



Scotia-Glenville Senior Citizens Senior Moments



Volume 43 Number 5 September–October 2017

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

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

Election Day Bake Sale

Tuesday, November 7th, 6 am 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 6th.**

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.

Oktoberfest Dinner

Tuesday, October 17th at 4:30 pm

Plan to join us on October 17th for the Center's Oktoberfest dinner. Bratwurst, German potato salad, potato pancakes, apple strudel, Black Forest cupcakes are just a few of the dishes that will be prepared by Chef Paul from Kingsway Community. Cost: **\$10** per person, Members only.

Reservations required. Limited to 150 people. Please sign up and pay at the front desk by Oct. 9th.

Halloween Celebration

Tuesday, October 31st, 9-11 am

Stop by the lobby for some apple cider and doughnuts as we celebrate Halloween. Costumes are encouraged.

Veterans Day Celebration

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

Program honoring our veterans with local dignitaries in attendance. Dinner catered by Marcella's Restaurant.

Please sign up and pay at the front desk by Friday, November 3rd.

- 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 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.

Quilt Raffle

Want to support our Veterans Day Celebration? Buy a Quilt Raffle ticket!

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



Trips

See page 8

Thurs. Sept. 28th - 9/11 Museum

Thurs. Oct. 5th - Seneca Lake Wine Tasting Trip

Thurs. Oct. 19th - Lake George Cruise

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MARK YOUR CALENDAR

Exec Council: Thur. Sept. 7th & Oct. 5th at 9:30 am

Directors: Thur. Sept. 14th & Oct. 12th at 1:30 pm

Senior Moments Deadline: Thursday, Sept. 21st

Senior Moments Mailing: Thursday, Oct. 26th at 9 am

Senior Center closed: Mon. Sept. 4th & Mon. Oct. 9th

Dining Center closed: Mon. Sept. 4th & Mon. Oct. 9th

Senior Moments is published by
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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS



A Line from Paula

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. On page 9 of this newsletter you will find this year's ballot. It is important for you to vote if we are to reach our goal. Please note that some names appear more than once. Those individuals that are running for the Board for the first time as well for one of the officer positions have to be voted on for both positions. Yes, it is a bit confusing. 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, the many programs, activities and events at the Center would not happen. You may actually know some of them, just not their names or may have seen them around the Center. 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 in the future.

On October 12th, a semi-annual board meeting will be held to welcome new board members. Although all board meetings, held the second Thursday of each month, are open to all members, this is a good time to meet the officers and board members. Please come.

Building Expansion Update:

We are still waiting for Governor Cuomo to sign the final documents to release the grant moneys. All the paperwork has been filed and approved. In the meantime the bid documents have been prepared, to be released once the Governor signs the documents.

Paula

Happy Birthday

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



Attention All Desk Volunteers

Please join us for a meeting on Wednesday, September 13th at 12:30 p.m. A light lunch will be provided. Please sign up at the desk.



Breakfast Club

Come join us for our newly forming breakfast club. First up: Wednesday, Sept. 20th at 8 a.m. at J & T's Café, 154 Sacandaga Road. Seating for our group is limited, so please sign up in advance at the front desk. You can even select your breakfast from the menu at sign up time. Be prepared for separate checks that morning.

Hannaford Helps

For every Hannaford Helps reusable bag with the good karma message purchased at the Glenville Hannaford during September, Scotia-Glenville Senior Citizens, Inc. will receive a \$1 donation. Thank you for your support!



Town of Glenville Oktoberfest

Saturday, September 30th at Maalwyck Park

Come one, come all to a fun-filled day of music and food. Please volunteer for the Senior Center booth. We are looking for volunteers to help set up, take down and staff the booth during the day. A sign-up sheet will be at the front desk.

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 Committee

Do you know any member who is recovering from an illness/operation or the family of a member who has died? Or maybe a member who could use an extra ray of sunshine? The Sunshine Club will send a card or make a phone call to let them know that they are in our thoughts and are special to us. Contact **Mary Stagliano** or **Joyce Grygiel** at the center.

