



Scotia-Glenville Senior Citizens Senior Moments



Volume 43 Number 4 July & August 2017

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.

Volunteer van drivers

Did you know that SGSC owns and operates a van to provide transportation throughout the town on a voluntary donation basis? The availability of adequate transportation enables many seniors to live more independently in our community by ensuring access to essential services. Each year we provide approximately 2,500 rides to seniors. We are always in need of substitute drivers to fill in when our regular drivers are off. The morning shift is from 9 a.m. to noon on weekdays. The afternoon shift is from 1 to 3 p.m. If you are interested, please stop by the office and leave your name for Linda Reinhart.



Scholarship Winners

Scotia-Glenville Senior Citizens, Inc. is pleased to announce the winners of the \$1000 scholarships for 2017: **Carly DeLeonardo**, a senior at Burnt Hills-Ballston Lake High School and **Olivia Powhida**, a senior at Scotia-Glenville High School. Congratulations!

Trips
See pg. 8 & 9

Thursday, July 13th - Delaware & Ulster Rip Van Winkle Flyer
Wednesday, July 19th - Mac-Haydn theatre "Saturday Night Fever"
Wednesday, August 9th - Old Forge Boat Cruise
Wednesday, August 16th - Blue Hawaii Lobster Feast
Thursday, August 24th - Mac-Haydn theatre "Hello Dolly"

INSIDE THIS ISSUE

	Page		Page
Center News	2	Senior Stumpers	9
Center Services	3	Stumper Solution	9
Center Events	4	Membership 2017	9
Classes	5	Center Calendar	10,11
Center Activities	6,7	Dining Center	12
Trips and Travel	8,9	Community Connections	13

MARK YOUR CALENDAR

Exec Council: Thur. July No mtg. & Aug. 3rd at 9:30 am
Directors: Thur. July No mtg & Aug. 10th at 1:30 pm at Sr. Ctr.
Senior Moments Deadline: Thursday, July 20th
Senior Moments Mailing: Thursday, August 24th at 9 am
Senior Center closed: Tues, July 4th
Dining Center closed: Mon, July 3 & Tues, July 4th

Senior Moments is published by
the Scotia-Glenville Senior Citizens, Inc.
Paula DeVries, President
Vicki Hillis, Executive Editor, Publisher
Myrtle Major, Editor
Angie Pomykai, Assoc. Editor, Distribution Manager
Bob Atwood, Associate Editor

GLENVILLE SENIOR CENTER
32 Worden Rd.
Glenville, NY 12302 (518) 374-0734
Center open 9 a.m. to 4 p.m.
Summer: Desk closes at 3 pm; Center closes at 3 pm on
Fridays for July and August.
Center is closed Sat. & Sun. & holidays except
open for special events as noted herein.

SENIOR CENTER NEWS



Have a nice summer!

Paula



Vicki's View

Happy summer! When you're not out enjoying the nice weather, stop by the Senior Center to see what's happening. Check out our new cooking demonstrations series or the LaBlast line dancing class. If you don't see your

favorite activity on our schedule, come see me and let's see if it can be added!

Thank you to the Social Committee for the volunteer appreciation luncheon and the ice cream social. A shout out to the Stewarts Shops for the donation of ice cream for our event! Also, thank you to those who represented the Senior Center in the Memorial Day parade. And last but not least, thank you to the gardening committee for their work this spring. That committee could use a few more volunteers to help maintain the grounds throughout the summer.

Reminder for summer desk hours: For the months of July and August, our front desk closes at 3 p.m. The Center is still open until 4 p.m., except on Fridays when we close at 3 p.m.

Enjoy this wonderful weather!

Vicki

Expansion Update: We have received word that the paperwork for the grant from Senator Farley is slowly making its way through the Dormitory Authority and we may be able to move forward with our plans in the near future.

Happy Birthday

We are grateful to CDPHP for their generous monthly contribution of a decorated birthday cake for everyone to enjoy and honor those with birthdays that month. Check the calendar for dates to stop in to join the celebration with a piece of cake.



