



Scotia-Glenville Senior Citizens Senior Moments



Volume 47 Number 4 July-August 2022

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.



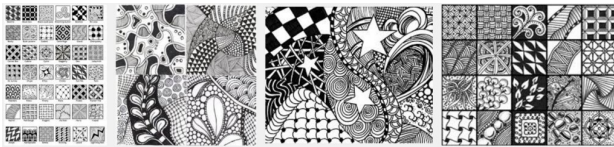
Celebrate Independence Day Senior Center Closed
Monday, July 4

Zentangle Class

Wednesday, Aug 3 at 1 pm, beginner

Wednesday, Aug 10 at 1 pm, intermediate

The Zentangle Method is an easy-to-learn, relaxing, fun way to create beautiful images by drawing structured patterns called tangles. Join Certified Zentangle Instructor **Linda Fasano** for this 30-60 minute class. Sign up in advance at front desk. Class size limited. Materials provided by instructor for use in class. No art experience necessary. Cost: \$5 Members only. Max 10 people.



Independence w/Aging Vision

Thursday, August 18, 1:30 pm

The Northeastern Association of the Blind at Albany (NABA) & the Glenville Senior Center present an engaging presentation designed for adults to learn about the early warning signs & leading causes of vision loss, eye health, and vision rehabilitation therapy & low vision adaptive aids, such as magnifiers, large print and talking items. Signup at the Front Desk.

www.naba-vision.org



Annual Senior Picnic & Games

Friday, September 9 at 1:30 pm

Join us for hot dogs, salad and other picnic fare. Tables and games inside and out. Come and visit with your friends and make new ones. Cost \$3.00 per person. Members only. RSVP by September 2.

Trips
See pg. 8 & 9

Friday, July 15 - Essex Steam Train & Riverboat
Thursday, July 28 - *Kiss Me, Kate* at Mac-Haydn Theatre
Tuesday, August 9 - *First Night*, Lake George Resort
Thursday, August 11 - Naumkeag & Red Lion Inn, Stockbridge, MA
Wednesday, August 24th - *The Full Monty* at Mac-Haydn Theatre
Thursday, September 15 - Erie Canal Cruise
Thursday, October 6 - Hyde Hall, Cooperstown

Inside This Issue

	Page		Page
Center News	2	Center Calendar	10,11
Center Services	3	Membership	12
Classes	4,5	Dining Center	12
Center Activities	6,7	Community Connections	13
Trips & Travel	8,9	Stumper Solution	13
Senior Stumper	9		

MARK YOUR CALENDAR

Exec Council: No July mtg. Thurs. Aug 4 at 11:15 am
Directors: No July mtg. Thurs. Aug 11 at 1:30 pm
Senior Moments Deadline: Wed. July 20
Senior Moments Mailing: Thurs. August 18 at 9 am

Senior Moments is published by
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Ricki Lewis & Connie Large, Editors
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

As I write this article, we are experiencing summer in early June/ As I read the article, I say, "Welcome Summer."

I have been trying to set up two times for a presentation on Emergency Preparedness, which we had scheduled just prior to Covid. Hopefully, I will have answers soon. It will be open to Center members and the public: one session during the day and the other early evening. I have attended this presentation in the past. The videos show how to "RUN, HIDE, FIGHT". I mention the RUN, HIDE, FIGHT because of the Buffalo, NY and the Uvalde, TX tragedies. We should be aware of our surroundings now wherever we go. I'm hoping to get this training in before another major assault occurs. We also hope Ukraine and Russia can solve their problems soon.

This summer remember to take care of yourself. Heat can bring about a lot of serious problems such as heat stroke and dehydration. Drink lots of fluids, WATER, WATER, AND WATER.

Have a safe summer!
Barb



Upcoming events

Dinner/ Dance

Saturday, October 1, 4-7 pm

Come and dance to your favorite tunes. More information to follow.

Annual Veteran's Day Dinner

Saturday, November 12



Gardening Help Needed

Even if you don't have the greenest of thumbs, we could use your help planting and maintaining the gardens. Please leave your name at the front desk if you're willing to volunteer for a few hours this summer.



Vicki's View

I want to let our members know about a new initiative from the New York State Office for the Aging (NYSOFA). They have launched a new caregiving portal in collaboration with Trualta. This is

a free resource for any caregiver in New York. Trualta offers information about healthy self-care as well as care of your companion. Topics include balancing work and caregiving, medication management, dementia care, grief & loss, grandparents as caregivers, safety & injury prevention, and more.

