



# Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 8 March–April 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.

## Brunch & Games

**Saturday, March 23rd at 11 am**

Let's celebrate the coming of spring with a brunch and game day. We'll have breakfast pizza, mini sandwiches, salad - catering by Marcella's. Reserve your spot at the desk for \$5.00. Bring your favorite games or join us for corn hole, cards, wii bowling, boggle, scrabble, and other board games. Sign up deadline: March 15th

## Volunteer Recognition

**Friday, April 12th at 2 pm**

Thank you to all our volunteers for your dedication to the center. Those who have given 12 hours or more of their time volunteering at our Center during the past year are invited to come to a luncheon at the Center. Lunch will be catered by Marcella's Restaurant and will feature pizza and salad, brownie sundaes. Sign up at the Front Desk or by phone by April 5th. Volunteers only.

## Spring Craft

**Wednesday, May 8th at 1 pm**

Come learn how to make a beautiful Burlap Wreath and Bow to decorate your home for any season or holiday. Class time should be about an hour and a half with all materials and instructions included. Ideas for embellishing are limitless. (Embellishments, while not included, can easily be found in any craft store) Makes a great gift as well! Please sign up at the front desk in advance and make check payable to instructor: **Barbara Jones**. Fee: \$15 Class size is limited to 8, so sign up today!

## Happy Hour

**Tuesday, March 19th at 4:30 pm**

Come join us that evening for a casual gathering and perhaps an adult beverage at the Jade Bistro at 120 Mohawk Ave. Sign up at front desk in advance.

**Tuesday, March 12th - -St. Patrick's Day at the Aqua Turf Club**

**Wednesday, May 22nd - The Essex Steam Train & Riverboat**

**June 21st - 23rd (3 day/2 night) - Nordic Lodge Lobsterfeast & Casino Trip**

**Tuesday, June 11th - Save the date: Trip to Cooperstown**

**5 Trips to MacHaydn Theatre - See details inside**

**December 5th-9th, 2019 - Spotlight on San Antonio, Texas**

**Trips**

See pg. 8

## Inside This Issue

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

## Snow Closings and Delays

When Scotia-Glenville Schools are closed due to weather:

Center is closed; no van service. If S-G schools are delayed:  
Center is open; no van service; all classes and programs before 11:00 canceled to allow time for plowing; everything after 11:00 as usual. *Check local radio and TV for school announcements.*

Senior Moments is published by  
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## MARK YOR CALENDAR

**Exec Council: Thurs. Mar. 7th & Apr. 4th at 1:30 pm**

**Directors: Thurs. Mar. 14th & Apr. 11th 1:30 pm**

**Senior Moments Deadline: Wed. March 20th**

**Senior Moments Mailing: Thurs. April 25th**

**Senior Center closed: Mon. May 27th**

**Dining Center closed: Mon. May 27th**

## It's snow season - keep our carpets clean, floors dry and safe!

Please change from wet boots or shoes when entering the center. This is especially important when taking exercise classes since wet floors are slippery.

## 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

#### Keeping the Scotia-Glenville Seniors and Senior Center Operating

How many people know what keeps the lights on at the Glenville Senior Center and programs going for the Scotia-Glenville Senior Citizens? For the most part they

don't need to know or care so long as things are running smoothly, which is most of the time. They may not realize that without our 100 or more volunteers, modest dues paid by members and support of the Town of Glenville, senior services and programs would wither or die.

The Town of Glenville owns the Glenville Senior Center, pays for the vital part-time coordinator position, covers utilities and upkeep of the facility and grounds. The Scotia-Glenville Senior organization (a separate 501-c-3 not-for-profit corporation) owns the furnishings, supplies, program and office equipment at the Center facility, including paying over \$7000 each year for insurance. The Senior organization is run by a Board of Directors and officers elected each calendar year by members.

Through an annual contract with the Town, the Senior organization operates programs at the Center for the benefit of citizens 55 and over. The Town provides a grant of \$6500 each year that we use to help pay for our minivan. Trained volunteers use the van to transport senior residents who can't drive to shopping in the town and village or programs at the Center.

Some other municipalities in the region provide several full-time staff to operate their senior centers. In Glenville it is our volunteers who provide such staffing at no cost to the Town. Recruiting, training and coordinating volunteers is a huge and continuous challenge. However, it is rewarding for the volunteers who become involved in meaningful service, social interaction and the sense of community fostered. Clearly, without our volunteers and support from the Town, we could not function.

