



Scotia-Glenville Senior Citizens Senior Moments



Volume 42 Number 5

September-October 2016

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.

Fall Prevention Health Fair

Ready, Steady, Balance

Thursday, September 22nd, 9 a.m.-noon

Learn about ways to prevent falls:

- ◆ Home safety & modifications - Umbrella
- ◆ Staying independent - CDPHP
- ◆ Prescription review - WalMart Pharmacy
- ◆ Assistive equipment - CareTeam Medical Supply
- ◆ Exercises for balance - Greater Glenville YMCA
- ◆ Blood Pressure check - Schenectady County
- ◆ Living well - MVP
- ◆ Pool programs - Sunnyview

Refreshments will be provided. Free and open to area seniors.

Election Day Bake Sale

Tuesday, November 8th, 6 a.m. until sold out.

Please sign up 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 7th.

We also need volunteers to work packing items, collecting money and keeping everything neat and tidy. There is a sign-up sheet at the desk for volunteering in 2-hour increments.

Veterans Day Celebration

Sunday, November 6th, 1-4 p.m.

Program honoring our veterans with local dignitaries in attendance. Listen to the sounds of Ole Blue Eyes with a Frank Sinatra impersonator while you enjoy a turkey dinner catered by Marcella's Restaurant. Please sign up and pay at the front desk by Tuesday, November 1st.

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

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.

Oktoberfest Dinner

Sunday, October 16th, 1-3 p.m.

Plan to join us on October 16th for an Oktoberfest. A variety of German-style dishes - German potato salad, sausage with sauerkraut, chicken, side dishes and Black Forest cake - will be served, catered by Marcella's Restaurant. **Cost: \$10 pp, members only.**

Reservations required. Please sign up and pay at the front desk by Oct. 10th.

Trips

See pg. 8

Thursday, September 15—Turning Stone Casino
Wednesday, September 28—Lake George Theater Luncheon
Thursday, September 29—Olana & Martin Van Buren Historic Sites
Tuesday, October 4—A Slice of Brooklyn Pizza Tour
Tuesday, October 25—Villa Roma
Tuesday, November 29—Perthshire Luncheon
Tuesday, December 6—Mark Twain House & Harriet Beecher Stowe Center

INSIDE THIS ISSUE

	Page		Page
Center News	2	Trips and Travel	8
Center Services	3	Voting Proxy 2016	9
Center Events	4	Sr. Stumper Answers	9
Senior Stumpers	4	Center Calendar	10,11
Classes	5	Dining Center	12
Center Activities	6,7	Community Connections	13

MARK YOUR CALENDAR

Exec Council: Thurs. Sep.1 & Oct. 6 at 9:30 a.m. at Town Hall
 Directors: Thurs. Sep. 8 & Oct. 13 at 1:30 p.m. at Sr. Ctr.
 Senior Moments Deadline: Thursday, Sept. 22
 Senior Moments Mailing: Thursday, Oct. 27 9 a.m.
 Center & Dining Center closed: Monday, Sep. 5 & Oct. 10

Senior Moments is published by
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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 a.m. to 4 p.m.;

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

SENIOR CENTER NEWS



A line from Paula

It's that time of year again, the election of board members and officers. In order to have a valid election, we need to reach the required number of ballots which is ten percent of our membership. You would think that should be easy, but each year we need to work hard to reach that goal. So it is important for you to vote. On page 9 of this newsletter, you will find this year's ballot. I know some are concerned that this is not a secret ballot. That is why we ask for a membership number, if you do not want to provide your name. Others feel they shouldn't vote because they are not familiar with the candidates. I felt that way until I realized that these people are volunteering their time and energy to keep this organization and Senior Center running. Without them, many programs, activities and events at the Center would not happen. You may actually know some of them, just not their name or may have seen them around the Center. For that reason, we will be posting their pictures on the bulletin board. Others are concerned that there are only enough candidates to fill the positions available. We would love to have more, but finding volunteers is very difficult. I know I would love to see a competitive election, maybe next year.

