



Scotia-Glenville Senior Citizens Senior Moments



Volume 47 Number 1 January-February 2022

Glenville Senior Center ★ 32 Worden Road, Glenville, NY 12302 ★ 518-374-0734

Senior Moments is issued once every two months i.e. Jan.-Feb.; Mar.-Apr.; May-June; July-Aug.; Sep.-Oct. and Nov.-Dec.

Pizza and a Movie

Saturday, January 15th, 12:30 pm

Join us for pizza, dessert, and beverage.

Movie TBA - watch for email blast with movie title. Sign up at the desk - \$5 per person for pizza, etc. non-refundable. Deadline to sign up is Wednesday, January 12th. Members only!



Property Tax Questions

Thursday, January 20th, 1:30-2:30 pm

Are you getting all of the property tax exemptions that you are entitled to? Our Town Assessor will be here to answer questions about STAR, Enhanced STAR and Veterans exemptions.

Valentine's Card Party & Games Day

Saturday, February 12th, 1 pm

Bring your own cards, games, or use games always available at the Center - Scrabble, backgammon, mah jong, checkers, chess, cribbage, etc.

A 50/50 raffle will be held. Also, bring a \$1 lottery ticket to be added to the lottery tree, and receive a raffle ticket toward raffle drawing. Please sign up at the front desk no later than Wednesday, February 9th. Members Only!

Cost: \$5 to cover snacks.

Watch email: If we need to postpone due to weather, the snow date is February 19th.



SAVE THE DATE - Murder Mystery Dinner Theater - "A Cruise to Die For"

Saturday, April 2nd.

More information in the next newsletter.

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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
the Scotia-Glenville Senior Citizens, Inc.

Barbara Brown, President

Vicki Hillis, Executive Editor, Publisher

Ricki Lewis & Connie Large, Editors

Angie Pomykai, Assoc. Editor, Distribution Manager

MARK YOUR CALENDAR

Exec Council: Thurs. Jan. 6th & Feb. 3rd at 1:30 pm

Directors: Thurs. Jan. 13th & Feb. 10th at 1:30 pm

Senior Moments Deadline: Wed. Jan. 19th

Senior Moments Mailing: Thurs. Feb 17th at 9 am

Senior Center closed: 1/3, 1/17, 2/21

Dining Center also closed on the above dates.

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

Words from the President

Happy New Year, Feliz Ario Nuevo, Szczeslinego Now ego Roku, Bonne Annee, Buon Amno and in any other language there is.

I hope anyone who entered the Center after Veterans Day noticed the new carpet in the hallway, library, and coordinator's office. We all thank the Town Hall for this early Christmas gift that was originally scheduled to happen next year. Thank you to our Town Supervisor **Chris Koetzle** and everyone at the Town Hall for your continued support of our Center.

Reminder to renew your membership if you have not done so for 2022. We hope that you come out and join us for warm, friendly activities, and maybe try something new.

Remember this can be a very lonely time of the year for anyone old or young... PLEASE call a family member or a friend and talk with them to let them know someone cares. See if you can help in some way. Even running an errand for someone can mean a lot this time of year.

Stay well. Be smart. Be safe.

Barbara

AARP Free Tax Preparation

The volunteer tax aides look forward to serving the Glenville community again. The Covid positivity rate will dictate how and if these services can be provided. Call the Center at 518-374-0734 after **January 1st** to schedule your Feb-Apr. appointment.



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

facebook



Vicki's View

Welcome to the New Year! Let's hope that 2022 is a year when we continue to grow our activities at the Center and our chances to get together.

Over the past number of years, we have always had a membership of around 1,100 members. The pandemic has meant that our numbers are a little lower than usual and we hope to see that rebound. Please consider introducing a friend or neighbor to the Center.