Box Tops or Labels for Education



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

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

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Mary Sieder** for her Teapots Collection in July and **Janet Neary** for her Hummel plates in August.

Next Up:

Sept. **Ed Flaherty** - Die cast airplanes

Oct. **Mary McClaine** - Dolls

We are always in need of collections. If you would like to display your collection, please contact **Janet Neary** at 393-0331 or leave a message at the front desk. Remember, the case is lighted and always locked. Thank you to Janet for coordinating the displays.

Copy your wallet cards free

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



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



Van Transportation

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

Our van must stay within Glenville/Scotia.

On-request pickup and delivery



Call 374-0734 M-F between 9:00 am and noon at least a day ahead (up to two weeks ahead) to reserve space and schedule a ride to take you on your errands: to the barber or

hairdresser, Wal-Mart, grocery store, to visit a friend, etc., within the town. The van operates Monday through Friday, 9:00 am-3:00 pm.

Donations are gratefully accepted to help defray costs.

The center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with ample advance notice. Call Catholic Charities 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. 5th & Oct. 3rd

Rotterdam Sq. Mall trip: Sept. 19th & Oct. 17th

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

We Need Drivers & Dispatchers.

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

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

Having a computer problem?

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

Donate eyeglasses

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

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Coffee with a Cop

Thursday, Sept. 21st at 1:30 pm

Come join us for an informative open discussion with a Glenville Police policeman. The patrolman will tell us what is going on in Glenville and things we can do to keep safe. There will be an opportunity for questions from the floor. Refreshments will be served. Sign up at the front desk to attend. Free and open to the public.

Town Budget Presentation

Thursday, Sept. 28th at 2 pm

Town Supervisor Chris Koetzle will present the town budget for the upcoming year. Free and open to the public.

NYS Legislative Update

Wednesday, Sept. 6th at 2 pm

Assemblywoman Mary Beth Walsh will be here to update us on the 2017 Assembly Legislative Session and answer any questions that you may have.

Citizen Preparedness Training

Thursday Oct. 19th, 1:30 pm

What to do when disaster strikes - Learn how to be prepared! A Red Cross representative will conduct a 1-2 hour session of the Citizen Preparedness Corps training program, which covers topics including fire safety, severe weather preparedness, basic first aid, evacuation plans and recovery. Sign up at the front desk (374-0734). Refreshments will be served. Senior Center membership is not required.

Painting with Peggy

Monday, Sept. 25th 9:30 am -2 pm

Stop in the Center to see the picture we will paint! 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. This class is for any level of painter, no experience is required. Beginners are welcome.

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

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

Driver Safety Courses

Tues./ Wed. Sept. 19th & 20th, 2-5 pm

Mon./Tues. Oct. 23rd & 24th, 2-5 pm

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

Cost: Senior members \$25 & non-members \$32. Please check only payable to **AAA Northway**. 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: 9/5, 10/3, 11/7

Ornament Making Workshop

Friday, Sept. 15th, 1:30-3:30 pm

We will once again be making ornaments for our Christmas Tree which will be on display at the Ballston Festival of Trees. Supplies will be provided. Please sign up at the front desk for a fun afternoon.

Watercolors with Mary

Monday, Oct. 2nd, 10 am - 12:30 pm

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



LaBlast Line Dancing

Fall session: Thursdays at 11:15; 9/7 -10/5

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

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: Session Fees: 1 class/wk: \$33 for 10-week session; 2/wk \$45; 3/wk \$59; 4/wk \$72; 5/wk \$85 10 week session September 11th– November 17th; no classes on 10/9; 11/7; 11/10 Fall Session registration: August 31st 9-11 a.m.				
Monday	Tuesday	Wednesday	Thursday	Friday
9:05 Cardio Sculpt	9:15 Zumba Gold	9:15 Forever Strong	9:15 Zumba Gold	9:30 Chair Yoga
9:55 Forever Strong		10:15 Active Stretch	10:15 Gentle Core	10:30 Forever Strong
	11:20 Chair Yoga	11:15 Cardio Dancin'		

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

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

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

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

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

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

Other Senior Center Classes

Gentle Yoga

Wednesdays, 2:00 pm

Fall Session 9/13-11/29; 11 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: \$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, 9:00 am

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, October 26th, 9:00 am

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. Baked goods and coffee will be served. Come join us and have some fun!