Signing up for this free resource is simple.

Visit: newyork-caregivers.com

Enter your email and create a password. Through the website, you can:

- Keep track of your learning progress.
- Read others caregivers stories.
- Link to local resources.
- Get a printable template for emergency planning.
- Access virtual caregiver meetings Tuesdays at 2 pm.

The goal is to assist you with giving the best care possible for your loved one by ensuring you have the information and support you need.

-Vicki

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.

Recycling at Center

There are three recycling bins in the Center. One is located by the card table in the hallway, one is near the copier in the office, and a third in the library.

****Plastic bags are only recyclable at participating stores. Do not put plastic bags in the recycling bins.**

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 **Pat Biggica** or **Lori Preddice** at the Center.

In Memoriam

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

Dorothy Brooks
Timothy Dort
Michael Green
Dorothy Hinds
Thomas Nealon
Helen Pepper
Walter Wolfe

Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Sue Reilly** for the recent displays of cherry blossom depression glass and buttons.

Next Up:

July & August: Polish Pottery by **Gladys Cox**

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. Thank you to Janet for coordinating the displays.

Copy Your Wallet Cards Free

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

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 only a few 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,

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

with ample advance notice. Information on page 13.

We Need Drivers & Dispatchers.

With summer upon us, we need substitute drivers and dispatchers. We will train you. Please call the Senior Center at (518) 374-0734 or **Maureen Adamek** at (518) 377-8497. Thank you.

More Transportation Options

Stop by the reception desk at the Center for a booklet listing additional options for transportation in Glenville, including many which offer handicapped services.

Senior Center Website

www.scotiaglenvilleseniors.org
Barbara Jones—Website Administrator

Email Initiative

In addition to our website and Senior Moments newsletter, you can receive email notifications about Center happenings. Send your full name and email address to seniorbaabs@gmail.com

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

Monday, August 8, 9:30 am - 2:00 pm
"Sailing Away"

This program is fun summer painting for new and experienced artists. Peggy will guide you through the steps to create depth in the painting so it invites you to walk over the hill to watch the colorful sailboats in the lake. Clouds in the sky and a distant shore complete this nostalgic scene.



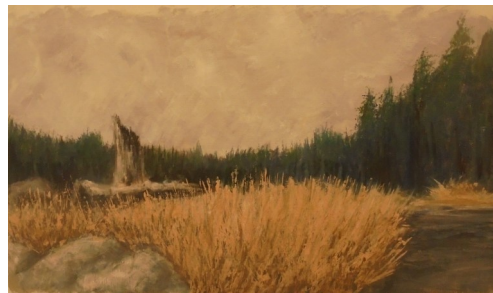
Sign up in advance at the front desk. Cost: \$45 per class.

Payment due at time of registration. Please make checks payable to **Peggy Porter**. Bring a bag lunch. If you have any questions, please call Peggy at 518-925-2238. Be sure to include a phone number with your information in case there is a last-minute change.

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.



Painting by Jan Barani

Stampin' Up Card Workshop

Tuesday, July 26 at 1 pm

Tuesday, August 30 at 1 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: \$10 per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them.

Watercolors with Mary

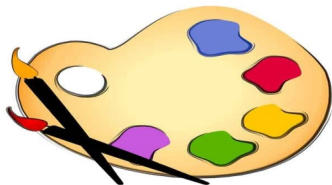
Monday, July 11, 10:30 am - 12:30 pm

Monday, August 1, 10:30 am - 12:30 pm

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

Fee: \$6

Next class: 9/12



Tai Chi Class

Fridays, July 1 - October 7
10:30 am to 11:30 am

Tai Chi class starting on Fridays, July 1 to October 7 (15-week class) from 10:30 am to 11:30am. For beginners, intermediate or advanced students. In this course you will learn the Yang 24 form which is one of the most popular in the world. You will get step by step instruction. Come experience the world of Tai Chi! The total cost is \$105.00 (7.00 per lesson) paid in advance. Please call **Tony Grimaldi** at (518) 469-4461 to register.

Tai Chi Practice

Tuesdays, 9-10 am

We are a group of Tai Chi enthusiasts who meet weekly to maintain our skills. We warm up gently, with easy stretches. We practice the Sun form that is taught in the MVP class (Tai Chi for Arthritis). We also practice the popular Yang 24 form. We end with Qi Gong, stationary movements with deep breathing. Offered to members only at no cost. You are welcome to join us, whatever your level of skill.

