



Scotia-Glenville Senior Citizens Senior Moments



Volume 48 Number 5 September–October 2023

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.

Dinner Dance

Friday, September 15 from 5-8 pm

Treat yourself to an evening out. The social committee is sponsoring a dinner dance here at the Center. Dinner will be catered by the Turf Tavern and music will be provided by "Three of a Kind". After dinner you can sit and enjoy the music or dance the night away. Reservations must be made and paid for by Thursday, 9/7. Members \$40, Non members \$45. There is a limit of 72 attendees.

Veteran's Day Luncheon

Friday, November 10 from 1-3pm

Join us for this luncheon honoring our veterans. Turkey dinner catered by Ruggieros.

Please sign up at the front desk and pay by Thursday, November 2. Veterans who are members of the Center eat free. Non-veterans are \$20. Other veterans eat free if accompanied by a relative who is a member of the Center. Limit of one free veteran guest per member. Veterans are asked to provide military information when they sign up. Sponsored by CDPHP.

Desk Volunteers

Thursday, October 5th at noon

Join us for a lunch and meeting. We will review procedures and discuss any problems volunteers may have. Please sign up at the front desk.

Understanding Senior Housing

Thursday, October 26 at 1:30 pm

This presentation will focus on the different types of care available, associated costs and levels of care. It will help you understand senior housing care options, amenities, costs and levels of care as well as home care options and costs. There will be a review of funding options available to help pay for care that include VA benefits, long term care (LTC) insurance, and Medicaid. You will also learn about other resources available in the community that help supplement care: grants, day programs, and volunteer organizations. Sign up at front desk. Presented by Choice Connections NY.

Sweet Shoppe Bingo

Monday, October 23 from 2-3:30 pm

Please join us for a great afternoon of fun! Over \$200 worth of gift cards and a raffle basket. If you have a sweet tooth and enjoy Bingo action, plan to come. Come in costume and be eligible for even more prizes. This free event is open to members only and has a limit of 50 people. Sign up at front desk. Presented by Kingsway Community.



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MARK YOUR CALENDAR

Exec Council: Thurs., Sept. 7, Oct. 5 at 11:15 am
Directors: Thurs., Sept. 14, Oct. 12 at 1:30 pm
Senior Moments Deadline: Wed., Sept. 13
Senior Moments Mailing: Thurs., Oct 19 at 9 am
Senior Center Closed: Monday, September 4,
Monday, October 9

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Barbara Brown, President

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Angie Pomykai, Assoc. Editor, Distribution Manager

GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS

Words from the President

Two months ago I wrote about some things the Board Of Directors had on its agenda or had completed. Recently we purchased twenty new tables to replace our old ones with cracks and broken corners, and also replaced the card tables.

In July, we had no meeting, sort of a mini vacation, but I called a special meeting to finish the purchase of our new dishwasher. My many thanks to Dave Boomhower and to Chuck Cox for their time disconnecting the old DW, getting it ready for the plumber and the electrician. Now the DW is ready to go.

My thanks to Linda Rhinehart and Butch Carpentier for their time spent finding trips of interest and making arrangements.

PLEASE stack card tables front to front or legs to legs to avoid damage to tops.

Be Careful, Be Smart and Be Safe.

Barbara



Vicki's View

Welcome to the fall! 2023 has brought a lot of activity to the Senior Center as everyone seems energized to get out of the house and reconnect with people. Our current membership stands at approximately 1290 members, which is the highest it's been since 2009.

Since the pandemic, we've increased the diversity of our exercise classes and brought in additional speakers to interest a wide range of folks in the community. We have added new programs such as cooking and craft classes and created our Connections Over Coffee group as a support for those grieving the loss of a loved one. We are in the process of starting a Parkinson's support group which will be the first of its kind for Schenectady County. Suggestions are always welcome as we try to meet the needs of seniors in the Town of Glenville and the surrounding area.

Vicki

Town of Glenville Oktoberfest

Saturday, September 30th at Maalwyck Park
Come one, come all to a fun-filled day of music and food. Please volunteer to help set up, take down and staff the Senior Center booth during the day. A sign-up sheet will be at the front desk.

Lap blankets for Veterans

We have had numerous lap blankets donated for veterans in Hospice. We are still accepting red, white and blue lap blankets for donation to this worthy cause.

