



Scotia-Glenville Senior Citizens Senior Moments



Volume 42 Number 6

November-December 2016

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.

Veterans Day Celebration

Sunday, November 6th, 1-4 p.m.

This program will honor our veterans; local dignitaries will be in attendance. Listen to the sounds of Ole Blue Eyes with a Frank Sinatra impersonator while you enjoy a turkey dinner catered by Marcella's Restaurant. Please sign up and pay at the front desk by Tuesday, November 1st.

- 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 for their sponsorship of this event.

Election Day Bake Sale

Tuesday, November 8th, 6 a.m. until sold out.

Please sign up at the Front Desk or on the Bulletin Board if you can bake for this popular event. **Please bring the baked goods to the Center on Monday, November 7th.** 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.

Christmas Party

Friday, December 16th, 2-4 p.m.

Please join us for an afternoon of fun and holiday cheer. The Scotia-Glenville High School Choralaires will be performing some holiday favorites and refreshments will be served. Sign up in advance at the Front Desk. Members only.



Don't forget to turn your clocks back an hour on Sunday, November 6th. It is also time to change the batteries in your smoke detectors and time to test your carbon monoxide detector.

Quilt Raffle on Veterans Day

This year's Veterans Day quilt is ready! Look for it at the front desk at the Center. A big thank you goes out to **Diane Podesva** for a beautiful quilting job.



Please help fund our annual Veteran's Day Celebration by purchasing raffle tickets at the front desk. The drawing will take place before Veterans Day. Tickets are \$1 each or 6 for \$5. You do not have to be present to win.

Trips

See pg. 8

Tuesday, November 29—Perthshire Luncheon, Perth, NY
Tuesday, December 6—Mark Twain House, Hartford, CT
Tuesday, December 20—Jimmy Mazz, Saratoga Springs, NY

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MARK YOUR CALENDAR

Exec Council: Thur. Nov.3 & Dec. 1 at 9:30 a.m. at Town Hal
Directors: Thur. Nov 10 & Dec. 8 at 1:30 p.m. at Sr. Ctr.
Senior Moments Deadline: Wednesday, Nov. 23
Senior Moments Mailing: Thursday, Dec. 22 9 a.m.
Center Office closed: Nov. 11, 24, 25 and Dec. 23, 26 & 30
Dining Center closed: Nov. 11, 24, 25 and Dec. 23, 26

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

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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 a.m. to 4 p.m.

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

SENIOR CENTER NEWS



A line from Paula

As we approach the end of a year, it's easy to be a little sad. The days are shorter, the temperatures are going down, snow, ice and freezing rain will be in the forecasts. But then there are some positive things that happen during the last two months of the year.

First, there is Election Day. Not a holiday, but still important. It's the day we get to vote for the people we want to represent us in our government. With that vote, we get to say how our country should function and what types of laws we should have. We're not always thrilled with the results but at least we have that opportunity to vote.

Second, there's Veterans Day. Most of us have never served in the military, and we never had to make the sacrifices that so many of our men and women have made. We will never understand the physical and mental hardships they had to endure. What we can do, however, is let them know how much we respect and honor them for their service to our country. A simple "thank you for your service" lets them know they are appreciated. The Center's Veterans Day celebration dinner on November 6, is one of the most important events at the Center each year.

Next is Thanksgiving, a time to spend with friends and family. It's a time to reflect on the good things that have happened in our lives, particularly friends and family. It's also the time to put in perspective what is really important, what truly makes us happy.

Last is pretty much the whole month of December. No matter one's religious beliefs, the majority of us get wrapped up in the holiday season. Starting with Thanksgiving, there is shopping, decorating, getting together with friends and family again, baking and cooking and celebrating our religious and cultural beliefs. While this time of year can be fun, it can also be stressful and it certainly tires most of us out. But most us would miss it, if we didn't participate in all of that.

So to all our members, enjoy those last two months of 2016 and have a wonderful holiday season.

Paula

Expansion Update: Like all matters before the State of New York, the process to get funding is slow. The State Dormitory Authority has so far asked for three sets of paper work documenting our proposed building expansion. The latest request was in the past few weeks. The Town of Glenville has been promptly responding to those requests. Each time it has been in hopes that the funds will become available in the near future. Updates will be available when we hear something new.



