



Scotia-Glenville Senior Citizens Senior Moments



Volume 41 Number 5

Sept.– Oct. 2015

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

Thursday, October 29th 9-11 am

Join us for some apple cider and doughnuts. You are also welcome to come in costume that day. Don't forget to bring a camera!

Election Day Bake Sale

Tuesday, November 3rd 6 am until sold out.

Please sign up at the Front Desk or on the Bulletin Board if you can bake for this successful event.

Please bring the baked goods to the Center on Monday, November 2nd.

We also need volunteers to work packing items, collecting money and keeping everything neat and tidy. There is a sign-up sheet at the desk for volunteering in 2-hour increments.



Veterans Day Celebration

Sunday, November 8th 1-4 pm

Program honoring our veterans with local dignitaries in attendance. A buffet dinner will be catered by Dairy Circus. Please sign up and pay at the front desk by Tuesday, October 27th.

- Veterans who are members: Free
- Non-veterans: \$10
- Other veterans eat free if accompanied by a relative who is a member of the center.

Veterans are asked to provide military information on forms at desk when they sign up.

Thank you to CDPHP and Baptist Health Systems for their sponsorship of this event. Also, thank you to VFW Post 4066 for their assistance in planning our celebration.



Trips

Thursday, Sept. 10th - Erie Canal Ride, Herkimer

Thursday, Sept. 17th - Saratoga Racino

Friday, October 2nd - Train trip to North Creek

Thursday, Oct. 15th—Michael's Cruisin' through the 50s show

Tuesday, Nov. 10th—Log Cabin, Holyoke, MA

Monday, November 23rd - Christmas Memories

Tuesday, December 8th - NYC Trip

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MARK YOUR CALENDAR

Exec Council: Thu, Sept. 3 & Oct. 1 at 9:30 am at Town Hall
 Directors: Thu, Sept. 10 & Oct. 8 at 1 pm at Senior Ctr.
 Senior Moments Deadline: Thu, Sept. 24
 Senior Moments Mailing: Thu, Oct. 22 9 am
 Center closed: Mon, Sept. 7
 Dining Center closed: Mon, Sept. 7 & Mon, Oct. 12

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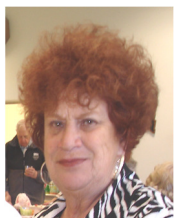
GLENVILLE SENIOR CENTER

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

Center open 9 am to 4 pm

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

SENIOR CENTER NEWS



A line from Linda

Dear Members,

I hope everyone is still enjoying our beautiful summer. If you haven't seen our beautiful garden, come and take a look. Thank you to **Barbara Brown** and

the Garden Committee for all the work you do.

Please notice the 6 new trips we have planned for the rest of the year. Hope to see you on the bus.

We want to wish **Putzi Jost**, our membership and publicity chairperson, a speedy recovery. We miss you, Putzi.

We are always looking for new volunteers. Hope to see you soon.

Linda

Quilt Raffle

Want to support our Veterans Day Celebration?

Buy a Quilt raffle ticket!

The Glenville Senior Center quilters have made another red, white, and blue quilt which will be raffled at the Veterans Day Celebration. The quilt will be on display at the Center after August 1. Get tickets for yourself, family and friends. The tickets are available at the front desk, \$1 for one ticket, \$5 for six tickets. You do not have to be present to win.



Membership News

Our Senior Center membership is now over 1,050 which includes 127 new people to our Center. Be sure to look for the early bird registration forms for 2016 in the next newsletter. Those who register early are entered into a raffle to win a gift bag.

Senior Moments Mailing party

Thursday, October 22nd at 9 am

Come join us for our mailing party as we prepare the Senior Moments Newsletter for mailing. Volunteers perform the vital task of folding the Newsletters and applying the pre-printed address labels for mailing. We'll meet in the Dining Center and complete the task usually within 1.5 hours. Refreshments and coffee are served. Come join us and have some fun!



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

facebook

Hi from the Editor

Dear Friends, On July 16th, I reached the 82nd milestone in my life. That evening, my grandkids, James (8) and Michael (5) made strawberry shortcake and sang "Happy...". **Blanche Fischer** emailed the birthday wish from Norway!