Senior Center Website

www.scotiaglenvilleseniors.org

Barbara Jones—Website Administrator

Parkinson's Support Group

Thursday, October 12th at 1:30 pm

If you or a loved one has been diagnosed with Parkinson's, please join us for the inaugural meeting of a support group. Dr. Era Hanspal, neurologist and movement disorders specialist for Parkinson's from Albany Medical Center, will present and discuss. Members will discuss the wants and needs of the group moving forward and a meeting schedule will be established. Open to nonmembers.

Glenville Budget Forum

Tuesday, September 19th at 7 pm

Supervisor Koetzle will hold a budget forum at the Glenville Senior Center. This is an opportunity to learn about the budget challenges and the fiscal outlook for 2024, engage in conversation on the budget as it gets developed and to ask questions about it and the process. Don't miss this opportunity to be a part of the discussion.

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 **Lori Preddice** at the Center.

In Memoriam

We are saddened to learn of the passing of several of our members.

Gisele Begin
Marjorie Crispino
Pat Cuoco
Mary Della Rocco
Max Gollmer
Marcia Hegeman
Ella Jensen
Audrey Moskowitz
Carmel Parry
Gladys Relyea-Moore
Kathy Stanley
Audrey Trudell

Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Janet Neary** for her recent display "Ceramics my mother made for me 25+ years ago".

Next up: Angels from **Lee Poremba**.

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

Free Table

The little card table in the hallway is back in operation as a place for members to recycle books, magazines and puzzles - no other items. Please bring no more than 3 items at a time. If you have a large number of books to donate, consider taking them to the main branch of the county library.

Van Transportation

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

Our van must stay within Glenville/Scotia.



On-request pickup and delivery

Call (518) 374-0734 M-F between 9 am and noon at least a day ahead (up to

two weeks ahead) to reserve space and schedule a ride to take you on your errands: to the barber or hairdresser, Wal-Mart, grocery store, to visit a friend, etc., within the town. Van operates Monday through Friday, 9 am - 3 pm.

Donations are gratefully accepted to help defray costs.

The Center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with ample advance notice.

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

We Need Drivers.

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

Donate Eyeglasses

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

Copy Your Wallet Cards Free

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

CLASSES AT THE SENIOR CENTER

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

Paint with Peggy

Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? Welcome to "Paint with Peggy"! Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. These classes do not require drawing skills, and they are also NOT paint-by-number. Peggy provides everything to complete the oil painting: canvas, brushes, palette of paints, etc. Then, through classroom instruction, each person creates their own unique oil painting. If you have questions, email **Peggy** at: paintwithpeggy@gmail.com or call/text 518-925-2238. Just bring a box (such as a clean pizza box) to take home your completed painting! Beginners are welcome! Cost: \$50

Tuesday, September 12, 9:30 am – 2 pm
"Butterfly and Daisies"

This may look complicated but it is not!! Peggy will demonstrate how to create basic daisies, then 'soften' them slightly to make them look like they are in the background. The technique creates the look of layers of flowers in a field. Put in as many flowers as you want, and we will fill in where needed with basic brush strokes for leaves and grass. A pattern for the butterfly is provided and is completed with a simple glazing technique. This is a fun class with outstanding results!



Tuesday, October 10, 9:30 am – 2 pm
"Sea Oats"

This is a family favorite. In this beautiful ocean scene the sun is hidden behind a bank of clouds. Peggy will demonstrate how to paint this scene step by step. In one session you will paint an ocean scene where you are on a bluff looking out to sea. You can almost feel the sea breeze!



Watercolors with Mary

Monday, September 11, 10 am - 12 pm

Monday, October 2, 10 am - 12 pm

Complete an entire painting during this class. A list of supplies you need to bring with you is available at sign up; paper is provided. Sign up at the front desk in advance & make checks payable to the instructor, **Mary Fekete**. (518) 384-3393 Fee: \$6

Oil, Acrylic Art

Fridays, 10 am - 1 pm

Certified by the Minneapolis Institute of Art, the instructor, **Dani Morette** provides her expertise as she guides you through your current piece of art. Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire. See instructor for information on fees and schedule.



Acrylic by Joe Snapp

Greeting Card Workshop

Thursday, 9/14 at 10 am

Thursday, 10/19 at 10 am

Come join us and make four greeting cards. Materials and instructions are provided. Bring your own adhesive or \$2 to purchase tape runner at class. Please sign up one week in advance. Class fee of \$10 payable to **Mary Beth Frewin**.