Vicki's View

I would like to extend my thanks to the following:

- ◆ CDPHP, Schenectady County Senior Services, Umbrella, Ellis Medical Alert, Sunnyview Wellness Center, Wal-Mart pharmacy, and the Glenville YMCA for participating in our Falls Prevention Health Fair.
- ◆ Hannaford Supermarkets for donating \$192 to us through the Bags for My Cause program for the month of August
- ◆ Scotia-Glenville Middle School students who volunteered to help some of our seniors with fall clean up.
- ◆ Our outgoing Board members: **Emily Childers, Joan Menhinick, Ed Perazzo, Shirley Perazzo, Charlene Pomichter, Ronnie Quinn, and Geri Tracey**. And welcome to our new Board Members: **Barbara Brown, Art Coats, Flo McClure, Nilakantan Nagarajan, Angie Pomykai, Carole Stevens, and Rosalind Streeter**. We appreciate all you do to oversee our organization and all of our activities.
- ◆ Scotia-Glenville Lions Club for the donation of a squirrel-proof bird feeder.
- ◆ Our Silver Thread Quilters who helped the 5th graders at Glen-Worden Elementary School sew pillows.
- ◆ And last but certainly not least, we wish to thank **Kathy Conboy** for her years of service as she retires from her position as dining center manager. Her dedication to the dining program and her ability to make all of the participants feel welcome, included and cared about will be missed! We wish her well in her future endeavors.

Vicki

Hi from the Editor

Dear Friends, Let us hope to enjoy a mild Winter after a mild Summer and Fall.

I extend my best wishes to all of you for Happy Holidays and New Year! We will have a new U.S. President in the New Year. See you next year! Thanks and regards,



Nagarajan



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facebook

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 are 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 **Regina Solarek** for her angels display in September and **Emily Childers** for her October display of Chinese items.

Nov. - Hershey Ornaments by **Janet Neary**

Dec. - Nativity scene by **Helen Benner**

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.



Do you know Microsoft Publisher?

We are looking for individuals who would be willing to help us prepare the *Senior Moments*. It is developed bi-monthly in Microsoft Publisher. If you are skilled in that software and would like to help, please contact Vicki Hillis at 374-0734 or Paula DeVries at 885-9709.

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.

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 a.m. 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 a.m.-3 p.m.

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

First Tuesday of the month - Clifton Park Mall

Third Tuesday of the month - Rotterdam Square

All other Tuesdays will be available for regular van appointments.

Clifton Park Mall trip: Nov. 1 and Dec. 6

Rotterdam Sq. Mall trip: Nov. 15 and Dec. 20

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

No charge, but donations are appreciated.

We Need Drivers & Dispatchers.

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

Please be mindful of your fellow van riders and be prompt for your pickup times.

Having a computer problem?

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

Copy your wallet cards free

The information on the cards you carry in your wallet is important to you. If these cards are lost or stolen, would you know the many numbers on each of them? You may copy all your wallet cards at the Senior Center for free.

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Stampin' Up Card Workshops

Tuesdays - Nov. 1st and Dec. 6th at 3-4:30 p.m.

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Please sign up in advance at Front Desk. Please make checks payable to the instructor, **Lynn Streifert**. Cost: \$5 per class.

Healthy Bones for Life

Tuesday at 10:15 a.m. & Thursday at 9 a.m.

Healthy Bones for Life is a free exercise program that promotes strength, balance & strong bones along with some fun! In-class sessions are held at the Center, sponsored this year by Sunnyview Rehab. Hospital, an affiliate of St. Peter's Hospital. We look forward to providing an opportunity to regroup and strengthen our *Healthy Bones for Life* community, and the most up-to-date training for volunteer leaders.

Participants must be Senior Center members. Advance registration at the front desk is required with a signed consent form that you will participate at your own risk. We will provide you with a medical information sheet which you must complete and bring with you to each class. Call **Lily Henderson** at 355-4629 for further information.

Beware of Identity Theft!

Thursday, Dec. 15th at 1:30 p.m.

Identity Theft is one of the fastest-growing crimes in the US. Credit card numbers, driver's license numbers, Soc. Sec. numbers and other personal information can net criminals thousands of dollars in a short time. Such theft may prevent the victims from cashing checks, obtaining loans or even renting an apartment or getting utilities. Learn more about Identity Theft and how to protect yourself from this growing crime. The program will be presented by the Community Relations Dept. of Sunmark Federal Credit Union.

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.



Driver Safety Course

Class Dates: November 15th & 16th from 2 to 5 p.m.

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

Cost: Senior Center members: \$25; Others: \$32. Please make 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.

