



Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 11 September - October 2019

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.

Annual Senior Picnic

Friday, September 6th at 1:30 pm

Complete with outdoor games, hot dogs, chips and more. We'll have tables set up outside so people can choose to sit outdoors or inside. This year we will also have a Chinese auction of handmade items, gift certificates and other suitable donations. Please drop off your donations at the front desk. Auction ticket sales will offset the cost of the picnic. Members only. Please sign up at the front desk.

Murder Mystery Dinner

Saturday, October 5th at Noon

"Loser By A Neck: The Green Scarf Brigade Murders" by the Adirondack Flatline Players. Join us for an afternoon of interactive murder mystery, right here at the Senior Center. Featuring an Italian buffet by Marcella's. Ticket sales start August 12th. Cost is \$15 for members & \$20 for non-members. Deadline for sign up is September 25th.

*Our thanks to MVP Health Care for their co-sponsorship of the mystery theater luncheon.

Craft Days

Wednesday, October 2nd and 16th at 1 pm

We'll be making decorations for the Christmas tree at the Festival of Trees. This year's theme will be Sea Shores. Please sign up at the front desk.

Attention Desk Volunteers

Friday, September 20th at 1 pm

A lunch and meeting will be held. We will be reviewing procedures and discussing any problems volunteers may have. Please call the Center at 518-374-0734 to sign up.

Veteran Day Celebration

Sunday, November 10th 2-4 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 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.

One free veteran guest per member. Veterans are asked to provide military information on forms at the desk when they sign up.

*Thank you to CDPHP for their co-sponsorship of our annual Veterans Day dinner.

Holiday Party

Friday, December 13th

Save the Date: See next Newsletter for details.

Trips
See pg. 8

Tuesday, September 10th - Schoharie Valley Heritage Trip
Tuesday, September 17th - Lake George Theater @ the Holiday Inn
Monday, October 14th - MGM Casino & Lee outlets
December 5th-9th - Spotlight on San Antonio, Texas
Save the date: September 9th, 2020 Canadian Rockies & Glacier Park

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Senior Moments is published by
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MARK YOUR CALENDAR

Exec Council: - Thurs. Sept 5th & Oct. 3rd at 1:30 pm

Directors: Thurs. Sept. 12th & Oct. 10th at 1:30 pm

Senior Moments Deadline: Sept. 18th

Senior Moments Mailing: Thurs. Oct. 24th at 9 am

Senior Center closed: Mon. 9/2 & Mon. 10/14

Dining Center closed: Mon. 9/2 & Mon. 10/14

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

In 2019 this column has focused on important functions at the Scotia-Glenville Seniors, beginning with a look at membership. Our modest membership dues, along with our volunteers, are the lifeblood of the organization to be sure.

This was followed by a review of the Trip Committee function and activities, past and present. We noted that 14 exciting trips were held in 2018 with 13 more planned this year.

Most recently, the renewal of plans to expand the current Glenville Senior Center facility was reviewed, with the letting of bids in June for construction to begin in August. In May, your Board of Directors approved a resolution to donate up to \$100,000 from our endowment funds to support the project with another \$25,000 anticipated to cover the costs of furnishings in the event it goes forward.

Now we reflect on the equally interesting and vital work of the Social Committee. Currently, 26 volunteers, with **Mary Sieder** and **Shirley Perazzo** as co-chairs, plan and conduct many fun social events throughout the year. Without them, we would not be holding special dinners, ice cream socials, volunteer and veteran's day recognitions, Christmas tree decorating, and holiday parties to name a few. The committee launched a couple of new and successful events in 2018 that continue this year with the annual picnic and games and the mystery theater party. Another event being considered for 2020 is a special spring dinner dance. Stay tuned.

We owe the social committee a special thank you for its hard work and dedication. Members are always ready to pitch in to get the job done. I, for one, am very grateful for the selfless support social committee members have given to special events that are planned. They are resourceful with ideas for arrangements, set up, menu items and how to give guests a welcoming and rewarding experience.

