



Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 1 January–February 2018

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.

MVP Tai Chi Moves

Wednesdays, Feb. 28th - May 16th, 1:00-1:45 p.m.
(No class held on March 21 and April 18)

Join us for an introduction to Sun Style Tai Chi!
Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. Wear flat-soled shoes and loose, comfortable clothing. This program is free and open to the public, compliments of MVP Health Care. All are welcome and you can join anytime during the session. Space is limited and registration is required. Call the Medicare Customer Care Center at 1-800-665-7924 (TTY:1-800-662-1220).

Valentine’s Day Party

Wednesday February 14th, 9-12 noon

Celebrate Valentine’s Day with punch and cookies, served here at the Center. Drop by anytime on that Wednesday morning.



International Pot Luck Dinner

Save the Date! Saturday, March 24, 2018

Bring your favorite ethnic dish (including American) to share with other members. Enjoy flavors from around the world. Look for details in the next *Senior Moments*.

Trips
See pg. 8

Wed, Mar. 14th - Gerry Malone and the Lads, Log Cabin, Holyoke, MA
Thurs, April 26th - Clark Institute, Williamstown, MA

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MARK YOUR CALENDAR

Exec Council: Thurs. Jan. 4th & Feb. 1st at 9:30 am
Directors: Thurs. Jan. 11th & Feb. 8th at 1:30 pm
Senior Moments Deadline: Wed. Jan. 24th
Senior Moments Mailing: Thurs. Feb. 22nd at 9 am
Senior Ctr & Dining Ctr. closed: Jan.1, Jan. 15, Feb. 19th

Snow Closings and Delays

When Scotia-Glenville Schools are closed due to weather: Center is closed; no van service. If S-G schools are delayed: Center is open; no van service; all classes and programs before 11:00 canceled to allow time for plowing; everything after 11:00 as usual.
Check local radio and TV for school announcements.

It’s snow season – keep our carpets clean, floors dry and safe!

Please change from wet boots or shoes when entering the center. This is especially important when taking exercise classes since wet floors are slippery.



Senior Moments is published by
the Scotia-Glenville Senior Citizens, Inc.
Ron Brach, 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 am to 4 pm
Center is closed Sat. & Sun. & holidays except
open for special events as noted herein.

SENIOR CENTER NEWS



Ron's Reflections

First, I want to thank the membership for the opportunity to serve as your president in 2018. Previously I have been involved with the Senior Golf Leagues on Monday, Wednesday, and Thursdays. I look forward to learning more about and

becoming involved in the many other activities offered by the Center.

I have been asked to provide an introductory overview of my background. Connie and I have lived in Glenville at 62 Harmon Road since September 1984, moving here when I was appointed Executive Director of the NYS Commission on Rural Resources, a bi-partisan agency of the State Senate and Assembly. It was a gratifying and challenging role as we drafted and sponsored budgetary and legislative initiatives in nine broad policy areas. I grew up in Orange County, NY graduated with a BS from RPI, proudly served in the US Air Force Reserves, and earned a Master's degree from New York University. My other career experience was on the faculty and administration of SUNY College at Delhi.

I retired in 2009 and have enjoyed more free time with family and friends. Connie and I have 14 grandchildren aged 4-26. Hobbies include outdoor recreation, photography, DIY projects, general aviation, and travel.

Glenville is a wonderful place to live, work, and raise a family. The Glenville Senior Center, its members, programs and services is an example of a community resource that makes this area so special. I look forward to working with the new board and all members toward achieving our goals in the coming year.

Yours sincerely,
Ron Brach



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. Join the celebration with a piece of cake. We typically celebrate on the second Thursday of the month, but check the bulletin board for dates.



Vicki's View

Happy New Year, Everyone!

