



# Scotia-Glenville Senior Citizens Senior Moments



Volume 44 Number 2 March-April 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.

## St. Patrick's Day & March Birthdays

Thursday, March 8th 9:30am - noon  
Celebrate St. Patrick's Day and the March Birthdays here at the center. Drop by for cake.



## International Pot Luck Dinner

Saturday, March 24th 2-4 pm  
Bring a favorite ethnic dish (including American) to share with other members. Enjoy flavors from around the world. Desserts, too. Coffee & table service provided. Sign up for the type of a dish you want to bring at the front desk.

## CDPHP Workshops

Tuesday, March 27th 11-11:30 am  
What's the fuss about fiber? Come learn about the health benefits and how to incorporate more into your diet.  
Tuesday, April 24th 11-11:30 am  
Food and drug interactions. Is grapefruit off limits?  
Both classes will be presented by **Dr. Nina Marinello**.

## Volunteer Recognition

Friday, April 13th from 1-4 pm  
Without the efforts of our many volunteers, our center could not run. Those who have given 12 hours or more of their time volunteering for our center during the past year are invited to come to a luncheon. Please sign up at the front desk before April 7th.

## Ice Cream Social

Friday, May 11th from 2-4 pm  
We invite all members, especially new members, to join us to celebrate the coming of spring at our annual ice cream social. It is a great time to relax and chat with new and established friends over cookies and an ice cream sundae. Ice cream compliments of **Stewart's Shops**. Members only. Please sign up at the front desk before May 4th.

Trips  
See pg. 8

Wednesday, March 14th - Gerry Malone and the Lads, Log Cabin, Holyoke, MA  
Thursday, April 26th - Clark Institute, Williamstown, MA  
Thursday, May 31st- Save the date for a trip to Cooperstown

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### MARK YOUR CALENDAR

Exec Council: Wed. Mar. 7th & Apr. 4th at 2:30 pm  
Directors: Thurs. Mar. 8th & Apr. 12th at 1:30 pm  
Senior Moments Deadline: Wed. March 21st  
Senior Moments Mailing: Thurs. April 26th at 9 am  
Dining Ctr. closed: Friday, March 30th

### 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.  
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GLENVILLE SENIOR CENTER  
32 Worden Rd.  
Glenville, NY 12302 (518) 374-0734  
Center open 9 am to 4 pm  
Center is closed Sat. & Sun. & holidays except  
open for special events as noted herein.

# SENIOR CENTER NEWS



## Ron's Reflections

Senior Center Expansion Project Update

People who have read "Senior Moments" over the past several months know a much-needed expansion to the Center on Worden Road was let out to bid by the Glenville Town Board November 2017, with construction to begin before winter. Three bids were submitted. However, all were much higher than the \$250 thousand budget estimated by the architect, ranging between \$350-550,000, and were rejected by the Town Board.

Obviously, everyone was disappointed. The expansion project has received a \$200 thousand grant secured in the 2017 State Budget through the efforts of **Senator Jim Tedisco** and his predecessor **Senator Hugh Farley** as well as **Chris Koetzle**, Glenville Town

Supervisor. Members of the Senior Center Building Expansion Committee, Deputy Supervisor **Jamie MacFarland** and **Vicki Hillis**, Center Coordinator, have worked very hard the last couple of years in promoting the project.

The expansion would include three additional rooms: a business office space, a classroom and a multi-purpose recreational room. The new facility will expand senior services, providing more flexibility in scheduling functions and meetings. Also, overcrowding in the business office will be reduced with greater efficiency of operations, security and privacy of records provided. Members are no doubt wondering where this leaves us with the expansion. As of late January 2018, the Glenville Town Board plans to re-advertise bids with construction. It is not known if modifications to the design or specifications will be required in connection with rebidding, but further updates will be issued as they become available. Above all, the Center Executive Committee and Board of Directors wish to thank everyone for their continued interest and support of the Center expansion project.

