



Scotia-Glenville Senior Citizens Senior Moments



Volume 40 Number 2

May - June 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.

4th Annual Pig Roast Dinner and Roasted Chicken Dinner



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

Eat in or take out. Presented by Andy's Catering.

Pig Roast Dinner \$15. Roasted Chicken Dinner \$10.

Public is invited – Senior Center membership is not required.



Meals include dressing, mashed potatoes and gravy, green beans, tossed salad, cookies, beverages.

Tickets will be available at the Center beginning in April, or at the door, or from Social Committee members.

Co-chairs, Rosemary Pryne 399-4726 and Ronnie Quinn 399-5999

Reception for New Members

Thursday, May 8th, 1:30 pm

The Membership Committee will host a brief reception for all new members on Thursday, May 8th at 1:30 pm in the Dining Room. This will be held prior to our monthly Board of Directors Meeting at 2:30 pm. Members are welcomed to stay for the board meeting.

Retirement Party for Carl

Tuesday, May 27th, 1:30-3:30 pm

Join us to wish Carl well in his retirement at the end of May after 10 years of service to our Center. He will be missed by us all. Refreshments will be served.

Sign Up a New Member Contest

Tuesday, June 1st

Our goal thermometer has hit the 1,000 member mark! To reach our goal of 1200 members, we are extending the contest to allow our “snowbird friends” the opportunity to participate. First prize of a \$40 Gift Certificate from *Turf Tavern* will be awarded to the member who recruits the most new people to join. All recruiters will be entered into a drawing for the remaining prizes which consist of a \$30 IGA Gift Certificate from *Gabriel's Supermarkets*, \$25 Gift Certificate from *Wal-Mart*, a Gift Basket from *Hannaford's* and 4 Senior Citizen Theatre Passes from *Scotia Cinema*.

Thank you to all our donors for their support!

Trips Details inside

Tuesday, May 13th—Trip to Boston

Tuesday, June 17th– Trip to Saratoga Casino & Race

Tuesday, July 15th to Thursday, July 17th—Trip to Niagara Falls & Ontario, Ca

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MARK YOUR CALENDAR

Exec Council: Thu May 1, June 5, July 3 at 9:30 am
at Town Hall

Directors: Thu May 8 at 2:30 pm
Thu June 12, July 10 at 2:00 pm
at Senior Center

Senior Moments Deadline: Thu May 29

Senior Moments Mailing: Thu June 26 9:00 am

Center & Dining Center closed: Mon May 26

Senior Moments is published by
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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 (as it has officially arrived. Hooray!) I want to thank Barbara Bradt and Scott Bryson from the Baptist Health and Rehabilitation Center for our St. Patrick's Day celebration here. We had Green punch and cookies and also some cute gifts. I'm sure that everyone enjoyed the event. Thanks again to CareTeam Medical Supply for the donation of a gift certificate for our raffle drawing.

We all had a nice time on the trip to the Saratoga Raceway, especially the winners. We have planned another trip to the Saratoga Casino & Raceway on June 17th. Please check it out in the "Trips & Travel" section.

Our Annual Pig Roast is on Friday May 2nd, and the New Members Reception is on Thursday May 8th. Our Annual Board meeting will follow the reception.

And last but not least, I wanted to let everyone know that our van transportation now runs 9-3, Monday through Friday. Finally, a big THANK YOU to all volunteers, without whom there would be no Center!

Until next time,

Linda



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



Hi from the Editor

Dear Friends,

Hearty Greetings to all in Glenville Senior Center family for a happy, healthy Spring and Summer after the unusual frigid Winter we had till end of March.

There was no item received for the new PERSONAL column for this May-June issue to include news of family-oriented events from Glenville Senior Center family members for social interaction amongst us. Hope members will use the feature in future! But it will not be for any advertisement of commercial nature!

Thanks a bunch to all!