In short, these volunteers put real meaning into the word "social" as we enjoy and share with others the many events which the committee either sponsors or supports. Be assured, the social committee welcomes your participation in its meaningful work, so please don't hesitate to offer your support or ideas for new events. Your reward will be good fellowship and the satisfaction of knowing you have made a difference in the lives of other members.

Yours sincerely, **Ron Brach**



Vicki's View

Many members have requested information regarding senior scams. The article below is to help you avoid a common social security scam.

Vicki

Social Security Administration Imposters

by Seena Gressin, Attorney,
Division of Consumer & Business Education, FTC

Have you gotten calls about supposed problems with your Social Security number from callers pretending they're with the Social Security Administration (SSA)? If so, you're not alone. People reportedly lost \$19 million to SSA imposters in the past year.

How can you spot SSA imposters? They often use robocalls to reach you, then launch into a story aimed at tricking you into giving them your money, your Social Security number (SSN), or both. They may say your SSN has been suspended and you need to confirm your SSN to reactivate it. Or, they may say your SSN has been involved in a crime and your bank account is about to be seized or frozen, but you can protect your money if you put it on a gift card and give them the code. Never do that – your money will disappear.

If you get one of these calls, remember – the real SSA will never contact you out of the blue or tell you to put money on a gift card or, for that matter, visit a Bitcoin ATM, or wire money. If your caller ID shows a number that looks like it belongs to the SSA, don't trust the number – scammers fake their caller ID all the time. If you're worried, hang up and call the SSA yourself at 1-800-772-1213.

A Note about Early Voting:

New York State will now open the polls for early voting for 9 days prior to November's general election. Since the Glenville Senior Center serves as a polling place, we will have the polls open here between Saturday, October 26th through Sunday, November 3rd. All regular activities that are held in the craft room will be relocated or canceled for that week. Thank you.

Polls open:

10/26 -	9 am -2 pm
10/27 -	9 am -2 pm
10/28 -	12 pm -8 pm
10/29 -	9 am -5 pm
10/30 -	12 pm -8 pm
10/31 -	9 am -5 pm
11/1 -	9 am -5 pm
11/2 -	9 am -2 pm
11/3 -	9 am -2 pm
Election Day 11/5 -	6 am -9 pm

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 **Shirley Miller or Pat Biggica** 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 symbols 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.

Display Case

Be sure to check out the display case in the library to see some unique collections. We appreciated **Claudette Herzog** for her Angels collection in July and **Myrtle Major** for her Music box collection in August.

Next Up:

Sept. "Do you Remember?" from **Barbara Brown**

Oct. Hummels from **Janet Neary**

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



Happy Birthday

We are grateful to **CDPHP** for their generous monthly contribution of a decorated birthday cake for everyone to enjoy and honor those with birthdays that month. Join the celebration with a piece of cake on the second Thursday of the month starting at 9:30 am.

New Senior Center Web Site

Check it out at glenvilleseniors.org

Keep up to date about activities and events.

But please be patient. It is still under development.

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. Information on page 13.

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.

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.

Let the Games Begin

We are exploring the idea of expanding the games at the Center. We have Pickle Ball, Bocce Ball, Corn Hole. If you have interest in Darts, Ladder Ball, Shuffle Board, Poker Parties (no money), Chess, or if you have any other suggestions, please call **Ed Perazzo** at 518-399-1438.

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 9/3, 10/1, 11/5



Calling all Bakers

Tuesday, November 5th

We need bakers for our Election Day Bake Sale. Please bring your baked goods to the center on Monday, November 4th. We need volunteers to work the day of the event, packing items, collecting money, and keeping everything neat and tidy. There is a sign up sheet at the desk for volunteering in 2-hour shifts.

Gardening Corner *by Barb Brown*

As we go to press, our "Memorial Garden" has begun to have its patio bricks cleaned and reset by the Glenville Rotary Club. Please visit the garden located behind the Bocce ball court. We would like to thank the Glenville Rotary for taking on this project.

