



Scotia-Glenville Senior Citizens Senior Moments



Volume 40 Number 4 September- October 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.

Halloween Celebration

Friday, Oct. 31st 9:30 am till noon

Cider and doughnuts will be served. Dress up in your costume and join us for some Halloween fun! Bring your camera.

Election Day Bake Sale

**Tuesday, Nov. 4th
6:00 am until sold out**

We need goodies baked for our annual election day bake sale—brownies, breads, cakes, cookies, whatever your specialty. Bring the baked goods to the Senior Center on Monday, November 3rd.

We also need volunteers to work 2-hour shifts starting at 6 am on Election Day. Please sign up at the Front Desk.

Social Committee Meeting

Monday, Sept. 15th 1:00 pm

Existing and new members are asked to come to our fall meeting to organize our upcoming events—Halloween, bake sale, Veterans Day, etc. Many hands make the work light, plus we have lots of fun.

Veterans Day

Sunday, Nov. 9th 1:00 - 4:00 pm

Program honoring our veterans with local dignitaries in attendance. A buffet dinner will be catered by Dairy Circus. Entertainment will be provided by:

Racing City Chorus

Everyone must sign up and pay at the Front Desk by Tuesday, October 28th. **Cost for non-members is \$15.** Veterans who are members eat free. Non-member veterans who are relatives of members will eat free, if accompanied by a member. Veterans will provide military information on forms at the desk when they sign up.

Quilt Raffle

Help us honor our Veterans!

Buy a raffle ticket for a chance to win a beautiful quilt donated by **Diane Podesva** of **The Joyful Quilter** shop in Glenville. All proceeds from the raffle will be used to fund this year's Senior Center Veterans Day Celebration. The quilt will be on display at the Center and tickets will be sold at the Front Desk—\$1 each or \$5 for 6 tickets. The drawing will be held at the Veterans Day event on November 9th. You need not be present to win.

Trips

Tuesday, Sept. 30th—Trip to Saratoga Casino

Please watch the bulletin board and our Facebook page for more upcoming trips!

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MARK YOUR CALENDAR

Exec Council: Thu Sept. 4, Oct. 2, Nov. 6 at 9:00 am
at Town Hall

Directors: Thu Sept. 11, Oct. 9, Nov. 13 at 2:00 pm
at Senior Center

Senior Moments Deadline: Thu Sept. 25

Senior Moments Mailing: Thu Oct. 23 9:00 am

Center & Dining Center closed: Mon Sept. 1st

Dining Center only closed: Mon Oct .13th

Senior Moments is published by
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Linda Reinhart, 2014 President

Vicki Hillis, Executive Editor, Publisher
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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 hope everyone is enjoying the summer. Make sure to read through the bulletin to see what is happening here at the Center this Fall.

Our Annual Meeting will be held on October 9th which means that it is time to elect new Board members and officers. Be sure to cast your vote by filling out the ballot in the newsletter and send it or drop it off at the Center in the box at the front desk.

If you have a few hours to spare, we are always looking for volunteers. Please stop by and let us know. Finally, a big THANK YOU to all volunteers, without whom there would be no Center!

Linda



Adult Creative Writing Classes

Wednesdays, Sept. 24th - Oct. 15th, 1-3 pm

Cost: \$ 20 per class (\$80 for 4 weeks)

Instructor: Robyn Ringler

You've got something to say? Whether you choose to explore writing fiction (short story or novel), personal essay or memoir, Robyn can help you find your voice and fine-tune your writing. With inspiring exercises and encouragement, you'll learn the elements and techniques of powerful writing. This class will help you to focus and follow through on your writing goals. Please bring six copies of a creative writing piece (up to 1000 words) to the class. Prior students say this class is life-changing! Please register at the Front Desk, with payment due. Checks are payable to **Robyn Ringler**.

About the Instructor

Robyn Ringler is a writer, lawyer, nurse and the former owner of East Line Books in Clifton Park. Her articles have been published in the Albany Times Union, Newark Star-Ledger and have been sent out over the New York Times wire. Robyn's essays appear in *Women's Letters: America from the Revolutionary War to the Present* published by Dial Press and *Stories of Illness and Healing: Women Write Their Bodies* published by Kent State University Press. She has written regularly for Nursing Spectrum, and has read her essays on WMAC's 'The Round Table', NPR's 'The Health Show and 51%', as well as Martha Stewart Radio. Robyn is close to completing a Master of Fine Arts degree in Creative Writing.

