



Scotia-Glenville Senior Citizens

Senior Moments



Volume 47 Number 6 November-December 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.



Remember to vote
Tuesday, November 8
or exercise early voting
options. See page 2.

Annual Veteran's Day Celebration

Saturday, November 12, 2-4 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 veteran 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.

Holiday Party

Friday, December 9, 2-4 pm

Join us for an afternoon of fun and holiday cheer. Light refreshments will be served. Please sign up and pay at the front desk by Friday, December 2.

\$10 per person. Members only

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

Healthy Aging: Bladder Control

Wednesday, November 9, 2-3 pm

Learn about:

- Age-related incontinence
- Tips for bladder control
- Home delivery of incontinence products
- Medications that may help
- And more

Register today by calling 518-374-0734

Free admission and open to the public

Hosted by CDPHP and PharmacyConnectRx

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MARK YOUR CALENDAR

Exec Council: Thurs. Nov. 3, Dec. 1 at 11:15 am

Directors: Thurs. Nov. 10, Dec. 8 at 1:30 pm

Senior Moments Deadline: Wed. Nov. 16

Senior Moments Mailing: Thurs. Dec. 15

Senior Center Closed: 11/24, 11/25, 12/23, 12/30, 1/2

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 am canceled to allow time for plowing; everything after 11 am as usual.

Check local radio and TV for school announcements

Senior Moments is published by
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Barbara Brown, President

Vicki Hillis, Executive Editor, Publisher

Ricki Lewis & Connie Large, Editors

Angie Pomykai, Assoc. Editor, Distribution Manager

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

For this month's article, I thought I would share a few pictures from the recent Senior Center trip to tour the Erie Canal. If you haven't been on one of our trips before, you should try it. Thank you to our trip leaders who give their time and energy to organizing and hosting all of these trips throughout the year.



Don't forget to turn your clocks back an hour on Sunday, November 6th. It is also time to change the batteries in your smoke detectors and to test your carbon monoxide detector.

Be Careful, Be Smart, Be Aware
Barbara

Social Committee

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

Pizza and movie events
starting soon. Watch
for dates and details.



Senior Center Website

www.scotiaglenvilleseniors.org

Barbara Jones—Website Administrator



Vicki's View

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

Giving Tree

Calling all knitting and crocheting enthusiasts:

Local attorney **Kate Toombs** is looking for donations of hats, scarves, gloves and mittens to put on a giving tree outside of her office in Schenectady. The items are free to anyone who need these items to keep warm this season. If you would like to participate, donations can be dropped off at the Senior Center anytime in the next few months.



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.

Barrie Daniels
Charles Judson
Barbara Levine
Jo Moore
John Osterlitz
Anthony Schietromo
Eva Stanton

Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Don Chapman** for the box assemblages in Sept & Oct.

Next Up:

November & December - Thanksgiving and Christmas wood carvings by **Bud Bertino**

If anyone has a collection that they would like to share, please call **Janet Neary** at (518) 393-0331 or leave a message at the front desk. Remember, the case is lighted and always locked. Thanks to Janet for coordinating these displays.

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.

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

Donate Eyeglasses

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

Copy Your Wallet Cards Free

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

CLASSES AT THE SENIOR CENTER

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

Paint with Peggy

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! Cost: \$45

Monday, Nov 21, 9:30 am – 2:00 pm
"Winter Peace"

Students create a peaceful landscape that reflects the stillness of winter. Using a limited palette of colors, Peggy will demonstrate how to use color value to give your painting depth and color contrasts to make it interesting. This is an unusual painting with a single, solitary tree in the foreground. Students love their completed paintings.



Stampin' Up Card Workshop

Tuesday, November 29 at 1 pm
Tuesday, December 27 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.

Affirmations Group

Wednesdays, 10 am

Affirmations are positive statements, about ourselves. Come to our group and feel even better about who we are. Looking forward to meeting you.