On the 14th meeting, the Coffee Club friends greeted me with handshakes, hugs and "Happy..." song! Thanks. Our Town Supervisor **Chris Koetzle** visited the Center and told the Club members that, if the Senior Center Board decides to revive the Film Club, he would take up the issue with the Town Board for payment of the annual fee of \$315. The group was all in favor of the proposal. I asked our President **Linda** to confirm the consensus of the Center members to Chris with our thanks for his interest and help. Thanks and regards,



Nagarajan

Update: The film club will resume on Friday, September 4th at 1:30. Thank you to the town board and supervisor.

Vicki's View



Happy (almost) fall! Hopefully, you've had a chance to stop by the Senior Center and see the plans for the proposed building addition. The architect's drawings are on display in the front lobby area. Updates will be provided as soon as we have them.

I want to take a moment to recognize our trip committee for all of their hard work. Most people don't realize the hours of behind the scenes work involved in planning the trips for our center. Please be respectful of their work by filling out all the information on the trip sheets, showing up on time for the bus, letting the trip leader know if you are deviating from the trip itinerary, etc. These folks are volunteering their time to make each trip a memorable one. Other trip reminders: There are no refunds given for cancellations unless a substitute is found. It is always a good idea to find your own substitute, if possible. Also, remember to park in the outer rows of the parking lot when you arrive to allow others access to our building throughout the day. Thank you!

Vicki

Please note: Many people have sensitivity to perfume. Please try to refrain from using your signature scent, particularly when on trips or coming for exercise class. Thanks.

CENTER SERVICES

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

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.

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 its goal to get playground equipment for the school. Our collection box is near the books and magazines in the main hallway. Thanks for your help.

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Joan Gould** for displaying her collection of cardinals and **Jackie Lochner** for sharing her sea shells with us in August. Watch for the upcoming displays:

September – Myrtle Major - Krystonian Critters
October - Joyce Paszkiewicz - Jewelry & Antique Pins

We are always in need of collections. If you would like to display your collection, leave a message at the front desk. 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.

Having a computer problem?

Schedule a one-hour session with a Senior Center computer tutor. Call the Center for appointment. Free to members.

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 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 pm. Schedule subject to change, based on availability of drivers.

No charge, but donations are appreciated.

Rotterdam Mall

Sept. 8, 22
Oct. 6, 20

Clifton Park Mall

Sept. 1, 15, 29
Oct. 13, 27

We Need Drivers & Dispatchers.

Be a regular or substitute driver or a substitute dispatcher. Call **Linda Reinhart** at the Center for information.

Help us recycle!

Our Senior Center is now single stream recycling just the way you do at home. Acceptable items include cardboard, paper, metal cans, foil and plastic containers. Our recycling bin is a blue tote located next to the free table. Your cooperation is appreciated.

Donate eyeglasses

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

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Smart Seniors: Stopping Scam Artists Before They Strike

Monday, September 21st at 1:30 pm

Presented by the NYS Attorney General's Office

Tailored to inform seniors of their rights under State Law and lay out steps to protect their health and assets.

The presentation begins with a discussion about ways to spot common scams that target seniors—by telephone, mail order or the internet. It also addresses ways to access quality health care and protect investments. A discussion of how to ensure your health care wishes are known and honored through Advance Directives is also included.

Please sign up in advance at Front Desk.

Senior Law Day

Thursday, September 17th at 1:30 pm

Kathleen Toombs Esq. will discuss legal issues of importance to seniors, such as:

- Sheltering assets from nursing home costs
- Assisted Living arrangements
- Avoiding Probate
- Power of Attorney
- Healthcare proxy, Living Wills

Time for Q & A. Don't miss this important informational session.

Driver Safety Course

This program may reduce your auto insurance premiums. Classes will consist of two 3-hour sessions held on two consecutive days. Senior Center membership not required.

Tuesday & Wednesday, Sept. 15th & 16th, 2-5 pm

Tuesday & Wednesday, Oct. 20th & 21st, 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.

Flu Clinic

Monday, October 5th, 9 am to noon - WalMart

Monday, October 12th, 9 am to noon - Price Chopper

Sign up at the Front Desk for either date. Bring your insurance information at the appointment. Service will be billed directly by the pharmacist. There is no co-pay for immunization under Medicare, Medicare Advantage Plan or Medicaid.