Homemade Weed Killer

3 INGREDIENTS, SAFE & INEXPENSIVE



Driver Safety Course

Tues./Wed. Sept. 17th & 18th 6-9 pm

Tues./Wed. Oct. 15th & 16th 2-5 pm

These programs may reduce your auto insurance. Class consists of two-3-hour sessions held on two consecutive days. Senior Center membership is not required. Payment is due at sign-up. For either class, please make check payable to **AAA Driving**. No cash. Checks are not cashed until the class is held. Participants must register in person at the Front Desk. No phone reservations are accepted. Cost: Senior Center members \$25 & non-members \$32

Acrylics/Watercolors with Mary

Monday, Sept 9th at 9:30 am - noon

Complete an entire watercolor or acrylic painting during this class. All materials and instruction provided. Please sign up at the front desk in advance and make checks payable to the instructor, **Mary Fekete**. Fee: \$15 Max: 4 participants

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 are welcome. We play once per week on Wednesday mornings at 9 a.m. at Boulevard Bowl starting Sept 4th. An open, free practice session takes place on Aug. 28th at 8:45 a.m.. 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 **Butch Carpentier** at 518-374-1499.

Recycling at Center

There are three recycling bins in the Center. One is located by the card table in the hallway with the books on it, one is near the copier in the office, and a third in the library. If you have suggestions regarding recycling here at the Center, please leave a note for **Barbara Brown**. ****Plastic bags are only recyclable at participating stores. Do not put plastic bags in the recycling bins.**

Membership Policy

We invite anyone 55 or older to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is only \$15 annually for those who reside within the town. People from outside the area are also welcome to join for \$25 annually. All memberships expire on December 31st regardless of date of joining.

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 The fall session will run 11 weeks. September 9 - November 22, 2019 Fees: 1 class/wk \$36, 2 classes/wk \$60, 3 classes/wk \$83, 4 classes/wk \$99, 5 classes/wk \$110				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Cardio/Strength Circuit for AOA	9:15 Zumba Gold	9:30 Fit over 50	9:15 Zumba Gold	9:30 Fit Over 50
10:30 Forever Strong		10:30 Forever Strong		10:30 Forever Strong
11:30 Balance * 30 min. class	11:15 Chair Yoga	11:30 Balance * 30 min. class		11:30 Chair Yoga
		2:00 Gentle Yoga		

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

CARDIO/STRENGTH: 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. Tones your muscles and strengthens 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.

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.

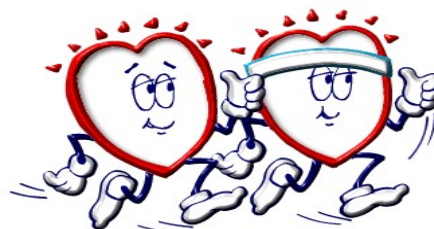
FOREVER STRONG: A sculpt class designed for seniors using resistance bands, tubing, and hand weights to keep your muscles and bones strong!

YOGA: Begins with poses seated in a chair, moves to standing poses, and ends with poses either sitting or laying on the floor. Participants should be able to get up and down from the floor with the assistance of a chair. This class will work to improve flexibility, balance, strength and overall wellness through yoga poses, breathing and relaxation techniques.

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

Health tip:

Focus on your form.
Make sure all of your movements are deliberate, with proper form and technique.



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 24th 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!

Humanities & Health

3rd Thursday of the month, 1:30 pm

Thursday, September 19th - 1:30 pm - Author, David Pietrusza, will be discussing his award winning book, *TR's Last War: Theodore Roosevelt, the Great War; and a Journey of Triumph and Tragedy* (Winner of the 2019 Independent Publisher Book Awards Silver Medal for United States History).

Thursday, October 17th - 1:30 pm - Someone from the Glenville Police Department will be speaking to us on how to protect ourselves and our money and property with the emphasis on how to avoid "scam" calls.