AARP Tax-Aide seeks Volunteers

AARP Tax-Aide, the nation's largest free volunteer-run tax assistance and preparation service is seeking volunteers to assist in the program and become leadership coordinators. You need not be an AARP member or a retiree. Persons of all ages and backgrounds are welcome to volunteer. They will receive free tax training, starting early in December. They will help customers one-on-one at tax sites. It is a great way to learn new skills and be involved in the community. For more information on this program, please contact **Blanche Fischer**, Glenville Site Coordinator at 382-7829 (blanche5308@gmail.com) or **Robert Parson**, Regional Coordinator @ 371-7729 (rparson1@nycap.rr.com).

Energy Workshop

Thursday, November 17th at 1:30 p.m.

SAVE ENERGY, SAVE DOLLARS!

Attend this free workshop to learn how you can save money by reducing home energy use. This program is appropriate for homeowners as well as renters. There will be some useful freebie giveaways as well.

Please pre-register at the Front Desk or call 374-0734.

Presented by Cornell Cooperative Extension of Schenectady County

Membership News

We will be accepting 2017 membership dues beginning October 31st. Please send or bring in the Application Form on page 9 with the Fees. New members will receive FREE membership for November and December 2016 as a bonus! Copies of the form are also available at the Front Desk.

Renew your Center Membership for 2017 between October 31 and Thanksgiving Day, and you will be eligible to win a gift bag valued at over \$20!

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			
Mini Session in December: 11\28-12\22			
Session Fees: 1 class\wk: \$15; 2\wk \$20; 3\wk \$25; 4\wk \$30; 5\wk \$35			
Registration: Thursday, November 17th, 9-11 a.m.			
(January session registration Thursday, December 15th, 9-11 a.m.)			
Class	Schedule	Class	Schedule
Cardio Sculpt Circuit	Mon 9:15	Gentle Core Strength	Thur 10:15
Fit Over 50	Fri 9:30	Zumba	Tue, Thur 9:15
Active Stretch	Wed 10:15	Balance	Tue 11:20
Forever Strong	Mon 10:15, Wed 9:15, Fri 10:30	Chair Yoga	Tue 12:15
Cardio Dancin'	Wed 11:15		

ACTIVE STRETCH: Addresses muscles as a form of maintenance, by taking joints through their full range of motion naturally. This class is appropriate for all individuals, regardless of their flexibility or range of motion. Every active stretch is done within your individual limits to reduce risk of injury while increasing your ability to move through daily life.

BALANCE: Variety of stability ball and floor exercises aimed to increase core strength and overall stability. Appropriate for all members who wish to improve their muscular endurance, flexibility, and balance.

CARDIO DANCIN': Choreographed, medium-to-high level aerobic dance program designed to improve balance, flexibility, coordination, cardiovascular endurance and muscle tone.

CARDIO/SCULPT CIRCUIT: Using energetic music, this class is taught in intervals moving between low impact aerobic activity and body sculpting exercises created especially for active older adults. It's easy on the joints, burns calories and strengthens your heart and lungs. Tone your muscles and strengthen your bones.

CHAIR YOGA: Experience a yoga practice designed for those times in our lives when we are faced with physical challenges. Chairs and props will be used to assist each person in variations of postures that are appropriate to promote their comfort. Great for beginners, seniors & those with health challenges.

FIT OVER FIFTY: Get your heart pumping and your blood flowing. Simple steps to keep the feet moving to keep your heart and lungs in tip-top shape.

FOREVER STRONG: A sculpt class designed for seniors using resistance bands, tubing, and hand weights to keep your muscles and bones strong!

GENTLE CORE STRENGTH: Gently "wake up" and strengthen the core. Exercises are taught standing, in a chair and on the floor. Learn good form, improve your posture and become stronger all with this invigorating class.

ZUMBA: Exciting Latin and International dance rhythms taught here for senior and beginner populations. It is easy to follow, so any age and any fitness level can do it! This fun Latin dance program includes merengue, salsa, cha cha, cumbia, calypso, and rock & roll. Guaranteed to provide the participant with a safe and effective total body workout.

Other Senior Center Classes

Gentle Yoga

Wednesdays, 2 p.m.

11-week Sessions: Sep 14-Nov 30

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. Wear loose-fitting, comfortable clothing. Bring mat, blanket, and small pillow.