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. Upcoming celebrations:

March birthdays: 3\8

April birthdays: 4\12



©www.birthday.com



## Vicki's View

*"Great opportunities to help others seldom come, but small ones surround us every day."* - Sally Koch

In April we recognize our volunteers who are so essential to every function of Scotia-Glenville Senior Citizens, Inc. Our volunteers give their time and talent in a multitude of ways as board members, desk volunteers, dispatchers, van drivers, trip planners, computer tutors, tax preparers, newsletter editors, gardeners, healthy bones instructors and sports leagues organizers. They serve on committees such as social events, membership, sunshine, building and grounds, scholarship, health and humanities, and publicity. Regardless if their contributions are big or small, we appreciate each person's efforts. We certainly would not be able to offer all of the services and activities that we do without their help.

*Vicki*

## A Note of Thanks

From the Social Committee: Thank you to everyone who attended the holiday party and made a contribution to the Scotia Food Pantry. We collected 7 large boxes of food as well as a \$203 donation for the pantry.

## Membership Policy

We invite anyone 55 or better to visit the Senior Center and learn more about all of the programs offered here. Anyone can attend one day as our guest. After that, participation in most activities here requires that people join Scotia-Glenville Senior Citizens, Inc. The cost is only \$15 annually for those who reside within the town. People from outside the area are also welcome to join for \$25 annually.

## Scholarships to Area HS Seniors

Scotia-Glenville Senior Citizens, Inc. will again offer \$1,000 scholarships to two area high school seniors who have demonstrated good scholarship and community service, with special emphasis on service to Glenville Seniors. High School Seniors who live in the Town of Glenville, regardless of school affiliation, may request an application by writing to the Glenville Senior Center, 32 Worden Rd., Glenville, NY 12302 (ATTN: **Scholarship Committee**.) Applications will also be available in the local high school guidance offices. All applications are due by Wednesday, April 11th.

# 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 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 **Charlene Pomichter** for her Teapot collection in January and **Mary McClaine** for her Vintage Box collection in February.

Next Up:

- March - Beatrix Potter figurines & Shadow Dancer Dolls by **Sylvia Kaarto**
- April - Budweiser Beer Steins by **Barbara Brown**

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: Mar. 6th & Apr. 3rd**

**Rotterdam Sq. Mall trip: Mar. 20th & Apr. 17th**

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

Thursdays at 11:15 am

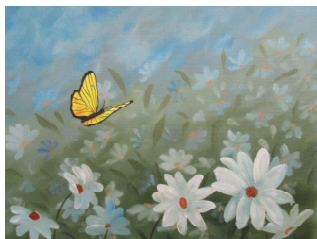
Spring session: 4/5, 4/12, 4/19, 4/26, 5/10, 5/17.

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, April 30th 9:30 am -2 pm

Think Spring! Come paint this bright yellow butterfly landing in a field of daisies. Peggy provides the pattern for the butterfly and guides you through the steps to create the impression style field of daisies. A sample of the painting is on display at the Center.



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.

## MVP Tai Chi Moves

Wednesdays, Feb. 28th - May 16th, 1-1:45 pm

(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). Course code: **4978**

## Driver Safety Course

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 make checks only payable to **Armand Canestraro**. Checks are not cashed until the class is held. Payment is due at sign-up. Participants must register in person at the Front Desk. No phone reservations are accepted.

## Driver Safety Courses #2

Tues./Wed. May 15th & 16th, 2-5 pm

Tues./Wed. June 19th & 20th 2-5 pm

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

Cost: Senior members \$25 & non-members \$32

Please check only payable to **AAA Northway**. Checks are not cashed until the class is held. Payment is due at sign-up. Participants must register in person at the Front Desk. No phone reservations are accepted.

## Bocce

Tuesday, 9 am

Our first bocce ball game will start on April 24th- weather permitting. Newcomers are welcome. For information, call **Shirley** or **Ed Perazzo** at (518) 399-1438.

## Health & Humanities

Be on the lookout for new offerings this spring as we welcome our new Health and Humanities Chair, **Pat Biggica**. If you have ideas or suggestions for speakers, please leave Pat a message at the front desk.