Nagarajan



Vicki's View

Thank you to our wonderful volunteers who keep our activities going. We appreciate the amount of time and talent you give to the center. In 2013 alone, our members volunteered for over **4,250** hours. Our greatest need currently is to find chairpeople who will oversee card playing. Each card group needs a person willing to set the schedule for who sets up & takes down tables each week and coordinates groups for the various games played. As always, we are in need of substitute drivers, dispatchers, desk volunteers and computer tutors.

I'm also grateful for all of the community organizations and businesses that support our center: Baptist Health Systems, CareTeam, the Turf Tavern, Hannaford, Price Chopper, WalMart, and Upstate Laser Car Wash who have contributed to our activities. Please thank these donors when you visit their establishments. Enjoy spring, everyone!

Vicki

Revelations

Getting old is the second-biggest surprise of my life, but the first, by a mile, is our unceasing need for deep attachment and intimate love. We oldies yearn daily and hourly for conversation and a renewed domesticity, for company at the movies or while visiting a museum, for someone close by in the car when coming home at night. This is why we throng Match.com and OkCupid in such numbers—but not just for this, surely. Rowing in Eden (in Emily Dickinson's words: "Rowing in Eden— / Ah—the sea") isn't reserved for the lithe and young, the dating or the hooked-up or the just lavishly married, or even for couples in the middle-aged mixed-doubles semifinals, thank God. No personal confession or revelation impends here, but these feelings in old folks are widely treated like a raunchy secret. The invisibility factor—you've had your turn—is back at it again. But I believe that everyone in the world wants to be with someone else tonight, together in the dark, with the sweet warmth of a hip or a foot or a bare expanse of shoulder within reach. Those of us who have lost that, whatever our age, never lose the longing: just look at our faces. If it returns, we seize upon it avidly, stunned and altered again.

Excerpt from article by **Roger Angell** published in February 17, 2014 issue of *The New Yorker*

Contributed by **Stan Gordon**

CENTER SERVICES

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

Entertainment Book

There are 2 Entertainment Books at the Front Desk that members may use for coupons and dining cards.

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. Each of these little symbols is worth 10 cents to our neighboring Glen-

Worden Elementary School, so don't throw them away.

This winter we collected 150 Box Tops and 35 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 **Blanche Fischer** and **Gail Steslow** for our recent displays. Watch for the upcoming:

May - Antique Covered Dishes by **Mary McClaine**

June - Model Cars by **Paul Geertgens**

We are always in need of collections.

Remember, the case is lighted and always locked.

Thank you to **Bob Harison** 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

May 6 and 20

June 3 and 17

Clifton Park Mall

May 13 and 27

June 10 and 24

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 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.

Meet Sara Foss Gazette Investigative Reporter

Tuesday, May 6th at 2:00 pm

Sara will speak on her work investigating topics of interest and controversy for Daily Gazette readers. There will be time for questions from the audience.

Armchair Travel

Thursday, May 15th at 1:30 pm

Take a trip to Australia, New Zealand and Fiji with **Bert and Sally Longbotham**, our familiar world travelers and stellar photographer/storytellers.

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.

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.
Checks are not cashed until the class is held.
Participants must register in person at Front Desk. No
Phone reservations are accepted.

Senior Moments Mailing party

Thursday, June 26 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.

Judson Meadows Open House

Thursday, May 22 1:00—3:00 pm

Senior Center members are invited to a special Open House at Judson Meadows on Thursday, May 22 from 1:00 to 3:00 pm. Come and see the newest assisted living facility in our neighborhood - take a tour and enjoy some light refreshments. If interested, please sign up at the front desk.

“Thank You” from the AARP Tax-aid Volunteers

Thank you, Glenville Senior Center, for giving us a room for 2 ½ months every winter. Without this wonderful workspace, we would not be able to assist so many people at no charge with preparing their tax returns. We are aware of the extra work and stress that this puts on the building, as well as **Vicki, Carl**, and the desk volunteers. As of late March we have electronically filed 300 tax returns. This is a good example of two non-profit organizations working collaboratively for the community’s mutual benefit.

