



# Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 6 November-December 2018

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.

## Don't Get Scammed

Friday, November 2nd at 12:30 pm

The Offices of the Attorney General and Congressman Paul Tonko will host a presentation on avoiding senior scams. Please sign up at the front desk for this informative program.

## Election Day Bake Sale

Tuesday, November 6th

Our annual bake sale will be held from 6 am until sold out. Thank you to everyone who is working the event and to all of our bakers. Baked goods can be dropped off on Monday, Nov. 5th.

## Veteran's Day Celebration

Sunday, November 11th, 2-4:30 pm

There will be a program honoring our veterans and a turkey dinner catered by Marcella's Restaurant. Please sign up and pay at the front desk by Friday, Nov. 2nd.

- Veterans who are members: Free
- Non-veterans: \$10
- Other veterans eat free if accompanied by a relative who is a member of the center. **ONE FREE** veteran guest per member. 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.

## Happy Hour

Tuesday, November 13th at 4:30 pm

Come join us that evening for a casual gathering and perhaps an adult beverage at the Pig N' Whistle at 654 Saratoga Road. Happy hour specials available. Sign up at front desk in advance.

## Author Larry Lewis

Thursday, November 15th at 1:30 pm

Join us for a presentation by author Larry Lewis about his book *Sadie's Boy*, the story of two WW II soldiers from Brooklyn who fought for their country and of the mother who fought for her sons. Sign up in advance at the Front Desk.

## Holiday Party

Friday, December 14th, 2-4 pm

Please join us for an afternoon of fun and holiday cheer.

The Scotia-Glenville High School Choralaires will be performing some holiday favorites and refreshments will be served. Sign up in advance at the Front Desk.

Members only. There is a \$5 reservation fee at sign up which is refundable at the door on the day of the event. We will also be collecting nonperishable food items at the event for the local food pantry. Please bring an item to donate.

### Trips

See pg. 8

Tuesday, November 20th—Branson Country Christmas at the Log Cabin

Wednesday, December 12th—Day on Your Own in New York City

December 5th-9th, 2019—Spotlight on San Antonio, Texas

## Inside This Issue

	Page		Page
Center News	2	Senior Stumper	8
Center Services	3	Stumpers Solution	8
Center Events	4	Membership	9
Classes	5	Center Calendar	10,11
Center Activities	6,7	Dining Center	12
Trips & Travel	8	Community Connections	13

### MARK YOR CALENDAR

Exec Council: Thurs. November 1st & December 6th at 1:30 pm

Directors: Thurs. November 8th & December 13th at 1:30 pm

Senior Moments Deadline: Wed. November 21st

Senior Moments Mailing: Thurs. December 20th at 9 am

Senior Center closed: 11/12, 11/22, 11/23, 12/24, 12/25, 12/31, 1/1

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

Ron Brach, President

Vicki Hillis, Executive Editor, Publisher

Myrtle Major, Editor

Angie Pomykai, Assoc. Editor, Distribution Manager

Bob Atwood, Associate Editor

### GLENVILLE SENIOR CENTER

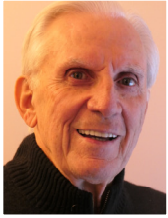
32 Worden Rd.

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



## Ron's Reflections

This November-December **Senior Moments** marks my 6<sup>th</sup> one as President, and I've been taking stock of my first year. The primary mission of the Glenville Senior Center is to be responsive to the concerns and needs of people in the

community 55 and over, and provide activities and services to enhance their quality of life. I have used this column to focus on areas of great importance to achieve this aim.

First, I appreciate the opportunity to serve as your president in 2018. My previous limited experience with the Center was with its senior golf leagues. Wow, did I have a lot to learn about the many other valuable offerings of the Center.

A major effort underway as I began my term of office was the proposed expansion at the Center to accommodate present and future needs. Bids had been let and all came in far above original budgeted amounts. After rebidding in March 2018, the picture had not changed and your Board of Directors was in unanimous agreement to table the expansion effort. The hope was to relocate to a larger facility as part of a joint Town Center project under discussion. A key to this alternative is the purchase of the existing Center facility by the Scotia-Glenville School District (that owns the land on which the present Senior Center rests) from the Town. Such discussions continue.

As president, I quickly became aware of how essential our volunteers are to the success of the entire program. There is no better feeling than helping others. I encourage each of you to share your interests and time at the Center. A special luncheon is held each April to honor and show appreciation of our volunteers.

