



# Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 9 May-June 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.

## Movie and Mexican Food

Sunday, May 5th at 4 pm

Celebrate Cinco De Mayo with us. Inviting all members to join us for chili and corn bread as we celebrate Cinco De Mayo. Our featured film will be LaLa Land. Cost is \$5.00 per person. Please sign up at the front desk by May 1st.

## Ice Cream Social

Friday, May 31st from 2-4 pm

Inviting all members to join us to celebrate the coming of spring at our annual ice cream social. It's a great time to relax and chat with new and established friends over cookies and an ice cream sundae. Ice cream compliments of Stewart's Shops. Members only. Please sign up at the desk before May 24th.



## 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 provided. 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

Wednesday, May 15th at 5:00 pm

Come join us that evening for a casual gathering and perhaps an adult beverage at the Turf Tavern. Sign up at front desk in advance.

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

Thursday, May 30th - *Camelot* at MacHaydn Theatre

Tuesday, June 11th - Trip to Cooperstown

Thursday, June 13th - *Curtains* at MacHaydn Theatre

Thursday, June 20th - Andy Cooney at Gavin's Irish Country Inn

Thursday, July 11th - *Grease* at MacHaydn Theatre

Tuesday, July 23rd - Hildene & Vermont Country Store

Thursday, August 1st - *Ragtime* at MacHaydn Theatre

Wednesday, August 28th - *Oklahoma!* at MacHaydn Theatre

Thursday, August 29th - Culinary Institute Trip

Tuesday, September 10th - Schoharie Valley Heritage Trip

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

### Trips

See pg. 8 & 9

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### MARK YOR CALENDAR

Exec Council: Thurs. May 2nd & June 6th at 1:30 pm

Directors: Thurs. May 9th & June 13th at 1:30 pm

Senior Moments Deadline: Wed. May 22nd

Senior Moments Mailing: Thurs. June 20th at 9 am

Senior Center closed: Mon. May 27th

Dining Center closed: Mon. May 27th

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### 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

As someone who has just returned from attending a special travel adventure sponsored by the Scotia Glenville Seniors, I want to share my enthusiasm with our *Senior Moments* readers. On this trip we traveled by coach to Southington, CT to be entertained by the remarkable Irish tenor Andy Cooney and his Irish Cabaret at the Aqua Turf Club. Prior to the show, we were served a delightful corned beef and cabbage and baked scrod luncheon with all the trimmings. I don't think there was a dry eye in the place as Andy and Chloe Agnew from Celtic Women sang some Irish favorites. I realize many of you have enjoyed day trips with us to places near and far. Organizing and conducting such adventures is a major commitment of the Scotia Glenville Seniors. Our volunteers handle all the vital tasks of planning, publicity, signing people up, collecting payments and providing leadership for each trip. Without their services, the trips would not happen. We are most appreciative of our two travel committee volunteers, Linda Reinhardt and Butch Carpentier, who in 2018 planned and conducted 14 memorable events. They included such venues as the Clark Art Museum in Williamstown, MA; Damn Yankees, Funny Girl, Cabaret, Mama Mia at Mac-Haydn and Branson Xmas shows; the Wild Center of the Adirondacks; a Lake George Dinner cruise; and the Christmas Holiday of Lights at Washington Park in Albany to name a few. In 2019 we got off to a rousing start with Andy Cooney as noted. Check out our many trips scheduled for spring and summer in this issue of *Senior Moments*. More are in the works for fall. With such a varied list of opportunities for travel and good fellowship with members and nonmembers alike, there is sure to be something for everyone. Because trips are a major function of our program, we are always looking for new destination ideas. Also, you might consider becoming a member of the travel committee and/or perhaps planning and leading trips, although leading trips is just an option. We invite interested persons to leave their name and contact information for the committee chair Linda Reinhardt at the Senior Center (518-374-0734). Your help would allow us to expand our offerings to meet additional interests and would be much appreciated by all.