Still, the senior program would not be viable without members who pay their \$15 annual dues, which is truly a bargain. Yes, special fees are charged for some programs, but these are typically used to cover the cost of the instructor and related materials.

**So, if people fail to pay their membership dues or if the number of anticipated members is not sustained, continuation of current and future senior programs and services is jeopardized. Therefore, I urge people to become involved with our programs, to pay their dues and become members as we share responsibility for supporting quality senior activities and services in our community. Currently 600 people have paid dues and became members for 2019. Have you paid yours?**

*Sincerely, Ron Brach*



### Vicki's View

One of the most common questions that we get here at the Senior Center is what to do with no longer needed items when downsizing. Below is a partial list of organizations in our area who accept donations of gently used items. Please

contact organizations in advance to confirm your donations are wanted and needed at this time.

- \* Gently used clothing in season can be brought to the Salvation Army Store, 282 Saratoga Road, 518-399-8444 or the City Mission Store, 416 Saratoga Road, 518-399-0917
- \* Donations of unopened pet food can be dropped off at the Animal Protective Foundation, 53 Maple Ave., 518-374-3944
- \* Used books can be donated to Schenectady County Public Library, 99 Clinton Street, Schenectady, 518-388-4500
- \* Some furniture and building supply materials are accepted by Habitat for Humanity's Restore, 115 N. Broadway, Schenectady, 518-395-3412 ext 101
- \* Arts and crafts items can be donated to Her Treasure Box, 1775 Van Vranken Ave., Schenectady, 518- 937-3976.

You may also want to consider joining [www.freecycle.org](http://www.freecycle.org) to advertise items that you want to give away. If you know of other groups who accept such donations, please let us know so that we may update our list here at the Center.

*Thank you, Vicki*

### Lost and Found Items

Please check the lost and found bin to see if you have left something behind. The bin is in the hallway near the coat rack.



# CENTER SERVICES

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

## The Sunshine Committee

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



## Box Tops for Education

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

Keep looking for these Box Tops and bring them in so we can help the school achieve its goal to get playground equipment for the school. Our collection box is near the books and magazines in the main hallway.

## Display Case

Be sure to check out the display case in the library to see some unique collections. We want to thank **Sylvia Kaarto** for her Goebels Figurines in January and **Gloria Kudzin** for her Beanie Babies collection in February.

Next Up:

March: Foreign Coins by **Dan Lightsey**

April: Easter Display by **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.

Upcoming celebrations: 3/14, 4/11, 5/9



## 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.

## Acrylics\Watercolors with Mary

**Monday, April 22nd 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

## Painting with Peggy

**Monday, April 29th, 9:30 am - 2pm**

Title: Homestead in the Hills

Join us as we paint a cabin nestled in the foothills of the mountains. As you paint this nostalgic scene, Peggy will guide you through how to paint distant mountains, a basic building and a dirt road that disappears behind the cabin. Students enjoy painting this warm inviting scene! Beginners are welcome! Peggy provides all the materials from blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting.



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

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

## Recycling at Center

There are recycling bins located by the card table in the hallway with the books on it, one will be near the copier in the office, and a third in the library. We do have a large 65-gallon recycling container outside the back door which is emptied by our waste company. If you have suggestions regarding recycling here at the Center, please leave a note for **Barbara Brown**.

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

## Driver Safety Course

**Tues./Wed. March 19th & 20th 2-5 pm**

**Tues./Wed. April 16th & 17th 2-5 pm**

Cost: Senior members **\$25** & non-members **\$32**

These programs may reduce your auto insurance. This 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 Northway** 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.

## 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: 3/5, 4/2, 5/7

## Mixed Golf League Meeting

**Tuesday, April 9th at 2 pm**

A joint organizational meeting for current and new players to sign up for the 2019 mixed senior golf leagues at Galway Golf Course is scheduled for Tuesday, April 9th at 2 pm at the Scotia-Glenville Senior Center on Worden Road, Glenville. Two leagues are available at the course on Monday and Wednesday mornings beginning April 29th and continue for 16 weeks into the end of August. A highlight will be an end-of-season golf tournament with prizes and a luncheon.

For more information on joining the Monday league please call **Butch Carpentier** at 518-374-1499; or email: [cfcarpentier@verizon.net](mailto:cfcarpentier@verizon.net). For the Wednesday league call **Ron Brach** at 518-366-1272; or email: [ronbrach@gmail.com](mailto:ronbrach@gmail.com). Greens fees are discounted on a pay-as-you-go basis. A season pass option is also available.

