



Scotia-Glenville Senior Citizens Senior Moments



Volume 39 Number 5

Winter - Dec. 2013 - Jan.-Feb. 2014

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

Senior Moments is issued quarterly: **Spring** (Mar-Apr-May), **Summer** (Jun-Jul-Aug), **Autumn** (Sep-Oct-Nov), **Winter** (Dec-Jan-Feb).

Christmas\Holiday Celebration

Sunday, December 15, 1:30pm to 4:00pm

Entertainment by Brian Zapel. Coffee and dessert will be served. Come and see Santa - he will have a treat for you! No admission charge but bring some canned goods or non-perishable items for the Scotia Food pantry. (Please check expiration dates on donated items.)

Bring your friends and family for a fun-filled afternoon.

Please call the Center at 374-0734 or stop by the front desk to sign up.

Please note that this issue will be the last quarterly newsletter. By popular demand, *Senior Moments* will be published once every two months, starting in March 2014.



Thank you to our Open House sponsors!

Our Open House this fall was a success due to the efforts of our many volunteers and the support of local businesses. Please thank the following donors when you visit their establishments: **Advanced Auto Parts, CDPHP, CVS Pharmacy, Dragon Garden, Dunkin Donuts, The Open Door Bookstore, Pedrick's Florist, Predel's Ranch, Price Chopper, Scotia Cinema, Scotia Diner & The Waters Edge Lighthouse.**

Thank you to **Francesca O'Connor** and **Carole Stevens** for their assistance with door prizes. And special thanks to **Theresa Parisi** for chairing the event and to **Socha Management** for their sponsorship.

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.



Here we go again....

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; exercise and painting classes canceled; all programs before 11:00 canceled to allow time for plowing; everything after 11:00 as usual.

Check local radio and TV for school announcements.

Trips Details inside

Tuesday, November 26—2013 Christmas Memories

Sunday, December 8— New York City Trip

Wednesday, December 18—Holiday Lights in the Park

INSIDE THIS ISSUE

	Page		Page
Center News	2	Senior Center Calendar	9
Center Services	3	Dining Center	10
Center Events	4	Senior Stumper	11
Classes	5	Community Connections	11
Center Activities	6,7	Membership form	11
Trips and Travel	8	Stumper answers	13

MARK YOUR CALENDAR

Exec Council: Thu Dec 5, Jan 2, Feb 6 at 9:30 am at Town Hall

Directors: Thu Dec 12, Jan 9, Feb 13 at 2:00 pm at Senior Center

Senior Moments Deadline: Thu Jan 30

Senior Moments Mailing: Thu Feb 20 9:00 am

Senior Center CLOSED

2013 -Tues Dec 24, Wed Dec 25, Tue Dec 31

2014- Wed Jan 1, Mon Jan 20, Mon Feb 17

Meal Site CLOSED

2013 -Tues Dec 24, Wed Dec 25

2014- Wed Jan 1, Mon Jan 20, Mon Feb 17

Senior Moments is published by the Scotia-Glenville Senior Citizens, Inc.

Linda Reinhart, 2013 President

Vicki Hillis, Executive Editor, Publisher

Dr. N. Nagarajan, Editor

Angie Pomykai, Assoc. Editor, Distribution Manager

Doris Chow, Associate Editor

Bob Atwood, Associate Editor

GLENVILLE SENIOR CENTER
32 Worden Rd., Glenville, NY 12302 (518) 374-0734

Center open 9:00 am to 4:00 pm

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

SENIOR CENTER NEWS



A line from Linda

Dear Members and Non-members,
Here we are approaching Thanksgiving and Christmas to follow. Wow- time flies. The Mohegan Sun Trip in October was nice and Hildene in Manchester was great. Coming up will be the "Christmas Memories" on November 26 with the Latshaw Productions at Hilton Garden Inn in Troy.

Also, please remember to renew your membership card to 2014. If you haven't, please use the form in this newsletter or stop in and come to the front desk. I would like to wish everyone Happy Holidays and a Happy and Healthy New Year.

Until next year,

Linda Reinhart



Vicki's view

I've been the coordinator at the Senior Center for just over one year and all of the things seniors do here continue to amaze me. We have such a great core of people who volunteer to keep all of our activities going.

Thank you to the outgoing board members – **Bob Atwood, Paula DeVries, Sandy Glindmyer, Max Gollmer, Stan Gordon, Desdemona Johnson and Dick McMahan** - who have served the last 3 years and welcome to the new board members – **Joan Bolde, Emily Childers, Bob Harrison, Joan Menhinick, Ed Perazzo, Rosemary Pryne and Sandy Nolin** – who have stepped forward to help continue the mission of the organization. Please take a moment over the busy holiday season to say thank you to these dedicated members.

Of course, the greatest way to show your appreciation to these volunteers is to get involved. We are currently looking for substitute drivers and dispatchers, membership committee members, a publicity chair, social event chairs and a coordinator for the display case. Stop by the office and see which of these opportunities is right for you. Warmest wishes for a happy, healthy holiday season,

Vicki



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



Hi from the New Editor

Dear Friends,

Many of you know me by familiar face at our frequent meetings at the Senior Center, even though not by name. You may call me by my full name NAGARAJAN or just RAJAN for short, but not ROGER or any such!

