



Scotia-Glenville Senior Citizens Senior Moments

Volume 38 Number 2

March-April 2012

Glenville Senior Center ★ 32 Worden Road, Glenville, NY 12302 ★ 518-374-0734

Welcome spring! and Happy St. Patrick's Day!



Thursday, March 15, 9-12

Join us in the lobby for green punch and cookies. Stop by to snack and visit with your friends.

CARL STROCK will speak here

Schenectady Gazette Columnist

Friday, April 20, 1:00 pm



What will be Carl's topic?
Will it be controversial?
Will it make us laugh?
Will it make us mad?

Join us on April 20th and find out.

2nd Annual Pig Roast Dinner and Roasted Chicken Dinner



Sunday May 6, 4-6 pm

Eat in or take out. Presented by Andy's Catering.

Pig Roast Dinner \$15. Roasted Chicken Dinner \$10.



Meals include dressing, mashed potatoes and gravy, green beans, tossed salad, cookies, beverages.

Tickets are available now at the Senior Center, or at the door
Public is invited – Senior Center membership is not required.

*If you have not renewed your membership for 2012, you must do so to continue receiving Senior Moments.
Membership application form on page 12 or at Front Desk.*

Trips
Details, page 7

Wednesday, April 18
Tuesday, May 8
Sun-Wed June 10-13
Monday - June 18

Springtime at Bronx Zoo – Bronx Little Italy
Buddy Holly Show – Log Cabin, Holyoke, MA
Wildwood/Cape May, NJ – 4-day Summer Experience
"Sounds of Hollywood" – Hilton Inn, Troy, NY

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; exercise and painting classes cancelled; all programs before 11:00 cancelled*; everything after 11:00 as usual. *(to allow time to clear roads and parking lot.)

Check local radio and TV for school announcements.

It's Snowboot Season – let's keep our carpet clean and floors dry and safe!

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

MARK YOUR CALENDAR

Exec Council: Thu: Mar 1 & Apr 5; 10:00 am
at Town Hall
Directors: Thu: Mar 8 & Apr 12; 2:00 pm
at Senior Center
Senior Moments Deadline: Thu Apr 5
Senior Moments Mailing: Thu Apr 26, 9:00 am
Meal Site CLOSED Friday April 6

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SENIOR CENTER NEWS

Fountain of Youth

The first two months at the center are off and running well. Highlights of the past two board meetings include:

- annual and treasurer reports. We are healthy financially.
- Memberships are up to 800 and increasing.
- New canasta and Mah Jong classes were scheduled, and,
- a family genealogy discussion group is being planned.

Great social events are planned

- May 6 – Pig roast
- Nov 4 Veterans day party
- Nov 6 – Election day bake sale
- Dec 16 – Holiday Party

Other events will be identified in future issues of *Senior Moments*. Mark your calendar and plan ahead.

Exciting trips are scheduled – check page 7 for details.

Many people work hard to put together our exciting programs. Here are the chairpersons of our key committees:

- Building and grounds – Stan Gordon
- Classes – Carole Stevens
- Communications – Richard McMahan
- Humanities/Health – Blanche Fischer
- Memorial – Bob Atwood
- Membership – Desdemona Johnson
- Publicity – Ronnie Quinn
- Sports – Jim Bishop
- Social events – Ronnie Quinn
- Sunshine committee – Judith Connors
- Historian – Eldean Johnson
- Transportation – Linda Reinhart
- Travel Experiences – George Fountain

And did you know, *Senior Moments* is online!

- Go to www.townofglenville.org
- click on Town Departments
- click on Senior Center
- under additional links, click on the current newsletter. (be patient; it may take a few seconds to appear)

You can now read about us online when you are out of town, or simply cannot locate your newsletter.

Don't worry - we will still continue to mail your paper copy of *Senior Moments*.

Stay warm.

George

AARP Tax Return Preparation

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

By appointment only

Not limited to Senior Center members

If you are a senior and need help preparing your personal income tax return, please call the Center for an appointment 374-0734. The tax preparers are AARP-trained volunteers who will prepare your return free of charge. Be prepared to bring all necessary papers and last year's tax return.

Join us for our annual celebration . . .

Volunteer Recognition

Sunday April 22, 2:00-4:00pm

Calling all Senior Center dispatchers, drivers, desk volunteers, committee members and chairs, board members, bakers who donated to our cause, class instructors, and program leaders (and even newsletter editorial staff!). You are invited; we want to honor your services.

