway** for the fabulous Oktoberfest dinner—everyone loved the German food. Thank you to **Hannaford** for including us in the **Hannaford Helps** reusable bag program back in September. Please be aware that election day and other events necessitate the cancellation of some activities. Cancellations will be noted on the main calendar on the bulletin board. We do try to arrange things to keep this to a minimum. Thank you for your cooperation.

Vicki

Election Day Bake Sale

Tuesday November 7th, 6am until sold out.

Please sign at the Front Desk or on the bulletin Board if you can bake for this popular event. **Please bring the baked goods to the Center on Monday, November 6th.**

Veterans Day Celebration

Friday, November 10th 2-4:30 p.m.

Program honoring our veterans with local dignitaries in attendance. Turkey dinner catered by **Marcella's Restaurant**. Please sign up and pay at the front desk by **Friday, 11/3**. Veterans are asked to provide military information on forms at desk when they sign up. Thank you to **CDPHP** for their sponsorship of this event.

Holiday Celebration

Friday, December 15th 2-4:00 p.m.

Join us for some holiday fun and refreshments. **SG Choraliers** will provide entertainment. There will be a \$5 deposit per person at sign-up. When you arrive at the celebration, your \$5 will be refunded. Please remember to bring a donation of a nonperishable food item for the food pantry. **CDPHP** is a generous sponsor of this event.

GSC Christmas Tree

December 1, 2 & 3

Our Senior Center Christmas tree will be on display December 1-3 at the **Ballston Town Hall**, 323 Charlton Rd., Ballston Spa. Stop by and see the handcrafted ornaments made by our own seniors in the craft class.



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 them know that they are in our thoughts and are special to us. Contact **Mary Stagliano** or **Joyce Grygiel** at the center.

Box Tops or Labels for Education



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

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

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Ed Flaherty** for his Die-cast airplane Collection in September and **Mary McClaine** for her Doll Collection in October.

Next Up:

Nov. - Christmas Caroler Dolls by **Sylvia Kaarto**

Dec. - Hallmark Christmas Ornament Collection
(Aviation -Themed) by **Ed Flaherty**

We are always in need of collections. If you would like to display your collection, please contact **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.

Copy your wallet cards free

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



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



Van Transportation

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

Our van must stay within Glenville/Scotia.

On-request pickup and delivery



Call 518-374-0734 M-F between 9:00 am and noon at least a day ahead (up to two weeks ahead) to reserve space and schedule a ride to take you on your errands: to the barber or hairdresser, Wal-Mart, grocery store, to visit a friend, etc., within the town. The van operates Monday through Friday, 9:00 am-3:00 pm.

Donations are gratefully accepted to help defray costs.

The center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with ample advance notice. Call Catholic Charities (518) 357-4710 (donations accepted).

Tuesdays: Scheduled trips to Malls

First Tuesday of the month - Clifton Park Mall

Third Tuesday of the month - Rotterdam Square

All other Tuesdays will be available for regular van appointments.

Clifton Park Mall trip: Nov. 7th & Dec. 5th

Rotterdam Sq. Mall trip: Nov. 21st & Dec. 19th

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

We Need Drivers & Dispatchers.

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

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

Having a computer problem?

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

Donate eyeglasses

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

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

LaBlast Line Dancing

Fall session: Thursdays at 11:15 am

11/9, 11/16, 11/30, 12/14, 12/21

Country Line Dancing has been a favorite of many for decades. Are you ready to take traditional line dancing out of the saddle and on to the ballroom floor, while blasting it to a whole new level of fun and fitness? The LaBlast Line Dance is for you! Easy to learn dances including disco, foxtrot, samba, paso doble and more to get you moving to all four walls in no time at all. All dances are partner free and can be done anywhere, making LaBlast the next social dance revolution. Put a smile on your face and join the fun! 5-week session: **\$20**. Please make checks payable to the instructor, **Kathy Gautie**.

Senior Law Day

Thursday, Nov. 16th at 1:30 pm

Kathleen Toombs a local attorney, will discuss legal issues of importance to seniors such as:

- Sheltering Assets from nursing home cost
- Assisted living arrangements
- Avoiding probate
- Powers of attorney
- Healthcare proxy, living wills

Time for questions and answers. Don't miss important informational session.

Painting with Peggy

Monday, Nov. 27th, 9:30 am - 2 pm

Join us as we paint a relaxing Adirondack Lake scene! Peggy will explain and demonstrate how to paint basic clouds, a distant shore and nearby trees with reflections in the water. It is not difficult; beginners are welcome!



Peggy provides all the materials from blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting.

