



# Scotia-Glenville Senior Citizens Senior Moments



Volume 47 Number 3 May-June 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.

## Annual Ice Cream Social Friday, June 3, 2:30 - 4 pm

Indoor/Outdoor event. It's a great time to relax and chat with new and established friends and enjoy an ice cream sundae. We'll have a couple of games set up outside in case you want to challenge your friends to corn hole or bocce ball. Ice cream compliments of Stewart's Shops. Members only. Please sign up at the desk by May 27th.



## Author Talk

Thursday, May 19, 1:30 pm

**Amber Bradbury**, an author from our hometown of Glenville, will share her book "*If Grandma Were Here*" and speak about how it helps children to handle the death of a grandparent. Please sign up at the front desk by Tuesday, May 17th.

## Zentangle Class

Wednesday, May 4 at 1 pm

The Zentangle Method is an easy-to-learn, relaxing, fun way to create beautiful images by drawing structured patterns called tangles. Join Certified Zentangle Instructor **Linda Fasano** for this 30-60 minute class. Sign up in advance at front desk. Class size limited. Materials provided by instructor for use in class. No art experience necessary. Cost: Free. Members only. Students may purchase starter kit at time of the workshop.



## Healthy Eating on a Budget

Thursday, June 16, 1:30 pm

Highmark Blue Shield and Capital Roots will present information on how to eat healthily while maintaining a budget whether preparing food for yourself or your family. A basket with goodies from Capital Roots will be raffled off at the end of the presentation. Please sign up at the front desk by Tuesday, June 14th.

### Trips

See pg. 8 & 9

Monday, May 16th - Culinary Institute and Vanderbilt Mansion

Tuesday, May 24th - A Tribute to ABBA at the Villa Roma

Thursday, June 30th - *A Chorus Line* at Mac-Haydn Theatre

Also in June - Trip to Olana, watch for details

Friday, July 15th - Essex Steam Train & Riverboat

Thursday, July 28th - *Kiss Me, Kate* at Mac-Haydn Theatre

Wednesday, August 24th - *The Full Monty* at Mac-Haydn Theatre

## Inside This Issue

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

### MARK YOUR CALENDAR

Exec Council: Thurs. May 5 & June 2 at 1:30 pm

Directors: Thurs. May 12 & June 9 at 1:30 pm

Senior Moments Deadline: Wed. May 18

Senior Moments Mailing: Thurs. June 23 at 9 am

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

### GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

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

# SENIOR CENTER NEWS

## Words from the President

As I write, I'm thinking about what Springs means to me. (It was always March 21st, now March 20th at a certain time like 11:35 am.) Spring is the beginning of new life, sweet smells, plants, flowers, birds, and the start of cooking out.

Now I see the red winged blackbirds have arrived and the robins are here until fall unless they opt to stay the winter.

Just walking around the yard I've seen the beginning of life: small buds starting, daffodils breaking through the ground, (probably still out or gone as you read this.)

It's May and we will have three golf leagues starting this week. Good Luck, hit no water, no sand traps, or lost golf balls.

We have had new and older members volunteering for various spots. My personal THANK YOU.

If you have knowledge or interest in learning to help with our communication specialist **Barbara Jones**, please leave your name at the front desk or call the Center.

Be Healthy, Be Safe, Be Smart,  
**Barbara**

## 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.**

## 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.



Friday, September 9th -  
Annual Center Outdoor Picnic

## Senior Center Website

[www.scotiaglenvilleseniors.org](http://www.scotiaglenvilleseniors.org)

Barbara Jones—Website Administrator



## Vicki's View

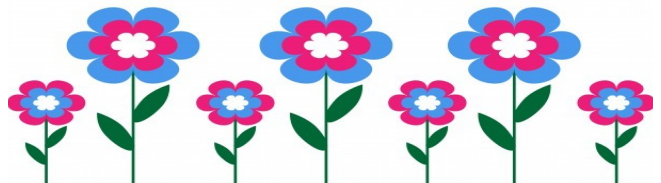
One of the interesting parts of my job involves nominating outstanding senior volunteers in our community for the Schenectady County Older New Yorker Award. This year's

nominee from the Senior Center is long standing member of Scotia-Glenville Senior Citizens, **Angie Pomykai**. Personally recruited by then senior president Ray Germaine, Angie was asked to join the Senior Center to handle many facets of the newsletter due to her experience as manager of GE's marketing communications programs. Angie has worked tirelessly behind the scenes to help produce our newsletter, which is published 6 times a year with each issue distributed to about 1700 seniors and other organizations in and outside the community.