**We look forward to traveling with you soon!**

*Sincerely, Ron Brach*

### 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.



### Vicki's View

Many people have no idea what the Senior Center is. Some mistake us for a nursing home, others a day program for those needing care. My job often involves trying to explain that we are an active, vibrant club for adults looking to stay active, play a sport, pursue a hobby, travel and socialize. The impressive array of activities offered here is made possible by our volunteers who give more than 5,000 hours annually. For these volunteers, the Center goes way beyond just participating in this class or that sports league. It's about seniors helping seniors which is the ideology on which the Center was founded. In today's world, it's easy to lose sight of the fact that we are at our best when we focus on ways to help others. Our Center's volunteers know this. They don't volunteer to receive praise or recognition; they do it because it's the compassionate thing to do. There are so many instances of kindness that take place here on an ongoing basis that it is impossible to say thank you for each and every one of them. So even if a thank you note does not reach you, please know that these things are noticed and appreciated. These things make our Center what it is.

This spring we recognized our wonderful volunteers at the annual appreciation luncheon hosted by the social committee. We also recognized member Marion Grimes who received the Lifetime Achievement Award for Schenectady County this year. Marion has been volunteering for 75+ years in a wide variety of roles and still remains active volunteering in our community.

*Thank you, Vicki*

### 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 spring.

### Social Committee News

#### Save these Dates:

Aug. 17<sup>th</sup> - Movie and International Potluck

Sept. 6<sup>th</sup> - Annual Outdoor Picnic

Oct. 5<sup>th</sup> - Murder Mystery Dinner

*More info in the future newsletters.*

# 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 **Charlene Pomichter** 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 symbols and bring them in so we can help the school achieve its goal to get playground equipment for the school. Our collection box is near the books and magazines in the main hallway.

## Display Case

Be sure to check out the display case in the library to see some unique collections. We want to thank **Dan Lightsey** for his foreign coin collection in March and **Janet Neary** for her Easter display collection in April.

Next Up:

May: **Charlene Pomichter** - Teapots

June: **Barbara Rogow** - Barbie Dolls  
(Barbie's 60th anniversary)

**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.



## Van Transportation

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

*Our van must stay within Glenville/Scotia.*

### On-request pickup and delivery



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

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

**Donations are gratefully accepted to help defray costs.**

*The center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with ample advance notice. Information on page 13.*

**We Need Drivers & Dispatchers.** Be a regular or substitute driver or a substitute dispatcher. Call **Linda Reinhart** at the center for information.

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

## Copy your wallet cards free

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

## Having a computer problem?

Schedule a one-hour session with a Senior Center computer tutor. Call the center to arrange for an appointment. Free to members.

## Donate eyeglasses

The Scotia-Glenville Lions Club collects discarded eyeglasses which they restore and give to those less fortunate. So drop off your donation in the box located in the center's library.



# SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

## Let the Games Begin

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

## Stampin' Up Card Workshop

**First Tuesday of the month at 2:30 pm**

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Sign up in advance at Front Desk. Please make checks payable to the instructor, **Brigid Meyer**.

Cost: **\$5** per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates: 5/7, 6/4, 7/2

## Painting with Peggy

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.

**Monday, May 20th, 9:30 am - 2pm**

Title: A Country Road – You can almost hear the birds singing in this peaceful country scene! This painting achieves depth through distant, rolling mountains, a hedgerow and field with leafy summer trees. There is also a fence and path that disappear in the distance. It may sound complicated, but we paint one element at a time, it all fits together and the result is wonderful!



**Monday, June 10th, 9:30 am - 2pm**

Title: Cabin at Dusk - This striking Wilson Bickford painting contrasts a cabin against a glowing sky. You could make up a story about the cabin, because there is light in the windows and smoke coming from the chimney!



## Driver Safety Course

**Tues./Wed. May 21<sup>st</sup> & 22<sup>nd</sup>, 2-5 pm**

**Tues./Wed. June 18<sup>th</sup> & 19<sup>th</sup>, 6-9 pm**

Cost: Senior members **\$25.50** & non-members **\$29**

These programs may reduce your auto insurance. Class consists of two-3-hour sessions held on two consecutive days. Senior Center membership is not required. Payment is due at sign-up. For either class, please make check payable to **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.