Now that winter is here, I would like to remind everyone about our closing policy for inclement weather. When Scotia-Glenville schools are closed due to bad weather, the center is closed and van service is canceled. If Scotia-Glenville schools are delayed, the senior center is open but all classes and programs before 11 a.m. are canceled to allow time for plowing of our parking lot. Please do not come in early as the plows need room to maneuver to really clean the parking lot well. (This applies only to weather-related occurrences; we are open as usual during school vacations with the exception of town-recognized holidays.)

Also, just a friendly reminder that our building closes at 4 p.m. I know people like to linger after class and socialize, but we need people to head home at 4 p.m. so we can secure the building for the night. Please be aware of the time and make transportation arrangements that can accommodate the closing time.

Vicki

Board of Directors

Thank you to all of the members of board of directors who are stepping down from the board: **Paula DeVries, Blanche Fischer, Max Gollmer, Charlotte McAllister, Nagarajan Nilakatan, Shirley Perazzo, Ruth Quinn, Carol Shartrand, Kathy Stanley and Carole Stevens.**

Welcome to the new Board members: **Ron Brach, Butch Carpentier, John Friguletto, Jim Moorhead, Anne Pomeroy, Charlene Pomichter, Lynn Purcell, Mary Sieder and Sue Sykes.**

Veterans Day Quilt Winner

The lucky winner of the Veterans Day quilt drawing was **Rose Gerardi.** Congratulations, Rose!



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 **Sylvia Kaarto** for her Doll Collection in November and **Ed Flaherty** for his Die-cast airplane collection in December.

Next Up:

Jan. - Teapots by **Charlene Pomichter**

Feb. - Vintage Boxes by **Mary McClaine**

We are always in need of collections. If you would like to display your collection, please contact **Janet Neary** at 518-393-0331 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.



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



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 518-374-0734 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 (518) 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: Jan. 2nd & Feb. 6th

Rotterdam Sq. Mall trip: Jan. 16th & Feb. 20th

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.

LaBlast Line Dancing

Winter session: Thursdays at 11:15 am

2/8, 2/15, 2/22, 3/15, 3/22, 3/29

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! 6-week classes: \$24. Please make checks payable to the instructor, **Kathy Gautie**.



Painting with Peggy

Monday, January 22nd 9:30 am - 2 pm

"Still, Snowy Morning" - The sun is just coming up over the horizon in this winter painting. There is a pastel sunrise, distant trees in a mist, and a bold evergreen tree and a deciduous (leafless) tree in the foreground. You will be able to hear the snow fall as you complete this lovely scene. If you have wanted to paint but were afraid to try; come join us, this is a great first painting!

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.

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 participants. Sign up at Front Desk. Call Peggy at 518-925-2238 for additional details.

Driver Safety Courses

Tues. & Wed., April 17th & 18th 2-5 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: Senior members \$25.50 & non-members \$29.

Please check only payable to **Armand Canestraro**. 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 2:30 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: 1/2, 2/6, 3/6

Watercolors with Mary

Monday, January 29th 9:30-12:noon

Complete an entire watercolor painting during this one day class. All materials and instruction provided. Please sign up at the front desk in advance. Cost: \$25; please make checks payable to the instructor, **Mary Fekete**.

AARP Tax Return Preparation

Mon 9:00 am - 4:00 pm, Wed & Fri 1:00 - 4:00 pm

By appointment only; appointments start Feb 5th.. Not limited to Senior Center members

The tax preparers are AARP-trained volunteers who will prepare and electronically file your federal and NYS return free of charge.

Call the Center (374-0734) to schedule your appointment. Please bring a photo ID, social security card and proof of health insurance for each member who will be listed on the return, last year's tax return, interest, dividends, capital gains, wages, social security, and retirement income statements. If you plan to itemize please have your property tax, medical expenses and charitable deductions organized and ready for review. (*Soc. Sec. 1099 is acceptable for proof of health insurance and social security enrollment.*)

These appointments fill quickly. Don't wait until the last minute to make that call. Sign-ups begin January 2nd.