Also, I realized how crucial it is that we have Vicki Hillis, who serves as our part-time Center coordinator. She recruits and oversees our 125 or more volunteers, arranges programs and use of the facilities, and handles our publications. Thank you, Vicki; we couldn't do it without you!

We have undertaken new initiatives this year including editing of the Scotia-Glenville Seniors by-laws, the purchase of a new van for the Center's transportation program, the first annual fall picnic, new programs such as a murder mystery luncheon, Tai Chi Classes, and happy hour gathering. We have also sponsored several interesting trips and special interest events that were well received and continued many successful existing programs and services offered by the Center.

Finally, a fall retreat was sponsored by the officers and directors where participants and community leaders came together to review the concerns and needs of seniors in the

community. Discussions of activities, services, and facilities were on the work agenda. We look forward to sharing the findings and recommendations with you as we develop follow-up plans for future action.

*Sincerely, Ron Brach*



## Vicki's View

One of the most frequent requests we receive is to have more trips offered. In that light, we have entered into a partnership with Clifton Park Senior Center that will allow members to go on the trips of either center at the discounted member price. Please check out our bulletin board to see what trips are available.

A few housekeeping items:

- All members are welcome to a cup of coffee while at the center. Please keep in mind that it is not the kitchen staff's responsibility to make coffee for you.
- Winter weather will be here before long—please help keep our floors clean by changing your boots and putting on clean, dry sneakers for your class. Boot trays are available by the coat rack.
- Library books from the center should be returned to the bin in the library; please take care not to put them on the free table.
- We have a number of items in the lost and found. Please check the tote by the book table to see if any of those forgotten items belong to you!

*Thank you, Vicki*



Don't forget to turn your clocks back an hour on Sunday, November 4th. It is also time to change the batteries in your smoke detectors and to test your carbon monoxide detector.

## Gardening Corner

By **Barbara Brown**



Our gardening group was small but dedicated this year. Thank you to those who have helped out. We still have another month of maintaining the beds—so it's not too late to volunteer a bit. Tools are in the shed. Fall clean-up will be held on Saturday, November 3rd beginning at 9 am. We need your help, so please sign up and give us a little of your time.

## 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.

# 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 **Joyce Grygiel** and **Shirley Miller** at the center.



## Box Tops 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 want to thank **Phil Benner** for his model car collection in September and **Joan Gould** for her elephant collection in October.

Next Up:

November— **John Friguletto** - World War I Planes

December— **Janet Neary** - Danbury Christmas Ornaments

**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.

## 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 on the second Thursday of the month starting at 9 am. Upcoming celebrations:

November birthdays - 11/8

December birthdays - 12/13



## 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 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 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. Call Catholic Charities (518) 357-4710 (donations accepted).*

### Tuesdays: Scheduled trips to Malls

Due to lack of interest, we have discontinued mall service at this time.

**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.

## Acrylics\Watercolors with Mary

Monday, Nov. 19th, at 9:30 am

Monday, Dec. 10th at 9:30 am

Complete an entire watercolor or acrylic painting during a one day class. All materials and instruction provided. Please sign up at the front desk in advance and make checks payable to the instructor,

**Mary Fekete.** Fee: **\$15**

Max: 4 participants



## Craft day

November 26th at 11 am

Bring your lunch, and plan to stay as long as you can so we can finish making our crafts for the Center's Christmas tree for the Festival of Trees. We'll be stringing popcorn and cranberries and loading pine cones with Crisco and birdseed.



## Festival of Trees

Stop by the Ballston Town Hall Community Room, 323 Charlton Rd., Ballston Spa on Fri. Nov. 30 (10-6), Sat. Dec. 1st (10-4) or Sun. Dec. 2nd (noon-4), and check out the Christmas tree the center is putting on display. Our theme this year is birds. Free admission.

## Recycling at Center

We have started a more aggressive recycling program here at the center. Most people at the Center do not know we have a container located by the card table in the hallway with the books on it. We have ordered three Recycle Baskets to get us started. One will be near the copier in the office, one to replace the container near the books in the Hallway, and a third place yet to be determined. We do have a large 65-gallon container outside the back door which is emptied by our waste company. If you have suggestions regarding recycling here at the Center, please leave a note for **Barbara Brown**.  
**\*\*Plastic bags are only recyclable at participating stores.**



## Driver Safety Course

♦ Tues./Wed. Nov. 13th & 14th , 2-5 pm

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

♦ **Saturday, Dec. 15th, 9:30 am - 4 pm with ½ hour lunch break \*bring your lunch**

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

These programs may reduce your auto insurance. The first class consists of two-3-hour sessions held on two consecutive days. The second class offered is a one-day session with a lunch break in the middle. Please bring your lunch for the break; the half hour break is too short for people to go buy lunch.