Hi from the Editor

Dear Friends,

I am keeping well, even though still in need of others for a ride to visit people and places!

The GSC Film Club starts the next season on Friday, September 5th with the film *Blue Jasmine* with **Cate Blanchett** who won the Oscar award for the Best Actress

Thanks a bunch to all!

Nagarajan



Vicki's View

Are you ready for the Fall season? Please come and check out the new classes being offered this Fall e.g.

Creative Writing, First Aid and Living Healthy with Diabetes.



We are looking for a co-chairperson for the Social Committee. It has lots of helpers, but needs an organizer to assist co-chair **Bertha Fierro** in planning the events. New members are also needed Please let me know

if you are interested.

Many people have asked for an update on our Building Expansion. We finalized the Request for Proposals and it was sent out to numerous architectural firms. The Building Expansion Committee has reviewed the proposals submitted and will bring their recommendation to the board in August. More to follow....

Vicki

Senior Moments Mailing party

Thursday, Oct. 23rd at 9:00 am

Come chat with others, while helping get our *Senior Moments* newsletter ready for mailing. Volunteers perform the vital task of folding the newsletters and applying the pre-printed address labels for mailing. We meet in the Meal site and usually complete the task in about 1.5 hours. Refreshments and coffee are available.

At the July Mailing Party, we had a Christmas in July grab bag. Volunteers drew names and 15 people won a small gift.

Membership Committee

Friday, Sept. 12th at 1:30 pm

Attention all Members! Our next meeting will be held on Friday, Sept. 12th at 1:30 pm. See you there.

CENTER SERVICES

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

Entertainment Book

There are two 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.

Keep looking for these Labels and Box Tops and bring them in so we can help the school achieve their goal to get playground equipment for the school. Our collection box is near the books and magazines in the main hallway.

Display Case

Emily Childers has kindly agreed to be the coordinator to schedule upcoming displays. Thank you to **Ronnie Quinn** for the July display of Hess trucks and **Gladys Cox** for the August display of Hummel figurines. Watch for the upcoming displays.

We are always in need of collections. Remember, the case is lighted and always locked.

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.

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

September 9, 23

October 7, 21

Clifton Park Mall

September 2, 16, 30

October 14, 28

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.

Senior Law Day

Friday, Sept. 19th at 2 pm

Glenn Witechi Esq. will discuss legal issues of importance to seniors such as:

- ★ Avoiding probate
- ★ Power of Attorney
- ★ Sheltering assets from nursing home costs
- ★ Healthcare proxy, Living Wills

There will be time for Q & A.

Don't miss this important informative session.

Stampin' Up Card Workshop

Monday, Sept. 29th 2-4 pm

Cost \$5

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction provided to make 4 greeting cards. Please sign up in advance at Front Desk.



Flu Clinic at the Senior Center

Monday, Oct. 6th, 9 am - 12 noon

A Price Chopper pharmacist will administer the flu shot after completion of a brief medical questionnaire. You **must** bring your Health Insurance card(s) for this service.

You **must** call 374-0734 or sign up at the desk for appt.

Kingsway Community

Friday, Oct. 17th at 1:30 pm

Want to learn more about this Continuing Care Community in Schenectady County? Here's your opportunity!

A representative (bringing goodies) will be at the Glenville Senior Center to talk about the levels of senior care/services available to residents. These include independent living apartments, with several meal plan options as well as assisted living and nursing home care.

Prior knowledge trumps emergency planning any day!

Paint with Peggy

Monday, Sept. 29th 9 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 are included to create an oil painting during this session.

Join me and relax, as you paint a waterfall that lands in a rocky pool. We begin creating this painting using black acrylic as an under painting, and later use a painting knife to create rocky cliffs beside the waterfall. Beginners are welcome. No experience needed.

Cost: \$45 for GSC members. Please make checks payable to **Peggy Porter**.

Maximum : 8 students. Sign up at the Front Desk.