Cost: \$44 Pay instructor **Nancy Tobiessen** on the first day of attendance. Nancy has been a Kripalu yoga teacher for over 20 years with special training to teach seniors.

Tai Chi practice

Tuesdays, 9 a.m.

We welcome you to join our small group trying to maintain our Tai Chi skills. Tai chi is a meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Offered to members only at no cost.

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.

Senior Moments Mailing party

Thursday, December 22nd 9 a.m.

Come join us for our mailing party and Christmas celebration as we prepare the *Senior Moments* newsletter for mailing. We will have a grab bag drawing. You might be a lucky winner.

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. Holiday baked goods and coffee will be served. Come join us and have some fun!

Free Hearing Screening

Monday, November 14th, 9 a.m. — 12 noon.

The Audiology Dept. of Sunnyview Hospital will provide free screening to assess hearing acuity. It is NOT appropriate for folks who already use a hearing aid. No products or services will be sold or recommended.

Glenville Senior Center membership is NOT required.

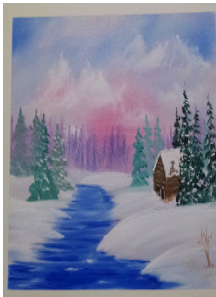
Appointment is required and can be made at the desk or by phone (374-0734).

Paint with Peggy

Monday, December 12th

9:30 a.m.-2:00 p.m.

For our December class, we will paint a "Warm Winter Scene" of a snowbound cabin nestled in the woods. We will paint distant and nearby snow-covered pine trees, an old cabin and a frozen stream



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.

Coffee and Conversation

Tuesdays, 9-11 a.m.

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.

Oil, Acrylic & Art

Fridays, 10 a.m.-1 p.m.

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.



Painting by
Shirley Taft

Bowling League

Wednesdays, 9 a.m.

Looking for fun with new friends? 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 a.m. at Boulevard Bowl. If you cannot commit to every week, we're also looking for subs. League runs through mid-April. For more information or to sign up, contact **Jacob Lederman** at 399-5249.

Crafting Anyone?

We have had inquiries about starting a weekly or monthly crafts class. The crafts demonstrated would vary. There would be fees to cover the cost of supplies. Anyone interested in learning a craft or demonstrating a project, please contact the Center to have your name put on a list. This will let us know the level of interest in this type of class.

Knitting and Crocheting

Tuesdays, 1 p.m.

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.

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First Monday Book Club

First Monday of month, 10 a.m.

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.

Nov. 7 - *The Invention of Wings* by Sue Monk Kidd

Dec. 5—*The Christmas Light* by Donna VanLiere

First Friday Film Club

First Friday of month, 1:30 p.m.

November 4 : *Life is Beautiful (Italian)*

A charming, but bumbling waiter wins the heart of the woman he loves and creates a beautiful life for his young family. Then that life is threatened by World War II.

December 2 : *The Lady in the Van* with Maggie Smith

Maggie Smith stars as a cantankerous old woman who lives in squalor inside a van in an upper middle-class area of London. It is an endearing, quirky little film.

Contact Dr. N. Nagarajan (399-0195) to suggest films for future screening.

Cribbage

Fridays, 10 a.m.

Please join us in the library for fun, laughter and cards.

Senior Center Photographers

Thursdays, 10 a.m.

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 to members. Come check us out some Thursday.

Silver Threads Quilters

Thursdays, 1- 3 p.m.

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. This year our group has made 10 quilts to donate to Camp Erin, a camp for bereaved children. Also some of our generous members made hats, mittens and scarves to give to the camp for the cold Adirondack nights. Everyone is welcome; there is no fee.

Card Playing

Mondays and Thursdays, 12:30 p.m.

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.

Mah Jong

Wednesdays, 9 a.m.

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

La Bella Lingua

Thursdays, 10 a.m. for Beginners and
Fridays, 1 p.m. for Advanced Students

Everyone is welcome. There is no fee. The only expense is to buy your own books. The classes are informal and enjoyable. We have fun as we learn to read, write and speak the beautiful language. Ciao! For details, please call Ed Perazzo at 399-1438.

Duplicate Bridge

Tuesdays, 12:30-4 p.m.

No previous experience is necessary. This is a friendly game! Come with your partner, or contact Bob Evans at 399-9380, if you need a partner.

Pickleball

Mon, Wed, Fri, 4 p.m.

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

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.
- ◆ Please do not wear perfume on trips; others are allergic.
- ◆ On trip days, our parking lot gets overcrowded. Please carpool to the center and park where directed, as you arrive.
- ◆ **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.