Tai Chi Class

Fridays, 10:30 Starting 9/8/23

For beginners or advanced students, this Tai Chi class will help with balance and arthritis. Students will utilize a small wooden stick (this will be provided) for exercising joints in wrists, hands, legs, etc. This form will also help with concentration. Class will run for 8 weeks and the total cost is \$56. To register please call **Tony Grimaldi** at 518-469-4461. This class is for seniors 50 and older and members of the Glenville Senior Center.

Tai Chi Practice

Tuesdays, 9 - 10 am

We are a group of Tai Chi enthusiasts who meet weekly to practice together. Members bring their own experience and skills to share. We warm up gently with easy stretches. We practice the Sun form that is taught in the MVP class as well as the popular Yang 24 form. We close with Qi Gong, stationary movements with deep breathing. You are welcome to join us, whatever your level of skill. Offered to members only at no cost.

CLASSES AT THE SENIOR CENTER

All classes require registration. Center membership is required; must show current membership card at registration.

YMCA Balance

Tuesdays, 9:15 am

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! This class strengthens key muscles, goes through balance drills, and provides tricks to help improve balance. Sessions run per month and cost depends upon the number of Tuesdays in the month. Registration forms available at front desk. Please complete separate checks for each participant, even husband and wife. You do not need to be a YMCA member to participate.

Zumba Gold

Mondays, 9:15 am

Fridays, 9:15 am

Exciting Latin and International dance rhythms for seniors and beginners. Easy to follow, so any age and any fitness level can do it! This fun Latin dance program includes merengue, salsa, cha-cha, calypso, and rock & roll. Guaranteed to provide a safe & effective total body workout.

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



MVP Intermediate Tai Chi

**Wednesdays, 1:15-2:00 pm, 9/13 - 11/15,
No class on 11/1**

Join us for an intermediate-level tai chi for health and fall prevention class which will explore a deeper understanding of the movements and principles of this ancient Chinese practice. The benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength. Previous class experience with Tai Chi form is strongly recommended. Wear flat-soled shoes and loose, comfortable clothing. This program is free and open to the public, compliments of MVP Health Care. Space is limited and registration is required.

Register at www.mvphealthcare.com/calendar/

Watch the bulletin board for information on new Y exercise classes that may be added here this fall!

Healthy Bones for Life

Tuesdays & Thursdays at 10:10 am

Healthy Bones for Life is a free exercise program that promotes strength, balance & strong bones along with some fun! Participants commit to twice weekly in-class exercise sessions held at the Center. Participants must be Senior Center members and have a doctor's note indicating osteoporosis. Advance registration at the front desk is required, and also a signed consent form acknowledging that you will participate at your own risk. We will provide you with a medical information sheet which you must complete and bring with you to each class.

Chair Yoga

Wednesdays, 10:30-11:15 am

9/13-10/11 (5 week session)

10/18-11/15 (5 week session)

Thursdays, 9:05-10:50 am

9/14-10/12 (5 week session)

10/19-11/16 (5 week session)

Cost: \$25 per session due to instructor on the first day of class. Cash or checks payable to: **Chris Darby-King**

Participants will be guided through a series of stretches and yoga postures that are modified for sitting in a chair. Minimal standing and balancing will be included, utilizing the chair for support. Each class will also include breath awareness techniques and guided relaxation.

Please wear loose, comfortable clothing for ease in movement. If you have an old necktie or stretchy strap, please bring it to class.* Completed waiver form is required for class. They are available on the Senior Center website or at each class. Please email Chris with any questions: cdarbyking@aol.com

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 19 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!

Pickleball

Monday, Wednesday, Friday at 4 pm

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

Duplicate Bridge

Tuesdays, 12:30 pm

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



Mah Jong

Fridays, Noon

Anyone interested may join us. Beginners are welcome. We have the gameboards or you can bring your own.

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.

Card Playing

Mondays, 12:30 pm

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

Pinochle

Mondays, 12:30 pm

Calling all current, former and wanna-be Pinochle players! Full time, Part time and Fill in players needed for our Pinochle tables. We play for fun and have fun playing! If you're interested, leave your phone number at the front desk, Attn: **Mike**. Hope to see you soon!