On October 13th at 1:30 p.m., a semi-annual board meeting will be held to welcome new board members. Although every board meeting is open to all members, the October meeting in particular is a good time to meet the officers and board members. Please come.

Paula

Hi from the Editor

Dear Friends, It is nice to note that more members are attending the Film shows. The new season opens on September 2nd as shown on page 7. As always, I request you to suggest titles for future screening.

Thanks and regards,



Nagarajan

Senior Moments Mailing party

Thursday, October 27 at 9 a.m.

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



Vicki's View

Come join us for a little Wii bowling in the Dining Center on Wednesday mornings. Our middle school student volunteers have been setting it up and teaching seniors how to play the game. I know everyone in the Dining Center appreciates the students helping out this summer.

Thank you to Hannaford Supermarkets for choosing Scotia-Glenville Seniors as the recipient of proceeds from the reusable bag program in August.

Also, thank you to our wonderful gardeners: **Barb Brown, Art Coates, Blanche Fischer and Catherine Noor.** The front and side gardens look beautiful!

Vicki

Quilt Raffle on Veterans Day

This year's Veterans Day quilt is ready! Look for it at the front desk at the Center. A big thank you goes out to **Diane Podesva** for a beautiful quilting job.

Please help fund our annual Veteran's Day Celebration by purchasing raffle tickets at the front desk. The drawing will be at the celebration. Tickets are \$1 each or 6 for \$5. You do not have to be present to win. Tickets will also be sold at the Glenville Oktoberfest, September 24. If interested in selling tickets at the Oktoberfest, please call the Center and leave your name.



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.

CENTER SERVICES

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

The Sunshine Club

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 **Jo Moore** 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 Labels and 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. Thanks for your help.

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Ellie Isabella** for her display of Annalee Seasonal Figures in July and **Irene DeGraff** for her display of Items from Portugal in August.

Sept. - Angels by Regina Solarek

We are always in need of collections. If you would like to display your collection, leave a message at the front desk. Remember, the case is lighted and always locked.

Having a computer problem?

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

Please note: Unfortunately, we are no longer able to accept donations of old eyeglasses or empty ink cartridges. Please find another location to donate these items.

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 374-0734 M-F between 9 a.m. 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 a.m.-3 p.m.

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 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 : Sept. 6 and Oct. 4

Rotterdam Sq. Mall trip: Sept. 20 and Oct. 18

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

No charge, but donations are appreciated.

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.

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.

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Stampin' Up Card Workshops

Tuesdays - Sept. 6th, Oct. 4th, Nov. 1st at 3-4:30 p.m.

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Please sign up in advance at Front Desk. Please make checks payable to the instructor, Lynn Streifert. Cost: \$5 per class.

Pizza & Movie Time

Saturday, September 10th 1 to 4 p.m.

Come join us for this special event on our big screen for showing of *A Walk in the Woods*. Pizza from Red Front Pizza and Restaurant will be served with salad, popcorn and baked goods. Cost of refreshments is \$5 for members and \$7 for guests. Sign up and pay in advance at the front desk on "First Come, First Served" basis.

Alzheimer's Disease & Dementia

Thursday, October 20th at 1:30 p.m.

This program by the Alzheimer's Association offers current information about memory loss issues and what they mean to all of us. This interesting, interactive session will explore the difference between memory loss caused by 'senior moments' versus Alzheimer's disease and other forms of dementia. Learn of the risk factors associated with the disease and recognize the warning signs of Alzheimer's. Information is knowledge! **BE THERE!**

Flu Vaccination Clinic

Monday, October 3rd

9 a.m.-12 noon

Schedule an appointment at the desk (374-0734)

Bring insurance information to the appointment.

Service will be billed directly by Walmart Pharmacy. There is no co-pay required for Medicare, Medicare Advantage plans, or Medicaid cardholders.