Bocce

Tuesdays, 9:00 am

We play bocce every Tuesday morning- weather permitting. Newcomers are welcome. We're enjoying the new benches with umbrellas. For information, call **Shirley** or **Ed Perazzo** at 399-1438.

Knitting and Crocheting

Tuesdays, 1:00 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!

* We are accepting donations of yarn at this time.

Duplicate Bridge

Tuesdays, 12:30-4:00 pm

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

Card Playing

Mondays and Thursdays, 12:30 pm

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

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

Coffee and Conversation

Tuesdays, 9:00-11:00 am

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

La Bella Lingua

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. Beginner/ Intermediate classes will resume Sept 28, The advanced class will start on Fri Sept 29 the time to be determined later. Ciao! For details, please call **Ed Perazzo** at 399-1438.

Mah Jong

Wednesdays, 9:00 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.

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 at 1:00 pm on Tuesdays or work on your own. Contact Vicki for Info.

Gardening

Do you enjoy being outside? Join us for light exercise in planting flowers, weeding, deadheading, to continue to make this Center beautiful. Sign up at the front desk and we will call you when it is time to plant. We are also looking for new ideas for the memorial garden located behind the bocce court.

Cribbage

Fridays, 10:00 am

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

CENTER ACTIVITIES

Responsibilities of activity participants

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First Monday Book Club

First Monday of month, 10 am

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

Sept. 11th - *Truth or Die* by **James Patterson**

Oct. 2nd - *Heft* by **Liz Moore**

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

First Friday Film Club

First Friday of month, 1:30 pm

Sept. 1st: *A Man called Ove*: Swedish film with English sub-titles. Ove, an isolated, angry retiree with strict principles and short fuse, spends his time enforcing the block association rules and visiting his wife's grave.

Oct. 6th: *Lion*: A triumphant, true story of survival against all odds. Saroo who, at 5 years old, winds up in the streets of Calcutta, is later adopted by an Aussie couple, and returns for a visit to his village at 30 years old.

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

Pickleball

Mon, Wed, Fri, 4:00 pm

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

Silver Threads Quilters

Thursdays, 1:00- 3:00 pm

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

Oil, Acrylic & Art

Fridays, 10 a.m.—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



Senior Center Photographers

Thursdays, 10:00 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.

Bowling League

Wednesdays, 9 am

Looking for fun with new friends this fall? Join the Scotia-Glenville Senior Bowling League! Senior men and woman of all levels of ability and averages welcome. We play once per week on Wednesday mornings at 9 a.m. at Boulevard Bowl starting Sept 6th. An open, free practice session takes place on Aug. 30th. 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.

TRIPS and TRAVEL

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

9/11 Museum Trip

Thursday, September 28th

Join us for a trip to the National 9/11 Memorial and Museum in New York City. The bus will depart the Senior Center at 7 a.m. Lunch on your own on the way home. Return home TBA. Cost: **\$60** members; **\$65** nonmembers

Lake George Cruise

Thursday, October 19th

Enjoy the colorful fall foliage while cruising beautiful Lake George. Luncheon buffet included. Leave the center at 9:30 a.m.
Cost: **\$55** members; **\$60** nonmembers

Seneca Lake Wine Tasting Trip

Thursday, October 5th

Seneca Lake, once part of the proud Seneca Nation, is among the most popular of the Finger Lakes due to the natural and scenic beauty of the lake as well as its many attractions, ranging from the heralded Seneca Lake Wine Trail to the race track at Watkins Glen.