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

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

Driver Safety Courses

Tues. & Wed., Nov. 28th & 29th, 2-5 pm

This program may reduce your auto insurance. Class consists of two 3-hour sessions held on two consecutive days. Senior Center membership is not required.

Cost: Senior members **\$25.50** & non-members **\$29**.

Please check only payable to **Armand Canestraro**. Checks are not cashed until the class is held.

Participants must register in person at the Front Desk. No phone reservations are accepted.

Stampin' Up Card Workshop

First Tuesday of the month at 2:30 pm

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

Cost: **\$5** per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates: 11/7, 12/5, 1/2

Watercolors with Mary

Monday, December 4th, 10 am - 12:30 pm

Complete an entire watercolor painting during this one day class. All materials and instruction provided. Please sign up at the front desk in advance. Cost: **\$25**; please make checks payable to the instructor, **Mary Fekete**.

Greeting Card Class

Mon, Nov. 13th at 1 pm

Sponsored by Cancer Peer Education Program



Come make a free greeting card. You pick the occasion: Happy Birthday; Holiday Greetings; Get Well; Thinking of you; Veteran/Soldier; Thanksgiving. All supplies will be provided! If you would like more information, please call us at (518) 770-6815. Hope to see you there!

CLASSES AT THE SENIOR CENTER

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

YMCA Classes

Holiday "Mini" Session - November 27-December 21

Session Fees: 1 class/wk: \$15; for 2 classes/wk \$20; 3 classes/wk \$25; 4 classes/wk \$30; 5 classes/wk \$35

No classes on 11\7, 11\10, 12\22

Mini Session registration Nov. 16th 9-11am

Winter Session registration: Dec. 21st 9-11 am

Monday	Tuesday	Wednesday	Thursday	Friday
9:05 Cardio Sculpt	9:15 Zumba Gold	9:15 Forever Strong	9:15 Zumba Gold	9:30 Chair Yoga
9:55 Forever Strong		10:15 Active Stretch	10:15 Gentle Core	10:30 Forever Strong
	11:20 Chair Yoga			

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

CARDIO/SCULPT CIRCUIT:

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

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

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

GENTLE CORE STRENGTH:

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

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

Other Senior Center Classes

Gentle Yoga

Wednesdays, 2 pm

Winter Session Jan. 10th-Mar. 21st

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

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

Tai Chi Practice

Tuesdays, 9am

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

CENTER ACTIVITIES

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

Responsibilities of activity participants

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

Senior Moments Mailing party

Thursday, December 21st, 9 am

Come join us for our Christmas mailing party as we prepare the *Senior Moments* newsletter for mailing. We will have a grab bag drawing. You might be a lucky winner. 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. Holiday treats and coffee will be served. Come join us and have some fun!

Knitting and Crocheting

Tuesdays, 1 pm

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

Blanket-makers Needed

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

Duplicate Bridge

Tuesdays, 12:30-4 pm

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

Card Playing

Mondays and Thursdays, 12:30 pm

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

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

Coffee and Conversation

Tuesdays, 9-11 am

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

La Bella Lingua

Beginners - Thursdays at 11 am

Advanced students - Fridays at 2:30 pm

Everyone is welcome. There is no fee—the only expense is to buy your own books. The classes are informal and enjoyable. We have fun as we learn to read, write and speak the beautiful language. If you are interested, now is the time to jump in. Ciao! For details, please call **Ed Perazzo** at 518-399-1438.

Mah Jong

Wednesdays, 9 am

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

Breakfast Club

Wednesday, Nov. 15th at 8 a.m. @ Marcella's

Come join us for our breakfast club. Seating for our group is limited, so please sign up in advance at the front desk. Be prepared for separate checks that morning.

Gardening

Thank you to all of our gardeners for doing such a lovely job keeping the Senior Center gardens looking beautiful.

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.



CENTER ACTIVITIES

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.

Nov. 6th - *The Little Paris Bookshop* by **Nina George**

Dec. 4th - *The Mapmaker's Children* by **Sara McCoy**

Jan. 8th - *Missing Christmas* by **John Grisham**

First Friday Film

First Friday of month, 1:30 pm

Nov. 3rd: Hidden Figures: As the U.S. raced against Russia to put a man in space, Nasa found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history.

Dec. 1st: New Year's Eve: A stellar ensemble cast celebrates love, hope, forgiveness, second chances and fresh starts in intertwining stories told amidst the pulse and promise of New York City on the dazzling night of the year.

Contact **Dr. N. Nagarajan** (518-399-0195) to suggest films for future screening. Snacks and coffee will be served.