Halloween Celebration

Thursday, October 27th 9-11 a.m.

Join us in the lobby for some apple cider and doughnuts as we celebrate Halloween a little early. You are also welcome to wear a costume that day. Don't forget to bring a camera!

Driver Safety Courses

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

A) Empire Safety Council

Class Dates: September 20th & 21st from 6 to 9 p.m.

Cost: Senior Center members: \$25.50; Others: \$29.

Please make check payable to Armand Canestraro.

B) AAA Northway

Class Dates: October 18th & 19th from 2 to 5 p.m.

November 15th & 16th from 2 to 5 p.m.

Cost: Senior Center members: \$25; Others: \$32.

Please make check payable to AAA Northway.

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.

Glenville Oktoberfest

Come to Oktoberfest, September 24th at Maalwyck Park for food and fun. Even better, volunteer at the Senior Center booth. We're looking for volunteers to help set up, take down and man the booth during the day. Sign up sheet will be at the front desk.

Healthy Bones for Life

Tuesday at 10:15 a.m. & Thursday at 9 a.m.

Healthy Bones for Life is a free exercise program that promotes strength, balance & strong bones along with some fun! In-class sessions are held at the Center, sponsored this year by Sunnyview Rehab. Hospital, an affiliate of St. Peter's Hospital. We look forward to providing an opportunity to regroup and strengthen our *Healthy Bones for Life* community, and the most up-to-date training for volunteer leaders.

Participants must be Senior Center members. Advance registration at the front desk is required with a signed consent form that you will participate at your own risk. We will provide you with a medical information sheet which you must complete and bring with you to each class. Call Lily Henderson at 355-4629 for further information.

Submitted by Jim Moorhead

Senior Stumper

Solution is on page 9

It is Summer, and George, Gracie, Ricky and Lucy are all going out for a picnic. Each wears a different-colored shirt from among the colors Red, Green, Blue and Yellow. Each is also wearing a different-colored pair of shorts from that same set of colors. Nobody is wearing the shirt and shorts of the same color. George never wears anything Red and Gracie never wears anything Blue. Ricky is wearing his favorite Yellow shirt. Lucy's shirt matches Ricky's shorts, and her shorts match George's shirt. What colored shirt and shorts is each wearing?

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: September 12th—November 18th No classes: Sept. 22, Oct. 10, Nov 8, Nov 11	
Class	Schedule
Cardio Sculpt Circuit	Mon 9:15
Fit Over 50	Fri 9:30
Active Strength	Wed 10:15
Forever strong	Mon 10:15, Wed 9:15, Fri 10:30
Gentle Core Strengthening	Thur. 10:15
Zumba	Tue, Thur 9:15
Balance	Tue 11:20
Chair Yoga	Tue 12:15

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 while increasing your ability to move through daily life.

BALANCE: Incorporates a variety of stability ball and floor exercises aimed to increase core strength and overall stability. Appropriate for all members who wish to improve their muscular endurance, flexibility, and balance.

CARDIO/SCULPT CIRCUIT (for Active Older Adults): Using motivating, 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 and will burn calories and strengthen your heart and lungs. This class will also tone your muscles and strengthen your bones. You will leave feeling invigorated!

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 their comfort. Great for beginners, seniors & those with health challenges.

FIT OVER FIFTY: Get your heart pumping and your blood flowing. Simple steps to keep the feet moving to keep your heart and lungs in tip-top shape.

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

GENTLE CORE STRENGTHENING: Gently “wake up” and strengthen the core. Exercises are taught standing, in a chair and on the floor. Learn good form, improve your posture and become stronger all with this invigorating class.

ZUMBA: Exciting Latin and International dance rhythms taught here for **senior and beginner populations**. This class will emphasize the basics. 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 p.m.

11-week Sessions: Sep 14-Nov 30

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, 9 a.m.

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.

Coffee and Conversation

Tuesdays, 9-11 a.m.