Many players enjoy the golf outings and comradery so much they belong to both the Monday and Wednesday leagues. A substitute option is available for those who prefer to play less often. All players must be/become members of the Scotia-Glenville Seniors.

# 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


Winter Session ends March 29th

The spring session will start on April 1– June 21st ; Registration on March 21st, 9-11 am

No classes: April 22nd-26th, May 27th

**Fees: 1 class/wk \$36, 2 classes/wk \$60, 3 classes/wk \$83, 4 classes/wk \$99, 5 classes/wk \$110**

**\*\*To guarantee your spot in exercise class, we strongly recommend coming to our in-person registration.\*\***

| Monday                          | Tuesday                    | Wednesday   | Thursday                 | Friday                        |
|---------------------------------|----------------------------|---|--------------------------|-------------------------------|
| 9:30 Cardio/Strength<br>Melissa | 9:15 Zumba Gold<br>Carolyn | 9:30 Fit over 50<br>Joyce   | 9:15 Zumba Gold<br>Kathy | 9:30 Cardio Dance<br>Joyce    |
| 10:30 Forever Strong<br>Susan   |                            | 10:30 Forever Strong<br>Maggie  |                          | 10:30 Forever Strong<br>Joyce |
| 11:30 Balance<br>Susan          | 11:15 Chair Yoga<br>Joni   | 11:30 Tai Chi for<br>Arthritis<br>Richard   | 11:15 Balance<br>Susan   | 11:30 Chair Yoga<br>Joni      |
|                                 |                            |  2:00 Yoga<br>Joni |                          |                               |

**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 CIRCUIT:** 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.

**CARDIO DANCE:** A choreographed, medium-to-high-level, aerobic dance program specifically designed to improve cardiovascular endurance, agility, and coordination. Each 45-minute class includes a warm-up; a variety of dance routines and a cool-down & stretch. All dance routines are accompanied by a diverse variety of music.

**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!

**TAI CHI FOR ARTHRITIS:** Developed by Dr. Paul Lam with the assistance of medical and Tai Chi experts, studies have shown that Tai Chi for Arthritis helps to relieve pain for people with arthritis, improves their quality of lives, and helps to prevent falls for older adults.

Although especially effective for arthritis, it is a great exercise for senior citizens to improve health and wellness. Based on the Sun Style of Tai Chi, it presents participants with an easy to follow set of warm-up exercises and Tai Chi postures. The movements are slow and gentle, and the degree of exertion can be easily modified, making it suitable for people of all levels of ability.

**YOGA:** Watch for details about this new addition to the YMCA class line-up.

**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.

# 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, April 25th at 9 am**

Come join us for our mailing party as we prepare the *Senior Moments* newsletter for mailing. Volunteers perform the vital task of folding the newsletters and applying the pre-printed address labels for mailing. We'll meet in the Dining Center and complete the task usually within 1.5 hours. Refreshments will be served. Come join us and have some fun!

### **Humanities & Health**

**3rd Thursday of the month, 1:30 pm**

Upcoming topics include brain awareness, Alzheimer's disease and estate planning. Watch the bulletin board for more details. Free and open to the public. Please sign up in advance at the front desk.

### **MVP Tai Chi Moves**

**Wednesdays, Feb 27-May 15 @ 1-1:45 pm**

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, 10:00 am**

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

### **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. You can then follow up with people on the list to establish new groups of play.

### **Duplicate Bridge**

**Tuesdays, 12:30-4 pm**

No previous experience is necessary. This is a friendly game! Come with your partner. If you need a partner, please call **Anne Bishop** at 518-372-7254.

### **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.

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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.

Mar. 4 - *Gray Mountain* by John Grisham

Apr. 1 - *Educated* by Tara Westover

May 6 - *Under the Wide and Starry Sky* by Nancy Horan

"You can never get a cup of tea large enough or a book long enough to suit me." – C.S. Lewis

### La Bella Lingua

Beginners - Thursdays at 11 am (In the Library)

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

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

### 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!

### 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 (begins 9:30 during tax season)

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 Anthony Cintula*

### EASE program

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



### 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.
- ♦ **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.

### Andy Cooney's Irish Cabaret

**Tuesday, March 12th**

Join us for a trip to the Aqua Turf Club in Southington, CT to celebrate St. Patrick's Day with the one and only Andy Cooney at Connecticut's leading banquet facility. Join Andy, Chloe Agnew, Gary Wilson, The Guinness Irish Band and World Class Irish Step Dancers for a fun-filled day! Prior to show, you will be served a delicious family style meal: tossed salad, penne pasta, corned beef & cabbage, baked scrod, rolls, vegetable, potato, dessert and coffee/tea.

