



Scotia-Glenville Senior Citizens Senior Moments



Volume 40 Number 1

March-April 2014

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.

Senior Center Expansion

The board of Scotia-Glenville Senior Citizens, Inc. is in the process of planning an expansion of the Senior Center. Board member Jim Bishop, with the assistance of coordinator Vicki Hillis and administrator Jamie MacFarland, has been chairing a committee of center members which has been working to determine the need for and the appropriate size of an addition. Both the school and town boards are supportive of our expansion concept, which would add approximately 1000 square feet on the west side of the building. (If you are looking at the building from the parking lot, the expansion would be built on the left side.)

We are aware of a need for office space and more program space, the specifics of which have not been worked out yet. One suggestion is the addition of a recreational room with a pool table, shuffle board and/or darts. As we work through this process, we would like to ask the membership for input.

Please take a few moments to think about how you utilize the center. What you would like to see here? Would you use it? Members are welcome to submit written suggestions for us to achieve the best utilization of our new space. There is a suggestion envelope on the bulletin board. Or you can email your ideas to VHillis@townofglenville.org. Please submit your ideas by March 12, 2014 to have them included.

* Conceptual drawing is posted on the Senior Center bulletin board.

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 Friday, March 21st—Flower Show at HVCC
Details inside Tuesday, May 13th—Trip to Boston

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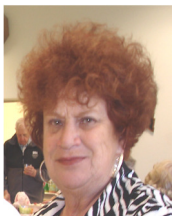
MARK YOUR CALENDAR

Exec Council: Thu Mar 6, Apr 3, May 1 at 9:30 am
at Town Hall
Directors: Thu Mar 13, Apr 10, May 8 at 2:00 pm
at Senior Center
Senior Moments Deadline: Thu Mar 27
Senior Moments Mailing: Thu Apr 24 9:00 am
Dining Center closed: Fri Apr 18

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

I want to wish all of you a Happy Spring (soon anyway). Look inside for details about when gardening will begin.

We are always looking for volunteers here at the Center. We have several committees and positions that are in need of help. My motto continues to be "Get Involved". And if you haven't renewed your membership for 2014, please do so to continue your participation at our Center.

We have some thank yous we wish to express:

- ★ To former member **Elvira Houck** who made a generous bequest of \$50,000 to the Center Endowment Fund.
- ★ To **CDPHP** for their sponsorship of our trip to see the Lights in Washington Park.
- ★ To **Charles Guare** for his generous donation of a new television to our library.
- ★ To co-chairpersons **Rosemary Pryne** and **Ronnie Quinn** from our social committee for all their work over the past few years.
- ★ To **Bertha Fierro** for taking over Ronnie's place as social committee co-chair.

Don't forget to check out the "Trips and Travels" section. "Sit back and leave the driving to them."

Please remember that all members are invited to our monthly board of directors meetings held on the 2nd Thursday of each month at 2 pm here at the Center.

And last but not least, I wanted to let everyone know that our van transportation now runs 9-3, Monday through Friday.

Until next time,

Linda



Vicki's view

Hopefully, spring will bring us some warmer weather so everyone can come out and enjoy the many activities we offer, including our new line dancing class! I want to thank Joan Gould for her gift of flowers to our library which reminds us that spring is on its way.

Last newsletter I missed welcoming a few of our new board members – **Putzi Jost, Carole Stevens and Geri Tracey** – who have stepped forward to help keep our Center growing. Putzi, who is our new membership chair, has some exciting ideas to do just that. And speaking of expansions, stop by and check out the conceptual plan for an addition to our building. Suggestions welcome!

Vicki

Hi from the Editor

Dear Friends,

Hearty Greetings to all in GSC family for a Happy, Healthy New Year (though a little belated!).

As you are aware, the *Senior Moments* will hereafter be published bimonthly. Chairpersons and coordinators of the different activities of our Center are requested to submit their input well in advance of the deadline dates for inclusion in the upcoming issue.

I propose to publish a PERSONAL column to include news of family-oriented events from GSC family members for social interaction amongst us. But it will not be for any advertisement of commercial nature!

Thanks a bunch to all!

Nagarajan



Membership Raffle Winners

A drawing was held in December, '13 to select the winners for this year's Membership Gift Bag from those who joined or renewed their membership for the year 2014, prior to Thanksgiving Day 2013.