Senior Center membership is not required. Payment is due at sign-up. For either class, 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.

## 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 : 11/6, 12/4, 1/8

## Painting with Peggy

Monday, January 28th, 9:30 am - 2pm

Title: **Winter Lake**

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 518 -925-2238 for additional details.



# CLASSES AT THE SENIOR CENTER

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

## YMCA Classes

Fall Session (shown below) ends Nov. 16th

Watch for details about the mini-session (4 weeks - 11/26-12/21) Registration: 11/14, 9-11am

The winter session will start on January 7th; Registration: 12/10, 9-11 am

**\*\*To guarantee your spot in exercise class, we strongly recommend coming to our in-person registration.\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Cardio Fit Susan	9:15 Zumba Gold Carolyn	9:15 Active Stretch Joyce	9:15 Zumba Gold Kathy	9:30 Chair Yoga Joyce
10:30 Forever Strong Susan		10:05 Zumba Gold Linn		10:30 Forever Strong Joyce
	11:20 Chair Yoga		11:15 Balance Susan	

**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.

**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 to improve your balance.

**CARDIO FIT:** Using energetic music, this class is taught in intervals moving between low impact aerobic activity 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!

**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 at 2 pm

Fall Session: Oct. 3rd-Dec. 12th –10 weeks

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

**Cost: \$40** 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 20th at 9 am

Come join us for our mailing party and Christmas 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. Refreshments will be served. Come join us and have some fun!

### MVP Tai Chi Moves

Wednesdays, Sept 19th - Dec 5th at 1pm

Join us for an introduction to Sun Style Tai Chi! Described as "meditation in motion," the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. 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. Call the Medicare Customer Care Center at 1-800-665-7924 (TTY:1-800-662-1220).

### Calling All Bakers-

We need bakers for our Election Day Bake Sale - Tuesday, November 6th. Please sign up at the front desk if you can bake for this event. Bring your baked goods to the center on Monday, November 5th. We need volunteers to work the day of the event: packing items, collecting money and keeping everything neat and tidy. There's a sign-up sheet at the desk for volunteering in 2-hour shifts.

### Senior Center Bowling League

Wednesdays at 9 am at Boulevard Bowl

The bowling league is in full swing. You do not need to sign-up for the full 32-week season. One can sign-up for either the 16-week fall season or the 16-week spring season. Come and check us out, we are a fun, no pressure league!

For more info, call **Jake Lederman** at 518-399-5249 or **Butch Carpentier** at 518-374-1499.

### 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.

### 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.

### 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.

### 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!

### 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.

### 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

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.

### 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. 5 - *The Address* by Fiona Davis

Dec. 3 - *Everything I never told you* by Celeste NG

Jan. 7 - Any book by Elin Hilderbrand re: Winter Storm

*"Travel the world by reading a book."*

### La Bella Lingua

Beginners - Thursdays at 11 am

Advanced - Fridays at 1:30 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.

### 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.

### 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 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

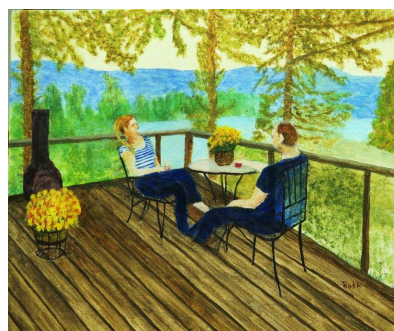
Fridays, 10 am - 1pm

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 Ruth Quinn*



### Call for volunteers

AARP Tax Aides provide free tax preparation service at three locations in Schenectady County. All sites (including Glenville Senior Center) are in need of new volunteers to keep this valuable program available. Most volunteers did not start out with vast knowledge of tax law, so please don't feel intimidated. AARP provides training materials, testing and hands on computer training prior to beginning services. Call **Blanche Fischer** at 518-382-7929 for more information.