Scrapbooking

Wednesday, Sept. 30th, 1 pm

Cost \$5 per class (Max: 10 students)

Bring 5-10 photos and see how quick and easy it is to scrapbook with Creative Memories pre-designed pages. Simply add your photos to the designs, or think outside the box and add your photos wherever you like.

All skill levels welcome. All supplies included.

Please sign up in advance at Front Desk. Checks should be made payable to the instructor, Mary Sieder.

Stampin' Up Card Workshop

Wednesday, Oct. 7th, 3 - 4:30 pm

Cost \$5 per class

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. Checks should be made payable to the instructor, Lynn Streifert.

Paint with Peggy

Monday, Sept. 14th

9:30 am - 2 pm

"Monochromatic Barn"

The students use only black and white paints (acrylic and oils) to create a road going over a hill to an old barn. The importance of color value, contrast and perspective are taught in this class to create shapes, interest and depth in the painting.



Monday, October 19th

9:30 am - 2 pm

"Autumn in the Country"

In this class, students create a fall scene with trees in their autumn glory next to a country path.



Peggy provides all the materials from a blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting. This class is for any level of painter, no experience is required. Beginners are welcome.

Note: There will be a 1/2 hour lunch break, so we can re-energize and rest our eyes. Please bring a bag lunch.

Cost: \$45 Payment due at time of registration. Please make checks payable to **Peggy Porter**.

Maximum: 8 students, members only.

Sign up at the Front Desk.

Call Peggy at 925-2238 for additional 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.

| FALL SESSION: | |
|---|-------------------------------|
| Session 1: Aug. 24th - Oct. 16th Session 2: Oct. 19th —Dec. 18th No Classes: 9/7, 9/8, 10/12, 11/3, 11/11, 11/26 & 11/27 Fees: 1 class/wk \$25; 2/wk \$33; 3/wk \$43; 4/wk \$52; 5/wk \$62 Registration date: Monday, Oct. 5th 9-11 am | |
| Class | Schedule |
| Fit Over 50 | Mon., Wed. , Fri. 9:15 |
| Stretch & Strength | Wed. 10:15 |
| Forever strong | Mon., Fri 10:15 |
| Gentle Pilates for Seniors | Thur. 10:15 |
| Zumba Gold | Tue., 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.

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.

Stretch & Strength

This class focuses on stretching in a chair to increase your range of motion. We also work on improving our muscular strength using different props such as weights, tubes, and balls.

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

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.

The next 11-week session will run Sept. 9th through Nov. 18th. Cost: \$44. Pay instructor **Nancy Tobiessen** on the first day of attendance.

Ballroom Dance

Fridays, 2 pm

The standard dances such as waltz, fox trot, rumba, swing and cha cha, may be supplemented with tango, samba, Viennese waltz, quickstep and mambo. Classes will start again from September 25th onwards.

For more information, call **Chuck Guare** at 374-9732 or email guarecharles@gmail.com

Tai Chi practice

Tuesdays, 9 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- 11 am

Enjoy some refreshments and a great cup of coffee while you share your thoughts with others. If you are new to the Center, this is a great way to meet new friends.



Knitting and Crocheting

Tuesdays, 1 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.

Mah Jong

Wednesdays, 9 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.

La Bella Lingua

Thursdays, 10 am for Beginners and
11 am for Advanced Students

The Italian Club is going very well. Due to a wide range of expertise in the class, it is necessary to split into two classes with an invitation for beginners to stay, listen, learn and participate as they choose. We will resume on Thursday, September 24th. Ciao.

For more details, please call **Ed Perazzo** at 399-1438.

Pickleball

Mon, Wed, Fri, 4 pm

Novice play is scheduled for Mondays, Wednesdays, and Fridays. Questions: leave a message at desk.

Oil, Acrylic & Art

Fridays, 10 am - 1 pm

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

Whether a beginner or an experienced painter, you can learn new techniques or brush up on what you already know.

Bring your own supplies for your intended new creation. Paint whatever

you desire. Certified by the

Minneapolis Institute of Art, the

instructor **Dani Morette** will provide

guidance on color, mixing, technique and application. **Dani** has exhibited her work at a one woman show at the

Canajoharie Library / Museum and Art Gallery.

She has also participated in an historic River Flotilla

(Mohawk Valley Heritage Corridor) held at the marina in St. Johnsville. Some of her paintings depict life along the

Mohawk in the mid 1700's.