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.

Paint with Peggy

Monday, September 12th,
9:30 a.m.-2:00 p.m.

"Late Summer in the Country" - Students will create a summer sky, a distant hedgerow and a field of round hay bales. This painting is a lot of fun and is easier than it looks to paint. Come join us!



Peggy provides all the materials from a blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting. This class is for any level of painter, no experience is required. Beginners are welcome.

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

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

Bowling League

Wednesdays, 9 a.m.

Looking for fun with new friends this fall? Join the Scotia-Glenville Senior Bowling League! Senior men and women of all levels of ability and averages welcome. We play once per week on Wednesday mornings at 9 a.m. at Boulevard Bowl starting Sept. 7th. An open, free practice session takes place on Aug. 31st. 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 **Jacob Lederman** at 399-5249.

Oil, Acrylic & Art

Fridays, 10 a.m.-1 p.m.

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.

Art Student Display at the Ice-Cream Social



Knitting and Crocheting

Tuesdays, 1 p.m.

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!

Thanks to those who have replenished our supply of yarn, we do not need any more yarn at this time.

Mah Jong

Wednesdays, 9 a.m.

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.

Want to learn Mah Jong?

Mondays, Sept. 19 & 26th at 12:30 p.m.

Here is your chance to learn how to play mah jong. Sign up at front desk by August 29th. Limited to 4 people.

Cost: \$9 for Mah Jong Card; Payable at sign up.

CENTER ACTIVITIES

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Responsibilities of activity participants

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First Monday Book Club

First Monday of month, 10 a.m.

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

Sept. 12 - *Modern Romance* by Aziz Ansari

Oct. 3 - *And the Mountains Echo*
by Kahled Husseini

Nov. 7 - *Night, Dawn, Day* (3 book series)
by Elie Wiesel

First Friday Film Club

First Friday of month, 1:30 p.m.

September 2 : *The Lady in the Van* with Maggie Smith

Maggie Smith stars as a cantankerous old woman who lives in squalor inside a van in an upper middle-class area of London. It is an endearing, quirky little film.

October 7 : *Felix and Meira* with Hadas Yaron

It is a good film about the rituals of Hasidic Jews, their musical traditions, romance and everyday life.

Contact Dr. N. Nagarajan (399-0195) to suggest films for future screening.

Cribbage

Fridays, 10 a.m.

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

Senior Center Photographers

Thursdays, 10 a.m.

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. Come check us out some Thursday.

Silver Threads Quilters

Thursdays, 1- 3 p.m.

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. 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.

Card Playing

Mondays and Thursdays, 12:30 p.m.

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.

La Bella Lingua

Thursdays, 10 a.m. for Beginners and
Fridays, 1 p.m. for Advanced Students

What a beautiful summer! The beginner class will resume on Thursday, Sept. 29 at 10 a.m. and the Advanced class on Friday, Sept. 30 at 1 p.m. 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. Ciao! For more details, please call Ed Perazzo at 399-1438.

Duplicate Bridge

Tuesdays, 12:30-4 p.m.

No previous experience is necessary. This is a friendly game! Come with your partner, or contact Bob Evans at 399-9380, if you need a partner.

Golf Notes

On August 8th, Hal Moore (at 90 years old) had his first "Hole in One" at Galway golf course on the 6th hole. Congratulations, Hal!



Bocce Ball

Tuesdays, 9 a.m.

The Bocce ball players meet every Tuesday at 9 a.m. on the bocce ball court outside the Center, weather-permitting. Everyone is welcome. Bring a folding chair, if desired. For details, call Shirley or Ed Perazzo at 399-1438.

Pickleball

Mon, Wed, Fri, 4 p.m.

Novice play is scheduled for Mondays, Wednesdays, and Fridays. Questions: leave a message at desk.

TRIPS and TRAVEL

- ◆ **Make reservations** in person (none 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.