Coffee and Conversation

Tuesdays, 9-11 am

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



Connections Over Coffee

Every other Thursday, 9 am

New bereavement support group for those who have lost a loved one. Coffee provided.

Connect, Share, Chat.

Upcoming dates: 9/7, 9/21, 10/5, 10/26, 11/9

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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.

September 11: The Measure

by Nikki Erlick

October 2: Lessons in Chemistry

by Bonnie Garmus

Senior Bowlers

Looking for fun with new friends this fall? Join the Scotia-Glenville Senior Bowling League! Senior men and women of all levels of ability and ages are welcome. We play once per week on Wednesday mornings at 9 am at Boulevard Bowl starting Sept 6th. An open, free practice session takes place on Aug 30 at 8:45 am. If you cannot commit to every week, we're also looking for subs. League runs through mid-April. For more information or to sign up, contact **Rob MacHattie** at 518-596-2663 or **Butch Carpentier** at 518-374-1499.

Senior Golfers

We golf at Hillcrest Golf Course on Mondays and Wednesdays. The cost to golf is \$12 for 9 holes. Anyone interested in joining one of the leagues, please contact Lee Hale ((518)-424-9186, lhale9387@gmail.com) for the Monday league or Bo Roberts ((518)-930-3083, robertsbob1961@gmail.com) for the Wednesday league. You may contact us by phone, email or text.

La Bella Lingua

Fridays, 1:30 pm

The Advanced Italian Class will begin again on Friday, September 8. Anyone interested in joining the class should contact John Alfano by phone at 518-881-8985 or email: jalfano@nycap.rr.com.

This is not a beginner class and you will need to have some knowledge of the Italian language, pronunciation and the ability to read and translate at an intermediate level. We study the language, the culture and, of course, the food. Most importantly we have a good time while doing this.

Senior Center Photographers

2nd and 4th Thursdays, 10 am

Activities include taking photo trips to local sites, sharing slides and prints, demonstrating the capabilities of a photo-editing program on the Center's computer, and discussing any aspect of film or digital photography. Free to members. Come check us out some Thursday. If you have questions, please contact **Bill Rolston** at (518) 383-3183.

Social Committee

1st Tuesday of the month at 1 pm

The social committee's purpose is to plan events at the Center that promote social interaction among members. Center members are encouraged to join the committee and/or submit suggestions for events. Contact Gladys Cox.

Silver Threads Quilters

Thursdays, 1-3 pm

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

Membership News

Membership Policy

We invite anyone 50 or older to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is \$20 annually for those who reside within the town. People from outside the area are also welcome to join for \$30 annually. All memberships expire on December 31st regardless of date of joining.

Scotia-Glenville Senior Citizens and Related Concerns, Inc. 2023 Annual Meeting – Election of Officers and Directors for 2024

To: Barb Brown, 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, 2024-2026, replacing Directors whose terms will expire this year:

YES NO

- ☐ ☐ Alison Cuyler
- ☐ ☐ Brian McGarvey
- ☐ ☐ Susan Montgomery
- ☐ ☐ Frank Quinn
- ☐ ☐ Peter Russo
- ☐ ☐ Nancy Shults
- ☐ ☐ Jean Taylor

- Directors for a two-year term:

- ☐ ☐ Joan Menhinick
- ☐ ☐ Dot Skomp
- ☐ ☐ Rob MacHattie

- Directors for a one-year term:

- ☐ ☐ Linda Reinhart
- ☐ ☐ Pam Brewer

- Officers for the 2024 year:

		YES	NO
President	Linda Reinhart	<input type="checkbox"/>	<input type="checkbox"/>
1st Vice President	Susan Jeffords	<input type="checkbox"/>	<input type="checkbox"/>
2nd Vice President	Arlene Maranville	<input type="checkbox"/>	<input type="checkbox"/>
Co-Secretaries			
	Ann Meskunas\Maureen Adamek	<input type="checkbox"/>	<input type="checkbox"/>
Treasurer	Nancy Shults	<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 6th, whether or not you plan to attend the October 12th Annual Meeting.

Funeral Pre-Planning

Thursday, September 28th at 1:30 pm

Presented by **Glenville Funeral Home**

We preplan everything in life: weddings, birthdays, vacations, etc. Licensed funeral directors will explore the conversation of funeral planning and the peace of mind created when you know you and your family will be taken care of. We invite you and your friends to this open discussion, where we talk about life's most taboo topic and answer all your questions. This workshop promises to leave you educated and empowered. Please sign up in advance at the front desk or by calling 518-374-0734.