Congratulations to the following winners:

Jim Bishop, Marlene Busher, Elizabeth Buyce, Janet Capro, Arlene Davison, Priscilla Jacobsen, William Koozan, Evelyn Kuzia, Reginald Less, Florence McConville, Rena Nicodermi, Nilakantan Nagarajan, Carmel Parry, Glen Shupe and Alice Tatro.

If you haven't already renewed your membership, please stop by the front desk to do so. Please bring a check or exact change. Thank you.



Sign up a New Member contest

Have you checked out the Membership Thermometer in the lobby? You could help us reach our goal of 1200 members!

In an effort to boost our membership, we will hold a **Sign up a New Member campaign** this year. First prize will be awarded to the member who recruits the most new members. The name of anyone who recruits a new member will be entered into a special drawing. Be sure to have the new member write your name as recruiter at the bottom of their application form.

CENTER SERVICES

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

Please note that for anyone who has not yet renewed their Senior Center membership for 2014, this will be your last issue of Senior Moments.

Driver Safety Programs

This program can reduce your auto insurance premiums. Classes consist of two 3-hour sessions held on two consecutive days as shown below.

Monday/Tuesday - March 24th & 25th 2-5 pm

Tuesday/Wednesday - April 22nd & 23rd 2-5 pm

Tuesday/Wednesday - May 20th & 21st 2-5 pm

Tuesday/Wednesday - June 17th & 18th 2-5 pm

Cost: Senior Center Members \$25, Others \$32

Pay by check payable to **AAA Northway**. NO CASH.

Must register in person at Front Desk. No Phone calls.

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.

Display Case

Thanks to **Bob Harrison, Phyllis Kulmatiski** and **Susan Reilly** for our winter displays. Watch for the upcoming:

March - Miniature Animals by **Blanche Fischer**

April - Rabbits by **Gail Steslow**

May - Model Cars by **Paul Geertens**

We are always in need of collections.

Remember, the case is lighted and always locked.

Thank you to **Bob Harrison** for coordinating the displays.

Coupons Exchange

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

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 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; 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

Mar 11, 25

Apr 8, 22

Clifton Park Mall

Mar 4, 18

Apr 1, 15, 29

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

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 eyeglasses & hearing aids

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

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.

St. Patrick's Day

Monday, March 17th

Join us from 9:30-11:30 am on St. Patrick's Day for cookies and punch with a few fun giveaways.

Thank you to **Baptist Health** for sponsoring the event.



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 (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.

Senior Center Pig Roast

Friday, May 2nd, 4:00-7:00 pm

Join us for our 4th annual Pig Roast fundraiser. Proceeds go toward the Veterans Day celebration in the fall.

First Ladies of the United States

Friday, March 28 at 2:00pm

Marion Grimes, from the Scotia Glenville Traveling Museum, will provide insight into the First Ladies of the 20th century who had ties to New York State. From Ida McKinley, Edith Roosevelt, Eleanor Roosevelt, to Hillary Clinton, we'll learn more about these great women through slides, prints and artifacts. Coffee and dessert.

Alzheimer's Disease & Dementia

What you should know

Tuesday, April 1 at 2:00pm

This program by The Alzheimer's Association offers basic information everyone needs to know about memory loss issues and what they mean for all of us. This interesting, interactive session will explore the difference between memory loss brought about by normal aging versus Alzheimer's disease and other forms of dementia. We will learn of the risk factors associated with the disease and recognize the warning signs of Alzheimer's. **Remember, information is knowledge!**

Senior Moments Mailing party

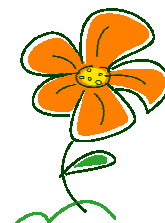
Thursday, April 24 at 9:00 am

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.

Attention All Gardeners

New and Veteran Gardeners



In recent summers, I hope everyone has enjoyed our beautiful gardens. These beautiful gardens are the result of our wonderful volunteers. We are looking for volunteers to bring our gardens to life again.

In May, there will be a day or two to clean out the gardens, plant annuals, and mulch. After this, there will be just one or two days for each gardener to weed and deadhead during the summer. We will also do a final clean up in the fall to put our gardens to bed. First time gardeners are always welcome. Instructions are available to anyone who wants to help.

If interested, please call **Joan Bolde** at 399-9475 or leave your name with **Vicki Hillis** at the Center.

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 Spring Session Registration: Wed. April 9, 9-11 am 10 weeks: April 18 - June 27 No class on May 26th Fees: 1 class/wk \$30; 2/wk \$42; 3/wk \$53; 4/wk \$64; 5/wk \$75		
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

Wednesday, 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

From **April 4th** on, class time will change to **12:30-1:30 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** at 374-9732 or email guarecharles@gmail.com.