## 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: 3/6, 4/3, 5/1

## Watercolors with Mary

Monday, April 23 9:30-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**.

# 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				
Spring Session - Apr. 9th –Jun. 30th				
Session Fees: 1 class\wk: \$36; for 2 classes\wk \$48; 3 classes\wk \$60; 4 classes\wk \$72; 5 classes\wk \$84				
Registration for spring session: March 29th, 9-11 am				
Monday	Tuesday	Wednesday	Thursday	Friday
9:05 CardioFit	9:15 Zumba Gold	9:15 Forever Strong	9:15 Zumba Gold	9:30 Chair Yoga
9:55 Forever Strong		10:15 Active Stretch & Balance		10:30 Forever Strong
	11:20 Chair Yoga	11:15 Cardio Dance		

**ACTIVE STRETCH & BALANCE:** A combination of stretch with floor exercises aimed to increase core strength and balance. Addresses muscles as a form of maintenance, by taking joints through their full range of motion naturally. Every active stretch is done within your individual limits to reduce risk of injury.

**CARDIO FIT:** Using energetic music, this class is taught in intervals moving between low impact aerobic activity 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.

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## Other Senior Center Classes

### Gentle Yoga

Wednesdays, 2 pm

Spring Session Apr. 18th - Jun. 20th

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, April 26th at 9 am

Come join us for our mailing party as we prepare the *Senior Moments* newsletter for mailing. Volunteers perform the vital task of folding the newsletters and applying the pre-printed address labels for mailing. We'll meet in the Dining Center and complete the task usually within 1.5 hours. Refreshments 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!



### Mon/Wed Senior Golf Leagues

Wednesday, April 4th at 2 pm

Please join us at the Senior Center joint organizational meeting for current and new members to sign up for the 2018 senior golf leagues at Galway Golf Course. The leagues include both men and women players. Two leagues are available through the Senior Center on Monday and Wednesday mornings beginning the first week of May and continuing for 16 weeks into the end of August. A highlight of the 2017 season was a joint golf tournament and picnic with prizes and delicious food. For information on joining the Monday League, please call **Butch Carpentier** @ 518-374-1499; for the Wednesday league, call **Ron Brach** @ 518-366-1272. Many members enjoy the golf comradery so much that they belong to both leagues.

### Thursday Golf League

The Thursday morning league is seeking substitutes for the 2018 season. We play each Thursday morning at 9 am starting in May at Mill Rd. If you are interested in being added to our substitute list, please contact **Margo Snyder** @ 518-952-7371 or (518) 256-5351 or email her @ [littledoc48@cloud.com](mailto:littledoc48@cloud.com).

### 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.

### 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.

### 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.

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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.

Mar. 5—*Before We Were Yours* by Lisa Wingate

Apr. 2 -*The Gilded Hour* by Sara Donati

### 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.

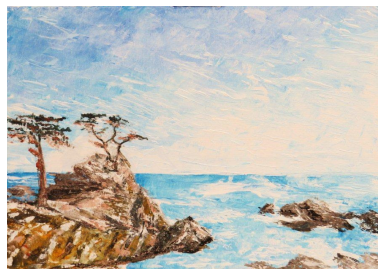
### Oil, Acrylic & Art

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 Jan Barini*



### 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.

### 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.

### 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.

### Bowling League

Wednesdays, 9 am

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, leave your name and number at the Senior Center front desk.

### Pickleball

Mon, Wed, Fri 4 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.

### Gerry Malone And the Lads

**Wed., 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 crème 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. 5 pm

### Cooperstown

**Thursday, May 31st**

A trip to the Farmers Museum in Cooperstown with lunch at The Otesaga. After lunch, we will be going to the Ommegang Brewery, a beautiful facility, for a tour and a tasting. Time permitting our ride home will include an ice cream stop. Cost will be around \$72. More information in the next *Senior Moments*.