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.



*"The way we choose to see the world creates the world we see."
- B. N. Kaufman*



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



CENTER SERVICES

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

The Sunshine Committee

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 **Mary Stagliano** or **Joyce Grygiel** 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 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. Thank you to our two volunteers who have been cutting out the box tops—**Fran Madison** and **Jeffrey Rauch**.

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank **Marlys Anderson** for her Doll Collection in May and **Mary McClaine** for her Sewing Machine & related items in June.

Next Up:

July: **Mary Sieder--Teapots**

August: **Regina Solarek-Vases**

We are always in need of collections. If you would like to display your collection, please contact **Janet Neary** at 393-0331 or leave a message at the front desk. Remember, the case is lighted and always locked. Thank you to Janet for coordinating the displays.

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.

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 9:00 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, 9:00 am-3:00 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

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 - Closed for July 4th, August 1st

Rotterdam Sq. Mall trip: July 18th & August 15th

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.

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.

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's library.

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Cooking Class

Patrice Matrianni from Serendipity Cooking Classes in Saratoga will hold the following cooking demos here this summer:



Mon., July 24th at 1:30 pm -

Spatchcock roasted chicken and vegetables; fruit tart

Wed., August 16th at 1:30 pm - Smoothies- meal replacements that satisfy

Our cooking classes are fun and interactive plus you'll get to taste what we make and take home recipes!

Cost: \$15 each. Minimum 10 people; maximum 15.

Please make checks payable to: Serendipity Arts Studio.

Please sign up at the front desk in advance.

Painting with Peggy

Monday, July 17th, 9:30 am-2:00 pm

Adirondack Vista

Watch your step! During this class you will create a painting of a scene as if you were standing on a ridge, looking across the Adirondacks as they fade away in the distance. If you look closely, you'll see a raptor looking for lunch.



Monday, August 21st, 9:30 am-2:00 pm.

Birch Lane

Walk along a lake on a tree-lined dirt road. This beautiful summer scene includes a path lined with birch trees. We will create a pond and learn how to add in reflections and shadows. Peggy will teach you how to use color values and perspective to achieve depth in your paintings.



Peggy provides all the materials from 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 1/2 hr. lunch break, so we can re-energize & rest our eyes. Please bring a bag lunch.

Cost: **\$45**. Payment due at time of registration. Please make checks payable to **Peggy Porter**. Max. 8 student, members only. Sign up at Front Desk. Call Peggy at 925-2238 for additional details.

Driver Safety Courses

Tues. July 18th & Wed. July 19th 6:00-9:00 pm

Tues. Aug 22nd & Wed. Aug 23rd 2:00-5:00 pm

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

Cost: Center members: \$25.50; Others:\$29.

Please check payable to **Armand Canestraro**. 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.

Stampin' Up Card Workshop

First Tuesday of the month at 3:00 pm

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction are provided to make four greeting cards. Sign up in advance at Front Desk. Please make checks payable to the instructor, **Brigid Meyer**.

Cost: \$5 per class. Please bring your own adhesives to class, or contact instructor ahead of class if you need to purchase them. Upcoming dates: 7/11, 8/1, 9/5

NEW!

LaBlast Line Dancing

8/24 and 8/31 at 11:15 FREE DEMO

Fall session: Thursdays at 11:15; 9/7 -10/5

Country Line Dancing has been a favorite of many for decades. Are you ready to take traditional line dancing out of the saddle and on to the ballroom floor, while blasting it to a whole new level of fun and fitness? The LaBlast Line Dance is for you! Easy to learn dances including disco, foxtrot, samba, paso doble and more to get you moving to all four walls in no time at all. All dances are partner free and can be done anywhere, making LaBlast the next social dance revolution. Put a smile on your face and join the fun!

5-week session: \$20. Please make checks payable to the instructor, **Kathy Gautie**.