Here is a snapshot of my career for your information: After graduating from Madras University, India with M.A.(Maths.), I worked for the Indian Audit & Accounts Dept. for 7 years, and passed the All-India examination for promotion to Officer cadre. But by strange twist of luck, I got an offer from Aden Education Service which marked a turning point in my life. I flew West from Bombay to Aden which was a British Colony. I served there for 4 years and sailed to England, visiting *en route* places like Egyptian Pyramids, Cairo, Brindisi, Venice and Paris before reaching London. There I served large corporations such as Unilever and ITT as Internal Auditor and MIS Manager, before immigrating to USA in 1970 with a job at PRD Electronics at Syosset, LI. After 2 years, I joined Columbia University Teachers College in NY City as the Information Systems Specialist. As their employee, I got my MBA in Acctg. and Mgmt. Science, and my doctorate for my research thesis on Businesslike Management of Nonprofits.

Then I started my career as faculty in Business, teaching subjects as Acctg., Statistics, MIS and Operations Research in university campuses and online MBA programs at Univ. of MD, and Nova U. in FL.

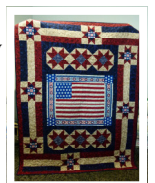
I moved to live with my daughter Lakshmi in 2005 when I had a heart attack, and now I am staying with her family in Glenville since 2007. Then I became a member of GSC and later on a Director. I also started a Film Club screening Monthly Foreign Films. I am active in the Book Club as well as Coffee & Conversation Club. I just celebrated my 80th birthday in July 2013.

I am grateful to the Board of Directors to have asked me to take over the mantle as the Editor of *Senior Moments* after Dick left for CO. I fervently hope to do my best with the help of all friends, especially Vicki Hillis. Thanks a bunch to all!

Nagarajan

Veterans' Day Quilt Raffle

Congratulations to our raffle winner, Rosemary Pryne. All proceeds from the raffle went toward our Veterans Day Celebration. Thanks again to our Silver Threads quilters for making this beautiful quilt.



CENTER SERVICES

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

Driver Safety Programs

This program can reduce your auto insurance premiums. Please check the March/April newsletter for upcoming classes.

The Sunshine Club

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 them know that they are in our thoughts and special to us. Contact **Jo Moore** at the Center. Thank you, Jo, for volunteering to chair this program.

Box Tops or Labels 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. Hundreds of items of all kinds are so marked. Each of these little symbols is worth 10 cents to our neighboring Glen-Worden Elementary School, so don't throw them away..



This fall our Senior Center collected 220 Box Tops and Labels and gave them to Glen-Worden Elementary School for their drive to get playground equipment for the school.

Keep looking for these Labels and Box Tops and bring them in so we can help the school achieve their goals. Our collection box is near the books and magazines in the main hallway. Thanks for your help.

Display Case

Thanks to **Annaeliese Conley**, **Dorothy Brooks** and **Vicki Hillis** for our fall displays.

- Dec - Angels & Bells by **Bob Harrison**
- Jan - Sculpture by **Phyllis Kulmatiski**
- Feb - Hearts, Etc. by **Susan Reilly**

We are always in need of collections.

Remember, the case is lighted and always locked.

Thank you to **Joan Gould** for coordinating the displays this year. We need a new coordinator for the Display Case. Call or visit **Vicki** at the Center for information.

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 374-0734 M-F between 9 am and noon and 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 Thursday, 9 am-3 pm, and on Fridays from 9 am-noon.

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; call Catholic Charities 357-4710 (donations accepted).

Tuesdays: Scheduled trips to Malls

Call a week ahead to reserve a space. We begin home pickups at 9:30 am and return at 2:00 pm. Schedule subject to change, based on availability of drivers.

No charge, but donations are appreciated.

Rotterdam Mall

Dec 3, 17
Jan 14, 28
Feb 11, 25
Mar 11, 25

Clifton Park Mall

Dec 10
Jan 7, 21
Feb 4, 18
Mar 4, 18

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

Coupons Exchange

There's a coupon exchange box on the table in the hallway. Take what you need; donate those you don't need.

Having a computer problem?

Schedule a Tuesday, Wednesday, or Thursday afternoon one-hour session with a Senior Center computer tutor. Call the Center for appointment. Free to members.

Donate empty ink cartridges

The Golden Retriever Rescue Operation is collecting empty printer ink cartridges. For more information, please call **Rosemary Pryne** at 399-4726.

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

From D'burg to Jerusalem by Carl Strock

Monday, Dec 9 at 2:00 pm

Carl Strock, retired Daily Gazette columnist, will discuss his recently released book which chronicles the unlikely rise and fall of a small-town newsman. His journalistic adventures range from the most trivial to the most far-reaching. He shares stories explored in his newspaper column, where no topic was off the table; you will recollect many of the folks that he brings to task.