CLASSES AT THE SENIOR CENTER

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

YMCA Classes

Classes run on a month to month basis. Check bulletin board for details.

Mon	Tue	Wed
10:30 am Cardio Fit Mary Jane	9:15am Balance Mary Jo	9:15am Yoga Melia

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 improve your balance.

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

YOGA: Begins with poses seated in a chair, moves to standing poses, and ends with poses either sitting or lying 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.

Please note that you do not need to be a YMCA member to participate.

Zumba Gold

Mondays, 9:15 am, (no class 7/4) 7/11, 7/18, 7/25, 8/1, 8/8, 8/29

Fridays, 9:15 am, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5

Exciting Latin and International dance rhythms taught here 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: **\$30** per session due to instructor on the first day of the session. Please make checks payable to **Kathy Gautie**.

MVP Tai Chi Moves

Summer session: Wednesdays, 1:00-1:45 pm

July 13th through August 17th

Join us for an introduction to Tai Chi. Described as "meditation in motion," the benefits of Tai Chi can include improved balance, flexibility, and muscle strength to prevent falls. 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/

Chair Yoga

Thursdays, 9:15 –10:00 am

The June-July Chair Yoga session ends July 14th. The August-September Chair yoga session will be offered August 4 - September 8. (No class on 8/25)

Cost: **\$20** 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 while sitting in a chair. Minimal standing and balancing will also 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.

* A 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, August 18 at 9 am

Come join us for our mailing party as we prepare the *Senior Moments* newsletter. Volunteers fold the newsletters and apply pre-printed address labels. 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!

Canasta Anyone?

Looking for one more person to start a table for canasta on one of the card playing days. We have three members looking for a fourth. Come to the front desk if you're interested.

Pickleball

Mon, Wed, Fri 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.



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.

Mah Jong

Anyone interested in having a foursome play at the Center is welcome to play at the card sessions on Mondays and Thursdays. We have the game boards or you can bring your own.

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.

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 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 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.

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.

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.



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.

July 11: The School for Good Mothers
by Jessamine Chan

August 1: Being Mortal by Atul Gawande

September 12: The Woman They Could Not Silence
by Kate Moore

October 3: All That is Secret by Patricia Raybon

November 7: The Train to Crystal City
by Jan Jarboe Russell



Driver Safety Course

Tues/Wed July 19 & 20, 2-5 pm

Tues/Wed August 9 & 10, 2-5 pm

This program may reduce your auto insurance cost. Class consists of two three-hour sessions held on two consecutive days. 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**



Senior Golfers

Hillcrest Golf Course has invited us back for this year's league. The cost is **\$10** for 9 holes. Anyone interested in joining, please contact Butch Carpentier for the Monday league or Rich Kruk for the Wednesday league. All are welcome to join. Contact us by phone, email, or text.

Butch Carpentier (518) 779-2199

cfcarpentier@verizon.net

Rich Kruk (518) 441-1827

rkruk42@hotmail.com

La Bella Lingua

Class will resume in September.

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 send **John Alfano** an email at jalfano@nycap.rr.com or call (518) 881-8985.

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. If you have questions, please contact **Bill Rolston** at 518-383-3183

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.



Essex Steam Train & Riverboat Friday, July 15

Travel aboard the train as it coasts along the lower Connecticut River Valley and delight in the beautiful sights. Our trip includes a 3-course lunch prepared on board a restored 1920s Pullman Dining Car. This experience will transport you back to an era when train travel was King and eating in the “diner” was a special treat. At Deep River Landing, we will transfer to the Becky Thatcher Riverboat for a cruise on the Connecticut River, bursting with breathtaking scenery and historic sights, such as Gillette Castle. Following our cruise, we will return to the Essex Station aboard one of their coach passenger trains. Lunch Entree choices: Beef Tips & Gravy, Baked Chicken or Eggplant Parmesan. All include tossed mixed greens salad, roll, chef’s choice vegetable, starch & dessert. Cash bar for wine, beer and non-alcoholic beverages.

The itinerary is:

7:30 am	Depart the Senior Center;
There will be a comfort/snack stop along the way;	
11:15 am	Board train at Essex Station
11:30am-1 pm	Scenic train ride and lunch
1:10 –2:45 pm	Becky Thatcher Riverboat Cruise
2:45–3:05 pm	Return coach train to Essex Station
7:00 pm	Arrive at the Senior Center.