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				
Summer session:				
Session Fees: 1 class\wk: \$25. for 8-week session; 2\wk \$35; 3\wk \$48 4\wk \$58; 5\wk \$68				
8 week session July 10th-September 1st				
Fall Session registration: August 31st 9-11 a.m.				
Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Cardio Sculpt	9:15 Zumba Gold	9:15 Forever Strong	9:15 TBA	9:30 Chair Yoga
10:15 Forever Strong		10:15 Active Stretch	10:15 Gentle Core	10:30 Forever Strong
	11:20 Chair Yoga	11:15 Zumba Gold		

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.

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 comfort. Great for beginners, seniors & those with health challenges.

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 posture and become stronger all with this invigorating class.

ZUMBA GOLD: 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, 2:00 pm

Fall Session 9/13-11/29; 11 weeks

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, 9:00 am

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, August 24 9:00 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. Baked goods and coffee will be served. Come join us and have some fun!

Bocce

Tuesdays, 9:00 am

We play bocce every Tuesday morning- weather permitting. Newcomers are welcome. We're enjoying the new benches with umbrellas. For information, call **Shirley** or **Ed Perazzo** at 399-1438.

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!

* We are accepting donations of yarn at this time.

Duplicate Bridge

Tuesdays, 12:30-4:00 pm

No previous experience is necessary. This is a friendly game! Come with your partner. If you need a partner, come see the group and add your name to our list. Also, you may take a copy of the list to find your 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.

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.

La Bella Lingua

Thursdays, 11:00 am - Beginners; Intermediate 10:00 am and Fridays, 1:00 pm 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. If you are interested, now is the time to jump in. No Classes in July & August. We will resume Sept 28 & 29. Ciao!

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

Mah Jong

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.

Blanket-makers Needed

Do you knit, crochet or quilt? We're looking for volunteers to make lap blankets for wheelchair-bound veterans at the VA Hospital. Blanket sizes can vary but 36 inch by 48 inch works well with wheelchairs. You can do your project at our knitting group at 1:00 pm on Tuesdays or work on your own. Contact Vicki for Info.

Gardening

Do you enjoy being outside? Join us for light exercise in planting flowers, weeding, deadheading, to continue to make this Center beautiful. Sign up at the front desk and we will call you when it is time to plant. We are also looking for new ideas for the memorial garden located behind the bocce court.

Cribbage

Fridays, 10:00 am

Please join us in the library for fun, laughter and cards. If you don't know the game, we will teach you.

CENTER ACTIVITIES

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.

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.

July 10th – *The Immortal Life of Henriette Lacks*

by **Rebecca Skloot**

Aug. 1st - *The Glass Castle* by **Jeanette Wall**

Sept. 11th - *Truth or Die* by **James Patterson**

First Friday Film Club

First Friday of month, 1:30 pm

*Please note there will be no shows in July & August due to summer recess. Next season starts September 1st.

Sept. 1st: A Man called Ove: Swedish film with English sub-titles. Ove, an isolated, angry retiree with strict principles and short fuse, spends his time enforcing the block association rules and visiting his wife's grave.

Oct. 6th: Lion: A triumphant, true story of survival against all odds. Saroo who, at 5 years old, winds up in the streets of Calcutta, is later adopted by an Aussie couple, and returns for a visit to his village at 30 years old.

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

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 to members. Come check us out some Thursday.

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. 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.

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 Paul Geertgens



Mon/Wed Senior Golf Leagues

Two Senior Center leagues are available at the Galway course on Monday and Wednesday mornings beginning the first week of May and continuing for 16 weeks into the end of August.

For information on joining the Monday League, please call **Butch Carpentier @ 374-1499**. For Wednesday league info, call **Ron Brach @ 366-1272**. Many members enjoy the golf & camaraderie and belong to both Mon. & Wed. leagues.

