



Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 5 September-October 2018

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

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

Fall Picnic

Friday, September 14th at 1:30 pm

Join us for our first annual Senior Center Outdoor Picnic with hot dogs, chips and more. We'll have outdoor games for people to play and tables set up outside so people can choose to sit indoors or outside. We'll have a donation basket available for those that would like to make a monetary contribution. Please sign up in advance.

Happy Hour

Tuesday, September 18th at 5 pm

Come join us that evening for a casual gathering and perhaps an adult beverage at Applebee's, 268 Saratoga Rd. Sign up in advance.

Oktoberfest @ Maalwyck Park

Saturday, September 29th

We are looking for people to volunteer at the Senior Center table at the Town of Glenville Oktoberfest to talk to people about what we offer and encourage them to become members. We'll hold a 50\50 raffle to benefit the Veterans Day Dinner.

Town Budget Presentation

Thursday, October 4th at 2pm

Town Supervisor **Chris Koetzle** will present the town budget for the upcoming year at the Senior Center on 9\27. Free and open to the public.

Murder Mystery Luncheon

Saturday, October 27th at noon

"Sam Club Private Eye: Motorcoach Murder"

Also included is a Italian buffet luncheon catered by Slice. Tickets on sale for members only until September 26th, then additional tickets may be purchased for guests after that date, if available. Sign up at the front desk. Cost: \$25 per person.



Halloween Party

Wednesday, October 31st, 9-11 am

Join us for cider and doughnuts in the lobby on Halloween.

Election Day Bake Sale

Tuesday, November 6th - See page 6.

Veteran's Day Celebration

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

There will be a program honoring our veterans and dinner catered by Marcella's Restaurant. Please sign up and pay at the front desk by Friday, November 2nd. • Veterans who are members: Free • Non-veterans: \$10 • Other veterans eat free if accompanied by a relative who is a member of the center. **ONE FREE** veteran guest per member. Veterans are asked to provide military information on forms at desk when they sign up. Thank you to **CDPHP** for their sponsorship of this event.

Trips

See pg. 8

Thursday, September 20th - Hyde Collection & Saratoga Tour

Tuesday, October 2nd - Holiday Inn Luncheon & Show, Lake George

Tuesday, October 16th - Oktoberfest at the Log Cabin, Holyoke, MA

Inside This Issue

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

MARK YOUR CALENDAR

Exec Council: Wed. September 5th & October 3rd at 2:30 pm

Directors: Thurs. September 13th & October 11th at 1:30 pm

Senior Moments Deadline: Wed. September 26th

Senior Moments Mailing: Thurs. October 25th at 9 am

Senior Center & Dining Center closed: Mon. Sept. 3rd, Oct. 8th

Dining Center closed: Friday, Oct. 19th

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

Ron Brach, President

Vicki Hillis, Executive Editor, Publisher

Myrtle Major, Editor

Angie Pomykai, Assoc. Editor, Distribution Manager

Bob Atwood, Associate Editor

GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS



Ron's Reflections

I hope everyone had a great summer and is looking forward to the beautiful fall season we so often experience in Glenville. There were some great summer trips and three successful golf leagues sponsored by our Senior Center.

Thank you all for helping make these happen. The Senior Center will be equally busy this fall with three main events planned. In addition to several exciting activities planned by our busy standing committees, including a murder mystery luncheon, we will have a booth at the Glenville Oktoberfest celebration at Maalwyck Park on September 29th. This event will feature an authentic German Biergarten with food and music along with local bands, children's activities and vendors.

A Glenville Senior Center Retreat held by the officers and directors at the Center is scheduled for Friday, October 19th. Participants will review the concerns and needs of senior citizens in the community regarding activities, services, and facilities offered by the Center that enhance their quality of life. We invite interested members of the Center and community to attend to offer ideas for discussion. You do not need to be a member of the Center to attend. Readers are urged to complete and return the survey form included in this issue of *Senior Moments*, pg. 9. You can also use the form to sign up to participate in the retreat discussions. A major review of Center programs and facilities has not been conducted in several years. In view of a possible new Senior Center in the future, this is a timely topic for discussion.