Perched on a hill overlooking the deep blue Seneca Lake, historic **Belhurst Castle and Winery** erected in 1885, is a breathtaking attraction in the heart of the Finger Lakes Wine Country. Belhurst winemakers create award-winning wines as unique as the castle itself.

Upon arriving at Belhurst Castle we will be given a tour of the winery and have a delightful wine tasting. After the tasting we will be treated to a delicious luncheon buffet at Edgar's Steakhouse, one of two fine restaurants located in the castle.

After lunch we will be going to the **Fox Run Vineyards** for a tour and a wine tasting. Fox Run Vineyards offers estate grown, award winning wines, gorgeous views of Seneca Lake and a tasting room that was named one of the Top 20 in America.

The bus will leave from the Center at 6:45 am and arrive at Belhurst Castle at about 10:30. We should be done with lunch about 1:30 and arrive at Fox Run Vineyards at about 2:00. After our tour and tasting we will head home arriving back between 6:30 and 7:00.

Cost: **\$72**, members and **\$77**, non-members.



Show of Interest: Bermuda Cruise

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

Inside Cabin Category: IC \$1,042
Outside Cabin Category: OA \$1,312
Balcony Cabin Category: BA \$1,652

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

Senior Stumper (Difficult)

Submitted by Jim Moorhead

The King of the pygmies, Juga Juga has died leaving his three scurrilous sons, - Log, Cog and Fog to squabble over the Kingdom. Log, the oldest and champion blowgun marksman of the tribe, suggest a contest to the death among them to settle it once and for all. He proposes that he and his brothers arrange themselves at the corners of an equilateral triangle, and shoot poisoned darts at each other, one at a time around the triangle, in order to be chosen by lot, until only one is left standing, no matter how long it takes. At any time it is a brother's turn to shoot, the choice of target will be his. They are all aware of there opponent's abilities: At the proposed distance, Log never misses anything that he aims at, Cog hits his objective 80% of the time and the feckless Fog only hits his target 40% of the time. Each of them knows full well that if he is hit by a dart, it will result in his quick albeit painful death. Still they agree. As dire it may be, it is the best of all alternatives They may not be cultured, but they aren't stupid either. So each will use his own best strategy for survival. As they enter the field, awaiting the shooting order to be decided, who has the greatest chance to live to be king? Who has the least chance ? Bonus: What are the mathematical Probabilities?

See below for solution.

Scotia-Glenville Senior Citizens and Related Concerns, Inc. 2017 Annual Meeting – Election of Officers and Directors for 2018

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, 2018-2020,
replacing Directors whose terms will expire this year:

YES NO	YES NO
<input type="checkbox"/> <input type="checkbox"/> Ron Brach	<input type="checkbox"/> <input type="checkbox"/> Anne Pomeroy
<input type="checkbox"/> <input type="checkbox"/> Butch Carpentier	<input type="checkbox"/> <input type="checkbox"/> Charlene Pomichter
<input type="checkbox"/> <input type="checkbox"/> John Friguletto	<input type="checkbox"/> <input type="checkbox"/> Mary Sieder
<input type="checkbox"/> <input type="checkbox"/> Jim Moorhead	

- **One Director** for 2 years to replace a departing director:

☐ ☐ Sue Sykes

- **One Director** for 1 year to replace a departing director:

☐ ☐ Lynn Purcell

- **Officers** for the 2016 year:

	YES	NO
President Ron Brach	<input type="checkbox"/>	<input type="checkbox"/>
1st Vice President Jim Bishop	<input type="checkbox"/>	<input type="checkbox"/>
2nd Vice President Janet Neary	<input type="checkbox"/>	<input type="checkbox"/>
Secretary Sandy Glindmyer	<input type="checkbox"/>	<input type="checkbox"/>
Treasurer Art Coats	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Membership card registration number: _____ Date: _____