Thursday Golf League:

The Thursday morning SG Seniors Golf League is seeking substitutes for the 2017 season. We play each Thursday morning at 9:00 am at Mill Rd. If you are interested in being added to our substitute list, please contact **Margo Snyder @ 952-7371 or 256-5351 or e-mail her at littledoc48@cloud.com**

Pickleball

Mon, Wed, Fri, 4:00 pm

Novice Play is scheduled for Mondays, Wednesday, and Fridays. Questions? Leave a message at desk.

TRIPS and TRAVEL

- ◆ **Make reservations** in person (not 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.

The Delaware & Ulster Rip Van Winkle Flyer

Thursday, July 13th

Yes, we are going to try again! The train is in tip top condition and the operators are looking forward to finally meeting all of us!

This first class train service with superb cuisine is a trip back in time to the elegance of yesteryear! We'll have a 2 hour ride through the beautiful Catskill Mountains with a lively historical narrative. Our trip will include a delightfully delicious luncheon with linens and china on this perfectly restored Streamliner train.

After lunch we will visit the Blenheim-Gilboa Visitor Center and the Lansing Manor House. The Gilboa Center is a newly refurbished museum devoted to information about energy generation. Lansing Manor is an historic home built in 1819 and furnished with period pieces. Both museums are part of the original manor property.

We will be leaving the Senior Center at 8:30 am and be arriving back at about 6:00 pm.

Price: **\$89** for members; **\$94** for non-members

"Saturday Night Fever" at Mac-Haydn

Wednesday July 19th

Join us for the 2 p.m. matinee of Saturday Night Fever after a buffet lunch at the Whitestone Restaurant. Lunch menu includes: chicken parmesan, stuffed shells, Italian meatballs, sausage & peppers, vegetable, rice, pasta, salad bar, & dessert bar.

We will depart the center at 10:45 am and return approximately 6 pm.

Members **\$65.00**

Non-members **\$70.00**

Old Forge Boat Cruise

Wednesday, August 9th

We are planning a trip to Old Forge for a 2 hour cruise on the **Clearwater Steamboat** through the first 4 lakes of the Fulton chain of lakes. This is an exceptionally beautiful cruise. Lunch will be on your own. There are a dozen very tempting small restaurants within easy walking distance. After lunch we will also have time in Old Forge for sight-seeing. Be sure to visit the Old Forge Hardware Store, a truly fascinating store and one of the town's main tourist attractions!

The bus will be leaving the center at 8:00 am and will arrive in Old Forge about 10:30 am. The cruise will start at 11:00am and last about 2 hours. We will have 2 hours for lunch and sightseeing. We will head home at 3:00 pm and arrive back at the center about 5:30 pm. The cost will be **\$60** for members and **\$65** for non-members.

"Hello Dolly" at Mac-Haydn

Thursday August 24th

Join us for the 2 pm matinee of Hello Dolly after a buffet lunch at the Whitestone Restaurant. Lunch menu includes: chicken parmesan, stuffed shells, Italian meatballs, sausage & peppers, vegetable, rice, pasta, salad bar & dessert bar. Will depart the center @ 10:45 am and return at approximately 6:00 pm.

Members - **\$65.00**

Non-members - **\$70.00**



Senior Stumper

Submitted by Jim Moorhead

John wakes up on Sunday morning in time to watch the sunrise over the ocean from the beach near his house. When his favorite football team plays at home, John often drives 150 miles to watch them play. After the game, before driving back home, John usually stops off at a beach not too far from the stadium and watches the sun set over the sea. What device adorns the hat of the mascot of John's favorite team.

See below for solution.

Show of Interest: Bermuda Cruise

with Norwegian Cruise Line on the Norwegian Dawn
8 days / 7 nights - April 27 - May 4, 2018
Boston to Bermuda

Inside Cabin Category: IC \$1,042
Outside Cabin Category: OA \$1,312
Balcony Cabin Category: BA \$1,652

For more information, please contact Linda Reinhart @ 374-0734 or sign up under cruise show of interest at the Senior Center front desk.