Pickleball

Mon, Wed, Fri, 4 pm

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

Silver Threads Quilters

Thursdays, 1- 3 pm

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

Oil, Acrylic & Art

Fridays, 10 am - 1pm

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

Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire.

Certified by the Minneapolis Institute of Art, the instructor **Dani Morette** will provide guidance on color mixing technique and application.

Painting by Anthony Cintula



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 so me Thursday.

Bowling League

Wednesdays, 9 am

Looking for fun with new friends? Join the Scotia-Glenville Senior Bowling League! Senior men and woman of all levels of ability and averages welcome We play once per week on Wednesday mornings at 9 a.m. at Boulevard Bowl. 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, leave your name and number at the Senior Center front desk.

TRIPS and TRAVEL

- ♦ **Make reservations** in person (not by phone).
- ♦ **Payment** must accompany reservation.
- ♦ **Mail reservations** confirmed only if space is available.
- ♦ Responsible adult must be with anyone requiring **walking aid**.
- ♦ **Cancellations** reimbursed only if a replacement is found.
- ♦ Center members may invite **family or friends** as guests on a trip.
- ♦ **Children** should be at least junior-high-school age.
- ♦ Please do not wear perfume on trips; others are allergic.
- ♦ On trip days, our parking lot gets overcrowded. Please carpool to the center and park where directed, as you arrive.
- ♦ **Non-members** not sponsored by members as described above are subject to bumping by a member who is on waiting list.
- ♦ Trips that are for Senior Center **Members Only** will be so identified in the *Senior Moments* announcement.
- ♦ *Senior Moments* cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.

New York City Trip

Wednesday, December 6th

In keeping with a longstanding senior center tradition, we will once again offer our regular volunteers a day trip to New York City. Volunteers must have been given at least 10 hours of service to the Center in the past year to qualify. Volunteers may bring a guest for \$35 per person. The bus will leave the Center at 7 am, dropping us off at Bryant Park and returning from NYC at 7 pm from Bryant Park. You are on your own to do whatever you want for the day.

Cost: Volunteer: Free, **\$35** for a guest of a volunteer.

* Please note that children should be at least junior high school age.



Show of Interest: Bermuda Cruise

with Norwegian Cruise Line on the Norwegian Dawn
8 days / 7 nights - April 27 - May 4, 2018
Boston to Bermuda

Inside Cabin Category: IC \$824
Outside Cabin Category: OA \$974
Balcony Cabin Category: BA \$1,244

Rates are per person, double occupancy and includes cruise, port charges and government fees.

For more information, please contact **Linda Reinhart @** 518-374-0734 or sign up under cruise show of interest at the Senior Center front desk.

AARP Tax-Aide Seeks Volunteers

AARP Tax-Aide, the nation's largest free volunteer-run tax assistance and preparation service is seeking volunteers for the Glenville Senior Center site. Volunteers of all ages and backgrounds are welcome; you do not need to be an AARP member to volunteer. Volunteers receive free tax training. It is a great way to learn new skills and to be involved in your community. For more information, contact **Blanche Fischer**, Glenville site coordinator, 518-382-7929, blanche5308@gmail.com or **Robert Parson**, Regional coordinator, 518-371-7729, rparson1@nycap.rr.com. Please give one of us a call or note. We'd love to discuss this wonderful, rewarding, and much appreciated service with you in greater detail. **TRY IT! YOU MIGHT ENJOY IT!**

Attention GE employees, retirees, and spouses of either

Gifts of \$25 or more to the Senior Center can be matched by the GE Foundation's Matching Gift Program. You can register gifts to the center by calling the GE Matching Gift Center at 1-800-305-0669 or online at www.ge.com/foundation/matching_gifts.html.

On that website, the Senior Center appears on the list of approved organizations as:

SCOTIA GLENVILLE SENIOR CITIZEN
RECREATION RELATED CONCERNS (Approved)
32 WORDEN RD., SCOTIA, NY 12302-3409
Tax ID: 222186497

Note that matching is available only for true gifts, not for payments for annual dues, trips, admission to events, meals, etc. Call **Vicki Hillis** for more information.



Senior Stumper

Submitted by Jim Moorhead

Problem 1 (Tricky)

Mary took a trip by car. Before starting out she put 12 gallons of gasoline in the tank to top it off and set the trip meter to zero. After driving 300 miles she put another 10 gallons in the tank. Then she drove another 240 miles and put another 9 gallons in the tank. Finally, on the last leg of the trip she drove another 300 miles and topped off the tank with another 11 gallons. a) How many gallons did she buy altogether? b) How far did she travel? c) How many miles per gallon did her car get on the trip? d) How much gasoline did her car consume on the trip?

See below for solution.