Painting by
Paul Geertgens

Cribbage

Tuesdays, 10 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 in September when we resume play.

Senior Center Photographers

Thursdays, 10 am

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

Gardening Club

Thank you to all of our gardening volunteers who helped to rake, mulch and plant annuals. We will need people to clean up the garden beds in preparation for fall. Sign-up in the front office if you are willing to help.

CENTER ACTIVITIES

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First Monday Book Club

First Monday of month, 10 am

All Center members are welcome to join our monthly sessions. For each meeting, please read the book listed and come prepared to join the discussion.

Sept. 14th - *East of Eden* by John Steinbeck

Oct. 5th - *I am Malala* by Malala Yousafzai with
Pat McCormick

“You cannot open a book without learning something.”-
Confucius

First Friday Film Club

First Friday of month, 1:30 pm

Join us for the new season of films:

Sept. 4th - *Magic in the Moonlight*

Oct. 2nd - *Selma*

Watch the bulletin board for more information about these films.

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

Silver Threads Quilters

Thursdays, 1- 3 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. Everyone is welcome; there is no fee.

Duplicate Bridge

Tuesdays, 12:30-4 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.

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. If interested, stop by the front desk and add your name to the list of new interested players, indicating the game(s) of your interest. You can then follow up with people on the list to establish new groups of play.

Bowling League

Wednesdays, 9 am

Looking for fun with new friends this fall? Join the Scotia-Glenville Senior Bowling League! Senior men and women of all levels of ability and averages welcome. We play once per week on Wednesday mornings at 9 am at Boulevard Bowl starting Sept. 9th. An open, free practice session takes place on Sept. 2nd. If you cannot commit to every week, we're also looking for subs. League runs through mid-April with Christmas party and end-of-season banquet included. For more information or to sign up, contact either **Glen Wiltsie** (696-2574) or **Butch Carpentier** (374-1499).



Bocce League

Let's play bocce! We are currently looking for a volunteer to coordinate the league. Sign-up at the front desk if you are interested in playing.

Brain Teaser

Submitted by Jim Moorhead

When Mabel got married, she had a maid of honor and 4 additional attendants, one of whom wore a green dress. Of course Mable, a paragon of virtue, wore a dress and was the last to walk down the aisle, preceded immediately by the one chosen to be her maid of honor. In the procession, Gracie walked two positions ahead of Armand, who wore a stunning pink pants suit with matching slippers as he strolled down the aisle to attend his lifelong friend. Three who walked down the aisle consecutively were the one in the blue dress, followed by Lucy and then the one dressed in lilac. Mable had only met Carol, one of the groom's former lovers, that very day, so that Carol was certainly not chosen to be maid of honor. Zoe was immediately followed by the girl attired in yellow. Based on those clues, in what order did each of the members of Mabel's bridal party walk down the aisle and in what color was each attired?

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.

A Trip through Time on the Erie Canal Thursday, September 10th

Join us for a scenic 90-minute cruise and history lesson on the Erie Canal, followed by a lunch at the Waterfront Grille. After lunch, we'll visit the General Herkimer House, a NYS Historical Site. On the way home, we'll stop at the Palatine Cheese Factory and Freihofer's discount store.

Bus leaves the Senior Center at 8 am. Returns around 5 pm.
Cost: \$69 per person, member or nonmember.

Saratoga Racino Thursday, September 17th

Try your luck at the casino in Saratoga. Bus leaves the Senior Center at 10:30 am. Leaves Saratoga at 4:30 pm to head back to the Center.

Cost: \$20 per person, member or nonmember, includes \$10 in free play & \$5 voucher for food at Lucky Joe's.

Ride the Rails Friday, October 2nd

Let's travel by train from Saratoga to North Creek in a panoramic dome car and view the beautiful fall colors. After enjoying a tasty lunch in one of the many fine local restaurants, spend 3 hours on your own in North Creek visiting area antique and souvenir shops. Return to the train station and enjoy the relaxing return trip to Saratoga. Please be aware that the dome car is not handicap accessible and there will be a fair amount of walking necessary.

Bus leaves the Senior Center at 8 am. Returns around 7 pm.
Cost: \$60 per person, member or nonmember.

Cruisin' to the 50s Thursday, October 15th

Enjoy a fabulous Fifties show with Jimmy Mazz at Michael's Banquet House in Latham. Lunch will be a 3-course roast turkey dinner, garden salad, garlic smashed potatoes, carrot cake, and coffee or tea.