Judy Clark, Blanche Fischer, Tom Kuster, Rich Phillips, Howard Riggert, Kathy Stanley, Lou Wunderlich

Save the Date

Our annual Veterans Day celebration will be held on Sunday, November 9th. Details will follow.

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 the need for 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 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 Summer Session Registration: Wed, June 25th from 9-11 am		
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

Fit Over 50

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

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. Ex-

ercises 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.

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

Wednesdays, 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.

Spring: April 9-June 18th, \$44

Pay instructor **Nancy Tobiessen** on the first day of class.

Summer: July 16-August 13th, \$20

Pay instructor **Jo Kitzman** on the first day of class.

Ballroom dance class

Fridays, 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

Tuesdays, 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.

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.

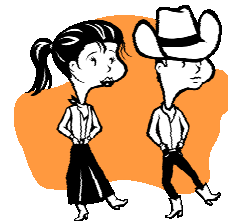
Casual atmosphere – paint at your own pace. Beginners and previous students welcome.

Paint with Peggy

Monday, June 9 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 an oil painting in this session.

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. This class is full and has a wait list, so please call if you are signed up and cannot attend. If you aren't signed up, leave your name at front desk if you are interested in this class continuing in the fall.

* Thank you to CDPHP for sponsoring the class.

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Responsibilities of activity participants

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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.

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

June 2: *Major Pettigrew's Stand* by Helen Simonson

July 7: *David and Goliath* by Malcolm Gladwell

First Friday Film Club

First Friday of month, 1:30 pm

May 2: 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 searching for him in vain.

June 6: QUARTET (UK 1981)

Stephan, a shady art dealer, is imprisoned for a year for selling stolen art work. Mado, his wife, with no financial support, moves into the apartment of a wealthy couple H.J. and Lois Heidler. H.J. has a history of inviting young women into the 'spare room' and having sex with them. Lois permits it to keep him happy. After release from prison, Stephan leaves France but without Mado. The film is a character study of the four principals.

July & August: Summer Recess—No Film Shows.

Please watch for the next season starting Sept. 5th.

Snacks and coffee will be served at all shows.

Suggestions for future screening 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 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 the center around 9:30 pm. The trip was a grand success last year! **Cost : \$40 pp**, member & nonmember. Sign up early at the front desk by the deadline May 1st.

Saratoga Casino & Raceway

Tuesday, June 17th

Leave Center at 11 am ; Leave Saratoga at 4:30 pm
Cost: \$ 15 pp, both member & nonmember.
The cost includes \$25 of free play and \$ 5 voucher for eating at Lucky Joe's.

Trip to Niagara Falls & Ontario Canada

Tuesday, July 15th-Thursday, July 17th

The group will stay at the Radisson Hotel and Suites. Walk to the falls, the casino, Niagara's parks and shops, and more. If you have not seen the Niagara Falls up close, this natural miracle is one of the most wondrous things you'll ever see or hear. Visit the Journey behind the Falls, Skylon Tower, Maid of the Mist Cruise, etc. In Canada's wine country, Niagara-on-the-Lake presents a charming, well-preserved 19th century village.

Passport or Enhanced License required. **Cost \$350 pp**, member & nonmember. See trip board at Center for more information and departure time.

CENTER ACTIVITIES

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

Monday Golf League

18 weeks - 28 April thru 25 August

Plays at the Galway Golf Course with tee-off times scheduled from 9 :00 am to 10:00 am. Make ups caused by inclement weather or holidays will be made up on Friday. Contact **Don Hickerson** at 393-5674 or shdogolf@aol.com.

Wednesday Golf League

16 weeks - 30 April thru 13 August

Plays at the Galway Golf Club with tee-off times scheduled from 9:00 am to 10:00 am. Make ups caused by inclement weather or holidays will be made up at the end of the season. Contact **Bob Pommerer** at 306-6178 or Pommerer@gmail.com; or **Shirley Hickerson** at 393-5674 or shdogolf@aol.com.