Turning Stone Casino

Thursday, September 15th

Bring your lucky charm and join us for a day at the Turning Stone Casino.

Trip includes:

\$25 Casino bonus **or** \$20 Bingo bonus + \$5 food credit
Bus leaves the Center at 9:00 a.m. & leaves the casino at 5 p.m. to return to Center at approximately 7 p.m.

Cost: \$30 pp for members ; **\$35 pp** for non-members

Lake George Theater & Lunch

Wednesday, September 28th

Kathleen Clark's "Southern Comforts" follows a budding romance between Gus, a crusty and cantankerous New Jersey widower and Amanda, a feisty, saucy and outgoing Southern widow. Their funny, awkward and enchanting romance fill us with sweet surprise and unpredictable tribulation. Told with warmth and humor, this off-Broadway success is a late-in-life journey of compromise and rejuvenation. Choice of lunch- menu at Senior Center. Leave Center at 9:30 a.m. and return at approx. 4:30 p.m.

Cost: \$76 for member; **\$81** for others.

Olana

Thursday, September 29th

In the morning, we will visit the Martin Van Buren Natl. Historic Site near Kinderhook. Lindenwald was the home of the nation's 8th President. He lived here for the last 21 years of his life. We will be given a guided tour. Following lunch at Kozel's Restaurant in Ghent, we will travel to Olana State Historic Site. Olana was the home & studio of the Hudson River School artist, Frederich Edwin Church, who was not only a landscape painter, but also an architect, designing the entire 250 acres of the Olana estate. We'll be visiting his Persian-inspired home and enjoying the beautiful views of the Hudson River Valley.

Leave Center at 8:45 a.m. and return at approx. 5:30 p.m.

Cost: \$58 for members; **\$63** for non-members.



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

facebook

A Slice of Brooklyn Pizza Tour

Tuesday, October 4th

Come with an appetite, as you will have a tough time deciding which slice is your favorite between the award-winning Neapolitan-style pizza at Grimaldi's under the Brooklyn Bridge (where there is NO waiting on line!) and the legendary Sicilian-style pizza at L&B Spumoni Gardens. Walk around Coney Island's world-famous amusement park and boardwalk. Experience parts of Brooklyn you wouldn't get anywhere else!

Leave Center at 7:00 a.m.; 11:00 a.m. to 3:30 p.m. pizza tour; Return approx. at 8:00 p.m.

Cost: \$89 for members; **\$94** for non-members.

Villa Roma

Tuesday, October 25th

Enjoy a great day of food and entertainment at the Villa Roma resort in the Catskills. Entertainment by **Laura Roth**'s one-woman show to delight you with songs of Garland, Minnelli, Streisand and others. The day starts with cake and coffee at 10 a.m. Lunch menu: Fruit cup & Lentil soup; Choice of Roast loin of Pork, Chicken Francese or Tilapia. All served with starch, vegetables and dessert.

Bus leaves the Center at 7:30 a.m. and returns by 7:00 p.m.

Cost: \$74 for members; **\$79** for non-members.

Perthshire Luncheon

Tuesday, November 29th

Start the Holiday Season off with "Elvis" Bill McGrath. A wonderful arrangement of Christmas music to get you in the holiday spirit!

Leave Center at 10:30 a.m. and return at approx. 4:30 p.m.

Cost: \$60 for members; **\$65** for non-members.

Mark Twain House

Tentatively December 6th

Mark Twain House and Museum, in Hartford, CT, was the home of Mark Twain and his family from 1874 until 1891. We will visit the home during the holiday season when the house is decorated in the style of the period. We will also visit the nearby Harriet Beecher Stowe Center, the home of another inspiring American author, Harriet Beecher Stowe, who changed the face of slavery with *Uncle Tom's Cabin*. The Center preserves and interprets Stowe's life and home. More information will be available soon.

There are many ways to support Scotia-Glenville Senior Citizens, Inc. with your donations:
 We accept gifts by cash or check by mail or in person.