Bus leaves the Senior Center at 10:30 am. Returns around 3:30 pm. **Cost: \$51 per person**, member or nonmember, for lunch, show, bus, tax and tip included.

- ◆ **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.

The Log Cabin Tuesday, November 10th

"Musical Walk Down Memory Lane" honoring Americas heroes, our veterans, through a special patriotic musical tribute at the Log Cabin in Holyoke, MA. The menu consists of hors d'oeuvres, rolls, chop chop salad, brisket with mushroom gravy, stuffed haddock, herb-roasted potatoes, apple pie with vanilla ice cream, coffee or tea, glass of wine.

Bus leaves the Senior Center at 9:30 am. Returns approximately 5 pm. **Cost: \$73 per person**, member or nonmember.

Christmas Memories & Lunch Monday, November 23rd

Held at Troy's Hilton Garden Inn, the Latshaw Pops Christmas Memories Show is one of the area's most enjoyable holiday traditions. Celebrate the season with this heart-warming variety show featuring the Latshaw Pops Orchestra and the Katie Kelly Dancers. Lunch will be served at 11:30 am.

Bus leaves the Senior Center at 10 am. Returns approximately 4 pm. **Cost: \$70 per person**, member or nonmember.

NYC Trip Tuesday, December 8th

In keeping with the tradition started by former trip leader George Fountain, our regular volunteers are having a day trip to New York City. Volunteers must have given at least 10 hours of service to the Center in the past year to qualify for the reduced rate. Volunteers may bring a guest for \$39 per person. The bus will leave the Center at 7 am promptly, dropping us off at Bryant Park and returning from NYC at 6 pm from Bryant Park. You are on your own to do whatever you want for the day.

Cost: \$5 for regular volunteers; \$39 for a guest of volunteer.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

September 2015

- Tue 1 Shopping Clifton Park Mall
- Tue 1 Caregivers Group Meeting 1 pm
- Thu 3 Executive Council Meeting 9:30 am
- Fri 4 Film Club 1:30 pm
- Mon 7 Senior & Dining Center Closed, Labor Day
- Tue 8 No YMCA Classes
- Tue 8 Shopping Rotterdam Square Mall
- Tue 8 American Legion Meeting 1 pm
- Wed 9 Bowling League Starts 9 am
- Thu 10 Erie Canal Trip 8 am
- Thu 10 Board Of Directors Meeting 1 pm
- Mon 14 Book Club 10 am
- Mon 14 Painting with Peggy 9:30 am
- Tue 15 Shopping Clifton Park Mall
- Tue 15 AAA Driver Safety Course 2 – 5 pm
- Wed 16 AAA Driver Safety Course 2 – 5 pm
- Thu 17 Saratoga Racino Trip 10:30 am
- Thu 17 Senior Law Day Pres. 1:30 pm
- Mon 21 Senior Scams Pres. 1:30 pm
- Tue 22 Shopping Rotterdam Square Mall
- Thu 24 **Senior Moments** Deadline
- Thu 24 Italian Beginners Class 10 am
- Thu 24 Italian Advanced Class 11 am
- Tue 29 Shopping Clifton Park Mall
- Wed 30 Scrapbooking Class 1 pm

October 2015

- Thu 1 Executive Council Meeting 9:30 am
- Fri 2 Train Trip to North Creek 8 am
- Fri 2 Voting Ballots due at Center
- Fri 2 Film Club 1:30 pm
- Mon 5 WalMart Flu Shot Clinic 9 am - 12 pm
- Mon 5 YMCA class registration 9-11 am
- Mon 5 Book Club 10 am
- Tue 6 Shopping Rotterdam Square Mall
- Tue 6 Caregivers Support Group 1 pm
- Wed 7 Stampin' Up Cardmaking 3 pm
- Thu 8 Board of Directors Meeting 1 pm
- Mon 12 Dining Center Closed, Columbus Day
- Mon 12 Price Chopper Flu Shot Clinic 9 am - 12 pm
- Mon 12 No YMCA Classes
- Tue 13 Shopping Clifton Park Mall
- Tue 13 American Legion Meeting 1 pm
- Tue 15 Trip to Michael's 10:30 am
- Mon 19 Painting with Peggy 9:30 am
- Tue 20 Shopping Rotterdam Square Mall
- Tue 20 AAA Driver Safety Course 2 – 5 pm
- Wed 21 AAA Driver Safety Course 2 – 5 pm
- Thu 22 **Senior Moments** Mailing 9 am
- Tue 27 Shopping Clifton Park Mall
- Thu 29 Halloween Celebration 9 am