I also direct your attention to a third major item on our fall agenda: The election of officers and directors of the Center for the coming year at a membership meeting October 11th. Each member of the Center is entitled to vote in person or by proxy. A ballot/proxy form is included with *Senior Moments* for use by members. This must be returned by October 5th either by mail or to the Center receptionist. Your vote is important in order to assure we have a strong leadership team in place for the coming fiscal year that begins January 1st.

Finally, in recognition of the dedication and service of our veterans in the community, the Glenville Senior Center will again sponsor a Veterans Day celebration luncheon at the Center.

So, you can see that the fall season at the Center is shaping up to be a very busy and interesting one indeed. On behalf of the officers, directors and many volunteers at the Center, we hope to see you with us.

Yours Sincerely,
Ron Brach



Vicki's View

Welcome to fall, everyone,

As Ron mentioned we have a busy line-up of activities scheduled, so be sure to sign up for the things that interest you.

We are currently looking for one more person to assist with the sunshine committee. This group sends thinking of you, get well and sympathy cards to our members as needed. Please come by the office to learn more.

For those of you who were waiting for the answer to the July-August stumpers:

Solution 1. (Maureen: Deacon), (Tom: Minister), (George: Choir Director) The minister is married to Maureen's sister and even in the most liberal churches a woman does not get married to her sister. So Maureen is not the minister. The choir director is an only child, so Maureen, who has a sister, is not the choir director either. Maureen is the Deacon. Tom cannot carry a tune, so he is not the choir director, who was a famous opera singer. He is the minister. That makes George the choir director.

Solution 2. 50 miles.

Let X be the distance he must drive. It follows that $10*(135+X)=1800+X$, or $9*X=450$, so that $X=50$. He will have driven his car a total of 1850 miles and his trip odometer will show 185 miles.

Vicki



Gardening Corner

By **Barbara Brown**

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

Copy your wallet cards free

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



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



CENTER SERVICES

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

The Sunshine Committee

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



Box Tops for Education

Check cans, bags, and boxes of groceries, cleaning supplies, etc., and you'll probably find little symbols like these on many of them. Each of these

little symbols is worth 10 cents to our neighboring Glen-Worden Elementary School, so don't throw them away.

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

Display Case

Be sure to check out the display case in the library to see some unique collections. We want to thank **Sue Musto** for her Norman Rockwell collection in July and **Bart Chabot** for his Ceramic International Decanters in August.

Next Up:

September: **Phil Benner - Model Cars**

October: **Joan Gould - Elephants**

We are always in need of collections. If you would like to display your collection, please contact **Janet Neary** at 518-393-0331 or leave a message at the front desk. Remember, the case is lighted and always locked. Thank you to Janet for coordinating the displays.

Happy Birthday

We are grateful to **CDPHP** for their generous monthly contribution of a decorated birthday cake for everyone to enjoy and honor those with birthdays that month. Join the celebration with a piece of cake.
Upcoming celebrations:



September: birthdays: 9/13

October birthdays: 10/11

Van Transportation

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

Our van must stay within Glenville/Scotia.

On-request pickup and delivery



Call (518) 374-0734 M-F between 9 am and noon at least a day ahead (up to two weeks ahead) to reserve space and schedule a ride to take you on your errands: to the barber or

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

Donations are gratefully accepted to help defray costs.

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

Tuesdays: Scheduled trips to Malls

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 4th & Oct 2nd

Rotterdam Sq. Mall Trip: Sept 18th & Oct 16th

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.

Acrylics/Watercolors with Mary

Monday, September 17th at 9:30 am

Monday, October 15th at 9:30 am

Complete an entire watercolor or acrylic painting during a one day class. All materials and instruction provided. Please sign up at the front desk in advance. Cost: **\$25** per class. Please make checks payable to the instructor, **Mary Fekete**. Max: 4 participants



Driver Safety Courses

Tues./Wed. Sept. 18th & 19th, 2-5 pm

Tues./Wed. Oct. 16th & 17th, 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.

MVP Tai Chi Moves

Wednesdays, Sept 19 - Dec 5 at 1pm

Join us for an introduction to Sun Style Tai Chi!