Leave the Center at 8:30 am and return at approximately 6:00 pm. Cost: **\$87** members; **\$92** non-members

### Essex Steam Train & Riverboat

**Wednesday, May 22nd**

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 1920's 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, Chicken Parmesan or Eggplant Parmesan (all include tossed mixed greens salad, roll, chef's choice vegetable, starch & dessert). Cash Bar for Wine, Beer & Non-alcoholic beverages.

The itinerary is: 7:45 am Departure from the Senior Center; There will be a comfort/snack stop along the way; 11:15 am board train at Essex Station; 11:30 am to 1 pm the scenic train ride and lunch; 1:10 pm– 2:45 pm the Becky Thatcher Riverboat Cruise; 2:45 pm – 3:05 pm the return coach train ride to Essex Station; 7:00 pm arrive at the Senior Center.

Cost: **\$99** members; **\$104** non-members

- ♦ On trip days, our parking lot gets overcrowded. Please carpool to the center and park where directed, as you arrive.
- ♦ **Non-members** not sponsored by members as described above are subject to bumping by a member who is on waiting list.
- ♦ Trips that are for Senior Center **Members Only** will be so identified in the *Senior Moments* announcement.
- ♦ *Senior Moments* cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.

### Spotlight on San Antonio

**Info Night: April 3rd at 6 pm**

**Trip: December 5-9th, 2019**

"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

Learn more at a trip presentation on Wednesday, April 3rd at 6 pm here at the Senior Center.

### Nordic Lodge Lobster Feast

**June 21st - 23rd (3 days/2 nights)**

Day 1 - Early morning departure for the Mohegan Sun Casino where you can enjoy lunch on your own, try your hand at the games of chance and shop some world class boutiques. Then head to Charlestown, RI and enjoy a fabulous Lobster & Seafood Buffet at the Nordic Lodge. Along with all you can eat whole lobster, you will find shrimp, clams and other seafood dishes. For landlubbers, they offer prime rib, filet mignon and more.

Day 2 - Enjoy breakfast at your hotel, check out and then depart for Foxwoods Resort Casino. You will receive a bonus for more chances at winning the jackpot. Lunch on your own and time to shop. Later in the day you will depart for your next overnight stop.

Day 3 - Following breakfast, depart for home.

Deadline for signing up: **March 22nd**.

Cost: **\$399** members; **\$410** non-members



## TRIPS and TRAVEL continued

### 5 Shows at Mac-Haydn Theatre

We have booked 5 separate trips to some of the outstanding shows of the upcoming summer season at Mac-Haydn Theatre. Join us for an afternoon matinee and lunch at a nearby restaurant. Leave the Center at 10:45 am and return at approximately 5:00 pm. Cost for each trip: **\$78** members; **\$83** non-members

May 30th - *Camelot* with lunch at Kozel's  
June 13th - *Curtains* with lunch at Yianni's  
July 11th—*Grease* with lunch at Whitestone Café  
August 1st—*Ragtime* with lunch at Whitestone Café  
August 28th - *Oklahoma!* with lunch at Yianni's

Prices for trips include transportation, show, lunch, and gratuities.

### Trip to Cooperstown

**Tuesday, June 11th**

Save the date - Trip to the Fenimore Art Museum with lunch at the Otesaga. After lunch, we will head to the Ommegang Brewery for a tour and tasting. Time-permitting, our ride home will include an ice cream stop. Cost will be around \$79. More details to follow.