Living Healthy Workshop

Living with Type-2 Diabetes

Mondays, 1:00 - 3:30 pm

6 Sessions: Oct. 20 - Dec. 1 (except 11/17)

It is a **free** evidence-based workshop, designed for people living with type-2 diabetes and their caregivers. Each session of 2.5 hours helps participants to learn self-management techniques and skills needed to manage diabetes. To register, call Living Healthy at 442-5585, or Online at www.ceacw.org, click on **Find a Workshop**, then enter **Zip Code** for a listing of the workshop.

Driver Safety Programs

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

Tuesday/Wednesday - Sept. 16 & 17, 2-5 pm

Tuesday/Wednesday - Oct. 21 & 22, 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 the Front Desk. No phone reservations are accepted.

Raised Garden Bed Project

The Center's new raised-bed vegetable garden has been a success this season. Tomatoes, peppers, cucumbers, lettuce, basil, parsley and beans have been grown for seniors to take home to enjoy. We look forward to the final days of harvesting this fall.

Thank you to all of the seniors who have helped to plant and maintain the garden. We will plant again next spring as seed money has been donated to continue this program in future years.

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 Fall Classes Session September 8—November 21 No Classes will be held on 10-13, 11-4 and 11-11 Fees: 1 class/wk \$ 34; 2/wk \$ 46; 3/wk \$ 59; 4/wk \$ 72; 5/wk \$ 85 Fall Session Registration: Wednesday, August 27th from 9-11 am		
Class	Instructor	Schedule
Fit Over 50	Melissa Lynch Patty McCormack	Mon. 9:15 Fri. 9:15
Flexibility	Melissa Lynch Andrea Leahy	Mon. 11:15 Wed. 10:15
Forever strong	Melissa Lynch Andrea Leahy Patty McCormack	Mon. 10:15 Wed. 11:15 Fri. 10:15
Gentle Pilates for Seniors	Andrea Leahy	Thur. 10:15
Zumba Gold	Andrea Leahy	Tue., Wed., Thur. 9:15

YMCA Classes

Fit Over 50

A gentle warm-up, followed by invigorating aerobic, strengthening, & 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. 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.

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, 2 pm

Fall Session: Sept. 10th - Nov. 19th \$44

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 **NancyTobiessen** on the first day of class.

Ballroom Dance

Fridays, 12:30-1:30 pm from Sept. 12th

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.

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 - 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

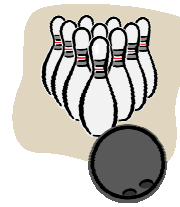
Mon, Wed, Fri, 4:00 pm

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

Thursday Golf League

at Mill Road Golf Course

Plays at Mill Road Golf Course on Thursdays at 9 am. Questions, please call **Nancy Wallace** at 312-1123 or **Midge Launsbach** at 377-3847.



Senior Center Bowling League

Wednesdays, 9 am from Sept., '14 to April, '15

at Blvd. Bowl, Erie Blvd., Schenectady

We need SGSC members who want to bowl. We meet at 8:45 am and start bowling at 9 am. It costs only \$96 for the entire season, payable in 2 installments. Otherwise it is only \$5 a week. You can enjoy a great time at one of the area's best bowling alleys. See you on **Aug. 27th at 8:45 am**. Call **Jacob Lederman** (399- 5249) for info.

Gardening

Our gardens have looked nice all season. "Thank you" to all who have helped to plant and maintain them this year. Please mark your calendar for Clean Up Day on Saturday, October 25th. Please let **Joan Bolde** (399-9475) know if you are available to help that day.

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

CENTER ACTIVITIES

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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.

Sept. 8: *The Winter of Our Discontent* by John Steinbeck

Oct. 6: *The Invisible Thread* by Laura Schroff and
Alex Tresniowski

Nov. 3: *The Good Adventures* by Sandra George
(our Book Club Member)

First Friday Film Club

First Friday of month, 1:30 pm

Sept. 5th : BLUE JASMINE (USA—2013)

This American black comedy drama tells the story of a rich Manhattan socialite, falling into poverty and homelessness. **Cate Blanchett** won an Oscar for Best Actress.