Described as "meditation in motion," the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. Wear flat-soled shoes and loose, comfortable clothing. This program is free and open to the public, compliments of MVP Health Care. Space is limited and registration is required. Registration begins **Sept. 1st**. Call the Medicare Customer Care Center at 1-800-665-7924 (TTY:1-800-662-1220).

Course code: 5042

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\4, 10\2, 11\6

Painting with Peggy

Monday. Oct. 1st: "Watching the

Sunset" - Sunsets are fun to paint!

Join us to paint a couple sitting on a shore watching the sun set across the lake. You can make the colors pastel or bold - depending on what you like!



Monday, Oct 29th: "Autumn by the Stream" - In this painting, you are standing among trees on the bank of a stream, looking across a fields to distant woods. We will use acrylic and oil paints to create this peaceful autumn scene.



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

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

Cost: **\$45**. Payment due at time of registration. Please make checks payable to **Peggy Porter**. Max. 8 participants. Sign up at Front Desk. Call Peggy at 518-925-2238 for additional details.

Scholarship Winners

Scotia-Glenville Senior Citizens, Inc. is pleased to announce the winners of the \$1000 scholarships for 2018:

Sidney Krawiecki, a senior at Burnt Hills-Ballston Lake High School and **Haley Ernst**, a senior at Scotia-Glenville High School. Congratulations!

Recycling at Center

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



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: Sept. 10-Nov. 16th Session Fees: 1 class\wk: \$48 ; for 2 classes\wk \$84 ; 3 classes\wk \$108 ; 4 classes\wk \$120 ; 5 classes\wk \$135 Registration: August 30th from 9-11 a.m.				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Cardio Fit Susan	9:15 Zumba Gold Carolyn	9:15 Active Stretch Joyce	9:15 Zumba Gold Kathy	9:30 Chair Yoga Joyce
10:30 Forever Strong Susan		10:05 Zumba Gold Linn		10:30 Forever Strong Joyce
	11:20 Chair Yoga Carlie		11:15 Balance Susan	

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

BALANCE: As we age, we lose our balance. The good news is that with practice, we can retrain our brains and bodies to improve our balance! Strengthens key muscles responsible for balance; Leads you through balance drills; Provides you with tricks to help you to improve your balance.

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

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

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

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

Other Senior Center Classes

Gentle Yoga

Wednesdays at 2 pm

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

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

Cost: \$40 Pay instructor **Nancy Tobiessen** on the first day of attendance. Nancy has been a Kripalu yoga teacher for over 20 years with special training to teach seniors.

Tai Chi Practice

Tuesdays, 9am

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

CENTER ACTIVITIES

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

Responsibilities of activity participants

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

Senior Moments Mailing party

Thursday, October 25th at 9 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. Refreshments will be served. Come join us and have some fun!

Knitting and Crocheting

Tuesdays, 1 pm

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

Calling All Bakers-

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



Senior Center Bowling League

Wednesdays at 9 am at Boulevard Bowl

Yes, the bowling league is only a few weeks away. Our meeting, sign-up and free week is Wednesday, August 29th at 9 am at Boulevard Bowl. As a bonus, you do not need to sign-up for the full 32-week season. One can sign-up for either the 16-week fall season or the 16-week spring season. Come and check us out, we are a fun, no pressure league!

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

Coffee and Conversation

Tuesdays, 9-11 am

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

Card Playing

Mondays and Thursdays, 12:30 pm

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

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

Duplicate Bridge

Tuesdays, 12:30-4 pm

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

Mah Jong

Wednesdays, 9 am

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

Cribbage

Fridays, 10 am

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

CENTER ACTIVITIES

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

Responsibilities of activity participants

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

First Monday Book Club

First Monday of month, 10 am

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

Sept. 10 - *Angels on Earth*— By Laura Schroff

Oct. 1 - *Their Eyes Were Watching God*
by Zora Neale Hurston

Nov. 5 - *The Address* by Fiona Davis

“Travel the world by reading a book.”