Honorary and memorial gifts: A gift to SGSC, Inc. is a nice way to honor the memory of a friend or loved one. Donations may be made in any amount. Once received, a personalized note will be sent in your name to the honoree or family member notifying them of your kind gesture.

Matching gifts: Many area companies, like GE, will match your charitable contribution. Please check with the human resources department of the company where you work or from which you retired. Some companies may make a contribution because of your volunteer participation.

Planned giving – bequests: Including SGSC, Inc. in your estate plans is a way to provide a legacy to the future and guarantees continued quality services and programs to seniors in our community.

Solution to Senior Stumper

Ricky: Yellow Shirt, Red Shorts; **Lucy:** Red Shirt, Blue Shorts
George: Blue Shirt, Green Shorts; **Gracie:** Green Shirt, Yellow Shorts

Lucy’s shirt matches Ricky’s shorts, and George’s shirt matches Lucy’s shorts. So, Gracie’s shirt matches neither Ricky’s nor Lucy’s shorts. Of course, it cannot match her own shorts either. So it matches George’s shorts. Gracie’s shirt cannot be blue, as she never wears blue. It cannot be red, as George does not wear anything red. It cannot be yellow, as Ricky is wearing the yellow shirt. So Gracie should be wearing the green shirt and George, the green shorts. So George’s shirt cannot be green. It cannot be red either, as he never wears anything red. And Ricky is wearing the yellow shirt. So George should wear the blue shirt, and Lucy should wear the blue shorts. By elimination, Lucy should wear the red shirt and Ricky, the red shorts. That leaves the yellow shorts for Gracie.

Scotia-Glenville Senior Citizens and Related Concerns, Inc. 2016 Annual Meeting – Election of Officers and Directors for 2017

BALLOT

To: Paula DeVries President:

I hereby authorize you to cast my votes as follows for Officers and Directors for the years indicated.

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

• **Seven Directors**, for three-year terms, 2017-2019,
 replacing Directors whose terms will expire this year:

- | YES | NO | YES | NO |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

• **Officers** for 2017:

- | | | YES | NO |
|--------------------|-----------------|--------------------------|--------------------------|
| President | Paula DeVries | <input type="checkbox"/> | <input type="checkbox"/> |
| 1st Vice President | Ruth Quinn | <input type="checkbox"/> | <input type="checkbox"/> |
| 2nd Vice President | Max Gollmer | <input type="checkbox"/> | <input type="checkbox"/> |
| Secretary | Sandy Glindmyer | <input type="checkbox"/> | <input type="checkbox"/> |
| Treasurer | Kathy Stanley | <input type="checkbox"/> | <input type="checkbox"/> |

Comments: _____

Membership card registration number: _____ Date: _____

Print Name (Optional): _____

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

Ballot box located at front desk.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>September</h1>					
4	5 Liquor Delivery Senior Center Closed Dining Center Closed	6 9:00 Bocce 9:00 Tai Chi M1 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C 1:00 Caregivers Grp. M2 3:00 Cardmaking C	7 9:00 Mah Jong C 4:00 Pickleball M1	8 9:00 Healthy Bones M2 10:00 Photography C 12:30 Cards M1 1:00 Quilting M2 1:30 Board Mtg. C	9 10:00 Painting w\Dani C 10:00 Cribbage L 4:00 Pickleball M1	10 Pizza & movie
11 Rental	12 9:15 Cardio Sculpt M1 9:30 Paint with Peggy C 10:00 Book Club L 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	13 <i>Primary Election</i> 9:00 Bocce 9:00 Tai Chi M1 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 American Legion M2 1:00 Knitting M2	14 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 2:00 Yoga M1 4:00 Pickleball M1	15 <i>Trip to Turning Stone</i> 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	16 9:30 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:30 Forever Strong M1 4:00 Pickleball M1	17 Rental
18	19 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 12:30 Mah Jong class C 4:00 Pickleball M1	20 9:00 Bocce 9:00 Tai Chi M1 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:30 Dupl. Bridge M1 12:15 Chair Yoga C 1:00 Knitting C 6-9 Safe Driving Course	21 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 2:00 Yoga M1 4:00 Pickleball M1 6-9 Safe Driving Course	22 9-12 Falls Prevention Day 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	23 9:30 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:30 Forever Strong M1 4:00 Pickleball M1	24
25	26 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 12:30 Mah Jong class C 4:00 Pickleball M1	27 9:00 Bocce 9:00 Tai Chi M1 9:00 Coffee & Conver C 9:15 Zumba M1 10:00 Cribbage L 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 Knitting C	28 <i>Lake George Theater Luncheon</i> 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 1:00 Scrapbooking C 2:00 Yoga M1 4:00 Pickleball M1	29 <i>Olana & VanBuren Historic Sites</i> 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	30 9:30 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 4:00 Pickleball M1	