MVP Tai Chi Moves

Wednesdays, Sept. 18th-Dec. 11th at 1:00 pm

No class on November 27th

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

Senior Center Photographers

Thursdays, 10 am

Activities include taking photo trips to local sites, sharing slides and prints, demonstrating the capabilities of a photo-editing program on the Center's computer, and discussing any aspect of film or digital photography. Free to members. Come check us out some Thursday.

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.

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 games and more. This is a great opportunity to meet new friends. Generally, foursomes are established and seldom have openings for drop-in players. If interested, stop by the front desk and add your name to the list of new interested players, indicating the game(s) of your interest. Then follow up with people on the list to establish new groups of play.

Duplicate Bridge

Tuesdays, 12:30 - 4 pm

Sign up starts at 12:15. Play begins promptly at 12:30. No duplicate experience is necessary. This is a friendly game! Come with your partner. If you need a partner or have any questions, please call **Anne Bishop** at 518-372-7254

Bocce Ball

Tuesdays at 9:30 am

Weather permitting, we will meet at the Bocce ball court on the east side of our building.

Tai Chi Practice

Tuesdays, 9 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.

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.

CENTER ACTIVITIES

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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. 9th – *Between the World and Me* by Ta-Nehisi Coates

Oct. 7th – *Manhattan Beach* by Jennifer Egan

"If a book is well-written, I always find it too short."
- Jane Austen

La Bella Lingua

Beginners - Thursdays at 10:30 am (In the Library)

This beginner class resumes on 9/26.

Advanced - Fridays at 1:30 pm (In the Craft room)

Advance class will resume on 9/13.

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 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: Craig Hoffman

EASE program: Alzheimer's

New series coming this fall. An 8-week interactive learning program for people with early stage memory loss and their care partners. Participants will have the opportunity to learn about Alzheimer's, legal and financial preparation, communication and compensatory strategies, home safety and community resources. Meetings will occur on Mondays from 12:30 - 2:30 p.m., beginning on September 9th. This program is free, but pre-registration is required. Individuals must be pre-screened to participate. If interested, please call **Meagan DeMento**: 518.888.5563

Presented by the Alzheimer's Association of Northeastern New York.



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!

Pickleball

Mon, Wed, Fri 4 pm

Novice Play is scheduled for Mondays, Wednesdays, and Fridays except where noted on calendar. Questions? Leave a message at desk.

TRIPS and TRAVEL

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

Schoharie Valley Heritage Trip Tuesday, September 10th

Enjoy three 60-minute tours at three locations in the beautiful Schoharie Valley Region of New York State. Tour locations are convenient to one another - less than a 15-minute drive apart.

The Palatine House Museum is the oldest house in Schoharie County. Built in 1743 for the Palatines' newly arrived German Lutheran pastor, the Rev. Peter Nicholas Sommer, it is one of only a few houses in Schoharie that survived the Revolution.

The Old Stone Fort Museum Complex celebrates and preserves the rich, historic legacy of the beautiful Schoharie Valley. Buildings include an early 1700s home, a 1780s Dutch barn, an 1830s law office, and an 1890s one-room schoolhouse as well as the 1772 stone church that was fortified and attacked by British forces in 1780.

The Iroquois Indian Museum is an educational institution dedicated to fostering understanding of Iroquois culture. The Museum is a venue for promoting Iroquois art and artists, and a meeting place for all peoples to celebrate Iroquois culture and diversity. As an anthropological institution, it is informed by research on archaeology, history, and the common creative spirit of modern artists and craftspeople.

Lunch will be at Rubbin' Butts Bar-B-Q, a tasty treat. The menu will be a choice of a pulled pork sandwich, a pulled chicken sandwich or a mild smoked sausage sandwich. Included will be a choice of 3 or 4 sides and a nonalcoholic drink. Bus leaves the center at 9 am and will return about 5 pm. The cost will be **\$75** for members and **\$80** for nonmembers. Please sign up at the front desk.

Canadian Rockies

& Glacier National Park

Save the date: September 9, 2020

More information will follow in the November-December Newsletter.

Watch the trips bulletin board for other sister Senior Center trips and travel as a member!