La Bella Lingua

Beginners - Thursdays at 11 am (starts 9\27)

Advanced - Fridays at 2:30 pm (starts 9\28)

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

Blanket-makers Needed

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

Silver Threads Quilters

Thursdays, 1- 3 pm

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

Oil, Acrylic & Art

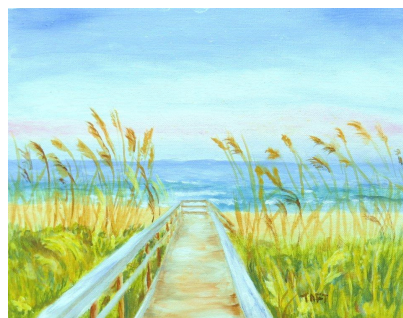
Fridays, 10 am - 1pm

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

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

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

Painting by Shirley Taft



Pickleball

Mon, Wed, Fri 4 pm

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

Bocce

Tuesday, 9 am

The bocce players will meet every Tuesday until the weather turns colder. Newcomers are welcome. For information, call **Shirley** or **Ed Perazzo** at (518) 399-1438.

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.

Hyde Collection & Saratoga Tour Thursday, September 20th

The Hyde opened as a museum in 1963. A product of the golden age of the private art collector, the Hyde is one of the Northeast's exceptional small art museums with distinguished collections of European and American art. The core collection, acquired by Museum founders Louis and Charlotte Hyde, includes works by such artists as Botticelli, Rembrandt, Rubens, Degas, Seurat, Picasso, and Renoir, and American artists Eakins, Hassam, Homer, and Whistler. The Museum's collection of Modern and Contemporary art features works by artists including Albers, Dehner, Gilliam, Gottlieb, Hartigan, Kelly, LeWitt, McNeil, Motherwell, Nicholson, Rauschenberg, and Riley.

Lunch will be at the Davidson's Brew Pub in Glens Falls.

Then we will discover the history of Saratoga Springs in style by taking **Upstate Transit of Saratoga's guided trolley tours**. This 2-hour excursion includes a view of historic sites along Broadway, Skidmore campus, the High Rock area, the Saratoga Casino, Saratoga Race Course, Union Ave and more.

This trip will be limited to 28 people due to the Trolley size, so sign up as soon as you can if you don't want to miss out. Cost will be **\$60** for members and **\$65** for non-members (includes tax and gratuities). We will leave the Center at 9:30 am, arriving at the Hyde at about 10:15 am. Lunch at about Noon. Our Trolley tour will be 2 pm until 4 pm. We will arrive back at the Center shortly before 5pm.

Senior Stumpers

There are two identical carafes on a table, each of which can hold a little more than a half gallon of liquid. The one labeled "A" contains three pints of Port wine. The one labeled "B" contains three pints of Sherry. George pours a pint of the Sherry from carafe B into carafe A, thoroughly mixing it with the Port and then pours a pint of that mixture back into carafe B. What percentage of the mixture in carafe B is now Sherry? See Solution on the other side. Submitted by Jim Moorehead

- ◆ 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.

Lake George Theater @ Holiday Inn Tuesday, October 2nd

"Long weekend" by Norm Foster delivers non-stop mischievous fun and scrumptious plot twists. A hilarious tangled web of truths, deception and surprises leaves the audience guessing and laughing all the way to the final curtain.

Luncheon choices: Medallions of beef w/bordelaise sauce; Roasted pork tenderloins w/honey mustard demi glaze; Broiled salmon w/lemon dill Hollandaise sauce; or Vegetable lasagna. Leaves Senior Center at 10:30 am. Members: **\$80** Non-members: **\$85** Prices include tax and gratuities.

Oktoberfest at the Log Cabin Tuesday, October 16th

Join the swing'est German Band in the land. Hors d'oeuvre welcome platter, complimentary glass of wine or beer. Family Style: Jaeger Schnitzel, knockwurst, bratwurst, sauerkraut and sautéed red cabbage, and German potato salad, baked scrod seasoned w/bread crumbs. Apple strudel, coffee & tea.

For prices and departure time, please call the Senior Center or drop by for more information.

Branson Country Christmas & Veterans Show at the Log Cabin Tuesday, November 20th

The Ozark Jubilee features an all star Cast Of Branson's top Entertainers. Save the date - More information to follow.