- ◆ 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 Clark

**Thursday, April 26th** in Williamstown, MA

In 1950 **Sterling and Francine Clark** chartered the Clark Art Institute as a home for their extensive art collection. Opened to the public in 1955, the Clark has built upon this extraordinary group of works to become one of the most beloved and respected art museums in the world, known for its intimate galleries and stunning natural environment.

The Clark’s collection of more than six thousand prints, drawings, and photographs spans the history of the graphic arts from the fifteenth century through the early twentieth century. The collection includes significant concentrations of work by Albrecht Dürer, Claude Lorraine, John Constable, Edgar Degas, Henri de Toulouse-Lautrec, Paul Gauguin, and Winslow Homer. The Clark’s small but important group of pastels by Degas, Camille Pissarro, Mary Cassatt, and Jean-François Millet are also housed at the Clark.

Lunch will be at 1 pm at the **Pera Mediterranean Bistro** right in Williamstown. You will have several things to choose from so don’t forget to make your choice when you sign up.

After lunch we will be stopping at the **Sweet Brook Farm Store**. The store is an alpaca and maple products shop. You’ll get to meet several alpacas and see many of the fine knitted products made from their yarn.

Our bus will leave the center at 8:15 am and arrive at the Clark at about 10 am. We will return to the center about 5 pm.

Cost: **\$79** for members; **\$84** for non-members



Reserve your seat in time for these upcoming trips to the Mac-Haydn Theatre:

*Damn Yankees (5/31), Funny Girl (6/13), Cabaret (6/28),  
Mama Mia (7/19), and The Hunchback of Notre Dame (8/1).*

Watch the next newsletter or stop in for details.



“The world is a book, and those who do not travel read only a page.”

- St. Augustine



# Senior Stumpers

Submitted by Jim Moorhead

**Problem** (mind boggler):

Tom decides to play a mind game with Dick and Harry (and of course, you, the reader). He hands each of them a piece of paper with a single letter of the alphabet written on it. He tells them that their letters are consecutive but does not tell them which of them has the letter nearer the beginning of the alphabet. He then ask them to try to guess what the other guy's letter is. Dick looks at his letter and sees that that it is a C. So he knows that Harry has a B or D, but he doesn't know which one. As the three very honest and highly analytical men stand there in a circle, Dick confesses to the others, " Sorry, I don't know what Harry's letter is." Harry looks at his letter and laments, "Nope, I don't know what Dick's letter is either." Dick then says, "Oh, now I know what Harry's letter is." Harry then answered, "And now I know that Dick's letter is a C." What is Harry's letter?

*See solution below*

SCOTIA-GLENVILLE SENIOR CITIZENS, INC. 32 Worden Road, Glenville NY 12302 <b>MEMBERSHIP APPLICATION</b> Jan. 1 thru Dec. 31, 2018		<b>Annual Fee:</b> 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			<b>PLEASE PRINT</b>
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*Name2 _____	e-mail _____		
*Address _____			
*City/State/Zip _____	*Phone _____		
Interests/Talents/Comments _____			
Registration #: _____			

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 THE FRONT DESK**

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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.