Personalized Medication Review

Tuesday, Jan 14, 2:00 – 4:00 pm

A registered pharmacist will review all of your medications with an eye toward drug interactions and side effects. Bring **all** of your meds (prescription, over the counter, vitamins, herbs, supplements). This **free** individualized service requires an appointment (approximately 20 minutes) and should be especially valuable to anyone taking multiple meds. Call the center (374-0734) to make your appointment.



Senior Moments Mailing party

Thursday, Feb 20, 9:00 am

Come chat with others while helping get our *Senior Moments* newsletter ready for mailing. These volunteers perform the vital task of folding the newsletters and applying the pre-printed labels for mailing.

We gather in the meal site and are usually done in about 1½ hours. Refreshments and coffee are available.

Armchair Travel

Friday, Dec 13 at 1:00pm



Visit COSTA RICA with **Dana Carroll**.

As the northeast slips into winter enjoy this stunning tropical paradise, lush with plant growth, butterflies galore, exotic wildlife and an active volcano. It will make you feel warm all over. Don't miss it.

AARP Tax Return Preparation

Mon 9:00 am - 4:00 pm, Wed & Fri 1:00 - 4:00 pm

From Monday, Feb 3 to Friday, Apr 11

By appointment only

Not limited to Senior Center members

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

Call the Center **after January 6 (374-0734) to schedule your appointment**. You must bring a photo ID, last year's tax return; plus interest, mutual fund, dividend, capital gains, wages, social security, and retirement income statements. If you plan to itemize please have your property tax, medical expenses, business expenses, and charitable deductions organized and ready for review.

AARP Tax Aides Needed

Looking for a rewarding volunteer activity?

AARP Tax Aides provide free tax preparation for moderate-income people, with priority given to seniors. AARP provides comprehensive training. Most volunteers did not start out with vast knowledge of tax law, so please don't feel intimidated. Call **Blanche Fischer** (382-7929) or **Howard Riggert** (399-9293) for more information. There are 3 volunteer sites in Schenectady County.

Senior Center Kazoo Band

Looking for an outlet for your musical talents? Come have some fun and join the Kazoo Band. Call **Ronnie Quinn** (399-5999) or **Bill Vullo** (399-8611) for details.

CLASSES AT THE SENIOR CENTER

All classes require registration. Center membership is required; must show current membership card at registration. Please feel free to come and observe any class. Refunds for missed classes must be requested from the instructor.

YMCA Classes Session

Holiday Mini-session Dec 2—Dec 20

Registration: Wednesday, Nov 13, 9-11 am

Fees: 1 class/wk \$9; 2/wk \$16; 3/wk \$24; 4/wk \$31; 5/wk \$36

Winter Session

Registration: Friday, Jan 3 9-11 am

13 weeks: Jan 6 - April 11 (No classes Jan 20, Feb 17-21)

Fees: 1 class/wk \$40; 2/wk \$54; 3/wk \$69; 4/wk \$85; 5/wk \$100

Class	Instructor	Schedule
Fit Over 50	Andrea Leahy	Wed & Fri 9:15
Flexibility	Andrea Leahy	Wed 10:15
Forever strong	Andrea Leahy	Mon & Fri 10: 15 Wed 11:15
Gentle Pilates for seniors	Andrea Leahy	Mon 11:15 Thu 10:15
Zumba Gold	Andrea Leahy	Mon , Tue & Thu 9:15

YMCA Classes

Flexibility

Stiff Joints? Need relaxation? This class will help to make everyday tasks easier. 45 minutes of easy stretching and relaxation techniques, performed seated, help ease stiff joints and increase your range of motion.

Forever strong

Weight-bearing exercises are an effective and simple way to help fight osteoporosis. Light weight-bearing exercises designed to increase both muscle strength and bone density will be performed on both the upper-body and lower-body muscles. Equipment is provided. 45-minute class.

Gentle Pilates for seniors

This 45-minute class will provide gentle exercises to stretch and strengthen the “Core” muscles of the body. Exercises will focus on the abdominals, back, and hips to help keep you standing tall. A yoga exercise mat is required, since most of the exercises are done on the floor.

Fit Over 50

A gentle warm-up, followed by invigorating aerobic, strengthening, and stretching segments. Total body conditioning leaves you feeling energized. 45 minutes.

Zumba Gold

Ditch the workout and join the party! Zumba Gold uses Latin rhythms and easy-to-follow steps to create a dynamic and fun fitness program. 45-minute class.

Other Senior Center Classes

Gentle Yoga

Tuesday 2pm

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. It can also help calm the nervous system, lower blood pressure, increase flexibility and improve balance. Adaptable for individual needs. Beginners welcome. Wear loose-fitting, comfortable clothing. Bring mat, blanket, and small pillow. Pay instructor, Nancy Tobiessen, on the first day of class.

Ballroom dance class

Friday, 2-3 pm

The standard dances such as waltz, fox trot, rumba, swing, cha cha, may be supplemented with tango, samba, Viennese waltz, quickstep, and mambo. For more information, call **Chuck Guare**, 374 9732 or email guarecharles@gmail.com.