Mark Twain House and Museum Tuesday, December 6th

The Mark Twain House & Museum, a National Historic Landmark in Hartford, Connecticut, was the home of one of America's greatest authors, Samuel Clemens (a.k.a. Mark Twain) and his family from 1874 to 1891. It is also where Twain lived when he wrote his most important works, including *Adventures of Huckleberry Finn*, *The Adventures of Tom Sawyer*, *The Prince and The Pauper* and *A Connecticut Yankee in King Arthur's Court*. A stunning example of Picturesque Gothic architecture, the 25-room home features a dramatic grand hall, a lush glass conservatory, a grand library and the handsome billiard room where Twain wrote his famous books. *National Geographic* named it "one of the ten best historic homes in the world," and *TIME* magazine dubbed it "Downton Abbey's American Cousin."

Our visit will include a 1.5 hour walking tour of this historic home. The tour will be broken up into 3 groups of about 12 starting at 10:00, 10:15 and 10:30. Please be advised that the tour will include 3 flights of stairs as only the first floor and Museum are handicapped accessible.

After our tour we will be eating lunch on the grounds at the Nook Farm Nook Cafe. Lunch will be a deli sandwich with potato salad, chips, pickle and cookies.

On the way home, we will be stopping at the Holyoke Mall in case anyone has been inspired to Christmas shop by all the beautiful decorations at the Mark Twain House.

We will be leaving the Senior Center at 7:30 a.m. and will be returning around 6:00 p.m.

Cost: \$66 for members; **\$71** for non-members.

Perthshire Luncheon Tuesday, November 29th

Start the Holiday Season off with "Elvis" Bill McGrath. A wonderful arrangement of Christmas music to get you in the holiday spirit! A buffet-style lunch includes tossed salad, rolls, sliced pork tenderloin, chicken marsala, sausage and peppers, red potatoes and a brownie sundae for dessert.

Leave Center at 10:30 a.m. and return at approx. 4:30 p.m.
Cost: \$60 for members; **\$65** for non-members.



Holiday Wishes with Jimmy Mazz Tuesday, December 20th

Enjoy lunch and a show at the beautiful Hall of Springs in Saratoga (Mazzone Hospitality House). Classic to contemporary holiday tunes from artists including Frank Sinatra, Dean Martin, Neil Diamond, Michael Buble and more, performed by **Jimmy Mazz**. Lunch will be a Chicken Parmigiana Meal: Salad, Capellini Pasta Nest, Roasted Vegetables, Holiday Dessert and Coffee or Tea.

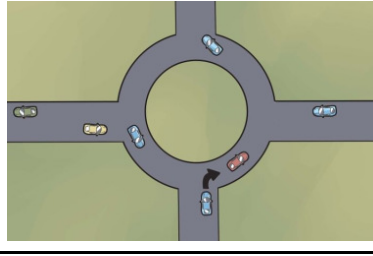
Leave Center at 11:00 a.m. and return at approx. 4:30 p.m.
Cost: \$59 for members; **\$64** for non-members.

Senior Stumpers submitted by Jim Moorhead

1. Who rode the horse named Champion?
2. What was the only thing said by Clarabelle, the Clown?
3. Whom did the character Festus Haggen replace?
On what series?
4. On what series did the role Rowdy Yates appear?
Which actor played him?
5. Who was the mentor of Robin, the Boy Wonder?
6. Who (character/actor) was "a knight without armor in a savage land" ?
7. Which TV character had a crush on Thalia Manninger?
8. What TV show had the role "Major Hot Lips" Houlihan?
9. What character/actor is famous for the line "...just the facts, Ma'am" ?
10. What was the role as an English teacher played on TV by Eve Arden?

Answers may be found on page 13.

Navigating Roundabouts In 5 Easy Steps



Roundabouts are changing the way we drive. They are increasingly being used because they ease congestion, cost less to operate, reduce accidents by roughly half, and use less energy than traditional traffic light controlled intersections.

Step 1: Slow down as you approach the roundabout. At this point, you should see a "Roundabout Ahead" sign followed by a "Yield" sign.

Step 2: Look to your left before entering the roundabout and yield to any oncoming traffic. Traffic already in the roundabout has the right-of-way. Do not enter unless a safe gap is present.

Step 3: When there is a safe gap in traffic, enter the roundabout. Maintain a low speed as you maneuver through the roundabout and proceed to your exit.