Lobster Feast: Blue Hawaii

Wednesday, August 16th

at the Log Cabin in Holyoke, MA

Enjoy the afternoon with a lobster feast and a show commemorating Elvis's 40th anniversary complete with leis and a hula contest. Wear your aloha shirts. Your lobster feast menu includes clam chowder, boiled lobster, chicken, corn, baked potato and dessert. Coffee and tea provided. A complimentary glass of wine included.

Leave the center at 9:30 am; returns to the center at 5:30 pm
Cost : \$71 members; \$76 non-members



A Skull and crossbones. John lives on the east coast of Florida and goes to watch the Tampa Bay Buccaneers play off the West coast of the state.

Solution

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2017		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: <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
*Name1 _____	e-mail _____		
*Name2 _____	e-mail _____		
*Address _____			
*City/State/Zip _____	*Phone _____		
Interests/Talents/Comments _____			
Registration #: _____			

**EXTRA COPIES
OF THIS FORM
ARE AVAILABLE AT
THE FRONT DESK**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <i>Dining Center closed</i> 12:30 Cards 4:00 Pickleball	4 <i>Dining Center Closed</i> <i>Senior Center Closed</i> <i>Independence Day</i>	5 9:00 Mah Jong 4:00 Pickleball	6 9:00 Healthy Bones 10:00 Photography 12:30 Cards 1:00 Quilting	7 10:00 Painting w/Dani 10:00 Cribbage 4:00 Pickleball	118
9	10 9:15 Cardio Sculpt 10:00 Book Club 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	11 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 3:00 Cardmaking	12 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Zumba Gold 4:00 Pickleball	13 <i>Catskill Railroad Trip</i> 9:00 Healthy Bones 9:15 TBA 10:00 Photography 10:15 Gentle Core 12:30 Cards 1:00 Quilting	14 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	15
16	17 9:15 Cardio Sculpt 9:30 Painting with Peggy 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	18 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting 6-9 Safe driving	19 <i>Saturday Night Fever trip</i> 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Zumba Gold 4:00 Pickleball 6-9 Safe Driving	20 <i>Sr. Moments deadline</i> 9:00 Healthy Bones 9:15 TBA 10:00 Photography 10:15 Gentle Core 12:30 Cards 1:00 Quilting	21 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	22
23	24 9:15 Cardio Sculpt 10:15 Forever Strong 12:30 Cards 1:30 Cooking Class 4:00 Pickleball	25 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	26 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Zumba Gold 4:00 Pickleball	27 9:00 Healthy Bones 9:15 TBA 10:00 Photography 10:15 Gentle Core 12:30 Cards 1:00 Quilting	28 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	29
30	31 9:15 Cardio Sculpt 10:15 Forever Strong 12:30 Cards 4:00 Pickleball			July		

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	August	1 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting C 1:00 Caregivers Mtg. 3:00 Cardmaking	2 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Zumba Gold 4:00 Pickleball	3 9:00 Healthy Bones 9:15 TBA 10:00 Photography 10:15 Gentle Core 12:30 Cards 1:00 Quilting	4 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	5 Sch'dy County Rabies clinic
6	7 9:15 Cardio Sculpt 10:00 Book Club 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	8 9:00 Bocce 9:00 Tai Chi 9:15 Zumba Gold 9:00 Coffee & Conver 10:15 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	9 <i>Old Forge Boat Cruise</i> 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Zumba Gold 4:00 Pickleball	10 9:00 Healthy Bones 9:15 TBA 10:00 Photography 10:15 Gentle Core 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	11 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	12
13	14 9:15 Cardio Sculpt 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	15 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	16 <i>Blue Hawaii Lobster Feast</i> 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Zumba Gold 1:30 Cooking Class 4:00 Pickleball	17 9:00 Healthy Bones 9:15 TBA 10:00 Photography 10:15 Gentle Core 12:30 Cards 1:00 Quilting	18 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	19
20	21 9:15 Cardio Sculpt 9:30 Painting with Peggy 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	22 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 2-5 Safe Driving	23 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Zumba Gold 2-5 Safe driving 4:00 Pickleball	24 <i>Hello Dolly—Mac-Haydn</i> 9:00 Mailing Party 9:00 Healthy Bones 9:15 TBA 10:00 Photography 10:15 Gentle Core 11:15 Free LaBlast linedance 12:30 Cards 1:00 Quilting	25 9:30 Chair Yoga 10:00 Painting w/Dani 10:00 Cribbage 10:30 Forever Strong 4:00 Pickleball	26
27	28 9:15 Cardio Sculpt 10:15 Forever Strong 12:30 Cards 4:00 Pickleball	29 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:15 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting	30 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Zumba Gold 4:00 Pickleball	31 9-11 YMCA class registration 9:00 Healthy Bones 9:15 TBA 10:00 Photography 10:15 Gentle Core 11:15 Free LaBlast linedance 12:30 Cards 1:00 Quilting		