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

### Attention GE employees, retirees, and spouses of either

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



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



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**

### 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.

| <i><b>Sunday</b></i> | <i><b>Monday</b></i>   | <i><b>Tuesday</b></i>  | <i><b>Wednesday</b></i>   | <i><b>Thursday</b></i>  | <i><b>Friday</b></i>   | <i><b>Saturday</b></i>   |
|----------------------|--|--|---|---|--|--|
|                      |  | <b>March</b>   |   |   |  |  |
| <b>3</b>             | <b>4</b> 9 - 4 AARP Tax Prep<br>9:30 Cardio/Strength<br>10:00 Book Club<br>10:30 Forever Strong<br>11:30 Balance<br>12:30 Cards<br>4:00 Pickleball | <b>5</b> 9:00 Tai Chi<br>9:00 Coffee & Conver<br>9:15 Zumba Gold<br>10:10 Healthy Bones<br>11:15 Chair Yoga<br>12:30 Dupl. Bridge<br>1:00 Caregivers Grp.<br>1:00 Knitting<br>2:30 Cardmaking                      | <b>6</b> 9:00 Mah Jong<br>9:30 Fit Over 50<br>10:30 Forever Strong<br>11:30 Tai Chi/Arthritis<br>1-4 AARP Tax Prep<br>1:00 MVP Tai Chi<br>4:00 Pickleball   | <b>7</b> 9:15 Zumba Gold<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Italian Beginners<br>11:15 Balance<br>12:30 Cards<br>1:00 Quilting  | <b>8</b> 9:30 Cardio Dance<br>9:30 Painting w/Dani<br>10:00 Cribbage<br>10:30 Forever Strong<br>11:30 Chair Yoga<br>1:30 Advanced Italian<br>1-4 AARP Tax Prep<br>4:00 Pickleball  | <b>9</b>   |
| <b>10</b>            | <b>11</b> 9 - 4 AARP Tax Prep<br>9:30 Cardio/Strength<br>10:30 Forever Strong<br>11:30 Balance<br>12:30 Cards<br>4:00 Pickleball                   | <b>12</b> <i><b>Trip to Irish Cabaret</b></i><br>9:00 Tai Chi<br>9:00 Coffee & Conver<br>9:15 Zumba Gold<br>10:10 Healthy Bones<br>11:15 Chair Yoga<br>12:30 Dupl. Bridge<br>1:00 Knitting<br>1:00 American Legion | <b>13</b> 9:00 Mah Jong<br>9:30 Fit Over 50<br>10:30 Forever Strong<br>11:30 Tai Chi/Arthritis<br>1-4 AARP Tax Prep<br>1:00 MVP Tai Chi<br>4:00 Pickleball  | <b>14</b> <i><b>CDPHP Birthday Cake</b></i><br>9:15 Zumba Gold<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Italian Beginners<br>11:15 Balance<br>12:30 Cards<br>1:00 Quilting<br>1:30 Board Mtg. | <b>15</b> 9:30 Cardio Dance<br>9:30 Painting w/Dani<br>10:00 Cribbage<br>10:30 Forever Strong<br>11:30 Chair Yoga<br>1:30 Advanced Italian<br>1-4 AARP Tax Prep<br>4:00 Pickleball | <b>16</b>  |
| <b>17</b>            | <b>18</b> 9 - 4 AARP Tax Prep<br>9:30 Cardio/Strength<br>10:30 Forever Strong<br>11:30 Balance<br>12:30 Cards<br>4:00 Pickleball                   | <b>19</b> 9:00 Tai Chi<br>9:00 Coffee & Conver<br>9:15 Zumba Gold<br>10:10 Healthy Bones<br>11:15 Chair Yoga<br>12:30 Dupl. Bridge<br>1:00 Knitting<br>2:00 Safe Driving<br>4:30 Happy Hour                        | <b>20</b> 9:00 Mah Jong<br>9:30 Fit Over 50<br>10:30 Forever Strong<br>11:30 Tai Chi/Arthritis<br>1-4 AARP Tax Prep<br>1:00 MVP Tai Chi<br><del>2:00 Safe Driving</del><br><del>4:00 Pickleball</del> | <b>21</b> 9:15 Zumba Gold<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Italian Beginners<br>11:15 Balance<br>12:30 Cards<br>1:00 Quilting<br>1:30 Humanities                                      | <b>22</b> 9:30 Cardio Dance<br>9:30 Painting w/Dani<br>10:00 Cribbage<br>10:30 Forever Strong<br>11:30 Chair Yoga<br>1:30 Advanced Italian<br>1-4 AARP Tax Prep<br>4:00 Pickleball | <b>23</b><br><b>11 am</b><br><b>Brunch</b><br><b>&amp;</b><br><b>Games</b> |
| <b>24/31</b>         | <b>25</b> 9 - 4 AARP Tax Prep<br>9:30 Cardio/Strength<br>10:30 Forever Strong<br>11:30 Balance<br>12:30 Cards<br>4:00 Pickleball                   | <b>26</b> 9:00 Tai Chi<br>9:00 Coffee & Conver<br>9:15 Zumba Gold<br>10:10 Healthy Bones<br>11:15 Chair Yoga<br>12:30 Dupl. Bridge<br>1:00 Knitting  | <b>27</b> 9:00 Mah Jong<br>9:30 Fit Over 50<br>10:30 Forever Strong<br>11:30 Tai Chi/Arthritis<br>1-4 AARP Tax Prep<br>1:00 MVP Tai Chi<br>4:00 Pickleball  | <b>28</b> 9:15 Zumba Gold<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Italian Beginners<br>11:15 Balance<br>12:30 Cards<br>1:00 Quilting   | <b>29</b> 9:30 Cardio Dance<br>9:30 Painting w/Dani<br>10:00 Cribbage<br>10:30 Forever Strong<br>11:30 Chair Yoga<br>1:30 Advanced Italian<br>1-4 AARP Tax Prep<br>4:00 Pickleball | <b>30</b>  |