Did you know that we have a whole team of people working to let people know about all we offer? **Lynn Purcell** updates our section of the senior column in the Daily Gazette and **Flo McClure** assists with our Facebook posts. **Barbara Jones** encourages maximum participation in all of our events with her email blasts to our membership as well as the constant updates to the SG Senior website. It's Barbara's handiwork that you're seeing on the screen in the lobby, too. These updates help make everyone aware of events that spring up in between newsletters. Speaking of newsletters, I am excited to have **Connie Large** working on incorporating all of the articles into each edition and **Ricki Lewis** as our new editor to keep all of our i's dotted and t's crossed. Of course, we can't forget **Angie Pomykai** who has been working on the newsletter for 20 years! Angie handles the ads, proof reading and distribution.

We are now offering our members the choice to opt out of receiving the newsletter in the mail. Please let the volunteer at the front desk know if you would prefer to read the newsletter online. Save paper, save postage - win, win! We will be sending an email blast with the link to the online version once the newsletters are at the post office.

Vicki

Board of Directors

Thank you to all of the members of Board of Directors who are stepping down at year's end:

- * **Gladys Cox**
- * **Bob Farstad**
- * **Joy Robb**

Welcome to the new Board members:

- * **Irene Colucciello**
- * **Susan Jeffords**
- * **Lynn Purcell**
- * **Lois Renko**

CENTER SERVICES

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

The Sunshine Committee

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

In Memoriam

The Sunshine Committee, with the consensus of the Board of Directors at their November meeting, will be including in the Senior Moments an "In Memoriam" tribute to those members that have passed away. We now share our sympathy either online with the funeral home or with a sympathy card. This new feature will reach out to all of the members so they are aware of those deceased members and have an opportunity to acknowledge them for their time and contributions to the Center.

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Patricia Olsen** for her display of snowmen throughout the holidays.

Jan & Feb: Vintage Food Tins by **Gloria Kudzin**

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

Copy Your Wallet Cards Free

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

Email Initiative

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

Van Transportation

For senior residents of Glenville and Scotia only. Senior Center membership not required.
Our van must stay within Glenville/Scotia.

On-request pickup and delivery



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

take you on your errands: to the barber or hairdresser, Wal-Mart, grocery store, to visit a friend, etc., within the town. Van operates Monday through Friday, 9 am - 3 pm.

Donations are gratefully accepted to help defray costs.

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

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

We Need Drivers & Dispatchers.

Be a regular or substitute driver or a substitute dispatcher. Call **Linda Reinhart** at the Center for information.

Free Table

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

Donate Eyeglasses

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

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.

Stampin' Up Card Workshop

First Tuesday of the Month at 12:30 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: **\$10** per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates 1/4, 2/1, 3/1.

Paint with Peggy

Wednesday, Jan. 5th & Feb. 2nd
Time: 9:30 am – 2pm

Sign up in advance at the front desk. Cost: **\$45** per class. Payment due at time of registration. Please make checks payable to **Peggy Porter**. Please bring a bag lunch. If you have any questions, please call Peggy 518-925-2238. Please include a phone number with your information in case there is a last-minute change. Masks required for those unvaccinated.

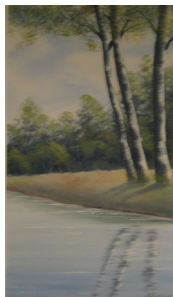
Jan. 5th - Sand Dunes

This summer scene will bring back memories of seaside vacations. We will create clouds in the sky, a distant ocean and nearby sand dunes with old beach fencing! What is really nice is the fencing is falling down! This is one of my designs and if you don't want pink in the sky, the colors can be adjusted. Just come ready to paint and bring a box to carry home your completed oil painting!



Feb. 2nd - Lakeside Birches

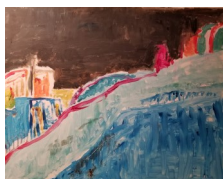
As we remain in the winter season, let's continue the summer feeling by painting this lovely lakeside scene! Originally designed by Wilson Bickford, in this class you will learn how to paint birch bark and how to create shadows and reflections in water. I think you will enjoy this fun painting!