Thursday Golf League

at Mill Road Golf Course

Our season will start at Mill Road Golf Course on Thursday, May 8 at 9 am. Questions, please call **Nancy Wallace** at 312-1123 or **Midge Launsbach** at 377-3847.

Bocce

Wednesdays, 9 am

Bocce season had arrived. We will be playing every Wednesday at 9 am, starting April 30th, weather-permitting. If interested, call **Vito Spinelli** at 384-0926.

Bowling

Wednesdays, 9:00 am

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

Front Desk Volunteers Needed:

Greet people, answer phones, give tours,
& other light clerical duties involved.
If you have a few hours a month to volunteer,
please stop by the office to learn more.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

May 2014

June 2014

Thu 1 Executive Council Meeting 9:30 am
 Fri 2 Film Club 1:30 PM
 Fri 2 Pig Roast 4:00 pm-7:00 pm
 Mon 5 Book Club 10:00 am
 Tue 6 Shopping Rotterdam Square Mall
 Tue 6 Speaker Sarah Foss 2:00 pm
 Thu 8 New member reception 1:30 pm
 Thu 8 Board of Directors Meeting 2:30 pm
 Fri 9 Line Dancing 3:00 pm
 Tue 13 Boston Trip 7:00 am
 Tue 13 Shopping Clifton Park Mall
 Tue 13 American Legion Meeting 1:00 pm
 Thu 15 Armchair Travel 1:30 pm
 Fri 16 Line Dancing, 3:00 pm
 Tue 20 Shopping Rotterdam Square Mall
 Tue 20 AAA Driver Safety Program 2:00pm-5:00pm
 Tue 20 Caregiver Support Group 3:00 pm
 Wed 21 AAA Driver Safety Program 2:00pm-5:00pm
 Thu 22 Open House at Judson Meadows
 Fri 23 Line Dancing 3:00 pm
 Mon 26 Senior Center/Meal Site Closed
 Tue 27 Shopping Clifton Park Mall
 Tue 27 Retirement party for Carl 1:30-3:30 pm
 Wed 28 National Senior Day
 Thu 29 **Deadline Senior Moments**
 Fri 30 Line Dancing 3:00 pm

Mon 2 Book Club 10:00 am
 Tue 3 Shopping Rotterdam Square Mall
 Thu 5 Executive Council Meeting 9:30 am
 Fri 6 Film Club 1:30 pm
 Fri 6 Line Dancing 3:00 pm
 Mon 9 Paint with Peggy, 9 am - 1:15 pm
 Tue 10 Shopping Clifton Park Mall
 Tue 10 American Legion Meeting 1:00 pm
 Thu 12 Board of Directors Meeting 2:00 pm
 Fri 13 Line Dancing 3:00 pm
 Tue 17 Shopping Rotterdam Square Mall
 Tue 17 Saratoga Casino Trip 11:00 am
 Tue 17 AAA Driver Safety Program 2:00pm – 5:00pm
 Wed 18 AAA Driver Safety Program 2:00pm – 5:00pm
 Tue 24 Shopping Clifton Park Mall
 Wed 25 YMCA class registration
 Thu 26 **Senior Moments** Mailing 9:00 am



Weekly Events – May/June

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	12:30 pm



**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 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.

May 2014		
Thu	1	Spaghetti and Meatballs
Fri	2	Fisherman's Platter
Mon	5	Quiche Lorraine
Tue	6	Salisbury Steak & Gravy
Wed	7	Baked Lasagna
Thu	8	Philly Cheese Steak
Fri	9	Chicken & Rice Casserole
Mon	12	Macaroni & Cheese
Tue	13	Pot Roast with Gravy
Wed	14	Ranch Chicken
Thu	15	Swedish Meatballs
Fri	16	Sweet & Sour Pork
Mon	19	Hot Roast Beef Sandwich
Tue	20	BBQ Chicken Breast
Wed	21	Chipped Beef & Toast Points
Thu	22	Turkey Roll Ups
Fri	23	Meatloaf with Gravy
Mon	26	Memorial Day—closed
Tue	27	Scalloped Potatoes & Ham
Wed	28	Hot Turkey Sandwich
Thu	29	Spaghetti and Meatballs
Fri	30	Fisherman's Platter