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
2	3 9-12 Flu Clinic C 9:15 Cardio Sculpt M1 10:00 Book Club L 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	4 <i>Brooklyn Pizza Tour</i> 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M 1:00 Knitting C 1:00 Caregivers Grp. M2 3:00 Cardmaking C	5 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 2:00 Yoga M1 4:00 Pickleball M1	6 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	7 9:30 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 1:30 Film Club M2 4:00 Pickleball M1	1/8
9	10 <i>Dining Center closed</i> <i>Senior Center closed</i> <i>- Columbus Day</i>	11 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 American Legion M2 1:00 Knitting M2	12 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 2:00 Yoga M1 3:00 Cardmaking C 4:00 Pickleball M1	13 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting M2 1:30 Board meeting C	14 9:30 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 4:00 Pickleball M1	15
16 Oktober fest Dinner 1:00	17 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	18 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 Knitting C 2-5 Safe Driving Course	19 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 2:00 Yoga M1 4:00 Pickleball M1 2-5 Safe Driving Course	20 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C 1:30 Dementia Talk M2	21 9:30 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 4:00 Pickleball M1	22
23	24 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	25 <i>Trip to Villa Roma</i> 9:00 Bocce 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 Knitting C	26 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 2:00 Yoga M1 4:00 Pickleball M1	27 9:00 <i>Halloween Celebration</i> 9:00 Sr. Moments Mailing M2 9:00 Healthy Bones M1 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	28 9:30 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:30 Forever Strong M1 1:00 Italian advanced L 4:00 Pickleball M1	29
30	31 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	October				

Glenville Dining Center

Operated at the Glenville Senior Center by Catholic Charities Senior & Caregiver Support Services

Open to all seniors. Senior Center membership not required.

The Senior Dining Center offers a hot, nutritious noon meal Mondays through Fridays. The menus are nutritionally balanced and approved by a registered dietician. A variety of activities and programs take place prior to the meal, with penny bingo every day and prize bingo on Wednesdays after lunch. Every Tuesday, there is also transportation available for grocery shopping at 12:30 p.m. (\$2.00 round trip to Hannaford or Price Chopper).

Reservations: 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 at the Dining Center. Substitutions available. Make request when you call for reservation.

Suggested contribution toward meals:

\$3.50 for those 60+

\$6.00 for those under 60.



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

PLEASE CHECK AHEAD FOR MENU CHANGES!