Tai Chi practice

Tuesday, 8:15 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.

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.

Mah Jong

Mondays, 12:30 pm; Wednesdays, 9:00 am

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

Bowling

Wednesdays, 9:00 am

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

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.

Paint with Peggy

Monday, April 21 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. In the class you will create an oil painting. All supplies and instruction included to create a glowing sunset over water, with the sun setting behind mountains.

Cost: \$45 for GSC members & \$50 for non-members, includes all supplies and instruction. Checks payable to **Peggy Porter**. Sign up at the front desk. Maximum of 10 students. Questions? Call **Peggy** at 925-2238. No experience is needed. **BEGINNERS ARE WELCOME.**



Country Line Dancing

Fridays, 3:00 to 4:00 pm

6 Weeks - May 9th to June 13th

Come join Kevin Richards of WGNA for Basic Beginner Country Line Dance Lessons. Learn the basic steps of Country Line Dancing and enjoy some fun easy dances for great exercise. On average, Country Line Dancers burn 300-400 calories per hour. Space will be limited; sign up at front desk.

* Thank you to CDPHP for sponsoring the class.

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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.

March 3: *Protect and Defend* by Richard North Patterson

April 7: *The Chaperone* by Laura Moriarty

May 5: *Twelve Years a Slave* by Solomon Northup

First Friday Film Club

First Friday of month, 1:30 pm

March 7: MAKE WAY FOR TOMORROW (USA '10)

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.

April 4: PHILOMENA (USA 2014)

A young Philomena was sent to a convent in Ireland, after giving birth to her first child. When son becomes a toddler, the nuns sent him to America for adoption. Philomena spent the next 50 years to search for him in vain.

May 2 : THE SPECTACULAR NOW (USA 2013)

While Aimee dreams of the future, Sutter lives in the now. Yet they are drawn together in what starts as an unlikely romance. It becomes a sharp-eyed snapshot of the heady confusion and haunting passion of youth.

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

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.

The class is currently full, but be sure to put your name on the waitlist at the front desk for when there are openings.

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.

Trip to Flower Show

Friday, March 21st

The flower Show is held at the Hudson Valley Community College. The bus will leave GSC promptly at 12:30 pm, arriving at HVCC around 1:30 pm. Leave HVCC for return trip at 5 p.m.

COST: \$25 per person, SC members & nonmembers. Sign up at the front desk early.

Trip to Boston

Tuesday, May 13th

Come join us for a day on your own in Boston—shopping, sightseeing or anything you want to do! Leave center at 7 am; arrive in Boston around 10 am, near the Aquarium; Leave Boston at 6:30 pm and arrive at GSC around 9:30 pm.

COST: \$40 per person, SC members & nonmembers. The trip was a grand success last year. Sign up early at the front desk by the deadline May 1st.

Golf League News

All golfers (regular and substitutes) must be members of the Glenville Senior Center.

Monday League

18 weeks - 28 April thru 25 August

Make ups caused by inclement weather or holidays will be made up on Friday. Cost to join the league as a regular golfer will be \$6.00 for the season with substitutes paying to the league \$1.00 each time they play. A picnic at Galway Golf Course will be held upon completion of the last regular league day - 25 August 2014. Prizes will not be awarded. Contact **Don Hickerson** at 393-5674 or shdogolf@aol.com. A sign up sheet will be available at this organizational meeting.

Wednesday League

16 weeks - 30 April thru 13 August

Make ups caused by inclement weather or holidays will be made up at the end of the season. Cost to join the league as a regular golfer will be \$20.00 for the season with a tournament set for the end of the season with prize money being awarded, details to be forthcoming. Contact **Bob Pommerer** at 306-6178 or Pommerer@gmail.com; or **Shirley Hickerson** at 393-5674 or shdogolf@aol.com. Sign up sheet will be available at this organizational meeting.

Please mark your calendar for this very important meeting or notify parties listed above about your intentions for golfing this summer. **Don and Shirley Hickerson** will be compiling a golf member list for both leagues. The first 28 golfers to sign up for each league will be regular golfers, if they desire, with remaining golfers placed on

leagues substitute lists. Early notifications of your desires would be appreciated.