Art Show & Reception

Friday, January 21st at 2 p.m.

Beginning January 14th, member **Barry Finley** will be displaying his art work at the Center. Reception planned for Friday, January 21st at 2 p.m.



Tai Chi Class

Fridays, 10:30 am, starting 2/4

For beginners or advanced students, this Tai Chi class will help with balance and arthritis. Students will utilize a small wooden stick (this will be provided) for exercising joints in wrists, hands, legs, etc. This form will also help with concentration. Class will be 8 weeks long and the total cost is \$56. For more information, call **Tony Grimaldi** at 518-469-4461.

Oil, Acrylic Art

Fridays, 10 am - 1pm
(begins 9:30 during tax season)

Certified by the Minneapolis Institute of Art, the instructor, **Dani Morette** provides her expertise as she guides you through your current piece of art. Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know. Bring your own supplies for your intended new creation. Paint whatever you desire. Next 8 week sign up session is Jan. 31st. Fee is \$120.



*Painting completed by
Rina Bell*

Watercolors with Mary

Monday, Jan 10th, 10:30 am - 12:30 pm

Monday, Feb. 7th, 10:30 am - 12:30 pm

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

CLASSES AT THE SENIOR CENTER

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

YMCA Classes

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

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

BALANCE: As we age, we lose our balance. The good news is that with practice, we can retrain our brains and bodies to improve our balance! Strengthens key muscles responsible for balance. Leads you through balance drills. Provides you with tricks to help you improve your balance.

CARDIODANCE: Choreographed, medium-to-high level aerobic dance program designed to improve balance, flexibility, coordination, cardiovascular endurance and muscle tone.

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

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

Zumba Gold

Mondays, 9:15, Continued from Dec.: 1/10, 1/24

Fridays, 9:15, Continued from Dec.: 1/7, 1/14, 1/21, 1/28

Sessions are 6 weeks.

Exciting Latin and International dance rhythms taught here for seniors and beginners. Easy to follow, so any age and any fitness level can do it! This fun Latin dance program includes merengue, salsa, cha-cha, calypso, and rock & roll. Guaranteed to provide a safe & effective total body workout. Cost: \$30 per session due to instructor on the first day of the session. Please make checks payable to **Kathy Gautie**.

MVP Tai Chi Moves

Wednesdays, January 12-March 16 1:30-2:15pm

Join us for an introduction to Tai Chi. Described as "meditation in motion," the benefits of Tai Chi can include improved balance, flexibility, and muscle strength to prevent falls. Wear flat-soled shoes and loose, comfortable clothing. This program is free and open to the public, compliments of MVP Health Care. Space is limited and registration is required. Register at www.mvphealthcare.com/calendar Watch for winter session registration to open.

Chair Yoga

January-February sessions

Thursdays 9:15 AM

Winter Session 1: 1/6 - 2/3 (5 classes)

Week off

Winter Session 2: 2/17 -3/17 (5 classes)

Cost: \$20 per session due to instructor on the first day of class. Cash or checks; Checks payable to: **Chris Darby-King**

Chair yoga is one of the gentlest forms of yoga available. It is especially designed for people who prefer to sit while stretching/exercising or may have difficulty getting to the floor. Participants will be guided through a series of stretches and yoga postures and a minimal amount of standing and balancing utilizing the chair for support. Each class will also include breathe awareness techniques and guided relaxation.

In addition to providing a very good stretch overall, other potential health benefits of chair yoga include: improved flexibility and posture, moderate strengthening, increased circulation, a better sense of balance, healthier breathing habits, reduction of stress, promotion of relaxation and a renewed sense of well-being.

Please wear loose, comfortable clothing.

If you have an old necktie or stretchy strap, please bring it to class.

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, February 17th 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!