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 Anthony Cintula

Watercolors with Mary

Monday, November 7, 10 am - 12 pm

Monday, December 5, 10 am - 12 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 11-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	9:15am	9:15am
Cardio Fit	Balance	Yoga
Mary Jane	Mary Jo	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, 11/14, 11/21, 11/28, 12/5, 12/12

Fridays, 9:15 am, 11/18, 12/2, 12/9, 12/16

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: See instructor. Please make checks payable to **Kathy Gautie**.

MVP Tai Chi Moves

**Fall session: Wednesdays, 1:00-1:45 pm
11/2-12/28**

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/
Next Session: January 11-March 15

Chair Yoga

Thursdays, 9:05 –10:00 am

The November-December Chair yoga session will be offered Nov. 10 –Dec.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

Solution on page 9

You're escaping a labyrinth and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten in 3 years. Which exit do you pick?

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 15 at 9 am

Come join us for our mailing party and holiday 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!

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.

Duplicate Bridge Tuesdays, 12:30 pm

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

Cribbage Fridays, 10 am

Please join us in the library for fun, laughter and cards. If you don't know the game, we will teach you.

Mah Jong

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.

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.

Zentangle Class

Monday, November 28, 1-3 pm

We will use simple Zentangle (patterned) designs to create gift tags. This class is for beginners and those who have taken the Zentangle introduction class. All materials will be provided by the instructor. Cost: **\$10** per person

January 4, 11, 18, 25*, 1-2 pm / *1-3 pm

Each one-hour session (first three weeks) will focus on a different Zentangle pattern, and we'll practice a variety of ways to draw and shade it. This series of workshops will culminate in a "found poetry" piece of art. You will be given a page with text and you choose your favorite words or phrases, then we draw – aka "tangle" - using Zentangle patterns around it. For beginners and those who have taken the Zentangle introduction class. All materials will be provided by the instructor. Cost: Each of the first three-week sessions is \$5 per person per session. The final workshop, week four, is \$10 per person. Total for all four workshops is \$20 (slight discount for attending all sessions) Checks payable to **Linda Fasano**. Since we will be using the designs that we practiced in the first three-week sessions, it is recommended that those who plan on attending the final workshop attend at least two of the three sessions prior. Members only. Max 10 people.

Silver Threads Quilters Thursdays, 1 - 3 pm

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

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First Monday Book Club

First Monday of Month, 10 am

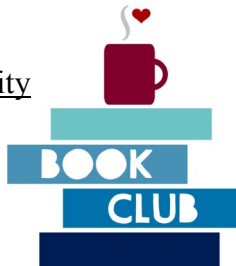
All Center members are welcome to join our monthly sessions. For each meeting, please read the book listed and come prepared to join the discussion.

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

February 6, 2023: I'm Glad My Mom Died
by Jennette McCurdy



La Bella Lingua

Fridays at 1:30,

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



Driver Safety Course

Mon/Tues, November 14th & 15th, 2-5 pm

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

Cost: Center members **\$25.50**
Non Members **\$29.00**

Senior Bowlers

Looking for fun with new friends this fall & winter? 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. 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.

Country Line Dancing

Fridays, 1:15 - 2:30 pm

Check the calendar for fall 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

Membership News

We will be accepting 2023 membership dues beginning Nov. 1st. Please send or bring in the application form below.
Copies are also available at the Front Desk.
New 2023 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 card!**

Membership Policy

We invite anyone 55 or older to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is \$20 annually for those who reside within the town. People from outside the area are also welcome to join for \$30 annually. All memberships expire on December 31st regardless of date of joining.

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

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2023		Annual Fee: Glenville & Scotia residents: \$20 per person Non-residents: \$30 per person Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc. If cash, exact amount please. Senior = 55 or older	
RESIDENT _____ NON-RESIDENT _____		RENEWAL _____ NEW MEMBER _____	
*Name1 _____		E-mail _____	
*Name2 _____		E-mail _____	
*Address _____			
*City/State/Zip _____		*Phone _____ Cell phone _____	
Emergency contact name & number: _____			
Office Use: Registration number: _____ Receipt number: _____ Receipt date: _____ Database: _____			

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.