Entertainment will be provided.

Please sign up at the front desk.

Treasurer Needs Help!!!

Our bylaws require that our financial records periodically be reviewed and reconciled against bank records by an audit group to guarantee that the treasurer is doing her job properly. Although our records are kept in Quicken and Excel, almost all activities involve managing a checking account. Training in both will be provided so information may be accessed for review. This review would be a great benefit to both the Senior Center and the treasurer. Please call Paula DeVries at 885-9709 if interested.

Scholarships

The Glenville Senior Center will offer two \$1,000.00 scholarships this spring. Any high-school senior whose parent(s) are taxpayers in the Town of Glenville is eligible. The student must place in the top half of his or her class academically and have demonstrated significant volunteer service with an emphasis on service to the seniors in the Town of Glenville.

Applications may be obtained from a school guidance counselor or by writing to the Glenville Senior Center, 32 Worden Rd., Glenville, NY 12302. Applications must be mailed or delivered to Scholarship Committee at the Center no later than Friday, April 13.

Senior Moments Mailing party

Thursday April 26, 9:00 am

Come chat with others while helping get the newsletter ready for mailing. We gather in the meal site and are usually done in about 1 1/2 hours. Our *Senior Moments* newsletter is mailed 6 times a year and couldn't be done without the help of the volunteers who fold the newsletter and apply the pre-printed labels for mailing.

Refreshments and coffee will be served.

CENTER SERVICES

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

AARP Driver Safety Program

Senior Center membership is not required.

This program can reduce your auto insurance premiums. Classes are conducted at the Center by trained instructors. Classes consist of two three-hour sessions held on two successive days.

No classes scheduled for March due to unpredictable weather.

Spring classes, 2-5 pm each Tuesday and Wednesday:

April 17-18

May 22-23

June 19-20

July 17-18

Price: AARP Members, \$17, non-AARP members \$19

The Sunshine Club

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 would be happy to send a card or make a phone call to let them know that they are in our thoughts and how special they are to us. Contact **Judith Connors** at the Center.

Display Case

Thank you to **Susan Reilly** for her Cobalt Blue Depression Glass display in January and her Heart-Shaped Boxes in February.

Coming up:

March – Snowman Collection, **Shirley Taft**

April – Carved Birds and Ducks, **Shirley Sutphen**

May – Vintage Hats, **Carole Stevens**

We are **always in need of collections.**

Call **Anne Litynski** at 399-5822 to set up a date.

Remember, the case is lighted and is always locked.

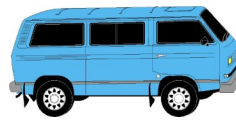
Van Transportation

For residents of Glenville and Scotia only.

Senior Center membership not required.

Our van must stay within Glenville/Scotia.

**NO VAN SERVICE on days when
Scotia-Glenville schools are CLOSED OR DELAYED
DUE TO SNOW**



On-request pickup and delivery

Call 374-0734 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, etc.

Donations are gratefully accepted to help defray costs. **The Center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with a week's notice; call Catholic Charities 357-4710 (donations accepted).**

Tuesdays: Scheduled trips to Malls

Call a week ahead to reserve a space. We begin home pickups at 9:30 am and return at 2:00 pm. Schedule subject to change, based on availability of drivers.

No charge, but donations are appreciated.

Rotterdam Mall

Mar 13,27

Apr 10,24

Clifton Park Mall

Mar 6,20

Apr 3,17

WE NEED DRIVERS

Contact Linda Reinhart at the Center

Free Computer Lessons

Instructors are available Tuesday, Wednesday, and Thursday afternoons and Tuesday mornings for one-hour sessions. Call the Center to schedule an appointment.

Coupons Exchange

There's a coupon exchange box on the table in the hallway. Take what you need; donate those you don't need.

The Serenity Prayer

(updated for seniors)

God, grant me the Senility

To forget the people

I never liked anyway,

The good fortune

To run into the ones I do,

And the eyesight

To tell the difference.

New dentist

While waiting for my first appointment in the reception room, I noticed his certificate, which bore his full name, and remembered that a tall, handsome boy with the same name had been in my high school class many years ago.