Scotia-Glenville Senior Citizens and Related Concerns, Inc. 2015 Annual Meeting – Election of Officers and Directors for 2016

BALLOT

To: Linda Reinhart, President:

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, 2016-2018, 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"/> |

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

- Blanche Fischer

- **One Director** for one year to replace a departed director:

- Ronnie Quinn

- **Officers** for the 2016 year:

- | | | YES | NO |
|--------------------|-----------------|--------------------------|--------------------------|
| President | Paula DeVries | <input type="checkbox"/> | <input type="checkbox"/> |
| 1st Vice President | Ruth Quinn | <input type="checkbox"/> | <input type="checkbox"/> |
| 2nd Vice President | Max Gollmer | <input type="checkbox"/> | <input type="checkbox"/> |
| Secretary | Sandy Glindmyer | <input type="checkbox"/> | <input type="checkbox"/> |
| Treasurer | Kathy Stanley | <input type="checkbox"/> | <input type="checkbox"/> |

Comments: _____

Membership card registration number (Required): _____ Date: _____

Print Name (Optional): _____

**Sign and return this Proxy to the Senior Center on or before Friday, October 2,
whether or not you plan to attend the October 8th Annual Meeting.**

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 – Dining Center Manager

Diana Yeo – Dining 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 am to 2 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: \$3.50 for those 60+; \$6.00 for those under 60.

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

*Catholic Charities Transportation to the Dining Center is available.

Suggested donations are \$1.25 each way to and from the Dining Center.

| Sept.-15 | | |
|-----------------|----|--------------------------|
| | | |
| Tue | 1 | Baked Manicotti |
| Wed | 2 | Pulled Pork Sandwich |
| Thu | 3 | Turkey Roll Up |
| Fri | 4 | Macaroni & Cheese |
| Mon | 7 | Labor Day—CLOSED |
| Tue | 8 | Chicken & Biscuit |
| Wed | 9 | Pizza & Wings |
| Thu | 10 | Chicken Cacciatore |
| Fri | 11 | Breaded Fish Dinner |
| Mon | 14 | Spaghetti & Meatball |
| Tue | 15 | Roast Beef with Gravy |
| Wed | 16 | Kielbasa with Sauerkraut |
| Thu | 17 | Fried Chicken |
| Fri | 18 | Macaroni & Cheese |
| Mon | 21 | Seafood Newburg |
| Tue | 22 | Chicken Marsala |
| Wed | 23 | Baked Meat Ziti |
| Thu | 24 | Breaded Pork Cutlet |
| Fri | 25 | Harbor Baked Fish |
| Mon | 28 | Salisbury Steak |
| Tue | 29 | Baked Manicotti |
| Wed | 30 | Pulled Pork Sandwich |

| Oct.-15 | | |
|----------------|----|--------------------------|
| | | |
| Thu | 1 | Turkey Roll Up |
| Fri | 2 | Macaroni & Cheese |
| Mon | 5 | Baked Ham |
| Tue | 6 | Chicken & Biscuit |
| Wed | 7 | Pizza & Wings |
| Thu | 8 | Chicken Cacciatore |
| Fri | 9 | Breaded Fish Dinner |
| Mon | 12 | Columbus Day—CLOSED |
| Tue | 13 | Roast Beef with Gravy |
| Wed | 14 | Kielbasa with Sauerkraut |
| Thu | 15 | Fried Chicken |
| Fri | 16 | Macaroni & Cheese |
| Mon | 19 | Seafood Newburg |
| Tue | 20 | Chicken Marsala |
| Wed | 21 | Baked Meat Ziti |
| Thu | 22 | Breaded Pork Cutlet |
| Fri | 23 | Harbor Baked Fish |
| Mon | 26 | Salisbury Steak |
| Tue | 27 | Baked Manicotti |
| Wed | 28 | Pulled Pork Sandwich |
| Thu | 29 | Turkey Roll Up |
| Fri | 30 | Macaroni & Cheese |

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 pm

The next meetings will be Sept. 8th and Oct. 13th.