Print Name (Optional): _____

***Sign and return this Proxy to the Senior Center on or before Friday, October 6,
whether or not you plan to attend the October 12th Annual Meeting.***

Solution: It turns out that feckless Fog has the best chance for survival with a probability of about 0.422. Dead eye Log is next with a probability of 0.36, and Cog comes in dead last with a probability of 0.218. For a detailed analysis and mathematical solution contact lepton-jim@hotmail.com.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		September			1 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Film Club 4:00 Pickleball	2
3	4 Labor Day— Senior Center Closed Dining Center Closed	5 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 10:15 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. 2:30 Cardmaking	6 Bowling league begins 9:00 Mah Jong 2:00 NYS Assembly update with Mary Beth Walsh 4:00 Pickleball	7 9:00 Healthy Bones 10:00 Photography 11:15 LaBlast linedancing 12:30 Cards 1:00 Quilting	8 10:00 Painting w/Dani 10:00 Cribbage 4:00 Pickleball	9
10	11 9:05 Cardio Sculpt 10:00 Book Club 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	12 <i>Primary Election</i> 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	13 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 12:30 Desk Volunteer Mtg 2:00 Yoga 4:00 Pickleball	14 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:15 Core Strength 11:15 LaBlast linedancing 12:30 Cards 1:00 Quilting 1:30 Board Meeting	15 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 1:30 Ornament Wkshp 4:00 Pickleball	16
17	18 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	19 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving Course	20 <i>Breakfast Club</i> 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga 4:00 Pickleball 2-5 Safe Driving Course	21 <i>Sr. Moments deadline</i> 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:15 Core Strength 11:15 LaBlast linedancing 12:30 Cards 1:00 Quilting 1:30 Coffee with a Cop	22 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	23
24	25 9:05 Cardio Sculpt 9:30 Paint with Peggy 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	26 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:00 Cribbage 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	27 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga 4:00 Pickleball	28 <i>Trip to 9/11 Museum</i> 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 11:15 LaBlast linedancing 12:30 Cards 1:00 Quilting 2:00 Town Budget Talk	29 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 1:00 Italian advanced 4:00 Pickleball	30 Glenville Oktoberfest Maalwyck Park 12-9

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2 9:05 Cardio Sculpt 10:00 Book Club 10:00 Watercolors w/Mary 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	3 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Support Grp. 2:30 Cardmaking	4 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga 4:00 Pickleball	5 <i>Seneca Lake Wine trip</i> 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 11:15 LaBlast linedancing 12:30 Cards 1:00 Quilting	6 <i>Election ballot due</i> 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 1:00 Italian advanced 1:30 Film Club	7
8	9 <i>Dining Center closed - Columbus Day</i>	10 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	11 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga 4:00 Pickleball	12 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography Italian beginners 10:15 Core Strength 12:30 Cards 1:00 Quilting 1:30 Annual Board Mtg.	13 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 1:00 Italian advanced 4:00 Pickleball	14
15	16 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	17 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting <i>4:30 Oktoberfest Dinner</i>	18 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga 4:00 Pickleball	19 <i>Lake George Cruise</i> 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 12:30 Cards 1:00 Quilting 1:30 Disaster Preparedness	20 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 1:00 Italian advanced 4:00 Pickleball	21
22	23 9:05 Cardio Sculpt 9:50 Forever Strong 12:30 Cards 2-5 Safe Driving 4:00 Pickleball	24 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving	25 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga 4:00 Pickleball	26 9:00 Sr. Moments Mailing 9:00 Healthy Bones 9:15 Zumba Gold 10:00 Photography 10:00 Italian beginners 10:15 Core Strength 12:30 Cards 1:00 Quilting	27 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 1:00 Italian advanced 4:00 Pickleball	28
29	30 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	31 <i>Halloween Celebration</i> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	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).