But when I met him, I thought that this balding, gray-haired man with the deeply lined face was too old to have been my classmate.

But to be sure, I asked him if he had attended Central high school.

"Yes," he replied.

"When did you graduate?" I asked.

When he answered, I exclaimed, "you were in my class!"

He looked at me closely, then asked, "What did you teach?"

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.

SPRING SESSION: 11 weeks: April 16—June 29

YMCA Classes

Registration Wed Apr 11, 9:00-11:00 am. If you miss it, see instructor for class availability.

Fees: 1class/wk \$32; 2, \$43; 3, \$54; 4, \$65; 5, \$76

Class	Instructor	Schedule	Notes
Fit Over 50	Andrea Leahy	Wed & Fri 9:15	
Flexibility	Andrea Leahy	Mon 9:15, Wed 10:15	
Forever strong	Andrea Leahy	Mon & Fri 10:15 Wed & Fri 11:15	
Forever Yoga	Lisa Temoshok	Tue 11:30	
Gentle Pilates for seniors	Andrea Leahy	Mon 11:15, Thu 11:30	
Zumba Gold	Andrea Leahy	Tue & Thu 9:15	
Senior Center Classes			
Gentle Yoga	Nancy Tobiessen	Wed 2:00	\$44 fee directly to Nancy first day of class

CLASS DESCRIPTIONS

YMCA Classes

Flexibility

Stiff Joints? Need relaxation? This class will help to make everyday tasks easier. 45 minutes of easy stretching and relaxation techniques, performed seated, help ease stiff joints and increase your range of motion.

Forever strong

Weight-bearing exercises are an effective and simple way to help fight osteoporosis. Light weight-bearing exercises designed to increase both muscle strength and bone density will be performed on both the upper-body and lower-body muscles. Equipment is provided. 45-minute class.

Forever Yoga

Improve circulation, flexibility, strength, and balance, and lift your spirits through yoga postures, breathwork, and relaxation techniques. We will focus on chair-based and standing postures; no mat needed. 45-minute class.

Gentle Pilates for seniors

This 45-minute class will provide gentle exercises to stretch and strengthen the “Core” muscles of the body. Exercises will focus on the abdominals, back, and hips to help keep you standing tall. A yoga exercise mat is required, since most of the exercises are done on the floor.

Fit Over 50

A gentle warm-up, followed by invigorating aerobic , strengthening, and stretching segments. Total body conditioning leaves you feeling energized. 45 minutes.

Zumba Gold

Ditch the workout and join the party! Zumba Gold uses Latin rhythms and easy-to-follow steps to create a dynamic and fun fitness program. 45-minute class.

Other Senior-Center Classes

Gentle Yoga

Yoga can help promote wellness through stretching, conscious breathing, simple postures, and relaxation. It can also help calm the nervous system, lower blood pressure, increase flexibility and improve balance. Can be adapted to meet individual needs. Beginners welcome. Wear loose-fitting, comfortable clothing. Bring mat, blanket, and small pillow.

Nancy Tobiessen is a certified Kripalu yoga instructor with special training for seniors.

CENTER ACTIVITIES

**MORE ACTIVITIES
ON PAGE 6**

Center Membership is required unless noted otherwise. Be prepared to show your Membership Card.
If you haven't renewed your membership for 2012, use application form on page 12.

Responsibilities of activity participants

To clear up possible confusion or misunderstandings regarding who does what:

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.

Acrylic and oil painting

Fridays, 10:00 am to 1:00 pm

See instructor, Dani Morette, for fees and schedule.

Learn new techniques or brush up (!) on what you already know. Bring your own supplies (oil or acrylics) and canvas. Paint whatever you desire; the instructor will provide guidance on color mixing, technique, etc.

Casual atmosphere – paint at your own pace. Beginners and previous students welcome.

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!

Thanks to those who have replenished our supply of yarn. **We are in need of size-7 knitting needles – 30 sets of two needles. We also need more yarn.** For more information, call Anne Macejka at 393-3551.

Armchair travel to Alaska!

Friday March 16 at 1:30

Enjoy the breathtaking natural beauty of Alaska with Frank Quinn – a slideshow and discussion presentation of his travels through our 49th state over 14 years.

Cribbage

Tuesdays 10:00 am

We have 11 regulars (we could use one more) who participate in spirited competition. Come join us to play or learn to play. You will not be turned away! We guarantee you will have a good time! – *Stan Gordon, Pegmaster*

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.