Monday & Wednesday Golf -

An organizational meeting is to be held on **Wednesday, April 2nd at 2:30 pm** at the Glenville Senior Center. At present time two leagues are scheduled to play at the Galway Golf Club on Mondays and Wednesdays with tee off times scheduled from 9 am to 10 am (7 groups with four players in each group). Maximum golfers in each league will be limited to 28 regular players plus a list of substitutes will be maintained and called to play to fill out foursomes each day when required. Cost of golf will be \$11.00 each day plus \$10.00 cart fee (Course charges).

Thursday League at Mill Road Golf Course

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

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

March 2014

Mon 3 AARP Income tax Prep 9:00am-4:00pm
 Mon 3 Book Club 10:00am
 Tue 4 Shopping Clifton Park Mall
 Tue 4 Racino Trip 10:30am
 Wed 5 AARP Income Tax Prep 1:00pm-4:00pm
 Thu 6 Executive Council Mtg. 9:30am
 Fri 7 AARP Income Tax Prep 1:00pm-4:00pm
 Fri 7 Film Club 1:30pm
 Mon 10 AARP Income Tax Prep 9:00am-4:00pm
 Tue 11 Shopping Rotterdam Square Mall
 Tue 11 American Legion Mtg. 1:00pm
 Wed 12 AARP Income Tax Prep 1:00pm-4:00pm
 Thu 13 Board of Directors Meeting 2:00pm
 Fri 14 AARP Income Tax Prep 1:00pm-4:00pm
 Mon 17 AARP Income Tax Prep 9:00am-4:00pm
 Mon 17 St. Patrick's Day Celebration 9:30-11:30am
 Tue 18 Shopping Clifton Park Mall
 Tue 18 Caregivers Group Mtg. 3:00pm-4:00pm
 Wed 19 AARP Income Tax Prep 1:00pm-4:00pm
 Fri 21 AARP Income Tax Prep 1:00pm-4:00pm
 Fri 21 Flower Show Trip HVCC 12:30pm
 Mon 24 AARP Income Tax Prep 9:00am-4:00pm
 Mon 24 AAA Driver Safety Program 2:00pm-5:00pm
 Tue 25 AAA Driver Safety Program 2:00pm-5:00pm
 Tue 25 Shopping Rotterdam Square Mall
 Wed 26 AARP Income Tax Prep 1:00pm-4:00pm
 Thur 27 **Senior Moments** Deadline
 Fri 28 AARP Income Tax Prep 1:00pm-4:00pm
 Fri 28 First Ladies of US Pres. 2:00pm
 Mon 31 AARP Income Tax Prep 9:00am-4:00pm

April 2014

Tue 1 Shopping Clifton Park Mall
 Tue 1 Alzheimer's Presentation 2:00pm
 Wed 2 AARP Income Tax Prep 1:00pm-4:00pm
 Wed 2 Mon. & Wed. Golf League Mtg. 2:30pm
 Thu 3 Executive Council Mtg. 9:30am
 Fri 4 AARP Tax Prep 1:00pm-4:00pm
 Fri 4 Film Club 1:30pm
 Mon 7 AARP Income Tax Prep 9:00am-4:00pm
 Mon 7 Book Club 10:00am
 Tue 8 Shopping Rotterdam Square Mall
 Tue 8 American Legion Mtg. 1:00pm
 Wed 9 AARP Income Tax Prep 1:00pm-4:00pm
 Wed 9 YMCA Class Registration 9:00-11:00am
 Thu 10 Board of Directors Mtg. 2:00pm
 Fri 11 AARP Income Tax Prep 1:00pm-4:00pm
 Tue 15 Shopping Clifton Park Mall
 Tue 15 Caregivers Group Mtg. 3:00pm-4:00pm
 Fri 18 Dining Center Closed – Good Friday
 Mon 21 Oil Painting 9:00am-1:15pm
 Tue 22 Shopping Rotterdam Square Mall
 Tue 22 AAA Driver Safety Program 2:00pm-5:00pm
 Wed 23 AAA Driver Safety Program 2:00pm-5:00pm
 Thu 24 **Senior Moments** Mailing 9:00am
 Thu 24 Thursday Golf League Meeting 2:00pm
 Fri 25 Ziti Dinner 4:30pm-7:30pm
 Tue 29 Shopping Clifton Park Mall

Weekly Events – March\April

Mon	Card Playing	12:30 pm
Mon	Mah Jong	12:30 pm
Mon	Pickleball	4:00 pm
Tue	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 (March)	2:00 pm
Fri	Ballroom Dancing (April)	12:30 pm
Fri	Pickleball	4:00 pm

Senior Stumpers

Submitted by Dick McMahan

Bus driver

A bus driver was heading down a street in Colorado. He went right past a stop sign without stopping, he turned left where there was a 'no left turn' sign and he went the wrong way on a one-way street. Then he went on the left side of the road past a cop car. Still, he didn't break any traffic laws. Why not?