## Acrylics\Watercolors with Mary

**Monday, May 13th at 9:30 am - noon**

**Monday, June 17th 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



*Sample painting*

## Nominating Committee Invites Recommendations


A nominating committee consisting of **Barbara Brown**, **Lynn Purcell** and **Ed Perazzo** has been appointed by Senior Center president **Ron Brach**. The committee seeks recommendations for candidates to fill the positions of President, 1st Vice President, 2nd Vice President, Secretary, Treasurer, and seven members of the Board of Directors.

Members of the Board serve for a term of three years that will commence January 1, 2020. Officers serve for a term of one year. The nominating committee has until July 1, 2019 to submit its slate of nominees. Voting on the slate of nominees by the full center membership will be done by secret ballot during September and the first two weeks of October.

Member recommendations for nominees may be made at the Center desk or by contacting the nominating committee members individually.

# 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.

<b>YMCA Classes</b> The spring session will start on April 1st – June 21st No classes: May 27th <b>Fees: 1 class/wk \$36, 2 classes/wk \$60, 3 classes/wk \$83, 4 classes/wk \$99, 5 classes/wk \$110</b> **Summer session registration will be held Wednesday, June 19th from 9-11 am .**				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Cardio/Strength Melissa	9:15 Zumba Gold Carolyn	9:30 Fit over 50 Joyce	9:15 Zumba Gold Kathy	9:30 Cardio Dance Joyce
10:30 Forever Strong Susan		10:30 Forever Strong Maggie		10:30 Forever Strong Joyce
11:30 Balance Susan	11:15 Chair Yoga Joni	11:30 Tai Chi for Arthritis Richard	11:15 Balance Susan	11:30 Chair Yoga Joni
		 2:00 Yoga 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, 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. 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:** Begins with poses seated in a chair, moves to standing poses, and ends with poses either sitting or laying on the floor. Participants should be able to get up and down from the floor with the assistance of a chair. This class will work to improve flexibility, balance, strength and overall wellness though yoga poses, breathing and relaxation techniques.

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

# 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, June 20th 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**

**5/16** - Talk by Glenn Witecki, Esq. "Can I Protect my Home if I go into a Nursing Home?"

**6/20** - Panel with local nursing home/assisted living facilities 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, June 19th - July 31st @ 1 - 1:45 pm**

No class on July 3rd

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

### **Senior Center Photographers**

**Thursdays, 10 am**

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

### **Cribbage**

**Fridays, 10 am**

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

### **Coffee and Conversation**

**Tuesdays, 9-11 am**

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

### **Card Playing**

**Mondays and Thursdays, 12:30 pm**

We play bridge, pinochle, canasta, hand-and-foot card games and more. This is a great opportunity to meet new friends. Generally, foursomes are established and seldom have openings for drop-in players. If interested, stop by the front desk and add your name to the list of new interested players, indicating the game(s) of your interest. 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 duplicate bridge experience is necessary. This is a friendly game! Come with your partner. If you need a partner or have any questions please call **Anne Bishop** at 518-372-7254.

### **Bocce Ball**

**Tuesdays at 9:30 am, starting May 7th**

Weather permitting, we will meet at the Bocce ball court on the East side of our building for our first game.

### **Tai Chi Practice**

**Tuesdays, 9 am**

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

### **Mah Jong**

**Wednesdays, 9 am**

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

# CENTER ACTIVITIES

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### First Monday Book Club

**First Monday of month, 10 am**

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

May 6th - *Eleanor Oliphant is Completely Fine*  
by Gail Honeyman

June 3rd - *Pachinko* by Min Jin Lee

July 1st - *Where'd You Go, Bernadette* By Maria Semple

"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 10:30 am (In the Library)**

This beginner class will end on 5/30 and resumes 9/26.

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

Advance class will end on 5/31 and resume 9/27.

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

*La Vita è Bella (Life is Beautiful)* Italian film with English subtitles will be shown on Friday, June 7th at 1 pm. Everyone is welcome to attend.