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.

July 2017		
Mon.	3	Closed
Tues.	4	Closed
Wed.	5	Pulled Pork Sandwich
Thurs.	6	Turkey Rollups
Fri.	7	Clam Chowder/ Mac & Cheese
Mon.	10	Ham & Potato Au gratin
Tues.	11	Chicken & Biscuits
Wed.	12	Hot Turkey Sandwich
Thurs.	13	Chicken Cacciatore
Fri.	14	Split Pea Soup & Fish dinner
Mon.	17	Spaghetti with Meatballs
Tues.	18	Roast Beef & Mashed Potatoes
Wed.	19	Kielbasa & Sauerkraut
Thurs.	20	Chicken Filet
Fri.	21	Macaroni & Cheese
Mon.	24	Seafood Scampi
Tues.	25	Chicken Marsala
Wed.	26	Baked Ziti
Thurs.	27	Breaded Pork Chop
Fri.	28	Harbour Style Fish Fry
Mon.	31	Salisbury Steak

August 2017		
Tues	1	Baked Manicotti
Wed	2	Pulled Pork Sandwich
Thurs.	3	Turkey Rollups
Fri.	4	Clam Chowder/ Mac & cheese
Mon.	7	Ham & Potato Au gratin
Tues.	8	Chicken & biscuits
Wed.	9	Hot Turkey Sandwich
Thurs.	10	Chicken Cacciatore
Fri.	11	Spilt Pea Soup & Breaded Fish
Mon..	14	Spaghetti with Meatballs
Tues..	15	Roast Beef & Mashed Potatoes
Wed.	16	Kielbasa & Sauerkraut
Thurs..	17	Chicken Filet
Fri.	18	Macaroni & Cheese
Mon.	21	Seafood Scampi
Tues.	22	Chicken Marsala
Wed.	23	Baked Ziti
Thurs.	24	Breaded Pork Chop
Fri.	25	Harbour Style Fish Fry
Mon.	28	Salisbury Steak
Tues.	29	Baked Manicotti
Wed	30	Pulled Pork Sandwich
Thurs.	31	Turkey Roll ups

Doreen Wright - Dining Center Manager **Beth Gish** —Dining Center Coordinator; **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, 1:00 pm

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: No July meeting, 8/8; 9/12

American Legion Post 1001

Second Tuesday of month at 1:00 pm

Next meetings: No Meetings for July & August
Bill Wragg, Cmdr.; Kurt Von Maucher, Adj.

Friendship Café

Second Wednesday of the month at 10:30 am

Welcome to the Friendship Café meeting at the Apostrophe Café in Proctors. The Friendship Café is for seniors 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!

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.

Schenectady County Airport

Come join the celebration of the airport's 90th anniversary on Saturday, July 29th.

8:30 am Breakfast
10:00-4:00 Tours
2:00 pm Charles Lindbergh's life story presentation
8:00 pm Hangar dance

For more information, please call 377-2191.