As an associate editor for over 20 years, Angie's attention to detail, concise communication style, and editorial abilities have ensured that the newsletter is both informative and accurate. In addition to editing, Angie handles all of the advertising as well as coordinates all mailing and distribution activities. She personally accompanies the driver to deliver the mailing to Schenectady initially and more recently the Colonie post office, even calling from the emergency room with instructions on the rare instance that she could not be there! Her friendly disposition makes Angie a pleasure to work with, and the volunteers and staff enjoy collaborating with her on each edition. Her efforts ensure that seniors are aware of events and happenings in our community, thereby providing opportunities to keep them actively involved.

Her advice about volunteering: "I would do it all over again and more. It's nice to learn new things and meet so many people. It can really broaden your horizons as you learn more about what is available while you help people." Please join me in thanking Angie for her service.

-Vicki



# CENTER SERVICES

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

## The Sunshine Committee

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

## In Memoriam

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

**Gerald Ginsberg**  
**Sandra Huenig**  
**John Jones**  
**Dorothy Komoroske**

## Display Case

Be sure to check out the display case in the library to see some unique collections. Thank you to **Bud Bertino** and **Bill DiCaprio** for their recent displays of wood carvings.

Next Up:

May: **Sue Reilly** - Cherry blossom depression glass  
June: **Sue Reilly** - Buttons

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

## Copy Your Wallet Cards Free

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

## Free Table

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

## 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.

With summer quickly approaching and people taking vacations, we are also in need of both substitute drivers and dispatchers. We will train you. So if you're friendly and like to talk on the phone, please consider volunteering as a dispatcher for our van service. Please call the Senior Center at (518) 374-0734 or **Maureen Adamek** at (518) 377-8497. Thank you.

## 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](mailto:seniorbaabs@gmail.com)

## 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.

## Paint with Peggy

**Wednesday, May 18, 9:30 am–2 pm**

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

### "The Adirondack Chair"

In this oil painting class, you will create a sunset with an inviting Adirondack chair that you'll want to sit in to watch the sun set! There is a distant shore across the lake and the sunset sky reflected in the water. (Don't worry a pattern is provided for the chair!) Just bring something like a clean pizza box to take home your completed painting.



## Oil, Acrylic Art

**Fridays, 10 am - 1 pm**

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



*Painting by Anthony Cintula*

## Stampin' Up Card Workshop

**Tuesday, June 28 at 1 pm**

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

Cost: **\$10** per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates: 7/26, 8/30

## Tai Chi Class

**Fridays, 10:30 am to 11:30 am**

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

## Watercolors with Mary

**Monday, May 9, 10:30 am - 12:30 pm**

**Monday, June 6, 10:30 am - 12:30 pm**

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

Fee: **\$6**

Next class: 7/11, 8/1, 9/12

## Tai Chi Practice

**Tuesdays, 9-10 am**

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



# CLASSES AT THE SENIOR CENTER

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

## YMCA Classes

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

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

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

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

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

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

## Zumba Gold

**Mondays, 9:15 am, 5/9, 5/16, 5/23, (no class 5/30) 6/6, 6/13.**

**Fridays, 9:15 am, 5/20, 5/27, 6/3, 6/10, 6/17.**

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: **\$25** per session due to instructor on the first day of the session. Please make checks payable to **Kathy Gautie**.

## MVP Tai Chi Moves

**Spring session: Wednesdays, 1:00-1:45 pm**

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. The spring session is planned for April 13th through June 15th.

Register at [www.mvphealthcare.com/calendar/](http://www.mvphealthcare.com/calendar/)

## Chair Yoga

**Thursdays, 9:15 –10:00 am**

Spring Session 2: 5/5– 6/2 (5 classes)

Summer Session 1: 6/9 - 7/14 (5 classes)

No class: 6/23

Cost: **\$20** per session due to instructor on the first day of class. Cash or checks payable to:

**Chris Darby-King**

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

Please wear loose, comfortable clothing for ease in movement. If you have an old necktie or stretchy strap, please bring it to class.