### Blanket-makers Needed

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

### Silver Threads Quilters

**Thursdays, 1 - 3 pm**

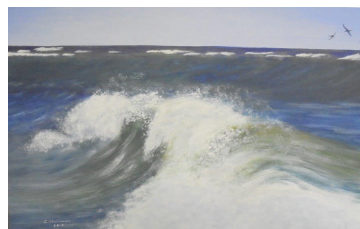
We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. This year our group has made quilts to donate to Camp Erin, a camp for bereaved children. Also, some of our generous members made hats, mittens and scarves to give to the camp for the cold Adirondack nights.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

### Oil, Acrylic & Art

**Fridays, 10 am - 1pm**

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

Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire. Certified by the Minneapolis Institute of Art, the instructor **Dani Morette** will provide guidance on color mixing technique and application.



*Painting by Craig Hoffman*



### EASE program: Alzheimer's

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

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

### Knitting and Crocheting

**Tuesdays, 1 pm**

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

### Pickleball

**Mon, Wed, Fri 4 pm**

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

## TRIPS and TRAVEL

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

### Essex Steam Train & Riverboat

Wednesday, May 22nd

**Trip is full.** 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

### 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

A trip to the Fenimore Art Museum in Cooperstown. There will be several special exhibits on display two of which are the **Beaded Treasures of Haudenosaunee Art** and the **Eugene And Clare Thaw: A Memorial Tribute**.

Lunch will be a buffet at the **Otesaga** Hotel, which needs no explanation! After lunch we will be going to the **Ommegang** Brewery, a beautiful facility, for a tour. A tasting will be at your own option. Time permitting our ride home will include an ice cream stop. Cost will be **\$85** for members and **\$90** for nonmembers.

The bus will leave the Center at 8:30 am, arrive at the Fenimore Museum at 10 am. The lunch buffet at the Otesaga at 12 and our tour of the Ommegang Brewery will begin at 2:30 pm. We should arrive back home between 5 & 6 pm.

### Andy Cooney at Gavin's Irish Inn

Thursday, June 20th

Join us for lunch & a show at Gavin's Irish Country Inn:

10 am - Arrival with coffee, tea, & scones

11 am - Name that tune game w/prizes

12 pm - Lunch: Caesar salad, Prime Rib Au Jus, Chicken Francais or Shrimp Scampi

1:15 pm - Andy Cooney Show

3 pm - Shopping

The bus will leave the Center at 8:30 am and return at approximately 5:30 pm.

Cost: **\$82** members; **\$87** non-members Price includes transportation, show, lunch, & gratuities.

### Culinary Institute Trip

Thursday, August 29<sup>th</sup>

Join us for a trip to the Culinary Institute's Ristorante Caterina de' Medici, followed by a visit to the Thomas Cole National Historic Site.

The CIA's Luncheon Menu is: 1<sup>st</sup> Course - Ravioli filled with spinach and ricotta, butter and sage; 2<sup>nd</sup> Course - Pork Scallopini with asparagus, mushrooms, ham, mozzarella, and potato gratin; and Dessert - Tiramisu Classico - Mascarpone cream layered with lady fingers soaked in coffee.

After our fabulous luncheon, we will be stopping at the Thomas Cole National Historic Site for a self-guided walking tour of this historic landmark.

Departure time at the Center will be 9:15 am; CIA Luncheon at 11:30 am.; Thomas Cole House arrival 2:30pm; Return time will be about 6:30.

Cost is **\$94** for members and **\$99** for non-members – bring a friend! Please be aware CIA requires a head count by August 1<sup>st</sup>, so you must sign up by July 30th.

Checks for trips may be held until we have sufficient people signed up that we know the trip is financially viable. Just a friendly reminder that you'll need to keep track of these outstanding checks if you sign up early.



# TRIPS and TRAVEL

## Hildene & Vt. Country Store

**Tuesday, July 23rd**

Robert Lincoln built Hildene as a summer home at the turn of the 20th century. He was the only child of Abraham and Mary Todd Lincoln to survive to maturity.

Now, the 412-acre estate, with its Georgian revival mansion and 14 historic buildings includes the home, formal garden and observatory; Welcome Center and The Museum Store in the historic carriage barn; 1903 Pullman car, Sunbeam; a solar-powered goat dairy and cheese-making facility and the lower portion of the property, Dene Farm, was recently incorporated into the guest experience. This land functions as a campus for environmental and agricultural education for high school students and includes a teaching greenhouse, composting facility, animal barn, vegetable gardens, apple orchard, and 600 foot floating wetland boardwalk. Nearby, the 1832 schoolhouse, still used for education programs, stands in contrast to the new facilities.