- ♦ On trip days, our parking lot gets overcrowded. Please carpool to the Center and park where directed.
- ♦ **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.
- ♦ We cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.
- ♦ Please sign up well in advance. Watch for deadlines - trips may be filled or cancelled due to low enrollment.

Lake George Theater

Tuesday, September 17th

A trip to the Holiday Inn to see "Lunch with Mrs. Baskin" a delicious comedy with a dash of romance. Lunch will consist of the following: Medallions of Beef with roasted shallot demi (gluten free upon request); Herb roasted Chicken Breast with roasted garlic jus (gluten free upon request); Broiled Atlantic Salmon with wholegrain mustard & maple glaze (gluten free), or Cheese Tortellini Primavera. All entrees served with vegetables, rolls, dessert, coffee or tea. Bus will leave the Center at 10 am. Returning approx. between 5 or 6 pm. Cost: **\$87** members **\$92** non-members

MGM Casino

Monday, October 14th

Join us for a trip to the MGM Casino in Springfield, Mass. Get \$20 in free play and \$20 food credit at the South End Market. Stop at the Lee Outlets on the return home.

Cost **\$35** members & **\$40** non-members

Bus Departs Center at 8am; Returns approx. 5pm

Sign up at the front desk.

Spotlight on San Antonio

Trip: December 5-9th: Taste the flavors of Texas

Day 1: Evening welcome reception

Day 2: Tour of San Antonio, visit the Alamo, Brave at El Mercado (Mexican Marketplace)

Day 3: San Antonio - Stonewall-Fredericksburg Visit LBJ ranch (36th President)

Day 4: Riverboat Ride on the Paseo del Rio Evening visit to picturesque olive orchard

Day 5: Tour ends

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

\$2,149 pp based on double occupancy

\$2,549 based on single occupancy

\$2,119 pp based on triple occupancy

Get Ready to Launch Seminar to San Antonio
November 27th at 5 pm
at Senior Center.

SENIOR CENTER FORMS

Scotia-Glenville Senior Citizens and Related Concerns, Inc. 2019 Annual Meeting – Election of Officers and Directors for 2020

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):

- Seven Directors, for three-year terms, 2020-2022, replacing Directors whose terms will expire this year:

YES NO

- ☐ ☐ Lena Becker
- ☐ ☐ Pat Biggica
- ☐ ☐ Dave Boomhower
- ☐ ☐ Max Gollmer
- ☐ ☐ Barbara Jones
- ☐ ☐ Flo McClure
- ☐ ☐ Pauline Postonian

- One Director for a two-year term:

- ☐ ☐ Mike Collins

- One Director for a one-year term:

- ☐ ☐ Gerry Turecek

- Officers for the 2020 year:

President	Ron Brach
1st- Vice President	Max Gollmer
2nd Vice President	Pat Biggica
Secretary	Jim Moorhead
Treasurer	Gladys Cox

YES NO

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
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| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Name or Membership Number: _____ Date: _____

**Sign and return this form to the Senior Center on or before Friday, October 4,
whether or not you plan to attend the October 10th Annual Meeting.**

Each member of the Center is entitled to vote for the officers and directors of the Center.
Please return by mail or in person by Friday, October 4th.
Your vote is important!

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.

32 Worden Road, Glenville NY 12302

MEMBERSHIP APPLICATION

Jan. 1 thru Dec. 31, 2019

Annual Fee:

Glenville & Scotia residents: \$15 per person; Non-residents: \$25 per person

Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc.

If cash, exact amount please.