\* A completed waiver form is required for class. They are available on the Senior Ctr. website or will also be available at each class. Please email Chris with any questions: [cdarbyking@aol.com](mailto:cdarbyking@aol.com)

# CENTER ACTIVITIES

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

## Responsibilities of Activity Participants

**Participants** in Center activities (meetings, discussion groups, cards and table games, films, presentations, etc.) using Center equipment (e.g., chairs, tables) **are responsible** for **retrieving and setting up** equipment needed for the activity, and for **returning** it when finished with the activity. In cases where someone else has kindly done some set-up for you, **you remain responsible** for take-down and put-away unless told otherwise by a responsible person.

### Senior Moments Mailing Party Thursday, June 23 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!

### 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.

### 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.



### Cribbage Fridays, 10 am

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

### Mah Jong

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

### Coffee and Conversation Tuesdays, 9 - 11 am

Enjoy 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.

### 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.



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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 2: The Yellow Wife by Sadega Johnson

June 6: The Overnight Guest by Heather Gudenkauf

July 11: The School for Good Mothers  
by Jessamine Chan

August 1: Being Mortal by Atul Gawande

### Country Line Dancing

**Fridays 1:00 - 2:30 pm**

**May 6, 13, 20, 27, June 3**

This is a fun class for anyone to get started in Country Line Dancing. Steps will be broken down, and taught at an easy pace. Dances are done to fun, upbeat music! Must be a Senior Center member.

Instructor: **Robin Dyanick** has been teaching in the area since 2014. For more information and to sign up, email Robin at [robinkaryl@gmail.com](mailto:robinkaryl@gmail.com)

Pay as you go. Cost: \$7 per class

### Senior Golfers

Hillcrest Golf Course has invited us back for this year's golf league. Hillcrest worked out very well for us last year, treating us like special guests. The cost to golf will tentatively still be \$10 for 9 holes.

The plan is to start on Monday, May 2nd and Wednesday, May 4th. A meeting beforehand would still be very difficult to plan. Instead of a meeting, we're asking anyone interested in joining one of the leagues to notify Butch Carpentier for the Monday league or Rich Kruk for the Wednesday league. Anyone is welcome to join both leagues. You can contact us by phone, email, or text. Please help us make this work. We are both looking forward to seeing everyone this spring.

**Butch Carpentier** (518) 779-2199

[cfcarpentier@verizon.net](mailto:cfcarpentier@verizon.net)

**Rich Kruk** (518) 441-1827

[rkruk42@hotmail.com](mailto:rkruk42@hotmail.com)

### Driver Safety Course

**Tues/Wed May 24th & 25th 2-5 pm**

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

Cost: Center members **\$25.50**

Non Members **\$29.00**

### Senior 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.

### 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](mailto:jalfano@nycap.rr.com) or call (518) 881-8985.

## 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

### The Culinary Institute of America Monday, May 16

Overlooking the Hudson River, the CIA's main campus in Hyde Park, NY offers an extraordinarily creative and stimulating environment for leading culinary professionals. Lunch will consist of: 1st Course: Caprese Di Asparagi -Roasted asparagus salad; Main Course: Pollo Alla Valdostana – Pan fried chicken; Dessert: Profiterole Allo Zabaglione – Cream Puff with chocolate hazelnut sauce.

#### Vanderbilt Mansion

Vanderbilt Mansion National Historic Site is a historic house museum in Hyde Park, NY. The Vanderbilt Mansion is a home built expressly for the aristocratic lifestyle for a family whose name is the very definition of wealth and privilege.

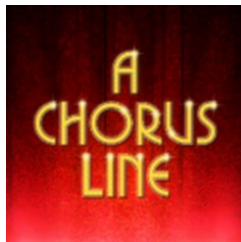
We will depart from the Senior Center at 8:30am .We will arrive at the CIA with time to self tour the building before our 11:30 lunch at the Caterina de'Medici. On our way back we will stop at the Vanderbilt Mansion for a 2:00pm tour. We will arrive back at the Center about 6:00pm.

The cost is **\$96** for members and **\$101** for non-members.

### A Chorus Line Thursday, June 30

The history-making sensation returns to the Mac-Haydn stage! Winner of 9 Tony Awards and the Pulitzer Prize for drama, A Chorus Line explored the realities of life as a professional theater dancer in an entirely new way, redefining the parameters of musical theater forever. This turbulent, true-to-life depiction of the performer's experience is the ultimate love letter to the stage, highlighting the personal hardships, triumphs and failures that surface when we pursue our aspirations. Buffet lunch at Kozel's prior to matinee performance.