Her Treasure Box

Located at 1775 Van Vranken Ave., Her Treasure Box is a thrift shop specializing in craft and art supplies. The shop also accepts donations of fabric, yarn, craft and art supplies on Thursdays or by appointment.

Rabies Vaccination Clinic

Saturday August 5 at the Senior Center

Provided by Schenectady County Public Health Services.
Cats & Ferrets: 10 am—11 am; Dogs 11am-noon
Cats & Ferrets must be in carriers; Dogs must be leashed.
As always, clean up after your pet, and bring previous Vaccination certificates, if any. FREE to Schenectady County Residents. Donations are appreciated.



A plan for life.

For information, call

(518) 641-3400 or

1-888-519-4455

TTY/TDD (518) 641-4000

From October 1 through February 14, a representative will be available to speak with you from 8 a.m. to 8 p.m. seven days a week. A representative will be available to speak with you from 8 a.m. to 8 p.m. Monday through Friday the rest of the year.

CDPHP® is a health plan with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.

This is an advertisement.
Y0019_16_0600A Accepted

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.



Angelo Zuppa PT, DPT
Doctor of Physical Therapy

105 Lakehill Rd, Suite 4
Burnt Hills, NY 12027
p: 518-952-7780
f: 1-888-370-2441

Angelo@ZuppaPT.com

www.ZuppaPT.com

Planning for young families,
professionals & retirees



157 BARRETT STREET
SCHENECTADY, NEW YORK 12305
TEL: 518.688.2846 FAX: 518.688.2849
KTOOMBS@TOOMBSLAWNY.COM

ELDER LAW
WILLS • TRUSTS • ESTATES
NURSING HOME ISSUES

ATTORNEY ADVERTISING



**Hospital-to-Home
Transition Specialists**

Newly Remodeled Private and Semi-Private Suites

To learn more about our short-term rehab, call
518-370-4700

or visit

www.HomewardBoundRehab.com



297 N. Ballston Ave., Scotia, NY 12302

A rehabilitation program of Baptist Health
Nursing and Rehabilitation Center, Inc.



5 Things You Can't Take Back:

*A stone once it is thrown,
A word once it is spoken,
An occasion once it is missed,
An action once it is done,
And time once it has passed.*

**More Than 15 Years Experience
Serving the Glenville and BH-BL Communities**



Kathleen Engel, Associate Broker
Certified Seniors' Real Estate Specialist
518-640-4808

E-mail: Kathleen.Engel@ColdwellBankerPrime.com
www.ColdwellBankerPrime.com/Kathleen.Engel



PRIME PROPERTIES



Mobile Men's Cuts

We'll cut your hair in your home.



**Tom's Old Fashioned
Barber Shop**

**795 Route 50, Burnt Hills
399-8411**



Handyman Of America #1

518.557.6208

We take your trash to the curb for you for \$12 a week.

We snake drains as well.

Ask about black mold control—call for price.

Now accepting payment plans.

\$25 HR


Painting and taping
Masonry work
Snow blowing & Roof raking
Lawn mowing\Fall cleanup

Plumbing
Lighting
\$60 HR

Emergency repair: call 836-1258

James Baggs, Proprietor
handymanofamerica1@gmail.com

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.




ADULT DAY PROGRAM
 Mon-Fri: 7:30a.m.-4:30p.m.

Services for Older Adults & Caregivers

107 Nott Terrace, Schenectady
 518.346.1852

...Motivational Activities
...Safe, Homelike Environment
...Caring Staff
...Nutritious Lunches & Snacks

Enabling Seniors to remain at home
Allowing Caregivers peace of mind

A program of
 CATHOLIC CHARITIES
 SENIOR & CAREGIVER SUPPORT SERVICES



323 Kings Road
 Schenectady, NY 12304
 393-8800

Marketing Team
 Donna Brake, Director of Sales & Marketing
 Jean Barnoski, Marketing/PR Manager
 Katie George, Senior Living Specialist