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. So if you wish to play cards, please call or come to reception desk to add your name to the list of new interested players, indicating what game(s) you are interested in. Someone will follow up with the list to establish new groups of play.

Duplicate Bridge

Tuesdays, 12:45-4:00 pm

No previous experience is necessary. This is a friendly game! Come with your partner.

Free Bridge Lessons

Fridays, 1:00 pm

Carol Moran and her helpers Pat Bankert, Irene Gill, and Peg Robinson will continue to volunteer to teach our members how to play bridge. The students thoroughly enjoy the free lessons, and we're adding some new bridge players among us. New players are welcome to join.

Mah Jong

Wednesdays, 9:00 a.m.

NEW! AND BEGINNING APRIL 16

NEW! Mondays, 12:30 pm

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.

CENTER ACTIVITIES

**MORE ACTIVITIES
ON PAGE 5**

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

Responsibilities of activity participants

See page 5

First Friday Film Club

First Friday each month, 1:30 pm

Snacks and coffee will be provided at all shows.

Suggestions for future screenings are always welcome.

Call N. Nagarajan, Coordinator, 399-0195.

March 2: Christmas with the Kranks (USA:2004)

Based on John Grisham's novel *Skipping Christmas*.

With Tim Allen, Jamie Lee Curtis, Dan Aykroyd, & Cheech Marin.

With their daughter Blair serving in the Peace Corps in Peru, Luther and Nora Krank are facing the prospect of a very lonely Christmas. After seeing an alluring poster in a travel agency on a Caribbean cruise, Luther convinces reluctant Nora to warm up to the idea. The battle of wits between the Kranks and their neighbors escalates to spoil the harmony of the Christmas spirit itself. Without warning, their daughter calls them from Miami that she is coming home for the holiday with her fiancé. All the families on Hemlock Street get back together in the proper spirit of the season!

April 6*: Witness for the Prosecution (USA:1957)

Based on Agatha Christie's novel. Directed by Billy Wilder, with Charles Laughton, Tyrone Power, and Marlene Dietrich.

Fabled British barrister Sir Wilfred Robards is on a strict diet after his heart attack. He takes up, against doctor's orders, the defense of Leonard Vole accused of murdering a rich, old widow. The case becomes a sticky wicket, when Vole's German wife Christine states that she's not legally married to Vole and also intends to appear as a witness for the prosecution! A delicious mixture of intrigue, humor and melodrama with a surprise end!!

*Yes, this is Good Friday, and yes, we are open.

Thursday Golf League

We are looking forward to a par-filled golf season at the Mill Road Golf Course. New players and subs are welcome to join. An organizational meeting will be held at the Center on Thursday, April 19 at 1:00 pm. Bring your checkbook as we appreciate your paying in advance.

We are scheduled to begin play on Thursday, May 3 and end on August 16. All players must be members of the Center. For more information, please call **Nancy Wallace** at 312-1123 or **Midge Launsloch** at 772-872-6207.

First-Monday Book Club

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.

Mar 5 – *Burnt Mountain* by Anne River Siddons

April 2 – *The Great Divorce* by Ilyon Woo

May 7 – *The Book Thief* by Markus Zurak

June 4 – *Snow Flower and the Secret Fan* by Lisa See

July 2 – *Journey to Ithaca* by Anita Desai

Third-Monday Book Club

1:00 pm

We are looking for new members who enjoy reading and discussing books. Participants come prepared to discuss the book(s) they have read over the past month. Stop in any third Monday – All Center members are welcome.

For information, contact **Mildred Creasey**, 370-0410.

Ballroom Dancing

Fridays, 2:00 to 3:00 pm.

The weekly sessions will be oriented toward review and practice. The dances to be covered are: Waltz, Rumba, Triple Swing, Fox Trot, Cha Cha, Tango, Samba, Viennese Waltz, Polka, Quickstep and Mambo.

Silver Threads quilters

Thursdays, 1:00 to 3:00 pm

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. Check our Bulletin Board in the main hallway and see photographs of our creations. Our latest creations are quilts for Camp Erin – quilts that will be given to children who are grieving the loss of a loved one. Everyone is welcome; There is no fee.