Driver Safety Course

Mon/Tues, October 2 & 3, 2 - 5 pm

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

Cost: Center Members **\$25.50**

Non Members **\$29.00**

TRIPS and TRAVEL

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

Music of Mamma Mia

Wednesday, September 13th

At the Catskills Resorts World Casino

Dancing Dream is an amazing group playing tribute to the smash Broadway hit Mamma Mia and the music behind the famed musical – ABBA. Dancing Dream electrifies audiences of all ages with the musical hits from Mamma Mia such as: “Mamma Mia,” “Dancing Queen,” “Take A Chance,” “Does Your Mother Know?” and so many more. Lunch is included. Also included: \$25 Slot Play.

Departs Center at 7:30 am; returns at approx. 7 pm

Prices: **\$128** members; **\$133** nonmembers



Canadian Rockies & Glacier National Park - 2024

Join us for a presentation about a multi-day trip to the Canadian Rockies & Glacier National Park. Date and time to be announced, so watch the bulletin board and your email for further details.

Neil Diamond Tribute - Turning Stone

Thursday, September 21st SOLD OUT.

Departs Center at 8 am; returns at approx. 6 pm.

Trip to Nashville, TN

October 8-12, Waitlist only.

Country Jamboree

Tuesday, November 7th

At the Log Cabin in Holyoke, MA

If you've ever wanted to take a trip back in time and spend a magical evening revisiting the glory days of country music, The Country Jamboree will take you there. Featuring an incredibly talented cast who have performed with some of country music's most popular artists, this outstanding performance features the music of Hank Williams, Patsy Cline, Johnny Cash, Tammy Wynette, Willie Nelson, Loretta Lynn, Merle Haggard, and more. A segment of this show has been dedicated to honor our beloved Veterans!

Menu includes chop chop salad, potato salad, honey-glazed grilled chicken, BBQ ribs, rolls and butter, apple strudel with vanilla ice cream. Complimentary glass of wine or beer. Coffee and tea included.

Times and cost: To be determined. Keep an eye out for an email blast and updates posted on the bulletin board.



Fall Trips

More trips are in the works at the time this newsletter is going to print. Please keep an eye on the trip bulletin board and watch for email blasts about new trips potentially being added to our lineup this fall!

September

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1 9:30 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 12:00 Mah Jong 4:00 Pickleball	2
3	4 Labor Day— Senior Center Closed Dining Center Closed	5 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Social Committee	6 4:00 Pickleball	7 9:00 Connections/Coffee 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	8 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	9
10	11 9:15 Zumba Gold 10:00 Book Club 10:00 Watercolor/Mary 12:30 Cards 4:00 Pickleball	12 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 9:30 Paint w/Peggy 10:10 Healthy Bones 12:30 Dupl. Bridge	13 Mama Mia Trip 10:30 Chair Yoga 1:15 MVP Tai Chi Int. 4:00 Pickleball	14 9:05 Chair Yoga 10:00 Card Workshop 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Meeting	15 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball 5-8 Dinner Dance	16
17	18 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	19 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp 7:00 Town Budget Forum	20 10:30 Chair Yoga 1:15 MVP Tai Chi Int. 4:00 Pickleball	21 Neil Diamond Tribute 9:00 Connections/Coffee 9:05 Chair Yoga 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	22 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	23
24	25 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	26 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	27 10:30 Chair Yoga 1:15 MVP Tai Chi Int. 4:00 Pickleball	28 9:05 Char yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Funeral Pre-Planning	29 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	30 Glenville Oktoberfest Maalwyck Park 12-9