Attention Bowlers Wednesdays, 9am

The second half of the season will be starting January 5th and we will be looking for bowlers to replace our Snow Birds. If you've been thinking about joining our league now would be the perfect time. We bowl Wednesday mornings starting at 9 am. If you are interested, just show up and try us out. We are a fun league with a wide range of averages. You can just show up or you can contact **Butch Carpentier** at 518-374-1499 for more information.

Driver Safety Course Saturday, March 19th, 9 am - 3:30 pm

This program may reduce your auto insurance premiums. Senior Center membership not required.

Cost: Senior Center members: \$25; Others: \$29.

Please make check payable to **Leon Tettle**. 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. Course certificates are mailed to participants within 3 weeks of course completion.



Cribbage Fridays, 10 am

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

Coffee and Conversation Tuesdays, 9 - 11 am

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

Card Playing Mondays and Thursdays, 12:30 pm

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

Duplicate Bridge Tuesdays, 12:30 pm

Haven't played bridge for awhile? No problem! No duplicate bridge experience is necessary. This is a friendly game. Sign-up starts at 12:15 and play begins promptly at 12:30. Join us with your partner. If you need a partner or have any questions, please contact **Ruth Armbruster** at 518-399-7871 or **Anne Bishop** at 518-372-7254.

Canasta Anyone?

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

MahJong

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

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.

Jan. 10*: The Sweetness of Water by **Nathan Harris**

Feb. 7: The Agitators by **Dorothy Wickenden**

March 7: The Exiles by **Christina Baker Kline**

Apr 4: Sisters in Arms by **Kaia Anderson**

May 2: The Yellow Wife by **Sadega Johnson**

* January book club moved to the second Monday due to the New Year holiday.



La Bella Lingua

Advanced - Fridays at 1:30 pm

Everyone is welcome. There is no fee - the only expense is to buy your own books. The classes are informal and enjoyable. We have fun as we learn to read, write and speak the beautiful language. Ciao! For details, please send **John Alfano** an email at jalfano@nycap.rr.com or call him at 518-881-8985.

Silver Threads Quilters

Thursdays, 1 - 3 pm

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

Tai Chi Practice

Tuesdays, 9-10 am

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

Free Legal Consultations

Wednesday, Jan. 12th at 1:30 pm

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

Upcoming dates: 1/12, 3/9.

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!

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.

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.
- ♦ Non-members not sponsored by members as described above are subject to bumping by a member who is on the waiting list.
- ♦ Trips that are for Senior Center Members Only will be so identified in the *Senior Moments* announcement.
- ♦ We cannot publish announcements of trips sponsored by organizations other than the Glenville Senior Center or those we team with for Joint Venture trips. Please sign up well in advance. Watch for deadlines - trips may be filled or cancelled due to low enrollment.

No travel plans for January-February. Watch the trips bulletin board for other sister Senior Center trips and travel as a member!

NEW

Intro to Modern Dance

Fridays, 11:30 am, starting 1/14

In this course, students will move from stretching through a blended style of dance, incorporating elements of classical ballet and classical modern dance (Horton, Lemon, Graham, etc.), with a healthy dose of post-modern dance made up of a mix of theater and jazz. Students will learn earthbound ballet with some leaps as well as some moves involving lying on the ground. Please wear stretchy clothing, have long hair pulled back, and be prepared to dance in socks or bare feet. Cost: \$5 per week paid on a monthly basis. Please make checks payable to **Beth Jacobs**. Sign up in advance at the front desk prior so the instructor can gauge interest.

Poetry Corner

ONSET

Go ahead now. Take the sweater out of the closet.
Put your arms through the sleeves. Admit, just
to yourself, that you are an old woman now,
your youth and vigor spent.

November's air whispers through the leaky panes
of your old house, makes you shiver, distracts
from what you were thinking.
So many things distract you now.