Step 4: Turn on your turn signal as you approach your desired exit. This will inform other drivers that you wish to exit the roundabout, easing any confusion.

Step 5: Yield only to pedestrians in the crosswalk or emergency vehicles when exiting a roundabout. Remember that drivers inside the roundabout have the right-of-way. Unless a pedestrian is crossing the crosswalk or an emergency vehicle, such as an ambulance, is entering or exiting the roundabout, proceed through the exit without stopping or slowing down. If an emergency vehicle is about to enter or has already entered the roundabout, **do not stop** in the roundabout. Instead, exit out your original destination and only then pull over to allow the emergency vehicle to pass.

There are many ways to support Scotia-Glenville Senior Citizens, Inc. with your donations:
We accept gifts by cash or check by mail or in person.

Honorary and memorial gifts: A gift to SGSC, Inc. is a nice way to honor the memory of a friend or loved one. Donations may be made in any amount. Once received, a personalized note will be sent in your name to the honoree or family member notifying them of your kind gesture.

Matching gifts: Many area companies, like GE, will match your charitable contribution. Please check with the human resources department of the company where you work or from which you retired. Some companies may make a contribution because of your volunteer participation.

Planned giving – bequests: Including SGSC, Inc. in your estate plans is a way to provide a legacy to the future and guarantees continued quality services and programs to seniors in our community.

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2017	<p style="text-align: right;">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.</p>
Check one: <input type="checkbox"/> New Member <input type="checkbox"/> Renewal [Senior = 55 or older] Check one: <input type="checkbox"/> Resident <input type="checkbox"/> Non-resident	
* These items required on ALL applications – new members and renewals PLEASE PRINT	
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*Name2 _____	e-mail _____
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*City/State/Zip _____	*Phone _____
Interests/Talents/Comments _____	
Registration #: _____	

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OF THIS FORM
ARE AVAILABLE AT
THE FRONT DESK**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 Knitting C 1:00 Caregivers Grp. M2 3:00 Cardmaking C	2 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin' M1 2:00 Yoga M1 4:00 Pickleball M1	3 9:00 Healthy Bones M2 9:15 Zumba M1 9:30 Exec. Council TH 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	4 9:15 Fit Over 50 M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:15 Forever Strong M1 1:00 Italian advanced L 1:30 Film Club M2 4:00 Pickleball M1	5 Rotary Pancake Bkft
6 Veterans Day Dinner 1-4 p.m.	7 9:15 Cardio Sculpt M1 10:00 Book Club L 10:15 Forever Strong M1 12:30 Cards M1 1:00 American Legion M2 4:00 Pickleball M1	8 Election Day Bake Sale 6 a.m. No classes	9 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin', 2:00 Yoga M1 4:00 Pickleball M1	10 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C 1:30 Board Mtg. C	11 Senior Center Closed Dining Center Closed Veterans Day	12
13	14 9-12 Hearing Tests C 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	15 9:00 Tai Chi M2 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 Knitting C 2-5 Safe Driving M2	16 <i>Dining Ctr. Thanksgiving</i> 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 Cardio Dancin', M1 2:00 Yoga M1 2-5 Safe Driving M2 4:00 Pickleball M1	17 <i>9-11 Y class registration</i> 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C 1:30 Energy Workshop M2	18 9:15 Fit Over 50 M1 10:00 Painting w/Dani C 10:00 Cribbage L 10:15 Forever Strong M1 1:00 Italian advanced L 4:00 Pickleball M1	19
20	21 12:30 Cards M1 4:00 Pickleball M1	22 9:00 Tai Chi M2 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	23 <i>Sr. Moments deadline</i> 9:00 Mah Jong C 2:00 Yoga M1 4:00 Pickleball M1	24 Thanksgiving Senior Center Closed Dining Center Closed	25 Day After Thanksgiving Senior Center Closed Dining Center Closed	26
27	28 12:30 Cards M1 4:00 Pickleball M1	29 <i>Trip to Perthshire</i> 9:00 Tai Chi M2 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	30 9:00 Mah Jong C 2:00 Yoga M1 4:00 Pickleball M1	November		