Tai Chi practice

Tuesday 8:30 am

We welcome you to join our small group trying to maintain our Tai chi skills. Our thanks to **Ginny Rovelli** for continuing to lead this activity.

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.

Coffee and Conversation

Tuesdays, 9:00-11:00 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.

Knitting and Crocheting

Tuesdays, 1:00 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!

Thanks to those who have replenished our supply of yarn. We do not need any more yarn at this time.

For more information, call **Anne Macejka** at 393-3551.

Caregiver Conversations

Third Tuesday of month, 3:00 to 4:00 pm

Caregivers meet monthly at the Center to discuss caregiving issues faced in their daily lives. Facilitated by **Vicki Hoshko**, Schenectady County Caregiver Support Coordinator.

Upcoming meetings: Dec 17, Jan 21, Feb 18, Mar 18

Healthy Bones for Life

Tuesdays, 10:15 and Thursdays, 9:00

Healthy Bones for Life is a free exercise program that promotes strength, balance, and strong bones along with some fun! Twice weekly in-class exercise sessions are held at the Senior Center. The program is sponsored this year by Sunnyview Rehabilitation Hospital and St. Peters Health Partners. Participants must be Senior Center members. Advance registration at the front desk is required. Once registered, you will need to complete a signed consent form acknowledging that you participate at your own risk. You will also be given a personal medical information sheet which you must complete and bring to each class. For information, contact **Lily Henderson**, at 355-4629.

Pickleball

Mon, Wed, Fri, 4:00 pm;

Novice play is scheduled for Mondays, Wednesdays, and Fridays. We're still looking for a coordinator. Questions: leave message at desk.

Acrylic and Oil Painting

Fridays, 10:00 am to 1:00 pm

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

Learn new techniques or brush up (!) on what you already know. Bring your own supplies (oil or acrylics) and canvas. Paint whatever you desire; the instructor will provide guidance on color mixing, technique, etc.

Casual atmosphere – paint at your own pace. Beginners and previous students welcome.

Silver Threads Quilters

Thursdays, 1:00 to 3:00 pm

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. Check our Bulletin Board in the hallway and see photographs of our creations. Our latest creations are quilts for Camp Erin – quilts that will be given to children who are grieving the loss of a loved one. Everyone is welcome; there is no fee.

Bowling

Wednesdays, 9:00 am

We bowl at the Boulevard Lanes, Erie Blvd. in Schenectady. Contact **Jacob Lederman** at 399-5249.

Thursday Golf League

at Mill Road Golf Course

In this 2013 season, we welcomed one new player, Joan Droege for a total of 20 players. Our end of the season lunch was at the beautiful new restaurant at Mill Road, Otis and Olivers. Prizes for woman's and men's best average score for the season went to Luanne Valley and Roy Barnes. The winning team for the scramble consisted of Bette Barnes, Luanne Valley, Jean Buys and Roy Barnes with a perfect team score of 29. Roy Barnes made it a sweep by winning the 'closest to the pin' prize. During the 2013 season, six players had birdies. Jim Ryan made two while Sharon Bellamy, Barbara Blake, Luanne Valley, Roy Barnes, Dave Tomlinson each scored one. Well done! Another great season.

If you are interested in playing next year as a full time member or as a sub, please come to our organizational meeting on Thursday, April 24 at 2 p.m. at the Senior Center. Our 2014 season will start at Mill Road Golf Course on Thursday, May 8 at 9 a.m. Questions, please call **Nancy Wallace** at 518-312-1123 or **Midge Launsbach** at 377-3847.

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.

First Monday Book Club

First Monday of month, 10:00 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.

Dec 2: *A Stranger for Christmas* by Carol Lynn Pearson

Jan 6: *The Great Santini* by Pat Conroy

Feb 3: *The Grapes of Wrath* by John Steinbeck

First Friday Film Club

First Friday of month, 1:30 pm

Dec 6: FORGOTTEN ELLIS ISLAND

A century ago, the Ellis Island Hospital was built from the rock and dirt excavated during the NY City subway system. The hospital was the point where the germs of the world converged – a fateful crossroads for myriads of hopeful immigrants. Those nursed to health were allowed to enter America. Those deemed too feeble of body or mind were deported. We invite you to bring your family and friends to this extraordinary story of America's immigrant hospital to reminisce their experience and stories about Ellis Island.

Jan 3: MAKE WAY FOR TOMORROW (USA 2010)

This is a video interview of film maker Peter Bogdanovich, critic Gary Giddins and others on the political and social context of the Depression, and artistry and family values of Leo McCarey and family.

Feb 7: TO KILL A MOCKINGBIRD (USA 1962)

A Southern lawyer defends a black man accused of rape, in this film based on the Pulitzer Prize winning novel by Harper Lee.

Snacks and coffee will be served at all shows.

Suggestions for future screenings are always welcome.

Call N. Nagarajan, Coordinator, 399-0195.

Senior Center Photographers

Thursdays, 10:00 am

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

Card Playing

Mondays and Thursdays, 12:30 pm

We play bridge, pinochle, canasta, hand-and-foot card game.....and mah jong. This is a great opportunity to meet new friends.