You used to boast that you were the last one
to feel the cold, You were a furnace
as you slept beside him, Now the embers
cool, and memory clouds.

The frost moon foretells winter's onset;
you are unprepared for its diminished light.

By **Virginia Bach Folger**

*First published in Constellations:
A Journal of Poetry and Fiction*

New Senior Center Web Site

www.scotiaglenvilleseniors.org

Find the latest information about activities and events.

Barbara Jones—Website Administrator

Early Bird Raffle Winners

Everyone who renewed their Center membership before Thanksgiving were eligible for the 2022 Early Bird Membership Raffle. The drawing was held Monday, December 6th. Congratulations to this year's winners:

- | | |
|-------------------------|-------------------------|
| 1. Lena Becker | 9. Gail Lee Mann |
| 2. Barbara Blum | 10. Susan Montgomery |
| 3. Dawn Bonk | 11. Walter Pfunter, Jr. |
| 4. Valerie Boyle | 12. Patty Pytlovany |
| 5. Jim Caterson | 13. Albert Schmidt |
| 6. Cheryl DeLella | 14. Charlie Schuffert |
| 7. Beth Gillespie-Kehoe | 15. Amanda Vickerson |
| 8. Mary Kavanagh | |



Rec Room

All members are welcome to come in and enjoy the rec room for pool, shuffle board, etc. The only time the room is occupied is Thursday mornings for the photography group so they can view their photos on the large screen television.



Membership Policy

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

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.
32 Worden Road, Glenville NY 12302
MEMBERSHIP APPLICATION
Jan. 1 thru Dec. 31, 2022

Annual Fee: Glenville & Scotia residents: \$15 per person
Non-residents: \$25 per person
Checks preferred. Payable to : Scotia-Glenville Senior Citizens, Inc.

RESIDENT _____ NON-RESIDENT _____

RENEWAL _____ NEW MEMBER _____

*Name1 _____

E-mail _____

*Name2 _____

E-mail _____

*Address _____

*City/State/Zip _____ *Phone _____ Cell phone _____

Emergency contact name & number: _____

Office Use: Registration number: _____ Receipt number: _____ Receipt date: _____ Database: _____

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
2	3 New Years Closed Holiday	4 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 12:30 Cardmaking 1:00 Knitting 1:30 Caregivers Grp.	5 9:15 YMCA Yoga 9:30 Paint w/Peggy 4:00 Pickleball	6 9:15 Cardio Dance 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	7 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 1:30 Advanced Italian 4:00 Pickleball	1/8
9	10 9:15 Zumba Gold 10:00 Book Club 10:30 Cardio Fit 10:30 Watercolors w/Mary 12:30 Cards 4:00 Pickleball	11 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	12 9:15 YMCA Yoga 1:00 MVP Tai Chi 1:30 Legal Consults 4:00 Pickleball	13 9:15 Cardio Dance 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	14 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 11:30 Modern Dance 1:30 Advanced Italian 4:00 Pickleball	15 12:30 Pizza & Movie
16	17 New Years Closed Holiday	18 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 1:30 Caregivers Grp.	19 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	20 9:15 Cardio Dance 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Town Assessor Presentation	21 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 11:30 Modern Dance 1:30 Advanced Italian 2:00 Art Reception 4:00 Pickleball	22
23	24 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	25 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	26 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	27 9:15 Cardio Dance 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	28 9:15 Zumba Gold 11:30 Modern Dance 10:00 Painting w/Dani 10:00 Cribbage 1:30 Advanced Italian 4:00 Pickleball	29
30	31 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	January				