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

SG Kiwanis Cavatelli Dinner

Friday, Sept. 18, 4:30-7:30 pm

Glenville Senior Center

Eat in or Take out

Adults: \$10, Kids: \$8, Family of 4: \$30

Stopping Telemarketing Calls

- Keep Records: When you receive an unwanted telemarketing call, ask for the name of the company that the telemarketer is calling for and the name of the caller. Record this information along with the time and date of the call.
- Tell any unwanted telemarketer to put you on their "Do Not Call" list; Federal law requires most telemarketers to keep these lists and prohibits them from calling anyone on their list for at least 10 years.
- Contact the Attorney General's Office if you believe a telemarketer has called you in violation of their "Do Not Call" list.
- Demand to be removed from telemarketers' lists by writing to the Direct Marketing Association's Telephone Preference Service, P.O. Box 9008, Farmingdale, New York 11735-9008.
- Consider having your name unlisted or unpublished in the local telephone directory. Oftentimes, telemarketers get their lists from this source.
- Call (888) 5OPT-OUT to have your name removed from the consumer credit lists provided to telemarketers by credit reporting agencies. You will need to enter your social security number for identification purposes.
- Consider restricting the use of shopper/discount cards issued by supermarkets and other stores. Sometimes the information about your buying habits is sold to marketers.
- Consider getting Caller I.D. on your home phone. State law prohibits telemarketers from using devices to block identification information from appearing on a consumer's Caller I.D. box.

Source: NYS Office of the Attorney General

Caregiver Conversations

First Tuesday of month, 1 pm

Caregivers meet monthly at the Center to discuss caregiving issues faced in people's daily lives. Facilitated by **Vicki Hoshko**, Schenectady County Caregiver Support Coordinator. Upcoming meetings: Sept. 1st, Oct. 6th and Wednesday - Nov. 4th.

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**.

Glenville Resident Reporting Platform

Supervisor Chris Koetzle announced a new program that will allow residents to report quality-of-life issues and request town services through an online and mobile interface. The place-based reporting platform called G-311 allows residents to document neighborhood concerns and improvements alike, ranging from litter and flooding to code violations and infrastructure issues. The town can then acknowledge the service request, route it to the proper department, and notify residents following the issue once it's been resolved.

Reports can be submitted and tracked from the town website directly at <http://www.townofglenville.org/Public Documents/index>, where residents will also find links to download the mobile applications.



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)
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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.

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Answer to Brain Teaser (from pg. 8)

Order: Zoe in blue, Lucy in yellow, Gracie in lilac, Carol in green, Armand in pink and of course Mable in white. From the clues: Mable, the bride, was 6th in white. Gracie, Zoe, and Lucy each had at least one person after her besides the bride. So none of them was the maid of honor. And Carol wasn't either, because she had been too friendly with the groom. So Armand, pretty in pink, was the maid of honor and 5th to stroll down the aisle. Gracie was two ahead of him, walking 3rd. Lucy could not be 1st, because the girl in the blue dress was ahead of her. She could not have been 4th, because the girl wearing lilac (not Armand in pink) immediately followed her. So Lucy was 2nd, with the girl in blue 1st and the girl in lilac (Gracie) 3rd. Zoe, who was followed immediately by the girl in yellow so she couldn't be 4th. So, she's 1st, wearing blue, with 2nd going to the girl wearing yellow (Lucy). That leaves 4th for the skank, Carol, who was green with envy.

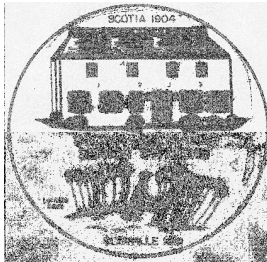
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2nd VP: Paula DeVries
Secretary: Sue Sykes
Acting Treasurer:
Paula DeVries
(Officers are also Directors)

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Emily Childers
Max Gollmer
Andy Ekblaw
Barbara Hipwell
Putzi Jost
Charlotte McAllister
Arlene Meiklejohn
Joan Menhinick

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Edward Perazzo
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Kathy Stanley
Geri Tracey

CONTACTS

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Glenville Senior Center
Administrator:
Jamie MacFarland
Village of Scotia Liaison:
Tom Gifford
Town of Glenville Liaison:
Alan Boulant