| <i>Sunday</i> | <i>Monday</i>   | <i>Tuesday</i>  | <i>Wednesday</i>   | <i>Thursday</i>  | <i>Friday</i>   | <i>Saturday</i> |
|---------------|---|---|--|--|---|-----------------|
|               | <b>1</b><br>9 - 4 AARP Tax Prep<br>9:30 Cardio/Strength<br>10:00 Book Club<br>10:30 Forever Strong<br>11:30 Balance<br>12:30 Cards<br>4:00 Pickleball | <b>2</b><br>9:00 Tai Chi<br>9:00 Coffee & Conver<br>9:15 Zumba Gold<br>10:10 Healthy Bones<br>11:15 Chair Yoga<br>12:30 Dupl. Bridge<br>1:00 Knitting<br>1:00 Caregivers Grp.<br>2:30 Cardmaking  | <b>3</b><br>9:00 Mah Jong<br>9:30 Fit Over 50<br>10:30 Forever Strong<br>11:30 Tai Chi/Arthritis<br>1-4 AARP Tax Prep<br>1:00 MVP Tai Chi<br>2:00 Yoga<br>4:00 Pickleball<br>6:00 San Antonio Trip Mtg.                        | <b>4</b><br>9:15 Zumba Gold<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Italian Beginners<br>11:15 Balance<br>12:30 Cards<br>1:00 Quilting  | <b>5</b><br>9:30 Cardio Dance<br>9:30 Painting w\Dani<br>10:00 Cribbage<br>10:30 Forever Strong<br>11:30 Chair Yoga<br>1:30 Advanced Italian<br>1-4 AARP Tax Prep<br>4:00 Pickleball  | <b>6</b>        |
| <b>7</b>      | <b>8</b><br>9-4 AARP Tax Prep<br>9:30 Cardio/Strength<br>10:30 Forever Strong<br>11:30 Balance<br>12:30 Cards<br>4:00 Pickleball                      | <b>9</b><br>9:00 Tai Chi<br>9:00 Coffee & Conver<br>9:15 Zumba Gold<br>10:10 Healthy Bones<br>11:15 Chair Yoga<br>12:30 Dupl. Bridge<br>1:00 American Legion<br>1:00 Knitting<br>2:00 Golf League | <b>10</b><br>9:00 Mah Jong<br>9:30 Fit Over 50<br>10:30 Forever Strong<br>11:30 Tai Chi/Arthritis<br>1 - 4 AARP Tax Prep<br>1:00 MVP Tai Chi<br><del>2:00 Yoga</del><br><del>4:00 Pickleball</del><br><i>Rotary Brooks BBQ</i> | <b>11</b> <i>CDPHP Birthday Cake</i><br>9:15 Zumba Gold<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Italian Beginners<br>11:15 Balance<br>12:30 Cards<br>1:00 Quilting<br>1:30 Board Mtg. | <b>12</b><br>9:30 Cardio Dance<br>9:30 Painting w\Dani<br>10:00 Cribbage<br>10:30 Forever Strong<br>11:30 Chair Yoga<br><del>1:30 Advanced Italian</del><br>2:00 Volunteer Luncheon<br>1-4 AARP Tax Prep<br>4:00 Pickleball | <b>13</b>       |
| <b>14</b>     | <b>15</b><br>9:30 Cardio/Strength<br>10:30 Forever Strong<br>11:30 Balance<br>12:30 Cards<br>4:00 Pickleball  | <b>16</b><br>9:00 Tai Chi<br>9:00 Coffee & Conver<br>9:15 Zumba Gold<br>10:10 Healthy Bones<br>11:15 Chair Yoga<br>12:30 Dupl. Bridge<br>1:00 Knitting<br>2:00 Safe Driving                       | <b>17</b><br>9:00 Mah Jong<br>9:30 Fit Over 50<br>10:30 Forever Strong<br>11:30 Tai Chi/Arthritis<br>1:00 MVP Tai Chi<br>2:00 Yoga<br>2:00 Safe Driving<br><del>4:00 Pickleball</del>  | <b>18</b><br>9:15 Zumba Gold<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Italian Beginners<br>11:15 Balance<br>12:30 Cards<br>1:00 Quilting<br>1:30 Humanities                            | <b>19</b><br>9:30 Cardio Dance<br>10:00 Painting w\Dani<br>10:00 Cribbage<br>10:30 Forever Strong<br>11:30 Chair Yoga<br>1:30 Advanced Italian<br>4:00 Pickleball   | <b>20</b>       |
| <b>21</b>     | <b>22</b><br>9:30 Paint with Mary<br>12:30 Cards<br>4:00 Pickleball   | <b>23</b><br>9:00 Tai Chi<br>9:00 Coffee & Conver<br>10:10 Healthy Bones<br>12:30 Dupl. Bridge<br>1:00 Knitting   | <b>24</b><br>9:00 Mah Jong<br>1:00 MVP Tai Chi<br>2:00 Yoga<br>4:00 Pickleball   | <b>25</b><br>9:00 Sr. Moments Mailing<br>10:00 Photography<br>10:10 Healthy Bones<br>11:00 Italian Beginners<br>12:30 Cards<br>1:00 Quilting   | <b>26</b><br>10:00 Cribbage<br>10:00 Painting w\Dani<br>1:30 Advanced Italian<br>4:00 Pickleball  | <b>27</b>       |
| <b>28</b>     | <b>29</b><br>9:30 Paint with Peggy<br>9:30 Cardio/Strength<br>10:30 Forever Strong<br>11:30 Balance<br>12:30 Cards<br>4:00 Pickleball                 | <b>30</b><br>9:00 Tai Chi<br>9:00 Coffee & Conver<br>9:15 Zumba Gold<br>10:10 Healthy Bones<br>11:15 Chair Yoga<br>12:30 Dupl. Bridge<br>1:00 Knitting  |  | <h1>April</h1>   |   |                 |
|               |   |   |  |  |   |                 |