Cost will be **\$99** for members and **\$104** for non-members.

SOLD OUT

Wait list only.

Kiss Me Kate

Thursday, July 28

The battle of the sexes takes center stage as former spouses feud onstage and off during a musical presentation of *The Taming of the Shrew*. Egotistical leading man, director, and producer Fred Graham and his ex-wife, Lilli Vanessi profess to hate each other. However, it soon becomes clear that their relationship is a little more complicated. Throw in some cases of mistaken identity and a few legendary comedic routines and you get *Kiss Me, Kate*. Featuring hits like “Another Op’nin’, Another Show”, “Always True To You In My Fashion”, and “It’s Too Darn Hot.” Buffet lunch at Whitestone Café prior to matinee performance. Departs Center at 10:45 am; returns around 5 pm. Prices: **\$102** members; **\$107** nonmembers. Mac-Haydn Theatre currently requires photo id, proof of vaccination and masks. Subject to change.



First Night

Tuesday, August 9

Lake Theatre Productions at Holiday Inn Resort, Lake George. Join us for this touching and hilarious romantic comedy taking us back to the 80s, where two people who've been on very different life paths meet again on an eventful New Years Eve!

Lunch Choices: Medallions of Beef, Chicken Piccata, Seared Salmon or Vegetarian Pasta. All meals include a salad, rolls, fingerling potatoes, vegetables, dessert and hot coffee, tea, or decaf. Covid Guidelines: Follows all federal, NYS, local and actors’ equity Covid-19 guidelines regarding vaccinations and masks. Subject to change.

We will depart at 10:15am and arrive back at the Center at or approximately 5:00 pm

Cost: **\$100** members; **\$105** non-members



TRIPS and TRAVEL

Naumkeag & the Red Lion Inn **Thursday, August 11**

Naumkeag is the former country estate of noted New York City lawyer Joseph Hodges Choate and Caroline Dutcher Sterling Choate, located in Stockbridge, MA. The estate's centerpiece is a 44-room, Shingle Style country house constructed in 1885 and 1886. The estate is also noted for its large gardens. A National Historic Landmark District, Naumkeag is now owned by The Trustees of Reservations, who operate it as a nonprofit museum.

We will arrive in Stockbridge about 10:30 leaving us with about an hour for sightseeing in the village. The village has many great little stores to shop in and just enjoy the beautiful little town. The Red Lion inn expects us there at 11:30 at which time we will be escorted in for our wonderful and delicious lunch. The Red Lion Inn is famous for its service and the quality of its food.

After lunch we will be going to the Naumkeag State Historical site for a tour and time to do our own self touring of the grounds and building.

We should arrive back at the Center around 5:00 or 5:30. Prices to be announced soon.

The Erie Canal **Thursday, September 15**

Our trip through time will start in Herkimer with a 90 minute cruise and history lesson on the Erie Canal. After the cruise we will have lunch at the Waterfront Grille. After lunch we will visit the General Herkimer House, a NY State Historical Sight. Our visit to the General's House will include a mouth watering Home Chocolate demo. Time permitting, our trip home will include a stop at Palatine Cheese Factory. Times and price to be announced soon.

A Trip through Time!

Senior Stumper

A man left home running. He ran away and then turned left, ran the same distance, and turned left again, ran the same distance, and turned left again. When he got home, there were two masked men. Who were they?

Solution on page 13.

The Full Monty **Wednesday, August 24**

The Full Monty at Mac-Haydn Theatre is filled with honest affection, engaging melodies and possibly the most highly anticipated closing number of any show in history. This grin and bare-it comedy tells the story of six average-looking, unemployed steelworkers on the verge of a bold plan to get themselves out of debt, and make amends with those they love. When the men spy their wives going crazy over a group of male strippers, they decide to make some quick cash by forming their own act – a team of male strippers with ‘real’ bodies. As they conquer their fears, self-consciousness and prejudices, the men come to discover that they’re stronger as a group, and the strength that they find in each other gives them the individual courage to “let it go.”

Buffet lunch at Jackson’s old Chatham House prior to matinee performance.

Departs Center at 10:45 am; returns around 5 pm

Prices: **\$102** members; **\$107** nonmembers

Mac-Haydn Theatre currently requires photo id, proof of vaccination and masks. Subject to change.