Departs Center at 10:45 am; returns at approx. 5 pm  
Prices: **\$102** members; **\$107** nonmembers



### A Tribute to ABBA Tuesday, May 24

at the Villa Roma

It's Mama Mia, all over again! Celebrate the music of this great group with hits like Dancing Queen, Waterloo, Money Money Money, SOS, Mama Mia, and so many more, during this exciting tribute show!

All luncheons include carafes of red & white wine at every table, coffee, tea, decaf, unsweetened iced tea; fruit cup & chicken noodle soup; Entrées: roast loin of pork, chicken parmigiana over linguini, or flounder fraicais. Served with chef's choice starch and vegetables. Desserts: chef's surprise

Trip includes motorcoach transportation, hostess service, free time at Villa Roma Resort, lunch in the Villa Roma Main Dining Room, and reserved seats to see the Tribute to ABBA show starring Dancing Dreams.

Departs Center at 7:00 am; Returns at approx. 6 pm  
Prices: **\$102** members; **\$107** nonmembers



### Olana State Historic Site

June 2022

Olana was the home and studio of the Hudson River School artist, Frederic Edwin Church. Frederic Church was not only a landscape painter, but also a landscape architect, designing the entire 250 acres of the Olana estate. We will be visiting his Persian inspired home and enjoying the beautiful views of the Hudson River Valley Following lunch at Kozel's Restaurant in Ghent, we will have a mystery stop.

Please watch the bulletin board and the email blasts for further details about this trip.

[Please Note: all itineraries are subject to change due to the continuing effects of COVID-19.](#)



## TRIPS and TRAVEL



### Essex Steam Train & Riverboat Friday, July 15

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

The itinerary is:

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

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

### Senior Stumper

You are in a room that has three switches and a closed door. The switches control three light bulbs on the other side of the door. Once you open the door, you may never touch the switches again. How can you definitively tell which switch is connected to each of the light bulbs?

*Solution on page 13.*

### Kiss Me Kate Thursday, July 28

The battle of the sexes takes center stage as former spouses feud onstage and off during a musical presentation of *The Taming of the Shrew*. Egotistical leading man, director, and producer Fred Graham and his ex-wife, Lilli Vanessi profess to hate each other. However, it soon becomes clear that their relationship is a little more complicated. Throw in some cases of mistaken identity and a few legendary comedic routines and you get *Kiss Me, Kate*. Featuring hits like “Another Op’nin’, Another Show”; “Always True To You In My Fashion” and “It’s Too Darn Hot”, this Mac-Haydn show promises to leave you feeling so in love.

Buffet lunch at Whitestone Café prior to matinee performance.

Departs Center at 10:45 am; returns around 5 pm  
Prices: **\$102** members; **\$107** nonmembers



### The Full Monty Wednesday, August 24

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

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

Departs Center at 10:45 am; returns around 5 pm  
Prices: **\$102** members; **\$107** nonmembers



<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1</b>	<b>2</b> 9:15 Zumba Gold 10:00 Book Club 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	<b>3</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp	<b>4</b> 9:15 YMCA Yoga 1:00 MVP Tai Chi 1:00 Zentangle Class 1:30 Legal Consults 4:00 Pickleball	<b>5</b> 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>6</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	<b>7</b>
<b>8</b>	<b>9</b> 9:15 Zumba Gold 10:30 Cardio Fit 10:30 Watercolors w/Mary 12:30 Cards 4:00 Pickleball	<b>10</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	<b>11</b> 9:15 YMCA Yoga 9:30 Paint w/Peggy 1:00 MVP Tai Chi 4:00 Pickleball	<b>12</b> 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Meeting	<b>13</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	<b>14</b>
<b>15</b>	<b>16</b> <i>Trip-Culinary Institute/ Vanderbilt Mansion</i> 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	<b>17</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp	<b>18</b> 9:15 YMCA Yoga 9:30 Painting w/Peggy 1:00 MVP Tai Chi 4:00 Pickleball	<b>19</b> 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Author Talk	<b>20</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	<b>21</b>
<b>22</b>	<b>23</b> 9:15 Zumba Gold 10:30 Cardio Fit 12:30 Cards 4:00 Pickleball	<b>24</b> <i>Trip-ABBA tribute</i> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 2-5 Safe Driving	<b>25</b> 9:15 YMCA Yoga 1:00 MVP Tai Chi 2-5 Safe Driving <del>4:00 Pickleball</del>	<b>26</b> 9:00 Mailing Party 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>27</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing 1:30 Advanced Italian 4:00 Pickleball	<b>28</b>
<b>29</b>	<b>30</b> <i>Closed for Memorial Day</i>	<b>31</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge		<b>May</b>		