Pickleball

Mon, Wed, & Fri, 4:00 pm

Novice play is scheduled for Mondays, Wednesdays, and Fridays. For further information, contact **Fran Strano** (fstrano@aol.com or 469-6519) about weekday play.

Bowling

Wednesdays, 9:00 am at Boulevard Bowl on Erie Blvd.

Call **Glenn Wiltsie** 377-4322 for information.

TRIPS and TRAVEL

- ◆ **Make reservations** in person (none by phone).
- ◆ You must **show current membership card** when registering.
- ◆ **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. Guests pay non-member rate unless noted otherwise.
- ◆ **Children** should be at least junior-high-school age.

- ◆ **Non-members** not sponsored by members as described above 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.
- ◆ Please **park** where directed as you arrive at the Center.

Our parking lot gets extra crowded on trip days.
Please try to carpool to the Center.

Spring Time at Bronx Zoo

– Bronx Little Italy

Wednesday, April 18

Enjoy the spring weather in the Big City as we visit the world famous Bronx Zoo in the morning and tour over 265 acres of parks containing hundreds of animals. This unique adventure is easy for seniors who get to ride the zoo shuttle free. Also, wheelchairs are available to rent for a \$10 fee. There are special rides and attractions available if time permits.

The afternoon is spent in the Arthur Avenue section of the Bronx, known as the *real Little Italy* of New York. The best place for lunch and to buy bread, pastas, meat, pastries, cheese and sausage. Bring a cooler on the bus to keep your food cold until you get home.

The neighborhood is truly staggering – all told there are some 20 restaurants, five pastry shops, four butcher shops, two pasta makers, six bread stores, five gourmet delis, two fish markets, and many gift stores. Every store is within easy walking distance.

Cost: \$55 pp.

Depart 7:00 am.; Return 7:00 pm.

Buddy Holly Show

– Log Cabin in Holyoke, MA

Tuesday, May 8

Signup deadline April 20

Buddy Holly was an American singer-songwriter whose works and innovations inspired and influenced contemporary musicians, exerting a profound influence on popular music. Come join tribute artist **Ben Ashley** as Buddy Holly and his band "The Crickets" at the Log Cabin. Lunch at noon, showtime at 1:30 pm.

The menu: Welcome tray of snacks, fruit cup, popovers - entree consisting of: stuffed sole and loin of pork, veggies, rolls, coffee, tea and dessert.

Depart 9:30 am; return 6:00 pm.

Cost - \$75 pp members; \$80 pp non-members

Wildwood/Cape May, NJ

– Summer Experience

Sunday to Wednesday, June 10-13

4 days, 3 nights

We return to this extravaganza summer experience of past years. Beachfront hotel and fabulous tours are planned for this inexpensive 4-day trip. The trip price includes: motor coach transportation, 3 nights accommodations at a beachfront property, 3 full breakfasts at your hotel, 3 dinners, 3 nights of spectacular entertainment, plus a visit to Cape May, shopping, surprise tour of the area; historic Smithville and much more. Atlantic City stop on the way home is anticipated with a meal voucher at a casino.

Cost: \$329 pp double; \$415 pp single.

Depart 7:30 am.; Return 10:00 pm.

"Sounds of Hollywood"

– Hilton Inn, Troy, NY

Monday - June 18

This great 90-minute show is the best of Hollywood and is widely acclaimed throughout the northeast as a "Blockbuster". Do not miss this musical journey through the ages as performed by the Latshaw Pops Orchestra, singers, and dancers. The show captures memories from the "Golden Age of Hollywood" to the blockbusters of today.

Depart 10:00 am; Return approx. 5:00 pm

Cost \$69 pp.

Check for luncheon menu when you call Front Desk to make your reservation.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