Lunch will be at the Lunch Room on the Hildene property. Our lunch will be a sandwich sampler buffet which will include cookies, brownies, chips, lemonade and ice tea.

After lunch we will head over to the **Vermont Country Store** for a brief trip back in shopping time. This will bring back many happy memories!

Cost for the trip will be **\$68** for members and **\$73** for nonmembers. The bus will depart the Senior Center at 8:00am and arrive at Hildene at 10:00am. Lunch will be served at 12:30pm. We will arrive at the Vermont Country Store at 2:30. We will leave for home at 4:00pm and arrive about 6:00pm.

Sign up at the front desk.

## Schoharie Valley Heritage Trip

**Save the Date: Tuesday, September 10th**

Enjoy three 60-minute tours in the beautiful Schoharie Valley Region. The Palatine House Museum is the oldest house in Schoharie County. Built in 1743 for the Palatines' newly arrived German Lutheran pastor, the Rev. Peter Nicholas Sommer, it is one of only a few houses in Schoharie that survived the Revolution. The Old Stone Fort Museum Complex celebrates and preserves the rich, historic legacy of New York's beautiful Schoharie Valley. The Iroquois Indian Museum is an educational institution dedicated to fostering understanding of Iroquois culture using Iroquois art as a window to that culture.

Lunch will be at Rubbin' Butts Bar-B-Q, a tasty treat. The cost will be in the \$70 range. More information to follow.

## Spotlight on San Antonio

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

Day 1: Evening welcome reception

Day 2: Tour of San Antonio, visit the Alamo,

Brave at El Mercado (Mexican Marketplace)

Day 3: San Antonio - Stonewall-Fredericksburg

Visit LBJ ranch (36th President)

Day 4: Riverboat Ride on the Paseo del Rio

Evening visit to picturesque olive orchard

Day 5: Tour ends

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

**\$2,149** pp based on double occupancy

**\$2,549** based on single occupancy

**\$2,119** pp based on triple occupancy

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

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.

32 Worden Road, Glenville NY 12302

**MEMBERSHIP APPLICATION**

**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**

# May

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball	<b>2</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian beginners 11:15 Balance <del>12:30 Cards</del> 1:00 Quilting Sch'dy Co. Senior Awards	<b>3</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian <del>4:00 Pickleball</del> <b>VFW Ziti Dinner</b>	<b>4</b>
<b>5</b> <b>Movie &amp; Mexican Food</b>	<b>6</b> 9:30 Cardio/Strength 10:30 Forever Strong 10:00 Book Club 11:30 Balance 12:30 Card 4:00 Pickleball	<b>7</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2:30 Cardmaking	<b>8</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 1:00 MVP Tai Chi 1:00 Spring Craft Class 2:00 Yoga 4:00 Pickleball	<b>9</b> <i>CDPHP Birthday Cake</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Board Meeting	<b>10</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	<b>11</b>
<b>12</b>	<b>13</b> 9:30 Paint w/Mary 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 1:30 Caregivers Grp. 4:00 Pickleball	<b>14</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 American Legion	<b>15</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball 5:00 Happy Hour	<b>16</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian beginners 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Humanities	<b>17</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	<b>18</b>
<b>19</b>	<b>20</b> 9:30 Paint w/Peggy 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball	<b>21</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving	<b>22</b> <i>Essex Train Trip</i> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 2:00 Yoga 2-5 Safe Driving <del>4:00 Pickleball</del> <b>Memorial Day Parade</b>	<b>23</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian beginners 11:15 Balance 12:30 Cards	<b>24</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 4:00 Pickleball	<b>25</b>
<b>26</b>	<b>27</b> <i>Memorial Day—Senior Center Closed</i> <i>Dining Center Closed</i>	<b>28</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:00 Cribbage 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>29</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 2:00 Yoga 4:00 Pickleball	<b>30</b> <i>Trip—Camelot</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 10:30 Italian beginners 11:15 Balance 12:30 Cards 1:00 Quilting	<b>31</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:30 Advanced Italian 2:00 Ice Cream Social 4:00 Pickleball	