◆ Skilled Nursing ◆ Rehabilitation ◆ Assisted Living ◆ Memory Care
 ◆ Senior Apartments ◆ Home Care ◆ Adult Day Program ◆ Respite ◆ Car Service




Frank & Sons
BODY WORKS
 SCOTIA, NY

Your Collision Work Professionals
 Frank, Todd & Scott Plemenik
 518-346-8119 272 N. Ballston Ave., Scotia, NY 12302
www.frankandsonsbodysworks.com



• Bathing/Grooming • Light Housekeeping
 • Meal Preparation • Companionship
 • Medication Reminders • Errands

Personal Care Aides * Home Health Aides
 Licensed and Registered Nurses * Live-In Aides
Free Assessment by a Registered Nurse
 NYS Licensed * Insured and Bonded * 24 hours/7 days a week
 (518) 438-6271
 5 Computer Drive West, Albany, NY 12205
www.attentivecareservices.com




**THE MEADOWS AT
 GLENWYCK**

Our 110-unit independent living community is designed for those 55+ who want to maintain an active, healthy lifestyle without all the hassles of home ownership.

To learn more call 518-280-7340
 or visit MeadowsAtGlenwyck.com

**Now Accepting Reservations.
 Act Now for Best Selection!**




Heritage Home
For Women
 Retirement and Assisted Living Facility

"Serving our Community since 1868"

1519 Union Street 518.374.6921
 Schenectady, NY 12309 Fax: 518.370.1873

Email: jschramm@heritagehome4women.net
www.heritagehome4women.net



Physical & Occupational Therapy
 2 Tryon Ave
 Apartment # 209A
 Glenville, NY 12302

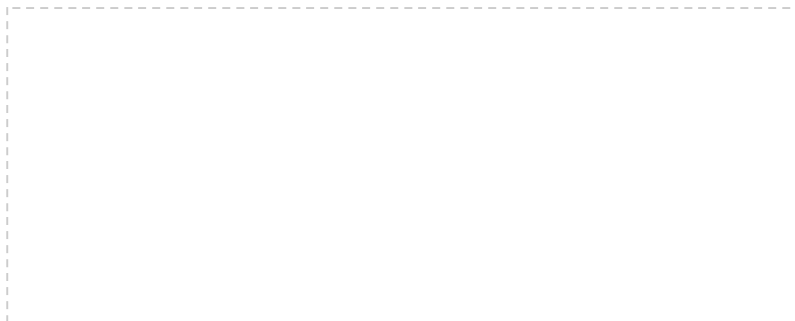
"There when you need us"

Providers of outpatient Physical & Occupational Therapy
Specialty Services include:
 Incontinence Therapy Orthopedic Therapy
 Vestibular Therapy Hands on Therapy
 And much more. For more information call:
 518-346-3543

Scotia-Glenville
Senior Citizens
Recreation & Related
Concerns, Inc.
32 Worden Road
Glenville NY 12302

NON-PROFIT ORG.
U.S. POSTAGE PAID
ALBANY, NY
PERMIT NO. 169

TO: CURRENT OCCUPANT OR



**Scotia-Glenville
Senior Citizens, Inc.**



OFFICERS – 2017

President: Paula DeVries
1st VP: Ruth Quinn
2nd VP: Max Gollmer
Secretary: Sandy Glindmyer
Treasurer: Kathy Stanley
(Officers are also Directors)

DIRECTORS – 2017

Phil Benner
Jim Bishop
Barbara Brown
Art Coats
Blanche Fischer
Desdemona Johnson
Myrtle Major
Charlotte McAllister
Nilakantan Nagarajan
Janet Neary
Shirley Perazzo

Roger Peugh
Angie Pomykai
Carol Shartrand
Carole Stevens
Rosalind Streeter

CONTACTS

Senior Center Coordinator
Vicki Hillis
Glenville Senior Center
Administrator:
Jamie MacFarland