Generally, foursomes are established and seldom have openings for drop-in players. So if you wish to play cards, please call or come to reception desk to add your name to the list of new interested players, indicating what game(s) you are interested in. Someone will follow up with the list to establish new groups of play.

Duplicate Bridge

Tuesdays, 12:45-4:00 pm

No previous experience is necessary. This is a friendly game! Come with your partner, or contact **Walter Overstreet** at 372-0448 if you need a partner.

Cribbage

Tuesdays, 10:00 am

Our regulars participate in a Cribbage Tourney and, to say the least, the competition is spirited! We invite anyone who would like to play or learn to play... We are a very sociable group... Come join us. – **Stan Gordon**, Pegmaster

Mah Jong

Mondays, 12:30 pm; Wednesdays, 9:00 a.m.

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.

Paint with Peggy

Monday, Dec 2, 9:00 am -1:15 pm

Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? "Paint with Peggy" is just for you! Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. All supplies and instruction included to create a complete oil painting—a cabin in the Adirondacks—during this one day class!

Sign up at the front desk. Maximum of 10 students.

Cost: \$45 for members, \$50 for non-members includes all supplies and instruction. Checks payable to **Peggy Porter**.

TRIPS and TRAVEL

- ◆ **Make reservations** in person (none by phone).
- ◆ **Payment** must accompany reservation.
- ◆ **Mail reservations** confirmed only if space is available.
- ◆ Responsible adult must be with anyone requiring **walking aid**.
- ◆ **Cancellations** reimbursed only if a replacement is found.
- ◆ Center members may invite **family or friends** as guests on a trip.
- ◆ **Children** should be at least junior-high-school age.

- ◆ **Non-members** not sponsored by members as described above are subject to bumping by a member who is on waiting list.
- ◆ Trips that are for Senior Center **Members Only** will be so identified in the *Senior Moments* announcement.
- ◆ *Senior Moments* cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.

Our parking lot gets overcrowded on trip days. **PLEASE CARPOOL TO CENTER.**
Park as directed when you arrive at Center.

2013 Christmas Memories

Tuesday, Nov 26

The Latshaw Pops Christmas Memories Show is one of the area's most enjoyable holiday traditions. This show held at the Hilton Garden Inn in Troy is sold out every year. Celebrate the Christmas season with this heart-warming variety show and an appearance by Santa Claus. Lunch at 11:30 am, menu TBA, show at 1:00 pm
Cost : \$62 pp, members and nonmembers
Leave center at 10 am; return approx. 4:30 pm.

New York City Trip

Sunday, Dec 8

In keeping with the tradition that George Fountain (our past President and Trip Leader) started many years ago, we are having a day trip to NYC free for our Glenville Senior Center Volunteers. Volunteers may bring a guest or guests for \$39.00 per person. The bus will leave the Center at 7:30 am promptly, dropping us off at Bryant Park and returning from New York City at 7:00 pm from Bryant Park. You are on your own to do whatever you want for the day. Reservations will close on 12/1/13.

Holiday Lights in the Park

Wednesday, Dec 18

Come join us on the comfort of a chartered bus to see the wonderful Capital Holiday Light display in Washington Park in Albany on Wednesday, December 18th. We will leave the Senior Center at 5:30 p.m. Senior Center members only. Free. Sign up at the front desk. There is a waiting list, so please contact the Center if you need to cancel.

Thank you to CDPHP for their generous sponsorship of this trip.

**Thank you to everyone who voted for our
2014 Officers and Directors:**

OFFICERS – 2014

President: Linda Reinhart
1st VP: Blanche Fischer
2nd VP: Rosemary Pryne
Secretary: Bob Harrison
Treasurer: Ed Perazzo

(Officers are also Directors)

DIRECTORS – 2014

Jim Bishop
Joan Bolde
Marge Carroll
Emily Childers
Jane Conroy
Andy Ekblaw
Flo McClure
Joan Menhinick
Nilakantan Nagarajan
Sandy Nolin
Theresa Parisi
Angie Pomykai
Ronnie Quinn
Carole Stevens
Sue Sykes
Geri Tracey



**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:

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.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

Dec 2013

December 2013

Mon 2 Book Club 10:00 am
 Mon 2 Art Class 9:00am-1:00pm
 Mon 3 YMCA Classes Begin
 Tue 3 Shopping Rotterdam Square Mall
 Thu 5 Executive Council Mtg. 9:30 am
 Fri 6 Film Club *Ellis Island* 1:30 pm
 Sun 8 New York City Trip 7:30 am
 Mon 9 Carl Strock Pres. 2:00 pm
 Tue 10 Shopping Clifton Park Mall
 Tue 10 American Legion Mtg. 1:00 pm
 Thu 12 Board of Directors Mtg. 2:00 pm
 Fri 13 Armchair Travel *Costa Rica* 1:00 pm
 Sun 15 Christmas/Holiday Celebration 1:30 pm
 Tue 17 Shopping Rotterdam Square Mall
 Tue 17 Caregivers Conversations 3:00 pm
 Wed 18 Meal Site Holiday Dinner 11:45 am
 Wed 18 Trip Holiday Lights in the Park 5:30 pm
 Tue 24 Senior Center/Meal Site Closed
 Wed 25 Senior Center/Meal Site Closed
 Tue 31 Senior Center Closed, Meal Site Open