Oct. 3rd: WINTER'S TALE (USA– 2014)

The magnificent novel of Mark Helprin in 1983 is set to the screen that love can be as vast as the stars in the sky.
Starring Colin Farrell, Russel Crowe, Jessica Brown.

Call **Dr. N. Nagarajan** (399-0195) to suggest films for future screenings. Snacks and coffee will be served at all shows.

Acrylic and Oil Painting

Fridays, 10:00 am - 1:00 pm

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

Find your inner self or perhaps rekindle an old passion for the love of creating something beautiful. Whether a beginner or even an experienced painter, you will be able to paint at your own pace with the expert instruction of **Dani Morette**. Learn how to create leaves on a tree, grass in the field, stream of flowing water or a flower vase.

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. Add your name to the list of new interested players, indicating the game(s) of your interest. 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.

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.

Healthy Bones for Life

Tuesdays, 10:15 am and Thursdays, 9:00 am

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 future 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.

Saratoga Casino & Raceway

Tuesday, Sept. 30th

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.

Please watch the bulletin board and our Facebook page for information about other upcoming trips.



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



Scotia-Glenville Senior Citizens and Related Concerns, Inc.
2014 Annual Meeting – Election of Officers and Directors for 2015

To: Linda Reinhart, President:

BALLOT

I hereby authorize you to cast my votes as follows for Officers and Directors for the years indicated.

Check YES or NO for each nominee (required by our Bylaws):

- **Seven Directors**, for three-year terms, 2015-2017, replacing Directors whose terms will expire this year:

YES	NO	YES	NO
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- **Officers** for the 2015 year:

		YES	NO
President	Linda Reinhart	<input type="checkbox"/>	<input type="checkbox"/>
1st st Vice President	Rosemary Pryne	<input type="checkbox"/>	<input type="checkbox"/>
2nd Vice President	Paula DeVries	<input type="checkbox"/>	<input type="checkbox"/>
Secretary	Suzanne Sykes	<input type="checkbox"/>	<input type="checkbox"/>
Treasurer	Ed Perazzo	<input type="checkbox"/>	<input type="checkbox"/>

- **One Director** for two years to replace a departed director:

Putzi Jost

Comments: _____

Signed (Required): _____ Date: _____

Print Name (Required): _____

Sign and return this Ballot to the Senior Center on or before Friday, October 3, whether or not you plan to attend the October 9th Annual Meeting.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

September 2014

Mon 1 Senior Center/Dining Center Closed
 Tue 2 Shopping Clifton Park Mall
 Tue 2 Caregivers Support Group 1:00 pm
 Thu 4 Executive Council Meeting 9:00 am
 Fri 5 Film Club 1:30 pm
 Mon 8 Book Club 10:00 am
 Tue 9 American Legion 1:00 pm
 Tue 9 Shopping Rotterdam Square Mall
 Thu 10 Board of Director's Meeting 2:00 pm
 Fri 12 Membership Committee Meeting 1:30 pm
 Mon 15 Social Committee Meeting 1:00 pm
 Tue 16 Shopping Clifton Park Mall
 Tue 16 AAA Driver Safety Class 2:00-5:00 pm
 Wed 17 AAA Driver Safety Class 2:00-5:00 pm
 Thu 19 Senior Law Day 2:00 pm
 Tue 23 Shopping Rotterdam Square Mall
 Wed 24 Writing Class 1:00 – 3:00 pm
 Thu 25 *Senior Moments* input deadline
 Mon 29 Painting w/Peggy 9:00 am
 Mon 29 Stampin' Up Cardmaking 2:00-4:00 pm
 Tue 30 Shopping Clifton Park Mall
 Tue 30 Trip to Saratoga Casino, 11 am