**Solution:** Harry has the letter D. First, if either were to be holding the letter A, he would know that the other was holding the letter B, the only letter consecutive to A. But in Dick's first assertion, he said he didn't know what Harry's letter was. Of course, Harry would correctly reason that Dick's letter could not be A. So, if Harry actually has a B, he could only conclude that Dick's letter is a C. But in Harry's first assertion, he said he didn't know what letter Dick had. So Dick correctly reasons that Harry's letter isn't a B but instead a D. He then quickly asserts that he knows what Harry's letter is, but he doesn't say what it is. At that point, Harry reasons that if Dick's letter was an E, Dick could be positive that he knew what letter (D) he (Harry) had. So Harry finally asserts correctly that Dick's letter is a C.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<h1>March</h1>		<b>1</b> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 12:30 Cards 1:00 Quilting	<b>2</b> 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	<b>3</b>
<b>4</b>	<b>5</b> 9 - 4 AARP Tax Prep 9:05 Cardio Sculpt 9:55 Forever Strong 10:00 Book Club 12:30 Cards 4:00 Pickleball	<b>6</b> 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 Caregivers Grp. 1:00 Knitting 2:30 Cardmaking	<b>7</b> 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch 11:15 Cardio Dancin' 1-4 AARP Tax Prep C 1:00 MVP Tai Chi Moves 2:00 Yoga w\Nancy 4:00 Pickleball	<b>8</b> <i>St. Patty's Party &amp; March bdays 9:30-12</i> 9:15 Zumba Gold 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 12:30 Cards 1:00 Quilting 1:30 Board Mtg.	<b>9</b> 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	<b>10</b>
<b>11</b> <b>Turn</b> <b>clocks</b> <b>ahead</b> <b>one</b> <b>hour</b>	<b>12</b> 9- 4 AARP Tax Prep 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	<b>13</b> 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 1:00 American Legion	<b>14</b> <i>Trip to the Log Cabin</i> 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	<b>15</b> 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	<b>16</b> 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	<b>17</b>
<b>18</b>	<b>19</b> 9 - 4 AARP Tax Prep 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	<b>20</b> 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	<b>21</b> 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	<b>22</b> 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	<b>23</b> 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	<b>24</b> <b>2-4</b> <b>Internat'l</b> <b>Potluck</b> <b>Dinner</b>
<b>25</b>	<b>26</b> 9- 4 AARP Tax Prep 9:05 Cardio Sculpt 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	<b>27</b> 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:00 CDPHP nutrition 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>28</b> 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	<b>29</b> 9-11 Y class registration 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	<b>30</b> <i>Dining Center closed</i> 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	<b>31</b>

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>1</b>	<b>2</b> 9-4 AARP Tax Prep 10:00 Book Club 12:30 Cards 4:00 Pickleball	<b>3</b> 9:00 Tai Chi 9:00 Coffee & Conver 10:10 Healthy Bones 12:30 Dupl. Bridge 1:00 Knitting 1:00 Caregivers Grp. 2:30 Cardmaking	<b>4</b> 9:00 Mah Jong C 1-4 AARP Tax Prep 1:00 MVP Tai Chi Moves 2:00 Golf League 4:00 Pickleball	<b>5</b> 10:00 Photography 10:10 Healthy Bones 11:00 Italian Beginners 11:15 LaBlast Linedance 12:30 Cards 1:00 Quilting	<b>6</b> 9:30 Painting w\Dani 10:00 Cribbage 2:30 Advanced Italian 1-4 AARP Tax Prep 4:00 Pickleball	<b>7</b>
<b>8</b>	<b>9</b> 9-4 AARP Tax Prep 9:05 Cardio Fit 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	<b>10</b> 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	<b>11</b> 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 1-4 AARP Tax Prep 1:00 MVP Tai Chi Moves <del>4:00 Pickleball</del> <b>Rotary Brooks BBQ</b>	<b>12</b> <i>April birthday cake</i> 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	<b>13</b> 9:30 Chair Yoga 9:30 Painting w\Dani 10:00 Cribbage 10:30 Forever Strong 2:30 Advanced Italian 1-3 Volunteer Luncheon 1-4 AARP Tax Prep 4:00 Pickleball	<b>14</b>
<b>15</b>	<b>16</b> 9:05 Cardio Fit 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	<b>17</b> 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 2:00 Safe Driving Course	<b>18</b> 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 2:00 Yoga w\Nancy 2:00 Safe Driving Course <del>4:00 Pickleball</del>	<b>19</b> 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	<b>20</b> 9:30 Chair Yoga 10:00 Cribbage 10:00 Painting w\Dani 10:30 Forever Strong 12-4 CC Luncheon 2:30 Advanced Italian 4:00 Pickleball	<b>21</b>
<b>22</b>	<b>23</b> 9:05 Cardio Fit 9:30 Watercolors w\Mary 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	<b>24</b> 9:00 Bocce 9:00 Tai Chi 9:00 Coffee & Conver 9:15 Zumba Gold 10:10 Healthy Bones 11:00 CDPHP nutrition 11:20 Chair Yoga 12:30 Dupl. Bridge 1:00 Knitting	<b>25</b> 9:00 Mah Jong 9:15 Forever Strong 10:15 Active Stretch & Bal 11:15 Cardio Dancin' 1:00 MVP Tai Chi Moves 2:00 Yoga w\Nancy 4:00 Pickleball	<b>26</b> <b>Clark Institute trip</b> 9:00 Sr. Moments Mailing 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	<b>27</b> 9:30 Chair Yoga M1 10:00 Cribbage L 10:00 Painting w\Dani 10:30 Forever Strong 2:30 Advanced Italian <del>4:00 Pickleball</del> <b>VFW Ziti Dinner</b>	<b>28</b>
<b>29</b>	<b>30</b> 9:30 Paint w\Peggy 9:05 Cardio Fit 9:55 Forever Strong 12:30 Cards 4:00 Pickleball	<b>April</b>				