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1	2 9:15 Zumba Gold 10:00 Book Club 10:00 Watercolors/Mary 12:30 Cards 2-5 Safe Driving 4:00 Pickleball	3 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Social Committee 2-5 Safe Driving	4 10:30 Chair Yoga 1:15 MVP Tai Chi Int. 4:00 Pickleball	5 9:00 Connections/Coffee 9:05 Chair Yoga 10:10 Healthy Bones 12:00 Desk Vol. Meeting 12:30 Cards 1:00 Quilting	6 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	7
8 Nashville Trip Departs	9 Columbus Day Closed Closed Closed Dining Center Closed	10 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 9:30 Paint w/Peggy 10:10 Healthy Bones 12:30 Dupl. Bridge	11 10:30 Chair Yoga 1:15 MVP Tai Chi Int. 4:00 Pickleball	12 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Parkinson's Support 1:30 Board Meeting	13 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	14
15	16 9:15 Zumba Gold 12:30 Cards 4:00 Pickleball	17 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grip	18 10:30 Chair Yoga 1:15 MVP Tai Chi Int. 4:00 Pickleball	19 9:00 Mailing Party 9:05 Chair Yoga 10:00 Card Workshop 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	20 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	21
22	23 9:15 Zumba Gold 12:30 Cards 2:00 Sweet Shop Bingo 4:00 Pickleball	24 9:00 Tai Chi Practice 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	25 10:30 Chair Yoga 1:15 MVP Tai Chi Int. 4:00 Pickleball	26 9:00 Connections\Coffee 9:05 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Senior Housing	27 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi 12:00 Mah Jong 1:30 Advanced Italian 4:00 Pickleball	28 Early Voting 9-5
29 Early Voting 9-5	30 Early Voting 12-8 12:30 Cards 4:00 Pickleball	31 Early Voting 9-5 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge		October		

Glenville Dining Center

The Friendship Café at the Glenville Senior Center operates Monday-Friday. This program is open to all Schenectady County residents 60 years and older with a suggested meal contribution of \$3.50. Guests and those under 60 are charged \$6.75 per meal. Senior Center membership is not required.

The Café is a gathering place for older adults where a nutritious mid-day meal is served with others. Older adults enjoy meeting up with friends and participating in diverse activities that offer them the opportunity to remain active and connected to their community while meeting nutritional needs.

For more information on reserving your spot, menu options and how to register for the Friendship Café, please call 518-393-1946.

Reservations are taken a week in advance and participants must call by 12:00 noon the Friday before. Participants must complete registration forms at first visit.

** Menu subject to change. **

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

Catholic Charities transportation for meals:
Please call 518-357-9801.

Please Note!

Beginning September 15th , the phone number to make a reservation for the congregate meal site will be to Schenectady County Senior and Long-Term Care Services. The phone number is 518-382-8481 Ext 1302. If the participants have any questions regarding making reservations, please call SLTCS.

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.

**I'm a kid at heart
and a senior
citizen at knees
and back .**

Senior Stumper

Solution on page 13.

Mrs. Smith had less than 20 pieces of candy left to give to trick or treaters and she wanted to give them all away. Two trick-or-treaters arrived and she wanted to share the candy evenly between them, but when she tried to do this, there was one piece left over. A third trick-or-treater arrived, so Mrs. Smith decided she would share the candy among all three of them. But when she tried to share them evenly, there was still one piece left. Finally, a fourth trick-or-treater arrived and Mrs. Smith attempted to share the candy among all four children. But she still had one piece left! How many pieces of candy did Mrs. Smith have?

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.

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.

Health Insurance Information & Counseling Program (HIICAP)

Through a partnership with Catholic Charities Senior & Caregiver Support Services, HIICAP provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, their representatives, or persons soon to be eligible for Medicare. Schenectady County residents can contact the local HIICAP office at (518) 372-5667.

Senior Services

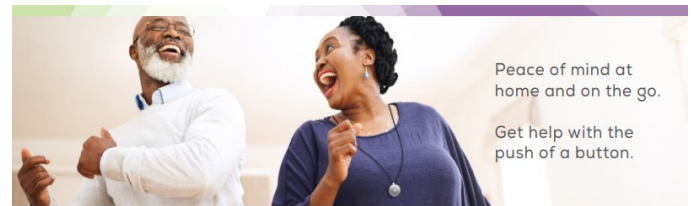
Catholic Charities Senior & Caregiver Support Services provides trained staff members who can assist you with choosing health insurance and prescription drug coverage; applying for food stamps, Medicaid and other programs; and locating information about community services and resources. Please contact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

Caregiver Conversations

Third Tuesday of month at 1:30 pm

Caregivers discuss caregiving issues faced in people's daily lives. Open to any resident of Schenectady County. Facilitated by Schenectady County Department of Senior & Long Term Care Services.

Upcoming dates: Sept 19, Oct 17

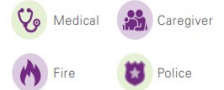


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Senior Stumper Solution

From page 12.
Answer: 13

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