October 2014

Wed 1 Writing Class 1:00-3:00 pm
 Thu 2 Executive Council Meeting 9:00 am
 Thu 2 *Senior Moments* Deadline
 Fri 3 Election Ballots due
 Fri 3 Fil Club 1:30 pm
 Mon 6 Flu Clinic 9:00 am- noon
 Mon 6 Book Club 10:00 am
 Tue 7 Shopping Rotterdam Square Mall
 Tue 7 Caregivers Support Group 1:00 pm
 Wed 8 Writing Class 1:00 – 3:00 pm
 Thu 9 Board Of Directors Meeting 2:00 pm
 Mon 13 No YMCA Classes
 Mon 13 Dining Center Closed
 Tue 14 Shopping Clifton Park Mall
 Tue 14 American Legion 1:00 pm
 Wed 15 Writing Class 1:00 – 3:00 pm
 Fri 17 Kingsway Presentation 1:30 pm
 Mon 20 Healthy Living 1:00 pm
 Tue 21 Shopping Rotterdam Square Mall
 Tue 21 AAA Driver Safety Class 2:00 – 5:00 pm
 Wed 22 AAA Driver Safety Class 2:00 – 5:00 pm
 Thu 23 *Senior Moments* Mailing 9:00 am
 Sat. 25 Garden Clean Up Day
 Tue 28 Deadline to Veterans Day Sign-Up
 Tue 28 Shopping Clifton Park Mall
 Fri 31 Halloween Celebration 9:30—noon



Weekly Events – Sept.– Oct.

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
Fri	Pickleball	4:00 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.

September 2014		
Mon	1	CLOSED – Labor Day
Tue	2	Pot Roast with Gravy
Wed	3	Ranch Chicken
Thu	4	Swedish Meatballs
Fri	5	Sweet & Sour Pork
Mon	8	Hot Roast Beef Sandwich
Tue	9	BBQ Chicken Breast
Wed	10	Chipped Beef & Toast Points
Thu	11	Turkey Roll Ups
Fri	12	Meatloaf with Gravy
Mon	15	Cheeseburger Pie
Tue	16	Scalloped Potatoes & Ham
Wed	17	Hot Turkey Sandwich
Thu	18	Spaghetti and Meatballs
Fri	19	Fisherman's Platter
Mon	22	Quiche Lorraine
Tue	23	Salisbury Steak & Gravy
Wed	24	Baked Lasagna
Thu	25	Philly Cheese Steak
Fri	26	Chicken & Rice Casserole
Mon	29	Macaroni & Cheese
Tues	30	Pot Roast with Gravy

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

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

Second Tuesday of month at 1:00 pm.

Upcoming meetings: Sept. 9, Oct. 14.

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

Call for Tax-Aide Volunteers

AARP Tax Aides provide free tax preparation service at 3 locations in Schenectady County including Glenville Senior Center. All sites need new volunteers to keep this valuable program available. **Most volunteers did not start out with vast knowledge of tax law. So please don't feel intimidated!**

AARP provides training materials, testing and hands-on computer training prior to starting the services.

Call **Blanche Fischer** at 382-7929 for more details.

Scotia-Glenville School Senior Citizens Pass

Passes are available to school district residents over age 65 entitling them to free admission to school plays, musicals and home athletic contests (except basketball games, Section II and Invitational events).

The pass also entitles seniors to enroll in Continuing Education courses at no cost for specific adult education classes marked with asterisks in the brochure in which instructors are paid on a per-pupil basis.

The passes may be obtained at the Scotia-Glenville school district office during regular weekday office hours. Call 347-3600 (ext. 71101) for more information.

Caregiver Conversations

First Tuesday of month, 1:00 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: **Sept. 2, Oct. 7**

CDTA Reduced Bus Fare Photo ID

If you are 65 and Older (Proof of age: birth certificate, driver's license, or other official document)

OR

Disabled (Provide an award letter from one of the following: Social Security Disability Insurance (SSDI); Supplemental Security Income (SSI); Veterans Administration (VA) Disability)

OR

Have CDTA certifying letter.

WHO: Residents of Schenectady County

WHERE: Schenectady County Department of Senior and Long Term Care Services

107 Nott Terrace, Suite 202

Schenectady, NY 12308

382-8481

WHEN: Thursday mornings 9 am until 12 pm

BRING: Award letter, certifying letter, or proof of age; photo ID; & \$3

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
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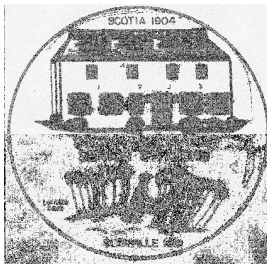
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CONTACTS

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