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

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.



September 2017		
Fri.	1	Roast Pork w\gravy
Mon.	4	<i>Closed—Labor Day</i>
Tues	5	Batter Dipped Fish
Wed.	6	Chicken & Biscuit
Thurs.	7	Ham Salad on Kaiser Roll
Fri.	8	Cheese Pizza
Mon.	11	Stuffed Peppers
Tues.	12	Grilled Rueben
Wed.	13	Pesto Chicken
Thurs.	14	Spaghetti w\Meatsauce
Fri.	15	Cheeseburger
Mon.	18	Broccoli and Ham Quiche
Tues.	19	Chicken Salad on Salad Bed
Wed.	20	Creamy Clam Sauce w\Linguini
Thurs.	21	Philly Cheese Steak
Fri.	22	Harbour Style Fish
Mon.	25	Macaroni & Cheese
Tues.	26	London Broil
Wed.	27	Chicken Alfredo
Thurs.	28	Swedish Meatballs
Fri.	29	Roast Pork w\gravy

October 2017		
Mon.	2	Open Face Roast Beef
Tues.	3	Batter Dipped Fish
Wed.	4	Chicken & Biscuit
Thurs.	5	Ham Salad on Kaiser Roll
Fri.	6	Cheese Pizza
Mon.	9	<i>Closed - Columbus Day</i>
Tues.	10	Grilled Rueben
Wed.	11	Pesto Chicken
Thurs.	12	Spaghetti w\Meatsauce
Fri.	13	Cheeseburger
Mon.	16	Broccoli and Ham Quiche
Tues.	17	Chicken Salad on Salad Bed
Wed.	18	Creamy Clam Sauce w\Linguini
Thurs.	19	Philly Cheese Steak
Fri.	20	Harbour Style Fish
Mon.	23	Macaroni & Cheese
Tues.	24	London Broil
Wed.	25	Chicken Alfredo
Thurs.	26	Swedish Meatballs
Fri.	27	Roast Pork w\gravy
Mon.	30	Open Face Roast Beef
Tues.	31	Batter Dipped Fish

Doreen Wright - Dining Center Manager **Beth Gish** —Dining Center Coordinator; **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, 1:00 pm

Caregivers meet monthly at the center to discuss caregiving issues faced in people's daily lives. Facilitated by Schenectady County Department of Senior and Long Term Care Services Caregiver Support Group staff. Next meetings: 9/5; 10/3

American Legion Post 1001

Second Tuesday of each month at 1:00 pm

Next meetings: 9\12 & 10\10

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

Friendship Café

Second Wednesday of the month at 10:30 am

Welcome to the Friendship Café meeting at the Apostrophe Café in Proctors. The Friendship Café is for seniors 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!

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**.

AARP Tax-Aide Seeks Volunteers

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

Area Codes

Phone numbers in the capital region now have a 518 or 838 area code. Remember, you must now dial the area code when dialing any phone number. Be sure to update any preprogrammed numbers in your cellphone or speed dial list.



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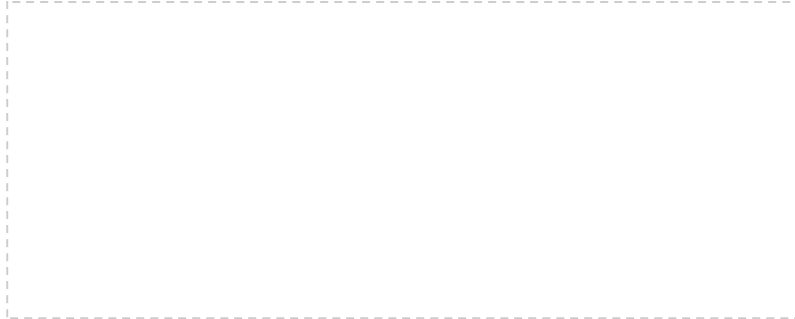
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