Spotlight on San Antonio

"Taste the flavors of Texas" - 2019. Save the date: December 5th, 2019. Learn more at a trip presentation on Wednesday, April 3rd at 6 p.m. here at the Senior Center.

Answer: **75%** - After George makes the first pour, there are 3 pints of Port and 1 pint of Sherry in carafe A, so that the mixture in carafe A is 75% Port. After the second pour, the mixture in carafe A is still 75% Port. So the mixture in carafe B has to be 75% Sherry.

Stumper Solutions

Survey Form - Your Suggestions Needed!

After around 40 years of service to senior citizens in our community, the Board of Directors of the Scotia-Glenville Senior Citizens has concluded that it's time to reflect about how well the Center is carrying out its charter to be responsive to the needs of the seniors it serves, providing activities and services to enhance their quality of life. In this regard, the Center will be conducting a one day on-site Retreat in October 2018 to discuss ways to improve its facilities, equipment, programs, activities, classes, community involvement, etc. and how to better communicate its presence to the community it serves.

Perhaps you might want to attend the Retreat as a full participant. Or you might just have some suggestions about how we could better serve you and our community. You might want to tear out this coupon and use the space below to jot down suggestions (or your willingness to participate) in as much detail as you feel necessary, about what we can do better. Some suggested topics are included below. If there's not enough space, attach another piece of paper. Deposit your suggestions in the suggestion box in the library at the Center, or mail them to the Center at 32 Worden Road, Scotia, NY 12302, or send an email to GlenvilleSeniorCitizens@yahoo.com, whatever is easiest for you. We'd really like to hear from you.

Suggested topics: Facilities, Equipment, Programs, Activities, Classes, Community Development, Other

Name/Phone/email (all optional): _____

Scotia-Glenville Senior Citizens and Related Concerns, Inc. 2018 Annual Meeting – Election of Officers and Directors for 2019

BALLOT\PROXY

To: Ron Brach, 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):

● **Six Directors, for three-year terms, 2019-2021,**
replacing Directors whose terms will expire this year:

YES NO

- ☐ ☐ Gladys Cox
☐ ☐ Marty Deschaine
☐ ☐ Bob Farstaad

YES NO

- ☐ ☐ Don Puckette
☐ ☐ Joy Robb
☐ ☐ Barbara Smith

● **One Director for a 2 year term:**

- ☐ ☐ Lynn Purcell

● **Officers for the 2019 year:**

YES NO

- | | | | |
|--------------------|--------------------|--------------------------|--------------------------|
| President | Ron Brach | <input type="checkbox"/> | <input type="checkbox"/> |
| 1st Vice President | Charlene Pomichter | <input type="checkbox"/> | <input type="checkbox"/> |
| 2nd Vice President | Ed Perazzo | <input type="checkbox"/> | <input type="checkbox"/> |
| Secretary | Jim Moorhead | <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 form to the Senior Center on or before Friday, October 5th,
whether or not you plan to attend the October 11th Annual Meeting.**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
2	3 September Labor Day— Senior Center Closed Dining Center Closed	4 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. 2:30 Cardmaking	5 9:00 Mah Jong 4:00 Pickleball	6 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	7 10:00 Painting w\Dani 10:00 Cribbage 4:00 Pickleball	1/8
9	10 9:30 Cardio Fit 10:00 Book Club 10:30 Forever Strong 12:30 Cards 4:00 Pickleball	11 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	12 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 4:00 Pickleball	13 Primary Election <i>Birthday Cake</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Board Meeting	14 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 1:30 1st Annual Picnic 4:00 Pickleball	15
16	17 9:30 Cardio Fit 9:30 Paint w\Mary 10:30 Forever Strong 12:30 Cards 4:00 Pickleball	18 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving 5:00 Happy Hour	19 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2-5 Safe Driving 4:00 Pickleball M1	20 Hyde\Saratoga trip 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Humanities	21 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball M1	22
23/30	24 9:30 Cardio Fit 10:30 Forever Strong 12:30 Cards 4:00 Pickleball	25 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	26 <i>Sr. Moments deadline</i> 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 4:00 Pickleball	27 9:15 Zumba Gold 10:00 Photography 11:00 Italian beginners 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting 2:00 Town Budget Presentation	28 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 4:00 Pickleball	29 Glenville Oktober- fest 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 9:30 Cardio Fit 9:30 Paint w/Peggy 10:00 Book Club 10:30 Forever Strong 12:30 Cards 4:00 Pickleball	2 <i>Holiday Inn trip</i> 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. 2:30 Cardmaking	3 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	4 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 11:15 Balance 12:30 Cards 1:00 Quilting	5 Election ballot due 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Italian advanced 4:00 Pickleball	6
7	8 <i>Senior Center closed Dining Center closed Cottages closed</i>	9 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion	10 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	11 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Annual Board Mtg..	12 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Italian advanced 4:00 Pickleball	13
14	15 9:30 Cardio Fit 9:30 Paint w/Mary 10:30 Forever Strong 12:30 Cards 4:00 Pickleball	16 <i>Log Cabin Oktoberfest</i> 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving	17 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2:00 Yoga 2-5 Safe Driving 4:00 Pickleball	18 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Humanities	19 No classes or programs Senior Center Retreat	20
21	22 9:30 Cardio Fit 10:30 Forever Strong 12:30 Cards 4:00 Pickleball	23 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	24 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	25 9:00 Sr. Mom. Mailing 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 11:15 Balance 12:30 Cards 1:00 Quilting	26 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Italian advanced 4:00 Pickleball	27 <i>Murder Mystery Lunch</i>
28	29 9:30 Cardio Fit 9:30 Paint w/Peggy 10:30 Forever Strong 12:30 Cards 4:00 Pickleball	30 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	31 9:00 <i>Halloween treats</i> 9:00 Mah Jong 9:15 Active Stretch 10:05 Zumba Gold 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	October		

Glenville Dining Center

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

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

* **Menus subject to change.** *

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

Suggested Meal Contribution: **\$3.50** for those 60+ Guests and those under 60 are charged \$6.00 per meal. Participants must complete registration forms at first visit.

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

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



October 2018		
.Mon.	1	Stuffed Peppers
Tues.	2	Grilled Rueben
Wed.	3	Pesto Chicken
Thurs.	4	Spaghetti/w Meat Sauce
Fri.	5	Cheeseburger on a Roll
Mon.	8	Closed
Tues.	9	Chicken Salad on a Salad Bed
Wed.	10	Creamy Clam Sauce/Linguini
Thurs.	11	Philly Cheese Steak
Fri.	12	Harbour Style Fish
Mon.	15	Macaroni & Cheese
Tues.	16	London Broil & Baked Potato
Wed.	17	Chicken Alfredo w/Pasta
Thurs.	18	Swedish Meatballs/Noodles
Fri.	19	Dining Center closed
Mon.	22	Open Face Roast Beef Sandwich
Tues.	23	Battered Fish /Baked Potato
Wed.	24	Chicken & Biscuits
Thurs.	25	Ham Salad on Roll
Fri.	26	Cheese Pizza
Mon.	29	Stuffed Peppers
Tues.	30	Grilled Rueben
Wed.	31	Pesto Chicken

Doreen Wright - Friendship Café Manager; **Diana Yeo** – Café Cook

The program is funded by the Older Americans Act, NYS Office for the Aging, Schenectady County Department of Senior and Long Term Care Services, and through individual contributions. The program provides services and access to services without regard to race, religion, sex, national origin, partisan affiliation or sexual orientation.

COMMUNITY CONNECTIONS

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

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

Caregiver Conversations

First Tuesday of month, 1 pm

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

Upcoming meetings: 9\4, 10\2, 11\6

American Legion Post 1001

Second Tuesday of each month at 1 pm

Next meetings: 9\11; 10\9; 11\13

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

Senior Services

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

Attention GE employees, retirees, and spouses of either

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

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

SCOTIA GLENVILLE SENIOR CITIZEN

RECREATION RELATED

CONCERNS (Approved)

32 WORDEN RD., SCOTIA, NY 12302-3409

Tax ID: 222186497

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



A plan for life.