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				
Winter Session - Jan. 8th - March 30th				
Session Fees: 1 class\wk: \$36; for 2 classes\wk \$48; 3 classes\wk \$60; 4 classes\wk \$72; 5 classes\wk \$84				
No classes on 1\15, 2\19				
Monday	Tuesday	Wednesday	Thursday	Friday
9:05 Cardio Sculpt	9:15 Zumba Gold	9:15 Forever Strong	9:15 Zumba Gold	9:30 Chair Yoga
9:55 Forever Strong		10:15 Active Stretch		10:30 Forever Strong
	11:20 Chair Yoga	11:15 Cardio Dance		

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.

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

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!

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 pm

Winter Session Jan. 10th-Mar. 21st

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, 9am

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, Feb. 22nd, 9 am

Come join us for our Christmas 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 will be served. Come join us and have some fun!

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!



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 on Tuesdays or work on your own.

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.

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.

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.

Duplicate Bridge

Tuesdays, 12:30-4 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 a partner.

Bridge teacher needed

Would anyone be willing to teach an intro to bridge class? We have people interested in learning the game. If you are interested, please see Vicki.

Cribbage

Fridays, 10 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

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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.

Jan. 8th -*Skipping Christmas* by John Grisham

February 5th -*The Plum Tree* by Ellen Marie Wiseman

First Friday Film

Due to illness, there will be no films shown in January & February.

La Bella Lingua

Beginners - Thursdays at 11 am

Advanced students - Fridays at 2:30 pm

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. Ciao! For details, please call **Ed Perazzo** at 518-399-1438.

Pickleball

Mon, Wed, Fri, 4 pm

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

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. This year our group has made 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 am - 1pm (begins 9:30 during tax season)

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
Ruth Quinn*



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 to members. Come check us out some Thursday.

Bowling League

Wednesdays, 9 am

Looking for fun with new friends? Join the Scotia-Glenville Senior Bowling League! Senior men and woman 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, leave your name and number at the Senior Center front 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.

Gerry Malone And the Lads

March 14, 2018 at the Log Cabin Holyoke MA

“Galway Bay”, “MacNamara’s Band”, “Danny Boy”, “The Irish Rover” are a few tunes you’ll sing along and clap to as Gerry Malone and the Lads take you through their Irish Pub routine. Get up and dance to the “Green Alligator” and the “Hokey Pokey”...you’ll laugh when you hear why Patty’s not at work today. So hoist a pint and enjoy these masters of Irish mirth!!! Menu includes: hors d’oeuvres, a complimentary glass of wine or Guinness beer, rolls & butter, Irish soda bread, Irish stew, traditional corn beef dinner, Bailey’s Irish crême cake, coffee & tea. Sign up at the front desk.

Members \$72.00

Non-members \$77.00

Leaves the Center 9:30 AM

Returns Home Approx. 5PM

Save the date 4/26/18

The Clarke Art Institute

We are planning a trip to The Clarke Art Institute in Williamstown, Mass.. The trip will include lunch at Para Mediterranean Bistro and a stop at the Sweet Brook Farm Store. The trip will be on Thursday, April 26th and cost will be in the \$79 range. We are still in the planning stages.

Membership News

Everyone who renewed their memberships by Thanksgiving was eligible for our annual gift bag drawing. Congratulations to this year’s membership raffle winners:

1. Sandy Glindmyer
2. Patricia Bankert
3. Marlene Gooley
4. Ruth Robin
5. Elizabeth Thompson
6. Anne Christman
7. Florence O’Brien
8. Violet Schimikowski
9. Mary Herrick
10. Eleanor Tunny
11. Linda Prusko
12. Kathleen Hopper
13. Linda Gaiada
14. Richard Rainey
15. Claude Tuckett



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.