# Glenville Dining Center

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

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

*\* Menus subject to change. \**

**Reservations are required; please call 518-393-1946, 9 a.m. to 1 p.m., a day in advance.** Please call ahead if you need to cancel a reservation. Full menus are also available on site. Substitutions available. Make request when you call for reservation.

Suggested Meal Contribution: **\$3.50** for those 60+ Guests and those under 60 are charged \$6.75 per meal. Participants must complete registration forms at first visit.

***Please arrive by 11:45 a.m. 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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## Scholarships to Area HS Seniors

Scotia-Glenville Senior Citizens, Inc. will again offer \$1,000 scholarships to three area high school seniors who have demonstrated good scholarship and community service, with special emphasis on service to Glenville Seniors. High School Seniors who live in the Town of Glenville, regardless of school affiliation, may request an application by writing to the Glenville Senior Center, 32 Worden Rd., Glenville, NY 12302 (ATTN: **Scholarship Committee**.) Applications will also be available in the local high school guidance offices and at activity/volunteer directors' offices at local health facilities. All applications will be available after February 28th and are due by Thursday, April 11th.

## AARP Tax Return Preparation

**Through April 15th, By appointment only**

The tax preparers are AARP-trained volunteers who will prepare and electronically file your federal and NYS return free of charge.

**Call the Center (518-374-0734) to schedule your appointment.** Please bring a photo ID, social security card and proof of health insurance for each member who will be listed on the return, last year's tax return, interest, dividends, capital gains, wages, social security, and retirement income statements. (*Soc. Sec. 1099 is acceptable proof of health insurance and social security enrollment.*)

**These appointments fill quickly. Don't wait until the last minute to schedule your appointment.**

## Senior Stumper

Problem 1. There is a troop containing fewer than 100 soldiers. When they march in formation 3 abreast, all the ranks except one are full. That rank is short exactly one soldier. The same is true when they march in formation 4 abreast and when they march in formation 5 abreast. How many soldiers are in the troop?