Membership News

We will be accepting 2018 membership dues beginning Nov. 1st. Please send or bring in the application form below. Copies are also available at the Front Desk. New 2018 members will receive this November's and December's membership free.



Renew your Center membership between Nov. 1st and Thanksgiving and you will be eligible to win a gift bag valued at over \$20!

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2018		Annual Fee: Glenville & Scotia residents: \$15 per person; Non-residents: \$25 per person Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc. If cash, exact amount please.	
Check one: <input type="checkbox"/> New Member <input type="checkbox"/> Renewal [Senior = 55 or older] Check one: <input type="checkbox"/> Resident <input type="checkbox"/> Non-resident			
* These items required on ALL applications – new members and renewals		PLEASE PRINT	
*Name1 _____	e-mail _____		
*Name2 _____	e-mail _____		
*Address _____			
*City/State/Zip _____	*Phone _____		
Interests/Talents/Comments _____			
Registration #: _____			

**EXTRA COPIES
OF THIS FORM
ARE AVAILABLE AT
THE FRONT DESK**

Solution

a) Mary bought 42 gallons of gasoline (12+10+11+9) b) She traveled 840 miles (300+240+300.) d) Her car used 30 gallons of gasoline (10+11+9) The 12 gallons she bought before she started her trip are not relevant. She could have used any amount needed to top off her tank before she started. All that matters is the gasoline she bought along the way to bring her tank to full again at the end. c) Her gas mileage was 28 mpg (840/30. Shame on you if you said 20 mpg (840/1/42)

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1	2	3	4
			9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga 4:00 Pickleball	9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 12:30 Cards 1:00 Quilting	9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Italian advanced 1:30 Film Club 4:00 Pickleball	Rotary Pancake Bkft @ 7 am
5	6	7	8	9	10	11
	9:05 Cardio Sculpt 9:55 Forever Strong 10:00 Book Club 12:30 Cards 1:00 Caregivers Grp. 4:00 Pickleball	Election Day Bake Sale 6 a.m. No Y Classes 9:00 Tai Chi 9:00 Coffee & Conver 1:00 Knitting 2:30 Cardmaking	9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga 4:00 Pickleball	9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 11:15 LaBlast linedance 12:30 Cards 1:00 Quilting 1:30 Board Meeting C	Veterans Day— Senior Center Closed Dining Center Closed 2-4:30 Veteran's Dinner	
12	13	14	15	16	17	18
	9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 1:00 Free cardmaking 4:00 Pickleball	9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 American Legion	8:00 Breakfast Club 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga 4:00 Pickleball	9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 11:15 LaBlast linedance 12:30 Cards 1:00 Quilting 1:30 Senior Law Day	9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Italian advanced 4:00 Pickleball	
19	20	21	22	23	24	25
	Dining Center Thanksgiving 12:30 Cards 4:00 Pickleball	9:00 Tai Chi 9:00 Coffee & Conver 10:15 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	9:00 Mah Jong 2:00 Yoga 4:00 Pickleball	Thanksgiving— Senior Center Closed Dining Center Closed	Senior Center Closed Dining Center Closed	
26	27	28	29	30		
	9:05 Cardio Sculpt 9:30 Paint with Peggy 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving M2	9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 2:00 Yoga 2-5 Safe Driving 4:00 Pickleball M1	9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 11:15 LaBlast linedance 12:30 Cards M1 1:00 Quilting C		

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		December		GSC Christmas tree on display Dec 1st-3rd @ Ballston Town Hall	1 9:15 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:15 Forever Strong 2:30 Italian advanced 1:30 Film Club 4:00 Pickleball	2
3	4 9:05 Cardio Sculpt 10:00 Book Club 10:00 Watercolors w/Mary 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	5 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. 3:00 Cardmaking	6 7 am New York City trip 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 4:00 Pickleball	7 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 12:30 Cards 1:00 Quilting C	8 9:15 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:15 Forever Strong 2:30 Italian advanced 4:00 Pickleball	9
10	11 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	12 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 American Legion	13 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 4:00 Pickleball	14 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 11:15 LaBlast Linedance 12:30 Cards 1:00 Quilting 1:30 Board meeting	15 9:15 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:15 Forever Strong 2:00 Holiday Party 4:00 Pickleball	16
17	18 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	19 9:00 Tai Chi 9:00 Coffee & Conver 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	20 Holiday dinner— Dining Ctr. 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 4:00 Pickleball M1	21 9:00 Mailing party 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 11:15 LaBlast Linedance 12:30 Cards 1:00 Quilting C	22 Christmas holiday— Senior Center Closed Dining Center Closed	23
24/31	25 Christmas holiday— Senior Center Closed Dining Center Closed	26 9:00 Tai Chi 9:00 Coffee & Conver 10:15 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	27 9:00 Mah Jong C 4:00 Pickleball M1	28 9:00 Healthy Bones 10:00 Photography 10:00 Italian beginners 12:30 Cards 1:00 Quilting	29 New Years Eve— Senior Center Closed Dining Center Closed	30

Glenville Dining Center

The **Glenville Friendship Café** and Transportation Program is operated by Catholic Charities Senior & Caregiver Support Services at the Glenville Senior Center and is open to all seniors. Senior Center membership not required.