Running

If you were running a race and you passed the person in 2nd place, what place would you be in now?

Difference

What is the difference between a dollar and a half, and thirty five-cents?

Answers, page 11

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).

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.

March 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	Macaroni & Cheese
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
Mon	31	Cheeseburger Pie

April 2014		
Tue	1	Scalloped Potatoes & Ham
Wed	2	Hot Turkey Sandwich
Thu	3	Spaghetti and Meatballs
Fri	4	Fisherman's Platter
Mon	7	Quiche Lorraine
Tue	8	Salisbury Steak & Gravy
Wed	9	Baked Lasagna
Thu	10	Philly Cheese Steak
Fri	11	Chicken & Rice Casserole
Mon	14	Macaroni & Cheese
Tue	15	Pot Roast with Gravy
Wed	16	Ranch Chicken
Thu	17	Swedish Meatballs
Fri	18	CLOSED—Good Friday
Mon	21	Hot Roast Beef Sandwich
Tue	22	BBQ Chicken Breast
Wed	23	Chipped Beef & Toast Points
Thu	24	Turkey Roll Ups
Fri	25	Meatloaf with Gravy
Mon	28	Cheeseburger Pie
Tue	29	Scalloped Potatoes & Ham
Wed	30	Hot Turkey Sandwich

The longest password ever!

An employee was using the following password: "MickeyMinniePlutoHueyLouieDeweyDonaldGoofySacramento"

Asked why she used such a long password, she said:

"The system asked for at least 8 characters including one capital."

Submitted by **Blanche Fischer**.

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.

Spaghetti Dinner

Saturday, March 8, 4 to 7 pm

Sponsored by Scotia-Glenville Lions Club

First Reformed Church of Scotia, 224 North Ballston Ave.,

Cost: Adults - \$8 & Kids under 12 - \$5

Takeout is available.

Tickets can be purchased from a Lions Club member or at the door.

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 **March 11, April 8 and May 13.**

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

Scholarships

Scotia-Glenville Senior Citizens, Inc. will again offer \$1,000 scholarships to two area high school seniors who have demonstrated good scholarship and community service, with special emphasis on service to Glenville seniors. High school seniors who live in the town of Glenville, regardless of school affiliation, may request an application by writing to the Glenville Senior Center, 32 Worden Rd., Glenville, NY 12302; attn.: Scholarship Committee. Applications for the scholarships will also be available in the Scotia-Glenville High School in the guidance and GIVE offices. Applications available after February 24, 2014.

Applications must be returned by April 11, 2014.

SENIOR STUMPERS ANSWERS

Difference: Nothing. A dollar and a half is the same as thirty-five-cents (nickels). But not the same as thirty-five-cents.

Running: You would be in 2nd not 1st.

Bus driver: He was walking, not driving.



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Ziti Dinner "Help us help our heroes."

Friday, April 25, 4:30-7:30 pm

Sponsored by the Veterans of Foreign Wars

Eat in or take out.

Cost: Advance sale tickets \$7 or at the door \$8.

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: **March 18, April 15, May 20**



**Attention GE employees, retirees,
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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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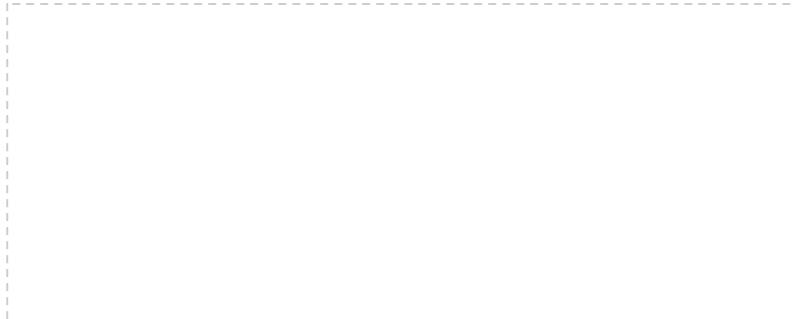
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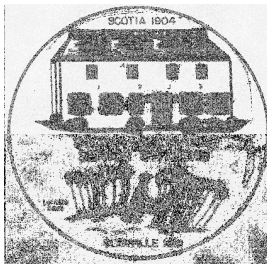
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