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>2</b>	<b>3</b> 9:30 Cardio/Strength 10:00 Book Club 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball	<b>4</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp 2:30 Cardmaking	<b>5</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 2:00 Yoga 4:00 Pickleball	<b>6</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting	<b>7</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 1:00 Film <i>La Vita è Bella</i> 4:00 Pickleball	<b>1/8</b>
<b>9</b>	<b>10</b> 9:30 Paint w/Peggy 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball	<b>11</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	<b>12</b> 9:00 Mah Jong 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 2:00 Yoga 4:00 Pickleball	<b>13</b> <i>CDPHP Birthday Cake</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Board Meeting	<b>14</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 4:00 Pickleball M1	<b>15</b>
<b>16</b>	<b>17</b> 9:30 Paint w/Mary 9:30 Cardio/Strength 10:30 Forever Strong 11:30 Balance 12:30 Cards 4:00 Pickleball	<b>18</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 9:30 Bocce 10:10 Healthy Bones 11:15 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 6-9 Safe Driving	<b>19</b> <i>Trip-Gavins Irish Inn</i> 9:00 Y class registration 9:00 Mah Jong C 9:30 Fit Over 50 10:30 Forever Strong 11:30 Tai Chi/Arthritis 1:00 MVP Tai Chi 2:00 Yoga 4:00 Pickleball 6-9 Safe Driving	<b>20</b> 9:00 Newsletter mailing 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:15 Balance 12:30 Cards 1:00 Quilting 1:30 Humanities	<b>21</b> 9:30 Cardio Dance 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 11:30 Chair Yoga 4:00 Pickleball	<b>22</b>
<b>23/30</b>	<b>24</b> 12:30 Cards 4:00 Pickleball	<b>25</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:30 Bocce 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	<b>26</b> 9:00 Mah Jong 1:00 MVP Tai Chi 4:00 Pickleball	<b>27</b> 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>28</b> 10:00 Painting w/Dani 10:00 Cribbage 4:00 Pickleball	<b>29</b>

# June

# 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.*



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



## Protect your Wi-Fi connection

Is your Wi-Fi (wireless) connection password protected? Many people do not want to bother remembering another password for their Wi-Fi. But if your Wi-Fi is not protected, your neighbors or others within range of your router can connect to your network and use it for questionable activities or access shared data on your computer. Additional unauthorized users can drastically slow down your internet speed, too.

## Senior Stumper

A long time ago Sally owned a pig farm. At the end of one particular year she had five employees, who had each worked on the farm for a different number (2, 3, 5, 6 and 9) of years. Four of the employees worked as hog sloppers and the fifth as the pig boss. It was a good year so Sally decided to give them each a bonus, proportional to the number of years that employee had worked on the farm, with the exception that the boss's base bonus would then be increased by 50%. Each bonus was in whole numbers of dollars and they totaled \$280. How many years had the pig boss worked for Sally?

## 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.

Answer: 6 years. The total number of years of service among all five employees is 25 years. With \$280 in bonus money available, they could each get an \$11 bonus per year of service and there would still be \$5 (\$280-\$275) left over for the pig boss's extra bonus. But that is not enough to increase any of their bonuses by 50%. If they each got a \$10 for each year of service, the total amount of the bonuses would be \$250 with \$30 left over for the boss's extra bonus. If \$30 was his additional bonus, it would have to be 50% of his base bonus (\$60). So the boss had 6 years of service.

## 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. Change: May's meeting will be held on Monday, May 13th from 1:30 to 2:30 pm. The June meeting will be on the regular day and time: 6/4 at 1:00

## VFW Ziti Dinner

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

Glenville VFW Post 4660 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.

## American Legion Post 1001

**Second Tuesday of each month at 1 pm**

Next meetings 5/14, 6/11

**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**.

*People who say "Go big or go home" seriously underestimate my willingness to go home.  
It's literally my only goal.*



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

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Capital District Physicians' Health Plan, 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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Senior Citizens, Inc.**



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

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Bob Farstad  
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