June 2014		
Mon	2	Quiche Lorraine
Tue	3	Salisbury Steak & Gravy
Wed	4	Baked Lasagna
Thu	5	Philly Cheese Steak
Fri	6	Chicken & Rice Casserole
Mon	9	Macaroni & Cheese
Tue	10	Pot Roast with Gravy
Wed	11	Ranch Chicken
Thu	12	Swedish Meatballs
Fri	13	Sweet & Sour Pork
Mon	16	Hot Roast Beef Sandwich
Tue	17	BBQ Chicken Breast
Wed	18	Chipped Beef & Toast Points
Thu	19	Turkey Roll Ups
Fri	20	Meatloaf with Gravy
Mon	23	Cheeseburger Pie
Tue	24	Scalloped Potatoes & Ham
Wed	25	Hot Turkey Sandwich
Thu	26	Spaghetti and Meatballs
Fri	27	Fisherman's Platter
Mon	30	Quiche Lorraine

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 **May 13 and June 10**. There will be no meetings in July or August.

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: **May 20, June 17, July 15**

National Senior Day

May 28th *"Make A Move Toward Better Health"*

Celebrate at the Glenville YMCA, located at 127 Droms Road in Glenville, with an Open House focused on Senior Health and Wellness. Exercise classes, yoga, health screenings, nutrition information and more! Join us for our kick off of our "Walk with Ease" program at 10:30am.

All are welcome for this free event! Call 399-8118 for more information.

Senior Services

Catholic Charities of Schenectady County 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. For more information, please contact 372-5667 ext. 149.

Baptist Health Sharps Program

Thursdays, 8:00 to 11:00 am

Used needles, syringes, lancets and other sharp medical objects are called "sharps." Such items must be disposed of in a separate manner from regular waste. This is done to protect landfill, recycling and waste-to-energy facility operators. This waste is also treated differently in that it must be sterilized or burned to kill any infectious diseases before disposal.

Baptist Health, located at 297 N. Ballston Ave. in Scotia is one of many drop off locations in Schenectady County. The Drop off location is in the rear of the building at the loading dock.

Discounted phone service

Anyone who qualifies for food stamps may also qualify for discounted phone service. Income eligible people can receive a free cell phone and 250 free minutes per month from one of the various providers. Examples include:
Assurance www.assurancewireless.com 1-888-321-5880
Safelink www.safelinkwireless.com 1-855-296-4764

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**

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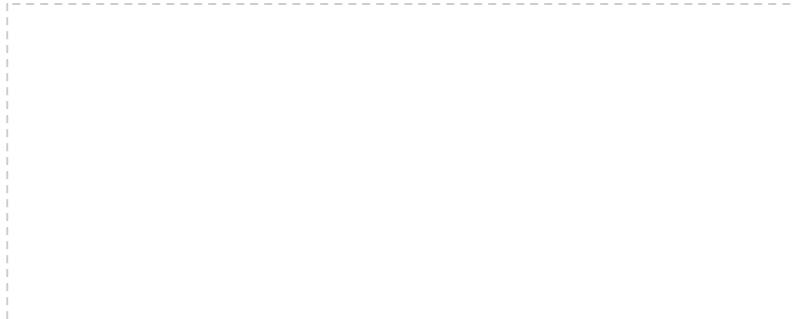
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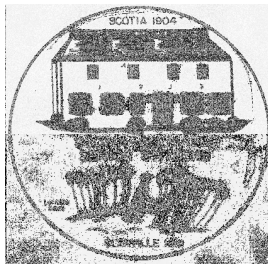
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Village of Scotia Liaison:
Tom Gifford
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Sid Ramotar