troop  
and 100 that meets that criteria is 60. So there are 59 in the  
evenly divisible by 3, 4, and 5. The only number between 1  
case the number of soldiers in the troop would necessarily be  
formations would have a rank missing any soldiers. In that  
Answer 1. (59) If the troop had one more soldier, none of the

## 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.

## Caregiver Conversations

First Tuesday of month at 1 pm

Caregivers meet monthly at the center to discuss caregiving issues faced in people's daily lives. Individuals can come at 1:00 pm to talk about any questions/concerns you may have. The support group will then meet from 1:30 to 2:30 pm. Facilitated by Wendy Petroci, Schenectady County Department of Senior & Long Term Care Services. Upcoming meetings: 3/5, 4/2, 5/7

## VFW Ziti Dinner

Friday May 3<sup>rd</sup> from 4:00 pm to 7:00 pm

Glenville VFW Post 4660, Veterans of Foreign Wars, is sponsoring a Ziti Dinner at the Glenville Senior Center. Dinner will include salad, meatballs, sausage and dessert; raffles and more. Dinner prices are: \$9.00 and \$8.00 for advance sales, children under 5 are free. Eat-in or take-outs are available.

Advance tickets can be purchased at Mail "N" More, the Glenville Senior Center and from VFW Post 4660 members. Proceeds will be used to support local, Disabled and Homeless Veterans Programs, Veterans outreach and other community based Veterans support groups.

Come join us. We promise great food, fun and fellowship. For additional information, please contact **Larry Zeglen** at (518) 399-7559.

## Scotia Rotary Brooks BBQ

Wednesday, April 10th, 4 pm until sold out

at the Glenville Senior Center. Watch for flyers for more details.

## American Legion Post 1001

Second Tuesday of each month at 1 pm

Next meetings 3/12, 4/9, 5/14

**Bill Wragg, Cmdr Kurt Maucher, Adj.**

## 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**.



**A plan for life.**

For information, call  
**(518) 641-3400 or**  
**1-888-519-4455**  
**TTY/TDD (518) 641-4000**

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

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

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CDPHP Universal Benefits,® Inc.

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## 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.

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Nursing and Rehabilitation Center, Inc.

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Serving the Glenville and BH-BL Communities**

 **Kathleen Engel**, Associate Broker  
Certified Seniors' Real Estate Specialist  
518-640-4808  
E-mail: [Kathleen.Engel@ColdwellBankerPrime.com](mailto:Kathleen.Engel@ColdwellBankerPrime.com)  
[www.ColdwellBankerPrime.com/Kathleen.Engel](http://www.ColdwellBankerPrime.com/Kathleen.Engel)

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**James Baggs, Proprietor**  
[handymanofamerica1@gmail.com](mailto:handymanofamerica1@gmail.com)

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## Dayhaven ADULT DAY SERVICES

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

Services for Older Adults & Caregivers

Enabling Seniors to  
remain at home

107 Nott Terrace, Schenectady

518.372.5667

Allowing Caregivers peace  
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...Motivational Activities

...Safe, Homelike Environment

...Caring Staff

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**KINGSWAY HOME CARE SERVICE**

**Kingsway Community Home Care Service**

321 Kings Road, C-5, Schenectady, NY 12304  
518.382.8187 • [kingswaycommunity.com](http://kingswaycommunity.com)



### The Witecki Law Office

8 South Church Street  
Schenectady, NY 12305

518-372-2827

[www.WiteckiLaw.com](http://www.WiteckiLaw.com)

[GWitecki@WiteckiLawOffice.com](mailto:GWitecki@WiteckiLawOffice.com)

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*"Do all the good you can, and make as little fuss  
about it as possible."*

-Charles Dickens

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

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

TO: CURRENT OCCUPANT OR



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



**OFFICERS – 2019**

President: Ron Brach  
1st VP: Charlene Pomichter  
2nd VP: Ed Perazzo  
Secretary: Jim Moorhead  
Treasurer: Art Coats  
(Officers are also Directors)

**DIRECTORS – 2019**

Barbara Brown  
Butch Carpentier  
Gladys Cox  
Marty Deschaine  
Bob Farstad  
John Friguletto  
Myrtle Major  
Anne Pomeroy  
Angie Pomykai  
Don Puckette  
Lynn Purcell

Joy Robb  
Mary Sieder  
Barbara Smith  
Rosalind Streeter  
Sue Sykes

**CONTACTS**

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