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 12:30 Cardmaking 1:00 Knitting 1:30 Caregivers Grp.	2 9:15 YMCA Yoga 9:30 Paint w/Peggy 1:00 MVP Tai Chi 4:00 Pickleball	3 9:15 Cardio Dance 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	4 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage L 10:30 Tai Chi Class 11:30 Modern Dance 1:30 Advanced Italian 4:00 Pickleball	5
6	7 9:15 Zumba Gold 10:00 Book Club 10:30 Cardio Fit 10:30 Watercolors w/Mary 12:30 Cards 4:00 Pickleball	8 9:00 Tai Chi 9:00 Coffee & Conve 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	9 9:15 YMCA Yoga 1:00 MVP Tai Chi 1:30 Legal Consults 4:00 Pickleball	10 9:15 Cardio Dance 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	11 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi Class 11:30 Modern Dance 1:30 Advanced Italian 4:00 Pickleball	12 1:00 Card Party
13	14 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	15 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 1:30 Caregivers Grp.	16 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	17 9:00 Mailing Party 9:15 Cardio Dance 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	18 9:15 Zumba Gold 10:00 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi Class 11:30 Modern Dance 1:30 Advanced Italian 4:00 Pickleball	19
20	21 Residents' Day Closed	22 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	23 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	24 9:15 Cardio Dance 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	25 9:15 Zumba Gold 9:30 Painting w\Dani 10:00 Cribbage 10:30 Tai Chi Class 11:30 Modern Dance 1:30 Advanced Italian 4:00 Pickleball	26
27	28 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	February				

Glenville Dining Center

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

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

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.

Recycling at Center

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

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



Please do not put garbage in these bins!

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

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

*** Menu subject to change. ***

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

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.

On that website, the Senior Center appears on the list of approved organizations as:

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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.



The problem with doing nothing is that you never know when you are finished.

COMMUNITY CONNECTIONS

These events are open to the public; Center membership is not required.

DISCLAIMER: Neither *Senior Moments* nor the Scotia-Glenville Senior Citizens, Inc. can endorse or take responsibility for any organizations or services mentioned in news items or advertisements herein.

Caregiver Conversations

First & Third Tuesday of month at 1:30 pm

Caregivers discuss caregiving issues faced in people's daily lives. Open to any resident of Schenectady County. Facilitated by **Wendy Petroci**, Schenectady County Department of Senior & Long Term Care Services. CDC guidelines will be followed.

Glenville Sr. Ctr. meetings: Jan. 4th & 18th
Feb. 1st & 15th
March 1st & 15th

Upcoming Support Group Conference Calls:

Mon., Jan. 10 Conference call 5:30-6:30 pm
Mon., Jan. 31 Conference call 5:30-6:30 pm
Mon., Feb. 7 Conference call 5:30-6:30 pm
Thurs., Feb. 24 Conference call 5:30-6:30 pm

Dial-in number & Access code always the same

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

Medical Transportation

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

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**.

AARP Tax Aide Seeks Volunteers

AARP Tax-Aide, the nation's largest free volunteer-run tax assistance and preparation service, is seeking volunteers to assist with tax assistance and preparation and to become leadership coordinators. Volunteers of all ages and backgrounds are welcome; you do not need to be an AARP member or retiree to volunteer. Volunteers receive free tax training, which will start in early December. They help customers one-on-one at tax sites. It is a great way to learn new skills and to be involved in your community. For more information on how you can join the AARP Volunteer Tax-Aide team contact **Blanche Fischer**, Glenville site coordinator, 518-382-7929, blanche5308@gmail.com or **Robert Parsons**, Regional coordinator, 518-371-7729, rparson1@nycap.rr.com

Health Insurance Information & Counseling Program (HIICAP)

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

Home Energy Assistance Program (HEAP)

HEAP helps low-income people pay the cost of heating their homes. Eligible people may receive one regular HEAP benefit per season and could also be eligible for an emergency HEAP benefit if you are in impending danger of running out of fuel or having your utility service shut off.

For information about eligibility or applying, contact:

Schenectady County
Department of Social Services
797 Broadway
Schenectady, NY 12305
Phone: (518) 388-4470

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

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

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CONTACTS

Senior Center Coordinator:
Vicki Hillis
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