Senior Stumpers

Submitted by Jim Moorhead

Problem 1. (easy)

Three children (Jim, Sally and Lurch) sit down at the table with their crayons to color. As each child opens his or hers crayon box, Jim (8) notices one of the boxes contain 7 crayons, one contains 8 crayons and one contains 9 crayons. He giggles to the others that those numbers match their three ages but adds none of them has the same number of crayons as his or hers own age. Lurch (who has 9 crayons) quickly agrees that it is really weird. How old is each child and how many crayons does he or she have?

Problem 2. (easy)

of the three children in problem 1, Sally who is a worse artist than the one who prefers vanilla ice cream, is a good friend of Jim's sister. The best artist, who is an only child, prefers chocolate. What kind of ice cream (including strawberry) does each child prefer?

See solutions below

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 MEMBERSHIP APPLICATION Jan. 1 thru Dec. 31, 2018		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 _____	EXTRA COPIES OF THIS FORM ARE AVAILABLE AT THE FRONT DESK
Interests/Talents/Comments _____		
Registration #: _____		

Stumper Solution

Solution 1. Jim: (age 8, 7 crayons), Sally: (age 9, 8 crayons), Lurch: (age 7, 9 crayons) Jim, who is 8 years old has to have either 7 or 9 crayons. But Lurch has 9 crayons. So Lurch is 7 years old and Jim has to have 7 crayons. So that leaves Sally at nine years old with 8 crayons.

Solution 2. Lurch: chocolate, Jim: vanilla, Sally: strawberry

Sally is not the best artist (who prefers chocolate). In fact she is even worse than the one who likes vanilla. So she doesn't prefer chocolate or vanilla. It's strawberry for her. Jim (who has a sister) is not the only child (who prefers chocolate). So Jim prefers vanilla. So Lurch (the best artist) prefers chocolate.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	
	1 New Year's — Senior Center Closed Dining Center closed	2 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Caregivers Support 1:00 Knitting 2:30 Cardmaking	3 9:00 Mah Jong 4:00 Pickleball	4 9:30 Exec Comm. 10:10 Healthy Bones 10:00 Photography 11:00 Italian beginners 12:30 Cards 1:00 Quilting	5 10:00 Painting w\Dani 10:00 Cribbage 2:30 Advanced Italian 4:00 Pickleball	6	
7	8 9:05 Cardio Sculpt 10:00 Book club 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	9 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	10 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga w\Nancy 4:00 Pickleball	11 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 12:30 Cards 1:30 Board Mtg. 1:00 Quilting	12 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 4:00 Pickleball	13	
14	15 Martin Luther King Day— Senior Center Closed Dining Center Closed	16 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	17 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga w\Nancy 4:00 Pickleball	18 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 12:30 Cards 1:00 Quilting	19 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 4:00 Pickleball	20	
21	22 9:05 Cardio Sculpt 9:30 Painting w\Peggy 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	23 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	24 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga w\Nancy 4:00 Pickleball	25 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 12:30 Cards 1:00 Quilting	26 9:30 Chair Yoga 10:00 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 4:00 Pickleball	27	
28	29 9:05 Cardio Sculpt 9:30 Watercolors w\Mary 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	30 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	31 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 2:00 Yoga w\Nancy 4:00 Pickleball	January			