A hot, nutritious noon meal is offered Monday through Friday. Menus are nutritionally balanced and approved by a registered dietician. A variety of activities and programs are offered each day. Every Tuesday, transportation is available for grocery shopping at 12:30 p.m. (\$1.25 each way to Hannaford or Market 32).

Reservations are required; please call 393-1946, 9 a.m. to 1 p.m., a day in advance. Please call ahead if you need to cancel a reservation. Full menus are also available on site. Substitutions available. Make request when you call for reservation.

Suggested Meal Contribution:

\$3.50 for those 60+

Guests and those under 60 are charged \$6.00 per meal. Participants must complete registration forms at first visit.



November 2017		
Wed.	1	Chicken & Biscuits
Thurs.	2	Ham Salad on Kaiser Roll
Fri	3	Cheese Pizza
Mon.	6	Stuffed Peppers
Tues.	7	Grilled Rueben
Wed.	8	Pesto Chicken
Thurs.	9	Spaghetti w/Meatsauce
Fri.	10	Closed for Veteran's Day
Mon.	13	Broccoli & Ham Quiche
Tues.	14	Chicken Salad over lettuce
Wed	15	Creamy Clam Sauce /Linguini
Thurs.	16	Philly Cheese Steak
Fri.	17	Harbour Style Fish
Mon..	20	Macaroni & Cheese
Tues.	21	London Broil / Baked Potato
Wed.	22	Chicken Alfredo over Pasta
Thurs.	23	Closed for Thanksgiving
Fri.	24	Closed for Thanksgiving
Mon.	27	Open face Roast Beef
Tues.	28	Batter Dipped Fish
Wed..	29	Chicken & Biscuits
Thurs.	30	Ham Salad on Kaiser Roll

December 2017		
Fri	1	Cheese Pizza
Mon.	4	Stuffed Peppers
Tues.	5	Grilled Rueben
Wed..	6	Pesto Chicken
Thurs.	7	Spaghetti w/ Meatsauce
Fri.	8	Cheeseburger On Roll
Mon.	11	Broccoli and Ham Quiche
Tues.	12	Chicken Salad over Lettuce
Wed	13	Creamy Clam Sauce Over Linguini
Thurs.	14	Philly Cheese Steak
Fri.	15	Harbour Style Fish
Mon.	18	Macaroni& Cheese
Tues.	19	London Broil & Baked Potato
Wed.	20	Chicken Alfredo over Pasta
Thurs.	21	Swedish Meatballs
Fri	22	Closed for Christmas
Mon.	25	Closed for Christmas
Tues.	26	Batter Dipped Fish
Wed	27	Chicken & Biscuits
Thurs.	28	Ham Salad on Kaiser Roll
Fri.	29	Closed for New Years Eve

Menus are subject to change.

Doreen Wright - Friendship Café Manager Beth Gish —Café Coordinator; **Diana Yeo** – Café Cook

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.

COMMUNITY CONNECTIONS

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

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

Caregiver Conversations

First Tuesday of month, 1:00 pm

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

November meeting moved to Monday 11/6

December meeting-Tuesday, 12/5

American Legion Post 1001

Second Tuesday of each month at 1:00 pm

Next meetings: 11/14 & 12/12

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

Scotia Rotary Pancake Breakfast

Saturday Nov. 4th, 7am-1pm

The Scotia Rotary Club will again be hosting its Annual Pancake Festival at the Glenville Senior Center, 32 Worden Rd. Tickets are \$10 adults and \$5 children (free for kids 5 & under) and may be purchased at the door or from Scotia Rotary Club members. Thank you in advance for your support.

Garden Showcase

Do you have a beautiful garden that you would like to showcase while helping a local Organization? The Schenectady Soroptimist group is looking for gardens in Scotia, Schenectady, Niskayuna and Rotterdam to showcase in our Annual Garden Tour on **Saturday, June 16, 2018**. All profits from the Garden Tour are used for educational scholarships to empower women and girls in our community.

Contact **Donna** at dgigone@cdymca.org OR 518-399-8118.



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