Jan 2014

Wed 1 Senior Center/Meal Site Closed
 Thu 2 Executive Council Mtg. 9:30 am
 Fri 3 Winter YMCA Class Registration 9:00 am
 Fri 3 Film Club 1:30 pm
 Mon 6 YMCA Classes Begin
 Mon 6 Book Club 10:00 am
 Tue 7 Shopping Clifton Park Mall
 Thu 9 Board of Directors Mtg. 2:00 pm
 Tue 14 Shopping Rotterdam Square Mall
 Tue 14 American Legion Mtg. 1:00 pm
 Tue 14 Medication Review 2:00 pm
 Mon 20 Senior Center/Meal Site Closed
 Tue 21 Shopping Clifton Park Mall
 Tue 21 Caregivers Conversation 3:00 pm
 Tue 28 Shopping Rotterdam Square Mall
 Thu 30 **Senior Moments** Deadline

Feb 2014

Mon 3 AARP Income Tax Prep. 9:00am – 4:00pm
 Mon 3 Book Club 10:00 am
 Tue 4 Shopping Clifton Park Mall
 Wed 5 AARP Income Tax Prep 1:00 pm-4:00pm
 Thu 6 Executive Council Mtg. 9:30 am
 Fri 7 AARP Income Tax Prep 1:00pm-4:00pm
 Fri 7 Film Club 1:30 pm
 Mon 10 AARP Income Tax Prep 9:00am-4:00pm
 Tue 11 Shopping Rotterdam Square Mall
 Tue 11 American Legion Mtg. 1; 00 pm
 Wed 12 AARP Income Tax Prep 1:00pm-4:00pm
 Thu 13 Board of Directors Mtg. 2:00 pm
 Fri 14 AARP Income Tax Prep 1:00pm-4:00p
 Mon 17 Senior Center & Meal Site Closed
 Tue 18 Shopping Clifton Park Mall
 Tue 18 Caregivers Conversation 3:00 pm
 Wed 19 AARP Income Tax Prep 1:00pm-4:00pm
 Thu 20 **Senior Moments** Mailing 9:00 am
 Fri 21 AARP Income Tax Prep 1:00pm-4:00pm
 Mon 24 AARP Income Tax Prep 9:00am-4:00pm
 Tue 25 Shopping Rotterdam Square Mall
 Wed 26 AARP Income Tax Prep 1:00pm-4:00pm
 Fri 28 AARP Income Tax Prep 1:00pm-4:00pm

Weekly Events – Dec/Jan/Feb

Mon	Card Playing	12:30 pm
Mon	Mah Jong	12:30 pm
Mon	Pickleball	4:00 pm
Mon	Cribbage	10:00 am
Tue	Coffee & Conversation	9:00 am
Tue	Knitting & Crocheting	1:00 pm
Tue	Duplicate Bridge	12:45 pm
Wed	Mah Jong	9:00 am
Wed	Pickleball	4:00 pm
Thu	Photography Group	10:00 am
Thu	Card Playing	12:30 pm
Thu	Quilting	1:00 pm
Fri	Acrylic & Oil Painting	10:00 am
Fri	Ballroom Dancing	2:00 pm
Fri	Pickleball	4:00 pm

Veterans Day celebration held Nov 3rd

Fantastic job by **Stan Gordon, Rosemary Pryne, Ronnie Quinn** and everyone who helped organize this event! It was great to have **Chris Koetzle, Jim Tedisco** and **Paul Tonko** in attendance to honor our veterans. Everyone enjoyed the food by Dairy Circus and the entertainment by Eric Kearns.

If you have pictures of our Veterans Day Celebration, the Glenville History Center would like a copy. Please contact **Joan Szablewski** at 399-8555.

GLENVILLE SENIOR DINING CENTER

Operated at the Glenville Senior Center by Catholic Charities of Schenectady

Open to all seniors. Senior-Center membership not required.

Kathy Conboy – Meal Center Manager

Diana Yeo – Meal Center Assistant

The Senior Dining Center offers a hot, nutritious noon meal Mondays through Fridays. A variety of activities and programs take place prior to the meal, with penny bingo every day and prize bingo on Wednesdays after lunch. Every Tuesday, there is also transportation available for grocery shopping at 12:30 pm (\$2.00 round trip to Hannaford or Price Chopper).

This year's Holiday Celebration, hosted by the Dining Center, will be held on **Wednesday, December 18th at noon** and will feature a roast pork dinner, carol sing-along, and entertainment. Join with your family and friends for a good meal and good time. Reservations are needed by December 13th.

Our Senior Winter Olympics will be held on **Wednesday, January 29th at 10:30am** and feature a variety of games and challenges that can be participated in by everyone. Although all activities will take place indoors, please bring a pair of mittens... The Olympics will be followed by a delicious meal, awards and prizes.