### Pickleball

Mon, Wed, Fri 4 pm

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

## TRIPS and TRAVEL

- ◆ **Make reservations** in person (not by phone).
- ◆ **Payment** must accompany reservation.
- ◆ **Mail reservations** confirmed only if space is available.
- ◆ Responsible adult must be with anyone requiring **walking aid**.
- ◆ **Cancellations** reimbursed only if a replacement is found.
- ◆ Center members may invite **family or friends** as guests on a trip.
- ◆ **Children** should be at least junior-high-school age.
- ◆ Please do not wear perfume on trips; others are allergic.

### Branson Country Christmas & Veterans Show at the Log Cabin

**Tuesday, November 20th**

The Ozark Jubilee, featuring an all star cast of Branson's top entertainers, will salute and pay tribute to our veterans and provide an afternoon that will touch your heart with a variety of traditional and contemporary Christmas and Americana music, world class fiddlers and Branson's funniest comedians. Enjoy an elegant luncheon before the show starting with crudités, soup, yankee pot roast, chicken piccata, vegetable & potato and a scrumptious dessert!  
Members: **\$80** Non-Members: **\$85**

### A Day in NY City on Your Own

**Wednesday, December 12th**

Explore the city, go see a show, eat delicious food and, of course, see the Christmas Tree at Rockefeller Plaza. Drop off will be at Bryant Park; Pick up will be on 6th Ave between W 40th & 42nd .  
Bus will leave the Center at 7 am and will leave NYC at 6 pm. Returning approx. about 10 pm.  
Cost : **\$40** round trip for members  
**\$45** for nonmembers

### Senior Stumpers

Problem 1

This is an old one, so most of us have probably heard it before. If a hen and a half can lay an egg and a half in a day and a half, how long will it take two hens to lay a dozen eggs?

Problem 2.

Near the beginning of a famous movie, a young girl, who has run away from home, is accused of killing a woman with an unusual weapon. Later in the movie the girl kills her accuser (the first woman's sister) with another unusual weapon. At the end of the movie, the girl is just sent home. What is the name of the movie? What are the weapons?

- ◆ 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.

### Spotlight on San Antonio

**December 5-9th, 2019**

"Taste the flavors of Texas"

Trip includes transportation to Albany Airport, airfare, shuttle to and from hotel, hotel accommodations.

**\$2,149** pp based on double occupancy  
**\$2,549** based on single occupancy  
**\$2,119** pp based on triple occupancy

Learn more at a trip presentation on Wednesday, April 3rd at 6 pm here at the Senior Center.  
For more information, contact **Eileen Brown** c/o Travel by Brown @ 518-399-3128: Monday, Thursday or Friday only.



Watch the trips bulletin board for other sister senior center trips and travel as a member!

Answer 2: The Wizard of Oz. (weapons: house and

them to lay a dozen.  
and a half, so it would six times as long (9 days) for  
and a half, then two hens could lay two eggs in a day  
If a hen and a half can lay an egg and a half in a day

Answer 1: 9 days.

### Stumper Solutions



## Membership News

We will be accepting 2019 membership dues beginning Nov. 1st. Please send or bring in the application form below.  
Copies are also available at the Front Desk.  
New 2019 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 <b>MEMBERSHIP APPLICATION</b> Jan. 1 thru Dec. 31, 2019		<b>Annual Fee:</b> 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		
<b>* These items required on ALL applications – new members and renewals</b>		<b>PLEASE PRINT</b>
<b>*Name1</b> _____	<b>e-mail</b> _____	
<b>*Name2</b> _____	<b>e-mail</b> _____	
<b>*Address</b> _____		
<b>*City/State/Zip</b> _____		<b>*Phone</b> _____
<b>Interests/Talents/Comments</b> _____		
<b>Registration #:</b> _____		
		<b>EXTRA COPIES OF THIS FORM ARE AVAILABLE AT THE FRONT DESK</b>

## Membership Policy

We invite anyone 55 or better 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.