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1 9:00 Healthy Bones M2 9:15 Zumba Gold M1 9:30 Exec. Council Mtg. TH 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1	2 9:15 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:15 Forever Strong M1 1:00 Italian advanced L 1:30 Film Club M2 4:00 Pickleball M1	3
	<h1>December</h1>			8 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C 1:30 Board Mtg. M2	9 9:15 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:15 Forever Strong M1 1:00 Italian advanced L 4:00 Pickleball M1	10
4 9:15 CardioSculpt M1 10:00 Book Club L 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	6 <i>Mark Twain House Trip</i> 9:00 Tai Chi M1 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 Knitting C 1:00 Caregivers Grp. M2 3:00 Cardmaking C	7 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 CardioDancin' M1 4:00 Pickleball M1		15 <i>9-11 Y class registration</i> 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C 1:30 Identity Theft Wkshp M2	16 9:15 Fit Over 50 M1 10:00 Painting w\Dani C 10:00 Cribbage L 10:15 Forever Strong M1 1:00 Italian advanced L 2:00 Holiday Party 4:00 Pickleball M1	17
11 9:15 Cardio Sculpt M1 9:30 Paint w\Peggy C 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	13 9:00 Tai Chi M1 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 Knitting C 1:00 American Legion M2	14 <i>Dining Ctr Holiday Dinner</i> 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 CardioDancin' M1 4:00 Pickleball M1		22 9:00 Mailing Party M2 9:00 Healthy Bones M2 9:15 Zumba M1 10:00 Photography C 10:00 Italian beginners L 10:15 Core Strength M1 12:30 Cards M1 1:00 Quilting C	23 Christmas holiday— Senior Center Closed Dining Center Closed	24
18 9:15 Cardio Sculpt M1 10:15 Forever Strong M1 12:30 Cards M1 4:00 Pickleball M1	20 <i>Jimmy Mazz Show & Lunch</i> 9:00 Tai Chi M1 9:00 Coffee & Conver C 9:15 Zumba M1 10:15 Healthy Bones M1 11:20 Balance M1 12:15 Chair Yoga C 12:30 Dupl. Bridge M1 1:00 Knitting C	21 9:00 Mah Jong C 9:15 Forever Strong M1 10:15 Active Stretch M1 11:15 CardioDancin' M1 4:00 Pickleball M1		29 9:00 Healthy Bones M2 10:00 Photography C 10:00 Italian beginners L 12:30 Cards M1 1:00 Quilting C	30 New Years Eve— Senior Center Closed Dining Center Open	31
25	26 Christmas holiday— Senior Center Closed Dining Center Closed	27 9:00 Tai Chi M1 9:00 Coffee & Conver C 10:15 Healthy Bones M1 12:30 Dupl. Bridge M1 1:00 Knitting C	28 9:00 Mah Jong C 4:00 Pickleball M1			

Glenville Dining Center

Operated at the Glenville Senior Center by Catholic Charities Senior & Caregiver Support Services

Open to all seniors. Senior Center membership not required.

The Senior Dining Center offers a hot, nutritious noon meal Mondays through Fridays. The menus are nutritionally balanced and approved by a registered dietician. 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 p.m. (\$2.00 round trip to Hannaford or Price Chopper).

Reservations: Call 393-1946, 9 a.m. to 1 p.m., a day in advance. Please call ahead if you need to cancel a reservation. Full menus are also available at the Dining Center. Substitutions available. Make request when you call for reservation.

Suggested contribution toward meals:

\$3.50 for those 60+

\$6.00 for those under 60.



Please arrive by 11:45 a.m. for the noon meal.

PLEASE CHECK AHEAD FOR MENU CHANGES!

November 2016		
Tues	1	Kielbasa Salad
Wed	2	Chicken Caesar Sandwich
Thurs	3	Spaghetti with Meat Sauce
Fri	4	Cheeseburger
Mon	7	Broccoli & Ham Quiche
Tues	8	Moved to Ten Eyck Dining Center
Wed	9	Linguine with Clam Sauce
Thurs	10	Philly Cheese Steak
Fri	11	CLOSED - VETERANS DAY
Mon	14	Macaroni & Cheese
Tues	15	London Broil
Wed	16	Thanksgiving Dinner
Thurs	17	Swedish Meatballs
Fri	18	Roast Pork with Gravy
Mon	21	Open Face Roast Beef Sandwich
Tues	22	Batter Dipped Fish
Wed	23	Chicken & Biscuit
Thurs	24	CLOSED - THANKSGIVING
Fri	25	CLOSED - THANKSGIVING BREAK
Mon	28	Stuffed Cabbage
Tues	29	Kielbasa Salad
Wed	30	Chicken Caesar Sandwich