Hyde Hall in Cooperstown **Thursday, October 6**

Hyde Hall is a stunning reminder of a bygone American era, when powerful English families established vast estates in their former colonies. The house itself is considered the finest example of a neoclassic country mansion anywhere in the United States. Roger Kennedy of the Smithsonian Institution has hailed Hyde Hall as “a great house, architecturally, and a social document of the first importance.”

A short ride from the northern end of Otsego lake will bring us to lunch. Lunch will be one of two places, the Otesaga Hotel or the Ommegang Brewery. Which one will depend on the menus and availability. Both are exceptionally fine restaurants.

After lunch we will make our obligatory stop at the Fly Creek Cider Mill.

We should arrive back at the Center 5:30 to 6:00.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 9:15 Zumba Gold 10:00 Book Club 10:30 Watercolors w/Mary 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	2 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp.	3 9:15 Yoga 1:00 MVP Tai Chi 1:00 Zentangle (Begin) 4:00 Pickleball	4 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	5 9:30 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 4:00 Pickleball	6
7	8 9:15 Zumba Gold 9:30 Paint w/Peggy 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	9 <i>Trip- First Night</i> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 2-5 Safe Driving Course	10 9:15 Yoga 1:00 MVP Tai Chi 1:00 Zentangle (Inter) 2-5 Safe Driving Course 4:00 Pickleball	11 <i>Trip - Naumkeag</i> 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	12 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 4:00 Pickleball	13 Early Voting
14 Early Voting	15 Early Voting 12-8pm 12:30 Cards 4:00 Pickleball	16 Early Voting 9-5 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp.	17 Early Voting 12-8pm 1:00 MVP Tai Chi 4:00 Pickleball	18 Early Voting 9-5 9:00 Mailing Party 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:00 Aging Vision	19 Early Voting 9-5 10:00 Painting w/Dani 10:00 Cribbage 4:00 Pickleball	20 Early Voting
21 Early Voting	22 12:30 Cards 4:00 Pickleball	23 Primary Election 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge	24 <i>Trip- Full Monty</i> 9:15 Yoga 4:00 Pickleball	25 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	26 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 4:00 Pickleball	27
28	29 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	30 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Card Making	31 9:15 Yoga 4:00 Pickleball	August		

Glenville Dining Center

Catholic Charities Senior & Caregiver Support Services operates the congregate dining program "Friendship Café" at the Glenville Senior Center 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 Friendship 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.

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.

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.

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302		Annual Fee: Glenville & Scotia residents: \$15 per person Non-residents: \$25 per person Checks preferred. Payable to : Scotia-Glenville Senior Citizens, Inc.	
MEMBERSHIP APPLICATION			
RESIDENT _____	NON-RESIDENT _____	RENEWAL _____	NEW MEMBER _____
*Name1 _____		E-mail _____	
*Name2 _____		E-mail _____	
*Address _____			
*City/State/Zip _____		*Phone _____	Cell phone _____
Emergency contact name & number: _____			
Office Use: Registration number: _____ Receipt number: _____ Receipt date: _____ Database: _____			

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 & 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 **Wendy Petroci**, Schenectady County Department of Senior & Long Term Care Services. CDC guidelines will be followed.

Glenville Sr. Ctr. meetings: July 5 & 19
August 2 & 16

Upcoming Support Group Conference Calls:

July 11 - (Monday) 5:30-6:30 pm
July 25 - (Monday) 5:30-6:30 pm
Aug 8 - (Monday) 5:30-6:30 pm
Aug 22 - (Monday) 5:30-6:30 pm

Dial-in number & Access code always the same

Dial-in number: (978) 990-5000
Access code: 368-996#

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.



Life is like a mirror,
Smile at it and it smiles back at you.



“Please watch out for each other and love
and forgive everybody.
It's a good life, enjoy it.”
Jim Henson

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.

Free Legal Consultations Wednesday, July 13 at 1:30 pm

Do you have questions about estate planning? Medicaid applications? **Glenn Witecki**, Esq will be offering free consultations at the Center on the second Wednesday of every other month. For members only. Call the Center to schedule an appointment.

Upcoming dates: 9/14

Cooling Assistance Benefit

Home Energy Assistance Program (HEAP)


If you meet HEAP eligibility guidelines, you may receive one cooling assistance benefit per applicant household for the purchase and installation of an air conditioner or fan to help your home stay cool.

For information about eligibility or applying, contact:

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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.

Glenn offers free consultations at the Center on the second Wednesday of every other month. Call the Center to schedule an appointment.



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Senior Center Coordinator:
Vicki Hillis
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