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



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>November</b>					
<b>4</b>	<b>5</b> 9:30 Cardio Circuit 10:15 Forever Strong 10:00 Book Club <del>12:30 Cards</del> <del>4:00 Pickleball</del>	<b>6</b> <b>Election Day</b> Bake Sale 6 a.m. <b>No Y Classes</b> 9:00 Tai Chi 9:00 Coffee & Conver 1:00 Knitting 1:00 Caregivers Grp 2:30 Cardmaking	<b>7</b> 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	<b>8</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Board Meeting C	<b>9</b> 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Italian Advanced 4:00 Pickleball	<b>10</b>
<b>11</b> <b>Veteran</b> <b>Dinner</b>	<b>12</b> <del>Veterans Day observed</del> <del>Senior Center Closed</del> <del>Dining Center Closed</del>	<b>13</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 American Legion 2-5 Safe Driving 4:30 Happy Hour	<b>14</b> <del>9-11 Y class reg.</del> 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2:00 Yoga 2-5 Safe Driving <del>4:00 Pickleball</del>	<b>15</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Author Larry Lewis	<b>16</b> 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Italian Advanced 4:00 Pickleball	<b>17</b>
<b>18</b>	<b>19</b> 9:30 Painting w\Mary 12:30 Cards 4:00 Pickleball	<b>20</b> <b>Trip to Log Cabin</b> <i>Dining Ctr. Thanksgiving Dinner</i> 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	<b>21</b> 9:00 Mah Jong 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	<b>22</b> <del>Thanksgiving</del> <del>Senior Center Closed</del> <del>Dining Center Closed</del>	<b>23</b> <del>Day After Thanksgiving</del> <del>Senior Center Closed</del> <del>Dining Center Closed</del>	<b>24</b>
<b>25</b>	<b>26</b> 9:15 Cardio Circuit 10:15 Forever Strong 11:00 Christmas craft 12:30 Cards 4:00 Pickleball	<b>27</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>28</b> 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	<b>29</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting	<b>30</b> 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Italian Advanced 4:00 Pickleball	

<i><b>Sunday</b></i>	<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>	<i><b>Saturday</b></i>
<b>2</b>	<b>3</b> 9:15 Cardio Circuit 10:00 Book club 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	<b>4</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. 2:30 Cardmaking	<b>5</b> 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	<b>6</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting	<b>7</b> 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Italian Advanced <del>4:00 Pickleball</del> rental	<b>1/8</b> 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Italian Advanced <del>4:00 Pickleball</del> rental
<b>9</b>	<b>10</b> <i>9-11 Y class reg.</i> 9:15 Cardio Circuit 9:30 Painting w\Mary 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	<b>11</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 American Legion	<b>12</b> <i>NYC trip</i> 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 2:00 Yoga 4:00 Pickleball	<b>13</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Board Meeting	<b>14</b> 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Italian Advanced 2-4:00 Holiday Party 4:00 Pickleball	<b>15</b> <b>Driving class</b> 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Italian Advanced 2-4:00 Holiday Party 4:00 Pickleball
<b>16</b>	<b>17</b> 9:15 Cardio Circuit 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	<b>18</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>19</b> <i>CC Holiday meal</i> 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 4:00 Pickleball	<b>20</b> 9:00 Mailing party 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 11:30 Italian Beginners 12:30 Cards 1:00 Quilting	<b>21</b> 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Italian Advanced 4:00 Pickleball	<b>22</b> 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Italian Advanced 4:00 Pickleball
<b>23</b>	<b>24</b> Christmas Eve holiday Senior Center Closed Dining Center Closed	<b>25</b> Christmas holiday Senior Center Closed Dining Center Closed	<b>26</b> 9:00 Mah Jong 4:00 Pickleball	<b>27</b> 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>28</b> 10:00 Painting w\Dani 10:00 Cribbage 1:30 Italian Advanced 4:00 Pickleball	<b>29</b> 10:00 Painting w\Dani 10:00 Cribbage 1:30 Italian Advanced 4:00 Pickleball
<b>30</b>	<b>31</b> New Years Eve— Senior Center Closed Dining Center Closed	<b>December</b>				

# Glenville Dining Center

The **Scotia-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. Bingo and a variety of other activities 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).