For information, call

(518) 641-3400 or

1-888-519-4455

TTY/TDD (518) 641-4000

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

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

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

This is an advertisement.

Y0019_16_0600A Accepted



The advertisement for Kingsway Home Care Service features a red door with a yellow wreath on the left. On the right, the text reads: 'KINGSWAY HOME CARE SERVICE' with a logo of a house and a person. Below this is a stylized 'K' logo and the text 'Kingsway Community Home Care Service'. At the bottom, the address '321 Kings Road, C-5, Schenectady, NY 12304' and phone number '518.382.8187' are listed, along with the website 'kingswaycommunity.com'.

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

NOT-FOR-PROFIT • NON DENOMINATIONAL

Est. 1857
Vale Cemetery
 Phone 518-346-0423
 vale@valecemetery.org
 Serene • Prestigious
 Affordable

Natural Burial Available

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

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

To learn more about our short-term rehab, call
518-370-4700
 or visit
 www.HomewardBoundRehab.com

 **HomewardBOUND**
 Transitional Care

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


"STRATEGIC PLANNING FOR YOUR FUTURE"

THE WITECKI
 LAW OFFICE

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

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

8 S. CHURCH STREET | SCHENECTADY, NY 12305
WWW.WITECKILAW.COM



 **LAW OFFICE OF KATHLEEN M. TOOMBS**



157 BARRETT STREET
 SCHENECTADY, NEW YORK 12305
 TEL: 518.688.2846 FAX: 518.688.2849
 KTOOMBS@TOOMBSLAWNY.COM

ELDER LAW
WILLS • TRUSTS • ESTATES
NURSING HOME ISSUES

ATTORNEY ADVERTISING

20 Years Experience
Serving the Glenville and BH-BL Communities



Kathleen Engel, Associate Broker
 Certified Seniors' Real Estate Specialist
 518-640-4808
 E-mail: Kathleen.Engel@ColdwellBankerPrime.com
 www.ColdwellBankerPrime.com/Kathleen.Engel

PRIME PROPERTIES

 **Handyman Of America #1**
518.557.6208



We take your trash to the curb for you for \$12 a week.
 We snake drains as well.
 Ask about black mold control—call for price.
 Now accepting payment plans.

Painting and taping
 Masonry work
 Snow blowing & Roof raking
 Lawn mowing\Fall cleanup

Emergency repair: call 518-836-1258

**Plumbing
 Lighting
 \$85 HR**

James Baggs, Proprietor
 handymanofamerica1@gmail.com

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

Dayhaven ADULT DAY SERVICES

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

Services for Older Adults & Caregivers

107 Nott Terrace, Schenectady

518.372.5667

...Motivational Activities

...Safe, Homelike Environment

...Caring Staff

...Nutritious Lunches & Snacks

Enabling Seniors to
remain at home

Allowing Caregivers peace
of mind



323 Kings Road
Schenectady, NY 12304
393-8800

Marketing Team

Donna Brake, Director of Sales & Marketing

Jean Barnoski, Marketing/PR Manager

Katie George, Senior Living Specialist

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



Your Collision Work Professionals

Frank, Todd & Scott Plemenik

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

www.frankandsonsbodysworks.com

Mobile Men's Cuts

We'll cut your hair in your home.



Tom's Old Fashioned
Barber Shop

795 Route 50, Burnt Hills
518-399-8411

THE MEADOWS AT GLENWYCK

Our 110-unit independent living community is designed for those 55+ who want to maintain an active, healthy lifestyle without all the hassles of home ownership.

To learn more call 518-280-7340
or visit MeadowsAtGlenwyck.com

Now Accepting Reservations.
Act Now for Best Selection!



Cremation Funeral Service

518-459-0044

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

741 Delaware Ave. Delmar, NY 12054

STUART, PAMELA

STYLIST
MAKEUP ARTIST

AVON

WWW.YOURAVON.COM/
PAMELASTUART

518-836-1258



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

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

TO: CURRENT OCCUPANT OR



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



OFFICERS – 2018

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

DIRECTORS – 2018

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

Angie Pomykai
Lynn Purcell
Mary Sieder
Rosalind Streeter
Sue Sykes

CONTACTS

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