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		February		1 9:15 Zumba Gold 9:30 Exec Comm. 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 12:30 Cards 1:00 Quilting	2 9:30 Cardio Sculpt 9:30 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 4:00 Pickleball <i>Rotary Ziti Dinner</i>	3
4	5 9-4 AARP Tax Prep 9:05 Cardio Sculpt 10:00 Book Club 9: Forever Strong 12:30 Cards 4:00 Pickleball	6 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:00 Cribbage 10:10 Healthy Bones 12:30 Dupl. Bridge 11:20 Chair Yoga 1:00 Caregivers Support 1:00 Knitting 2:30 Cardmaking	7 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 1-4 AARP Tax Prep 2:00 Yoga w\Nancy 4:00 Pickleball	8 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 11:15 LaBlast Linedance 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	9 9:30 Chair Yoga 9:30 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball	10
11	12 9-4 AARP Tax Prep 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	13 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:00 Cribbage 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 American Legion 1:00 Knitting	14 <i>Valentine's Day Party</i> 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 1-4 AARP Tax Prep 2:00 Yoga w\Nancy 4:00 Pickleball	15 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 11:15 LaBlast Linedance 12:30 Cards 1:00 Quilting	16 9:30 Chair Yoga 9:30 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball	17
18	19 <i>Presidents' Day— Senior Center Closed Dining Center Closed</i>	20 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:00 Cribbage 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	21 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 1-4 AARP Tax Prep 2:00 Yoga w\Nancy 4:00 Pickleball	22 9:00 Mailing Party 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian beginners 11:15 LaBlast Linedance 12:30 Cards 1:00 Quilting	23 9:30 Chair Yoga 9:30 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball	24
25	26 9-4 AARP Tax Prep 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	27 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:00 Cribbage 10:10 Healthy Bones 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	28 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 1-4 AARP Tax Prep 1:00 MVP Tai Chi Moves 2:00 Yoga w\Nancy 4:00 Pickleball			

Glenville Dining Center

The **Glenville Friendship Café** and Transportation Program is operated by Catholic Charities Senior & Caregiver Support Services at the Glenville Senior Center and is open to all seniors. Senior Center membership not required.

A hot, nutritious noon meal is offered Monday through Friday. Menus are nutritionally balanced and approved by a registered dietician. A variety of activities and programs are offered each day. Every Tuesday, transportation is available for grocery shopping at 12:30 p.m. (\$1.25 each way to Hannaford or Market 32).

Reservations are required; please 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 on site.

Substitutions available. Make request when you call for reservation.

Suggested Meal Contribution:

\$3.50 for those 60+

Guests and those under 60 are charged \$6.00 per meal. Participants must complete registration forms at first visit.



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

Please stop in the Dining Center to request a monthly menu.

Doreen Wright - Friendship Café Manager; **Beth Gish** —Café Coordinator; **Diana Yeo** – Café Cook
The program is funded by the Older Americans Act, NYS Office for the Aging, Schenectady County Department of Senior and Long Term Care Services, and through individual contributions. The program provides services and access to services without regard to race, religion, sex, national origin, partisan affiliation or sexual orientation.

Want a little laugh ?

Strawberries

Farmer Evans was driving his John Deere tractor along the road with a trailer load of fertilizer. Joe, a little boy of eight, was playing in his yard when he saw the farmer and asked "What 've you got in your trailer?"

"Manure," Farmer Evans replied. "What are you going to do with it?" asked Joe. "Put it on my strawberries." answered the Farmer. Joe replied "You ought to come and eat with us, we put whipped-cream on our strawberries."

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.

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.

Upcoming meetings: 1/2, 2/6, 3/6

Glenville Rotary Ziti Dinner

Friday, Feb. 2nd begins at 4:00 p.m.

at the Glenville Senior Center.

Eat in or Take out. Watch for flyers for details!

American Legion Post 1001

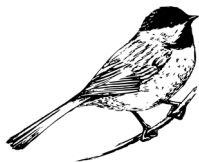
Second Tuesday of each month at 1:00 pm

Next meetings: 1/9, 2/13, 3/13

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

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. Please contact **518-372-5667**.



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No amount of anxiety changes the future.
Any amount of gratitude changes the present.

- Ann Voskamp



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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.

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Garden Showcase

Do you have a beautiful garden that you would like to showcase while helping a local organization? The Schenectady Soroptimist group is looking for gardens in Scotia, Schenectady, Niskayuna and Rotterdam to showcase in our Annual Garden Tour on **Saturday, June 16, 2018**. All profits from the Garden Tour are used for educational scholarships to empower women and girls in our community.

Contact **Donna** at dgigone@cdymca.org OR 518-399-8118.

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Senior Center Coordinator:
Vicki Hillis
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