*\* Menus subject to change. \**

**Reservations are required; please call 518-393-1946, 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.

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



November 2018		
Thurs.	1	Spaghetti w/Meat Sauce
Fri.	2	Cheeseburger on a Roll
Mon.	5	Broccoli & Ham Quiche
Tues.	6	Chicken Salad on Salad Bed
Wed.	7	Creamy Clam sauce/Linguini
Thurs.	8	Philly Cheese Steak
Fri.	9	Harbor Style Fish
Mon.	12	<b>Closed</b>
Tues.	13	London Broil/ Baked Potato
Wed.	14	Chicken Alfredo/Pasta
Thurs.	15	Swedish Meatballs/Noodles
Fri.	16	Roast Pork/Gravy
Mon.	19	Open Roast Beef Sandwich
Tues.	20	Battered Fish/Baked Potato
Wed.	21	Chicken & Biscuits
Thurs.	22	<b>Closed</b>
Fri.	23	<b>Closed</b>
Mon.	26	Stuffed Pepper
Tues.	27	Corned Beef & Swiss on Rye
Wed.	28	Pesto Chicken
Thurs.	29	Spaghetti w/ Meat Sauce
Fri.	30	Cheeseburger on a Roll

December 2018		
Mon.	3	Broccoli & Ham
Tues.	4	Chicken Salad on Salad Bed
Wed.	5	Creamy Clam Sauce/Linguini
Thurs.	6	Philly Cheese Steak
Fri.	7	Harbor Style Fish
Mon.	10	Macaroni & Cheese
Tues.	11	London Broil & Baked Potato
Wed.	12	Chicken Alfredo w/Pasta
Thurs.	13	Swedish Meatballs/Noodles
Fri.	14	Roast Pork w/ Gravy
Mon.	17	Open Face Roast Beef
Tues.	18	Battered Dipped Fish
Wed.	19	Chicken & Biscuits
Thurs.	20	Ham Salad on Roll
Fri.	21	Cheese Pizza
Mon.	24	<b>Closed</b>
Tues.	25	<b>Closed</b>
Wed.	26	Pesto Chicken
Thurs.	27	Spaghetti w/Meat Sauce
Fri.	28	Cheeseburger on a Roll
Mon.	31	<b>Closed</b>

**Doreen Wright** - Friendship Café Manager; **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 at 1 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.

Upcoming meetings: 11/6, 12/4, 1/8

## American Legion Post 1001

**Second Tuesday of each month at 1 pm**

Next meetings: 11/13, 12/11, 1/8

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

## Scotia Rotary Pancake Breakfast

**Saturday Nov. 3rd, 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.

## Senior Services

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

## 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](http://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.



**A plan for life.**

For information, call

**(518) 641-3400 or**

**1-888-519-4455**

**TTY/TDD (518) 641-4000**

From October 1 through February 14, a representative will be available to speak with you from 8 a.m. to 8 p.m. seven days a week. A representative will be available to speak with you from 8 a.m. to 8 p.m. Monday through Friday the rest of the year.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,® Inc.

This is an advertisement.  
Y0019\_16\_0600A Accepted

“ People who are wrapped up in themselves  
make small packages.”

- Benjamin Franklin



**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.

NOT-FOR-PROFIT • NON DENOMINATIONAL

Est. 1857  
**Vale Cemetery**

Phone 518-346-0423  
vale@valecemetery.org  
*Serene • Prestigious  
Affordable*

Natural Burial Available

Burial Lots from \$375  
Grave Openings \$625 | Cremation Burial Lots \$175  
Cremation Burial Grave Openings \$250

**Hospital-to-Home  
Transition Specialists**  
*Newly Remodeled Private and Semi-Private Suites*

To learn more about our short-term rehab, call  
**518-370-4700**  
or visit  
[www.HomewardBoundRehab.com](http://www.HomewardBoundRehab.com)

 **HomewardBOUND**  
Transitional Care

297 N. Ballston Ave., Scotia, NY 12302  
A rehabilitation program of Baptist Health  
Nursing and Rehabilitation Center, Inc.


"STRATEGIC PLANNING FOR YOUR FUTURE"


**THE WITECKI**  
LAW OFFICE

- Estate Planning
- Asset Protection
- Wealth Preservation
- Wills & Trusts
- Probate & Administration

HOME VISITS AVAILABLE UPON REQUEST  
CALL US TODAY FOR AN APPOINTMENT 518-372-2827

8 S. CHURCH STREET | SCHENECTADY, NY 12305  
[WWW.WITECKILAW.COM](http://WWW.WITECKILAW.COM)



 **LAW OFFICE OF  
KATHLEEN M.  
TOOMBS**



157 BARRETT STREET  
SCHENECTADY, NEW YORK 12305  
TEL: 518.688.2846 FAX: 518.688.2849  
[KTOOMBS@TOOMBSLAWNY.COM](mailto:KTOOMBS@TOOMBSLAWNY.COM)