September 2016		
Thurs	1	Ham Salad Sandwich
Fri	2	Cheese Pizza
Mon	5	Closed for Labor Day
Tues	6	Keilbasa Salad
Wed	7	Chicken Caesar Sandwich
Thurs	8	Spaghetti with Meatsauce
Fri	9	Cheeseburger
Mon	12	Broccoli & Ham Quiche
Tues	13	Buffalo Style Chicken Salad
Wed	14	Linguine with clam sauce
Thurs	15	Philly Cheese Steak
Fri	16	Harbour Style Fish
Mon	19	Macaroni & Cheese
Tues	20	Marinated Beef Salad
Wed	21	Chicken Alfredo
Thurs	22	Swedish Meatballs
Fri	23	Roast Pork with Gravy
Mon	26	Open Face Roast Beef Sandwich
Tues	27	Batter Dipped Fish
Wed	28	BBQ Chicken Breast
Thurs	29	Ham Salad Sandwich
Fri	30	Cheese Pizza

October 2016		
Mon	3	Stuffed Cabbage
Tues	4	Keilbasa Salad
Wed	5	Chicken Caesar Sandwich
Thurs	6	Spaghetti with Meatsauce
Fri	7	Cheeseburger
Mon	10	Closed for Columbus Day
Tues	11	Buffalo Style Chicken Salad
Wed	12	Linguine with clam sauce
Thurs	13	Philly Cheese Steak
Fri	14	Harbour Style Fish
Mon	17	Macaroni & Cheese
Tues	18	Marinated Beef Salad
Wed	19	Chicken Alfredo
Thurs	20	Swedish Meatballs
Fri	21	Roast Pork with Gravy
Mon	24	Open Face Roast Beef Sandwich
Tues	25	Batter Dipped Fish
Wed	26	BBQ Chicken Breast
Thurs	27	Ham Salad Sandwich
Fri	28	Cheese Pizza
Mon	31	Stuffed Cabbage

Doreen Wright—Program Manager; **Kathy Conboy** – Dining Center Manager; **Diana Yeo** – Dining Center Cook
Catholic Charities Senior & Caregiver Support Services are partially funded through Schenectady County Department of Senior and Long Term Care Services with county tax dollars. State and Federal Funding is also provided through New York State Office for the Aging and Federal Administration on Aging.

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 p.m.

Caregivers meet monthly at the Center to discuss caregiving issues faced in people's daily lives. Facilitated by Catholic Charities Senior and Caregiver Support Services staff.

Next meetings on Sept. 6, Oct. 4, Nov. 1

American Legion Post 1001

Scotia, NY

Second Tuesday of month at 1 p.m.

Next meetings on Sept. 13 and Oct. 11.

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

Friendship Café Schedule

Second Wednesday of the month at 10:30 a.m.

Welcome to the Friendship Café meeting at the Apostrophe Café in Proctors. The Friendship Café is for seniors nearing age 60 and above, and caregivers to convene for educational, recreational and social needs. Two hours of free parking is available behind the Proctors Theatre. Come and join us!

For more information, please contact the Senior & Long-term Care Office (382-8481) and leave a message for **Mary Forman**. You may also email her at Mary.Forman@schenectadycounty.com.

Lions Club Raffle

Scotia-Glenville Lions Club is conducting a Car Raffle with Morris Ford with proceeds going towards a Lions Splash Pad in Collins Park. The raffle winner can select a 2016 Ford Fusion or Ford Escape, and 5 more winners receive \$500 each. (See www.sglions.org for raffle rules.) Tickets are \$20 each or \$50 for 3, and can be purchased at www.sglions.org or from a Lions Club member like **Rosemary Pryne**. In addition, a 'Buy-a-Brick' campaign is being held where project donors can have their names engraved on a brick around the Splash Pad. Bricks start at \$150, with larger donations for larger bricks. Visit www.sglions.org for more information.

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. For more information, please contact 372-5667.



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1st VP: Ruth Quinn
2nd VP: Max Gollmer
Secretary: Sandy Glindmyer
Treasurer: Kathy Stanley
(Officers are also Directors)

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Jim Bishop
Emily Childers
Blanche Fischer
Desdemona Johnson
Charlotte McAllister
Arlene Meiklejohn
Joan Menhinick
Janet Neary
Edward Perazzo
Shirley Perazzo

Roger Peugh
Charlene Pomichter
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Glenville Senior Center
Administrator:
Jamie MacFarland