Check one: ☐ New Member ☐ Renewal [Senior = 55 or older] Check one: ☐ Resident ☐ Non-resident

* These items **required** on ALL applications – **new members and renewals**

PLEASE PRINT

*Name1 _____ e-mail _____

*Name2 _____ e-mail _____

*Address _____

*City/State/Zip _____ *Phone _____

Interests/Talents/Comments _____

Registration #: _____

**EXTRA COPIES
OF THIS FORM
ARE AVAILABLE AT
THE FRONT DESK**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day— Senior Center Closed Dining Center Closed	3 9:00 Tai Chi 9:00 Coffee & Conver 9:30 Bocce 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 1:30 Caregivers Grp. 2:30 Cardmaking	4 9:00 Mah Jong 4:00 Pickleball	5 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	6 10:00 Painting w/Dani 10:00 Cribbage 1:30 2nd Annual Picnic 4:00 Pickleball	7
8	9 9:30 Cardio/Strength 9:30 Paint w/Mary 10:00 Book Club 10:30 Forever Strong 11:30 Balance 12:30 Cards 12:30 EASE program 4:00 Pickleball	10 Trip - Schoharie 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold M1 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	11 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:30 Legal Appts. 2:00 Yoga 4:00 Pickleball	12 CDPHP Birthday Cake 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg	13 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	14
15	16 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 12:30 EASE program 4:00 Pickleball	17 Trip to Lake George 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 6-9 Safe Driving Course	18 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 1:30 Selfcare: Yoga 2:00 Yoga 4:00 Pickleball 6-9 Safe Driving	19 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Humanities-Author	20 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:00 Desk Vol. Lunch 1:30 Advanced Italian 4:00 Pickleball	21
22	23 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 12:30 EASE program 4:00 Pickleball	24 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 7:00 Town Budget	25 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	26 9:15 Zumba Gold 10:00 Photography 10:30 Italian Beginners 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	27 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	28 Glenville Oktoberfest Maalwyck Park 12-9
29	30 9:30 Cardio/strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 12:30 EASE program 4:00 Pickleball	September				

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	October	1 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:30 Caregivers Grp. 2:30 Cardmaking	2 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 1:00 Crafts: ornaments 2:00 Yoga 4:00 Pickleball	3 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian Beginners 12:30 Cards 1:00 Quilting	4 Election ballot due 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball M1	5 Murder Mystery Dinner
6	7 9:30 Cardio/Strength 10:00 Book Club 10:30 Forever Strong 11:30 Balance 12:30 Cards 12:30 EASE program 4:00 Pickleball	8 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	9 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	10 CDPHP Birthday Cake 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian Beginners 12:30 Cards 1:00 Quilting 1:30 Annual Board Mtg	11 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	12
13	14 MGM Casino trip <i>Dining Center closed - Columbus Day</i>	15 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 12:30 EASE program 1:00 Knitting 2-5 Safe Driving	16 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance M1 1:00 MVP Tai Chi 1:00 Crafts-ornaments 2:00 Yoga 2-5 Safe Driving 4:00 Pickleball	17 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian Beginners 12:30 Cards 1:00 Quilting 1:30 Humanities- Glenville Police	18 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	19
20	21 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 12:30 EASE program 4:00 Pickleball	22 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	23 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 1:30 Self-care: Fitness 2:00 Yoga 4:00 Pickleball	24 9:00 Mailing Party 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian beginners 12:30 Cards 1:00 Quilting	25 9:30 Fit Over 50 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	26 Early voting begins
27	28 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 12:30 EASE program 4:00 Pickleball	29 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	30 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Balance 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	31 Halloween 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian Beginners 12:30 Cards 1:00 Quilting		

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 pm. (\$1.25 each way to Hannaford or Market 32).

** Menus subject to change. **

Reservations are required; please call 518-393-1946, 9 am to 1 pm, 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 \$6.75 per meal. Participants must complete registration forms at first visit.

Please arrive by 11:45 am for the noon meal.

Doreen Wright - Friendship Café Manager; **Viola Konradt** - Site Coordinator; **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.



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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.

Senior Stumper

Problem. (moderately difficult)

Bill, an avid runner, begins his morning run at the Eastern entrance of the Upper Crudny on the Themes town park at 7 AM and runs West at a constant speed. Sally, also an avid runner, begins her run at the Western entrance of that park at the same time and runs East at her own constant speed. As they run, they encounter each other and wave playfully when they are both 2 miles from the Western entrance. Then Bill continues on to the Western entrance, where he turns around and runs back East. Likewise Sally continues to the Eastern entrance, where she turns around and runs back West. Again they meet along the way and wave playfully, but this time when they are both 1 mile from the Eastern entrance. How far is it from the Eastern entrance to the Western entrance?