**ELDER LAW  
WILLS • TRUSTS • ESTATES  
NURSING HOME ISSUES**

ATTORNEY ADVERTISING

**20 Years Experience  
Serving the Glenville and BH-BL Communities**



**Kathleen Engel**, Associate Broker  
Certified Seniors' Real Estate Specialist  
518-640-4808  
E-mail: [Kathleen.Engel@ColdwellBankerPrime.com](mailto:Kathleen.Engel@ColdwellBankerPrime.com)  
[www.ColdwellBankerPrime.com/Kathleen.Engel](http://www.ColdwellBankerPrime.com/Kathleen.Engel)

 **COLDWELL  
BANKER**

**PRIME PROPERTIES**

 **SRES**  
Seniors Real Estate Specialist

 **MLS**  
MULTIPLE LISTING SERVICE



 **Handyman Of America #1**  
**518.557.6208**

We take your trash to the curb for you for \$12 a week.  
We snake drains as well.  
Ask about black mold control - call for price.  
Accepts payment plans, Pay Pal & credit cards through Pay Pal

Painting, Taping & Masonry work  
Snow blowing & Roof raking  
Lawn mowing\Fall cleanup

Emergency repair: call 518-836-1258

**James Baggs, Proprietor**  
[handymanofamerica1@gmail.com](mailto:handymanofamerica1@gmail.com)



Plumbing  
Lighting  
**\$85 HR**



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.

## Dayhaven ADULT DAY SERVICES

Mon-Fri: 8:00am-4:30pm

Services for Older Adults & Caregivers

107 Nott Terrace, Schenectady

518.372.5667

...Motivational Activities

...Safe, Homelike Environment

...Caring Staff

...Nutritious Lunches & Snacks

Enabling Seniors to  
remain at home

Allowing Caregivers peace  
of mind



323 Kings Road  
Schenectady, NY 12304  
393-8800

### Marketing Team

Donna Brake, Director of Sales & Marketing

Jean Barnoski, Marketing/PR Manager

Katie George, Senior Living Specialist

◆ Skilled Nursing ◆ Rehabilitation ◆ Assisted Living ◆ Memory Care  
◆ Senior Apartments ◆ Home Care ◆ Adult Day Program ◆ Respite ◆ Car Service



Your Collision Work Professionals

Frank, Todd & Scott Plemenik

518-346-8119 272 N. Ballston Ave., Scotia, NY 12302

[www.frankandsonsbodysworks.com](http://www.frankandsonsbodysworks.com)

## Mobile Men's Cuts

We'll cut your hair in your home.



Tom's Old Fashioned  
Barber Shop

795 Route 50, Burnt Hills

518-399-8411

## Retirement Living at Its Peak

Vibrant  
community,  
connecting  
you to life.

- Signature Connected Life wellness program
- Luxury amenities
- Maintenance-free living
- Transportation services
- Daily continental breakfast



[SummitAtGlenwyck.com](http://SummitAtGlenwyck.com)  
518.280.7340

## Cremation Funeral Service

518-459-0044

With this ad—Simple Direct Cremation,  
\$995.00 plus the crematory fee of  
\$340.00

741 Delaware Ave. Delmar, NY 12054



Kingsway Community  
Home Care Service

321 Kings Road, C-5, Schenectady, NY 12304  
518.382.8187 • [kingswaycommunity.com](http://kingswaycommunity.com)

Scotia-Glenville  
Senior Citizens  
Recreation & Related  
Concerns, Inc.  
32 Worden Road  
Glenville NY 12302

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
ALBANY, NY  
PERMIT NO. 169

TO: CURRENT OCCUPANT OR



**Scotia-Glenville  
Senior Citizens, Inc.**



**OFFICERS – 2018**

President: Ron Brach  
1st VP: Jim Bishop  
2nd VP: Janet Neary  
Secretary: Sandy Glindmyer  
Treasurer: Art Coats  
(Officers are also Directors)

**DIRECTORS – 2018**

Phil Benner  
Barbara Brown  
Butch Carpentier  
John Friguiletto  
Desdemona Johnson  
Myrtle Major  
Jim Moorhead  
Ed Perazzo  
Roger Peugh  
Anne Pomeroy  
Charlene Pomichter

Angie Pomykai  
Lynn Purcell  
Mary Sieder  
Rosalind Streeter  
Sue Sykes

**CONTACTS**

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