A Valentines' Day celebration will take place on **Friday, February 14th at 11:15**, featuring an exciting "heart hunt", finding the "Dream Date", and other fun activities.

Reservations: Call 393-1946, 9:00 am to 2:00 pm, a day in advance.

Please call ahead if you need to cancel a reservation.

Substitutions available. Make request when you call for reservation.

PLEASE ARRIVE BY 11:45 FOR THE NOON MEAL

Suggested donations for meals: \$3.25 for those 60+; \$6.00 for those under 60.

All are welcome. Have a good meal and meet some wonderful people.

*Dining Center Transportation is available. Suggested donations are \$1.25 each way to and from Meal Site.

December 2013	
Mon 2	Hot Roast Beef Sandwich
Tue 3	BBQ Chicken Breast
Wed 4	Chipped Beef & Toast Points
Thu 5	Turkey Roll Ups
Fri 6	Meatloaf with Gravy
Mon 9	Cheeseburger Pie
Tue 10	Scalloped Potatoes & Ham
Wed 11	Hot Turkey Sandwich
Thu 12	Spaghetti and Meatballs
Fri 13	Fisherman's Platter
Mon 16	Quiche Lorraine
Tue 17	Salisbury Steak & Gravy
Wed 18	Holiday Dinner
Thu 19	Philly Cheese Steak
Fri 20	Chicken & Rice Casserole
Mon 23	Macaroni & Cheese
Tue 24	CLOSED
Wed 25	CLOSED
Thu 26	Swedish Meatballs
Fri 27	Sweet & Sour Pork
Mon 30	Hot Roast Beef Sandwich
Tue 31	BBQ Chicken Breast

January 2014	
Wed 1	CLOSED
Thu 2	Turkey Roll Ups
Fri 3	Meatloaf with Gravy
Mon 6	Cheeseburger Pie
Tue 7	Scalloped Potatoes & Ham
Wed 8	Hot Turkey Sandwich
Thu 9	Spaghetti and Meatballs
Fri 10	Fisherman's Platter
Mon 13	Quiche Lorraine
Tue 14	Salisbury Steak & Gravy
Wed 15	Baked Lasagna
Thu 16	Philly Cheese Steak
Fri 17	Chicken & Rice Casserole
Mon 20	CLOSED
Tue 21	Pot Roast with Gravy
Wed 22	Ranch Chicken
Thu 23	Swedish Meatballs
Fri 24	Sweet & Sour Pork
Mon 27	Hot Roast Beef Sandwich
Tue 28	BBQ Chicken Breast
Wed 29	Chipped Beef & Toast Points
Thu 30	Turkey Roll Ups
Fri 31	Meatloaf with Gravy

February 2014	
Mon 3	Cheeseburger Pie
Tue 4	Scalloped Potatoes & Ham
Wed 5	Hot Turkey Sandwich
Thu 6	Spaghetti and Meatballs
Fri 7	Fisherman's Platter
Mon 10	Quiche Lorraine
Tue 11	Salisbury Steak & Gravy
Wed 12	Baked Lasagna
Thu 13	Philly Cheese Steak
Fri 14	Chicken & Rice Casserole
Mon 17	CLOSED
Tue 18	Pot Roast with Gravy
Wed 19	Ranch Chicken
Thu 20	Swedish Meatballs
Fri 21	Sweet & Sour Pork
Mon 24	Hot Roast Beef Sandwich
Tue 25	BBQ Chicken Breast
Wed 26	Chipped Beef & Toast Points
Thu 27	Turkey Roll Ups
Fri 28	Meatloaf with Gravy

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.

American Legion Post 1001, Scotia, NY.

We meet the second Tuesday of each month at 1:00 pm at the Glenville Senior Center. The upcoming dates are: Dec 10, Jan 14, Feb 11 and Mar 11.

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



SENIOR STUMPERS

*Submitted by Dick McMahan,
Long Distance Correspondent*



Answer, page 13

Stairs

You live in a one-story house made "entirely of redwood". What color would the stairs be?

Cheese:

What kind of cheese is made backwards?

Bisexual word

There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word a great woman. What is the word?

MEMBERSHIP APPLICATION

Jan. 1 thru Dec. 31, 2014

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.
32 Worden Road, Glenville NY 12302

Annual Fee:

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

**EXTRA COPIES
OF THIS FORM
ARE AVAILABLE AT
THE FRONT DESK**

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

Holyrood House

Senior & Handicapped Apartment Living

Section 8 HUD Subsidized

201 Fifth Street, Scotia

Now accepting applications

Call Debbie Trinci at 374-7407

Equal Housing Opportunity



"I've been worried about Mom lately..."

Does your loved one need more help with activities like shopping, getting to appointments, and meal preparation? Contact...