Solution: 5 miles.
Let B be Bill's speed in miles per hour, S be Sally's speed, and D be the length of the park in miles.
If we remember that distance = speed * time and that time = distance / speed, we can define
 $T1 = 2/S = (D-2)/B$ as the time it takes them to get to the first meeting place and
 $T2 = (D+1)/S = (2*D-1)/B$ as the total time it takes them to get to the second meeting place.
Dividing T2 by T1 yields: $(D+1)/2 = (2*D-1)/(D-2)$.
And with just a little algebra (left to the perspicacious reader) we find that $D=5$.

Stumper Solutions

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.

Glenville Oktoberfest

Saturday, September 28th, 12-9 pm

Come to enjoy great food, music and festivities at the 10th annual Glenville Oktoberfest at Maalwyck Park, Route 5, Glenville. Free parking, free admission.

Scotia-Glenville Senior Citizens, Inc. will again have a booth at this event. Sign up on the bulleting board to help

Caregiver Conversations

First Tuesday of month at 1:30 pm

Caregivers meet monthly at the center to discuss caregiving issues faced in people's daily lives. Open to any resident of Schenectady County.

Facilitated by Wendy Petroci, Schenectady County Department of Senior & Long Term Care Services.

Self-Care for Caregivers

Choose from the following programs offered at the Glenville Senior Center:

Wed., Sept. 18th - Wellness Class - Support your emotional, spiritual, and physical wellness with essential oils. Are you interested in learning more about how oils can keep you, your family and pets healthy? Come and learn which are best for you to use as you walk your path of natural wellness. Essential Info on Essential oils presented by **Terry Quigley**.

Wed., Oct. 23rd – Physical Fitness - presented by **Cheryl Valachovic**, Glenville Health & Fitness Center.

Mon., Nov 18th – EFT (Emotional Freedom Technique)

Learn a simple but extremely powerful technique which you can use throughout your day to bring you back into a state of calm and clarity. EFT is an easy way to help reduce and even eliminate pain, anxiety and overwhelm in just a few minutes. Simply "tapping" on the points of the body around the head, face, chest and hands while saying some simple statements allows the frontal cortex of the brain to come out of the freeze, fight or flight response. This concept comes from Chinese medicine, which refers to the body's energy as "ch'i." Presented by **Kate Fritz**.

Senior Services

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



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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.

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Y0019_16_0600A Accepted

Medical Transportation

Catholic Charities Senior & Caregiver Support Services offers transportation to medical appointments for Schenectady County seniors aged 60 and older who are not on Medicaid. Our door to door service is also able to transport wheelchair clients. Our donation only program suggests \$4.00 for ambulatory services; \$6.00 for wheelchair services. A brief phone registration is required; complete program information will be shared at that time. Please call **518-357-9801**, 8-4, M-F.

American Legion Post 1001

Second Tuesday of each month at 1 pm

Upcoming meetings: 9/10, 10/8

Bill Wragg, Cmdr; Kurt Maucher, Adj.

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Glenn Witecki can help you with your estate planning – standard or advanced, including protecting your assets from Long Term Care expenses and filing Medicaid Applications. Other services include: Probate & Administration, Real Estate and Trust and Estate lawsuits.

Beginning September 11, 2019, Glenn will be offering free consultations at the Center on the second Wednesday of every other month. Call the Center to schedule an appointment.

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



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1st VP: Barbara Brown
2nd VP: Ed Perazzo
Secretary: Jim Moorhead
Treasurer: Art Coats
(Officers are also Directors)

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Myrtle Major
Anne Pomeroy
Angie Pomykai
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Barbara Smith
Rosalind Streeter
Sue Sykes

CONTACTS

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