December 2016		
Thurs	1	Ham Salad Sandwich
Fri	2	Cheese Pizza
Mon	5	Stuffed Cabbage
Tues	6	Kielbasa Salad
Wed	7	Chicken Caesar Sandwich
Thurs	8	Spaghetti with Meat Sauce
Fri	9	Cheeseburger
Mon	12	Broccoli & Ham Quiche
Tues	13	Buffalo Style Chicken Salad
Wed	14	Holiday Roast Pork Dinner
Thurs	15	Philly Cheese Steak
Fri	16	Harbour Style Fish
Mon	19	Macaroni & Cheese
Tues	20	London Broil
Wed	21	Chicken Alfredo
Thurs	22	Swedish Meatballs
Fri	23	CLOSED - CHRISTMAS HOLIDAY
Mon	26	CLOSED - CHRISTMAS HOLIDAY
Tues	27	Batter Dipped Fish
Wed	28	Chicken & Biscuit
Thurs	29	Ham Salad Sandwich
Fri	30	Cheese Pizza

Doreen Wright—Program Manager; **Diana Yeo** – Dining Center Cook

Catholic Charities Senior & Caregiver Support Services are partially funded through Schenectady County Department of Senior and Long Term Care Services with county tax dollars. State and Federal Funding is also provided through New York State Office for the Aging and Federal Administration on Aging.

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.

Caregiver Conversations

First Tuesday of month, 1 p.m.

Caregivers meet monthly at the Center to discuss caregiving issues faced in people's daily lives. Facilitated by Schenectady County Department of Senior and Long Term Care Services Caregiver Support Group staff. Next meetings on Nov. 1 and Dec. 6

American Legion Post 1001

Second Tuesday of month at 1 p.m.

Next meetings on Mon, Nov. 7 and Tues, Dec. 13

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

Friendship Café Schedule

Second Wednesday of the month at 10:30 a.m.

Welcome to the Friendship Café meeting at the Apostrophe Café in Proctors. The Friendship Café is for seniors nearing age 60 and above, and caregivers to convene for educational, recreational and social needs. Two hours of free parking is available behind the Proctors Theatre. Come and join us!

For more information, please contact the Senior & Long-term Care Office (382-8481) and leave a message for **Mary Forman**. You may also email her at Mary.Forman@schenectadycounty.com.

Lions Club Raffle

Scotia-Glenville Lions Club is conducting a Car Raffle with Morris Ford with proceeds going towards a Lions Splash Pad in Collins Park. The raffle winner can select a 2016 Ford Fusion or Ford Escape, and 5 more winners receive \$500 each. (See www.sglions.org for raffle rules.) Tickets are \$20 each or \$50 for 3, and can be purchased at www.sglions.org or from a Lions Club member like **Rosemary Pryne**. In addition, a 'Buy-a-Brick' campaign is being held where project donors can have their names engraved on a brick around the Splash Pad. Bricks start at \$150, with larger donations for larger bricks. Visit www.sglions.org for more information.

Answers to Senior Stumpers:

1. Gene Autry
2. "Goodbye, kids." (on the last Howdy Doodie show)
3. Chester Goode on "Gunsmoke"
4. Rawhide (Clint Eastwood)
5. Batman
6. Paladin by Richard Boone on "Have Gun Will Travel."
7. Dobie Gillis
8. M*A*S*H
9. Police Sgt. Joe Friday by Jack Webb on "Dragnet."
10. (Miss) Connie Brooks

Senior Services

Catholic Charities Senior and Caregiver Support Services 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.



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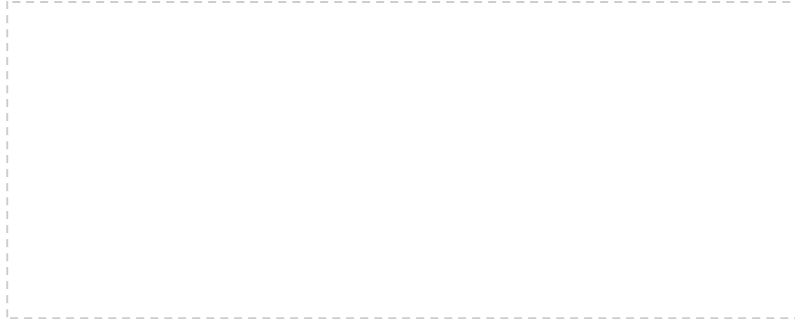
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