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>June</b>		<b>1</b> 9:15 YMCA Yoga 9:30 Paint w/Peggy 1:00 MVP Tai Chi 4:00 Pickleball	<b>2</b> 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting	<b>3</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:00 Line Dancing 1:30 Advanced Italian 2:30 Ice Cream Social 4:00 Pickleball	<b>4</b>
<b>5</b>		<b>7</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge 1:30 Caregivers Grp.	<b>8</b> 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	<b>9</b> 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	<b>10</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 10:30 Tai Chi Class 1:30 Advanced Italian 4:00 Pickleball	<b>11</b>
<b>12</b>		<b>14</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Balance 10:10 Healthy Bones 12:30 Dupl. Bridge	<b>15</b> 9:15 YMCA Yoga 1:00 MVP Tai Chi 4:00 Pickleball	<b>16</b> 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting 1:30 Healthy Eating	<b>17</b> 9:15 Zumba Gold 10:00 Painting w/Dani 10:00 Cribbage 1:30 Advanced Italian <del>4:00 Pickleball</del>	<b>18</b> <i>9-5 Early Voting</i>
<b>19</b> <i>9-5 Early Voting</i>		<b>21</b> <i>9-5 Early voting</i> 9:00 Tai Chi 9:00 Coffee & Conver <del>10:10 Healthy Bones</del> 12:30 Dupl. Bridge 1:30 Caregivers Grp.	<b>22</b> <i>12-8 Early voting</i> <del>4:00 Pickleball</del>	<b>23</b> <i>9-15 Early voting</i> 9:00 Mailing Party 10:00 Photography <del>10:10 Healthy Bones</del> 12:30 Cards 1:00 Quilting	<b>24</b> <i>9-5 Early voting</i> 10:00 Painting w/Dani 10:00 Cribbage 1:30 Advanced Italian <del>4:00 Pickleball</del>	<b>25</b> <i>9-5 Early Voting</i>
<b>26</b> <i>9-5 Early Voting</i>		<b>28</b> <i>Primary Election</i> 9:00 Tai Chi 9:00 Coffee & Conver <del>10:10 Healthy Bones</del> 12:30 Dupl. Bridge 1:00 Card Making	<b>29</b> 9:15 YMCA Yoga 4:00 Pickleball	<b>30</b> <i>Trip- Chorus Line</i> 9:15 Chair Yoga 10:00 Photography 10:10 Healthy Bones 12:30 Cards 1:00 Quilting		

## Glenville Dining Center

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

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

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

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

**\* Menu subject to change. \***

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

*The program is funded by the Older Americans Act, NYS Office for the Aging, Schenectady County Department of Senior and Long Term Care Services, and through individual contributions. The program provides services and access to services without regard to race, religion, sex, national origin, partisan affiliation or sexual orientation.*

### Membership Policy

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

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



# COMMUNITY CONNECTIONS

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

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

## Caregiver Conversations

First & Third Tuesday of month at 1:30 pm

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

Glenville Sr. Ctr. meetings: May 3rd & 17th  
June 7th & 21st

Upcoming Support Group Conference Calls:

May 9 – (Monday) 5:30-6:30 pm

May 23 - (Monday) 5:30-6:30 pm

June 13 - (Monday) 5:30-6:30 pm

June 27 - (Monday) 5:30-6:30 pm

Dial-in number & Access code always the same

Dial-in number: (978) 990-5000

Access code: 368-996#

## Medical Transportation

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

## Free Legal Consultations

Wednesday, May 4 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: 7/13



*"Not to brag or anything,  
but I can forget what I'm doing  
even while I'm doing it."*

## Health Insurance Information & Counseling Program (HIICAP)

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

## Senior Services

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

## 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

## Senior Stumper Solution

Turn on the first two switches. Leave them on for five minutes. Once five minutes has passed, turn off the second switch, leaving one switch on. Now go through the door. The light that is still on is connected to the first switch. Whichever of the other two is warm to the touch is connected to the second switch. The bulb that is cold is connected to the switch that was never turned on.

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

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**  
Town of Glenville  
Director of Human Services