## 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).

\* *Menus subject to change.* \*

<b>March 2018</b>		
Thurs.	1	Country Fried Steak
Fri.	2	Macaroni & Cheese
Mon.	5	Seafood Au Gratin
Tues.	6	Chicken Marsala
Wed.	7	Baked Ziti
Thurs.	8	Baked Ham/Scalloped Potato
Fri.	9	Harbor Style Fish
Mon.	12	Salisbury Steak
Tues.	13	Stuffed Shells
Wed.	14	Corned Beef/Boiled Potato
Thurs.	15	Turkey Roll Ups
Fri.	16	Macaroni & Cheese
Mon.	19	Baked Ziti
Tues.	20	Chicken & Biscuits
Wed.	21	Hot Pork Sandwich
Thurs.	22	Chicken Cacciatore
Fri.	23	Breaded Fish, Split Pea Soup
Mon.	26	Sweet & Sour Chicken
Tues.	27	Roast Beef
Wed.	28	Kielbasa w/Sauerkraut
Thurs.	29	Country Fried Steak
Fri.	30	<i>Closed</i>

**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.**



<b>April 2018</b>		
Mon.	2	Seafood Au Gratin
Tues.	3	Chicken Marsala
Wed.	4	Baked Ziti
Thurs.	5	Baked Ham
Fri.	6	Harbor Style Fish
Mon.	9	Salisbury Steak
Tues.	10	Stuffed Shells
Wed.	11	Corned Beef/Boiled Potato
Thurs.	12	Turkey Rollups
Fri.	13	Macaroni & Cheese
Mon.	16	Baked Ziti
Tues.	17	Chicken & Biscuits
Wed.	18	Hot Pork Sandwich
Thurs.	19	Chicken Cacciatore
Fri.	20	Breaded Fish, Split Pea Soup
Mon.	23	Sweet & Sour Chicken
Tues.	24	Roast Beef
Wed.	25	Kielbasa w/Sauerkraut
Thurs.	26	Country Fried Steak
Fri.	27	Macaroni & Cheese
Mon.	30	Seafood Au Gratin

**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.

# 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 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: 3/6, 4/3, 5/1

## American Legion Post 1001

Second Tuesday of each month at 1 pm

Next meetings: 3/13, 4/10, 5/8

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.

## Scotia Rotary Brooks BBQ

Wednesday, April 11th 4 pm—sold out

at the Glenville Senior Center. Watch for flyers for more details.

## VFW Ziti Dinner

Friday, April 27th 4-7 pm

at the Glenville Senior Center

Classic Italian Sausage & Meatballs; Homemade Desserts and Entertainment. Eat in or Take out: \$10 @ the door (\$8 advanced sale) Sponsored by VFW Post 4660 Tickets available @ Senior Center, Mail N' More and VFW Members.

## AARP Tax Return Preparation

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

By appointment only; 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 at (518) 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.)



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Contact **Donna** at [dgigone@cdymca.org](mailto:dgigone@cdymca.org) OR (518) 399-8118.

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Lynn Purcell  
Mary Sieder  
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**CONTACTS**

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