New York City On Your Own

Wednesday, December 7th

Explore the city, go see a show, eat delicious food and, of course, see the Christmas Tree at Rockefeller Plaza. Drop Off at Bryant Park 6th Ave between W40th & 42nd. Bus leaves the Center at 7 am and departs the City at 6 pm. You are on your own to do whatever you want for the day.

Member: **\$70** Non Member: **\$75**

Please sign up at the front desk.



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



Senior Stumper Solution

Answer: Exit C. If a lion hasn't eaten in 3 years, it has definitely starved to death.

Some snapshots of our dinner dance
Courtesy of **Bud Bertino**



[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>
		1 Early Voting 9-5 9:00 Tai Chi Practice 9:00 Coffee & Conver 12:30 Dupl. Bridge 1:30 Caregivers Grp.	2 Early Voting 12-8 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball	3 Early Voting 9-5 10:00 Photography 12:30 Cards 1:00 Quilting	4 Early Voting 9-5 10:00 Painting w/Dani 10:00 Cribbage 1:30 Advanced Italian 4:00 Pickleball	5 Early Voting 9-5pm
6 Early Voting 9-5pm	7 10:00 Book Club 10:00 Watercolors w/Mary 12:30 Cards 4:00 Pickleball	8 Election Day 9:00 Tai Chi Practice 9:00 Coffee & Conver 12:30 Dupl. Bridge	9 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 1:30 Legal Consults 2:00 Bladder Control 4:00 Pickleball	10 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg	11 10:30 Qigong Class <i>Veteran's Day - Senior Center Closed</i>	12 Annual Veteran's Day Event 2-4pm
13	14 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 2-5 Safe Driving 4:00 Pickleball	15 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	16 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball	17 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	18 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Qigong Class 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	19
20	21 9:15 Zumba Gold 9:30 Painting w/Peggy 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	22 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	23 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball	24 <i>Thanksgiving - Senior Center Closed</i>	25 <i>Thanksgiving - Senior Center Closed</i>	26
27	28 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 1:00 Zentangle 4:00 Pickleball	29 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Cardmaking	30 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 2:00 Musical Bingo 4:00 Pickleball	November		

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		December				
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11	12 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	13 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	14 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 1:30 Legal Consults 4:00 Pickleball	15 9:00 Mailing Party 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	16 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Qigong Class 1:15 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	17
18	19 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	20 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp.	21 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball	22 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	23 <i>Senior Center Closes</i>	24
25	26 <i>Senior Center Closes</i>	27 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Card Making	28 9:15 YMCA Yoga 10:00 Affirmations 1:00 MVP Tai Chi 4:00 Pickleball	29 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	30 <i>Senior Center Closes</i>	31

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.

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: November 1 & 15
December 6 & 20

Upcoming Support Group Conference Calls:

November 14 - (Monday) 5:30-6:30 pm
November 28 - (Monday) 5:30-6:30 pm
December 5 - (Monday) 5:30-6:30 pm
December 27 - (Tuesday) 5:30-6:30 pm

Dial-in number & Access code always the same
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Free Legal Consultations

Wednesday, November 9 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 date: January 11, 2023

Senior Services

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

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.

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.



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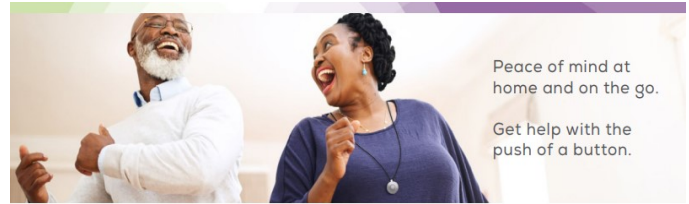
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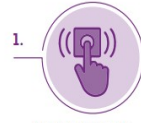


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