Home Connection Companions

- affordable, dependable companion care
- complimentary in-home needs assessment

(518)453-5446

www.HomeConnectionCompanions.com

planning for your future doesn't have to be scary

... We can help you



157 BARRETT STREET

SCHENECTADY, NEW YORK 12305

TEL: 518.688.2846 FAX: 518.688.2849

KTOOMBS@TOOMBSLAWNY.COM

ELDER LAW

WILLS • TRUSTS • ESTATES

NURSING HOME/MEDICAID

ATTORNEY ADVERTISING

Hospital-to-Home Transition Specialists

Newly Remodeled Private and Semi-Private Suites

To learn more about our short-term rehab, call

518-370-4700

or visit

www.HomewardBoundRehab.com



297 N. Ballston Ave., Scotia, NY 12302

A rehabilitation program of Baptist Health Nursing and Rehabilitation Center, Inc.



More Than 15 Years Experience
Serving the Glenville and BH-BL Communities



Kathleen Engel, Associate Broker
Certified Seniors' Real Estate Specialist
518-640-4808

E-mail: Kathleen.Engel@ColdwellBankerPrime.com
www.ColdwellBankerPrime.com/Kathleen.Engel



PRIME PROPERTIES



Your Collision Work Professionals

Frank, Todd & Scott Plemenik

518-346-8119 272 N. Ballston Ave., Scotia, NY 12302

www.frankandsonsbodysworks.com

Affordable Senior Apartments

Senior Citizens age 62 and older, income eligible

Highland Square

88 Saratoga Road, Glenville, 12302

For information or to request an application, call



Site Manager—Carmen Glenn
518/399-6481



A plan for life.

For information, call

(518) 641-3400

TTY/TDD (518) 641-4000

CDPHP® contracts with the federal government to offer Medicare Choices. Medicare Choices members must have both Medicare Parts A and B.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.

This is an advertisement.

Y0019 12_0117 File & Use 052712

**PURDY
REALTY**

Member of Greater
Capital Region Residential
& Commercial Realtors

123 Lakehill Road
Burnt Hills, NY 12027

Yvonne S. Matthews
Seniors Real Estate Specialist
Associate Broker



(518) 461-0771

yizzomatthews@yahoo.com

SENIOR STUMPERS ANSWERS

Bisexual word: Heroin.

Cheese: EDAM cheese (made backwards is edam)

Stairs: What stairs? You live in a one-story house.



Services for Older Adults and Caregivers

A program of



Senior Services in Schenectady

107 Nott Terrace, Schenectady
346-1852

Adult Day Program

Mon.-Fri., 7:30-5:30

**Enabling Seniors to
remain at home
and allowing caregivers
peace of mind**

Motivational Activities
Safe, Homelike Environment
Caring Staff
Nutritious Lunches & Snacks



Handyman Of America #1

518.557.6208

*** Gift Certificates Available ***

We take your trash to the curb for you for \$12 a week.

\$15 HR

Painting and taping
Masonry work
Yard work/mowing
Laminating floors
Snow blowing

Housekeeping

\$20 HR

Plumbing
Lighting

\$50 HR

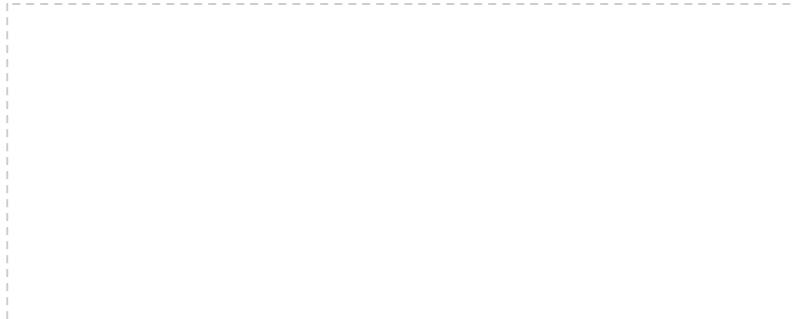
James Baggs, Proprietor
handymanofamerica1@gmail.com



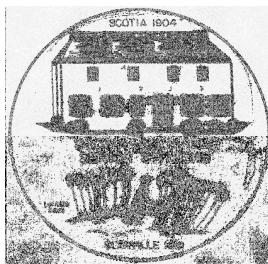
Scotia-Glenville
Senior Citizens, Inc.
32 Worden Road
Glenville NY 12302

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

TO: CURRENT OCCUPANT OR



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



OFFICERS – 2013

President: Linda Reinhart
1st VP: Max Gollmer
2nd VP: Desdemona
Johnson
Secretary: Sandy Glindmyer
Treasurer: Paula DeVries
(Officers are also
Directors)

DIRECTORS – 2013

Bob Atwood
Jim Bishop
Marge Carroll
Jane Conroy
Andy Ekblaw
Blanche Fischer
Stan Gordon
Flo McClure
Nilakantan Nagarajan
Theresa Parisi

Angie Pomykai
Rosemary Pryne
Ronnie Quinn
Sue Sykes

CONTACTS

Senior Center
Coordinator
Vicki Hillis
Glenville Senior Center
Administrator:
Jamie MacFarland
Village of Scotia
Liaison:
Tom Gifford
Town of Glenville
Liaison:
Sid Ramotar