March 2012

Thu	1	Executive Council Mtg. 10:00 am
Fri	2	Film “Christmas with the Kranks” 1:30 pm
Fri	2	AARP Tax Prep 1 – 4:00 pm
Mon	5	AARP Tax Prep 9:00 am – 4:00 pm
Mon	5	Book Club 10:00 am
Tue	6	Clifton Park Mall
Wed	7	AARP Tax Prep 1 – 4:00 pm
Thu	8	Board Meeting 2:00 pm
Fri	9	AARP Tax Prep 1 – 4:00 pm
Mon	12	AARP Tax Prep 9:00 am – 4:00 pm
Mon	12	National Assoc. for the Blind 1:30 pm
Tue	13	Rotterdam Square Mall
Tue	13	American Legion Mtg. 1:00 pm
Wed	14	AARP Tax Prep 1 – 4:00 pm
Thu	15	St. Patrick’s Day Celebration 9:00am-noon
Fri	16	Armchair Travels to Alaska 1:30 pm
Fri	16	AARP Tax Prep 1 – 4:00 pm
Mon	19	AARP Tax Prep 9:00 am – 4:00 pm
Mon	19	Book Club 1:00 pm
Tue	20	Clifton Park Mall
Wed	21	AARP Tax Prep 1 – 4:00 pm
Fri	23	AARP Tax Prep 1 – 4:00 pm
Mon	26	AARP Tax Prep 9:00 am – 4:00 pm
Tue	27	Rotterdam Square Mall
Wed	28	AARP Tax Prep 1 – 4:00 pm
Fri	30	AARP Tax Prep 1 – 4:00 pm

April 2012

Mon	2	AARP Tax Prep 9:00 am – 4:00 pm
Mon	2	Book Club 10:00 am
Mon	2	Trip Lancaster, PA 6:30 am
Tue	3	Clifton Park Mall
Wed	4	AARP Tax Prep 1 – 4:00 pm
Wed	4	Brooks BBQ 4:00 PM
Thu	5	Senior Moments Deadline
Thu	5	Executive Council Mtg. 10:00 am
Fri	6	AARP Tax Prep 1 – 4:00 pm
Fri	6	Meal Site Closed, Senior Center Open
Fri	6	Film “Witness for the Prosecution” 1:30pm
Mon	9	AARP Tax Prep 9:00 am – 4:00 pm
Tue	10	Rotterdam Square Mall
Tue	10	American Legion Mtg. 1:00 pm
Wed	11	YMCA Class registration 9:00-11:00 am
Wed	11	AARP Tax Prep 1 – 4:00 pm
Thu	12	Board Meeting 2:00 pm
Fri	13	Scholarship Applications Due
Mon	16	Book Club 1:00 pm
Tue	17	Clifton Park Mall
Tue	17	AARP Defensive Driving 2 – 5:00 pm
Wed	18	Bronx Zoo trip
Wed	18	AARP Defensive Driving 2 – 5:00 pm
Thu	19	Golf meeting 1:00 pm
Fri	20	Presentation Carl Strock 1:00 pm
Sun	22	Volunteer Recognition 2:00-4:00 pm
Tue	24	Rotterdam Square Mall
Wed	25	Wed Golf League Mtg. 2:00 pm
Thu	26	Senior Moments Distribution 9 – 11 am
Thu	26	GE Speechwriter presentation 1:30 pm

Weekly Events – March & April 2012

Mon	Card Playing	12:30 pm
Mon	Pickleball	4:00 pm
Tue	Coffee & Conversation	9:00 am
Tue	Cribbage	10:00 am
Tue	WII	10:00 am
Tue	Knitting & Crocheting	1:00 pm
Tue	Duplicate Bridge	12:45 pm
Wed	Mah Jong	9:00 am
Wed	Pickleball	4:00 pm (Ex 4/4)
Thu	Photography Group	10:00 am
Thu	WII	10:00 am
Thu	Card Playing	12:30 pm
Thu	Quilting	1:00 pm
Fri	Acrylic & Oil Painting	10:00 am
Fri	Ballroom Dancing	2:00 pm
Fri	Pickleball	4:00 pm (Ex 4/20)

SCOTIA-GLENVILLE NOON MEAL CENTER

Operated by Catholic Charities of Schenectady

Menu, January & February, 2012

(Subject to change without notice)



Ellie Schantz – Meal Center Manager

Diana Yeo – Meal Center Aide

Reservations: Call 393-1946, 9:00 am to 2:00 pm, a day in advance.

Please call ahead if you need to cancel a reservation.

Substitutions available. Make request when you call for reservation.

Suggested donations for meals: \$3.25 for those 60+; \$6.00 for those under 60.

March 2012

Thu	1	Macaroni & Cheese
Fri	2	Crab Cakes
Mon	5	Beef Burgundy
Tue	6	Root beer BBQ Pork Chops
Wed	7	Roast Turkey
Thu	8	Chicken Supreme
Fri	9	Caribbean Cod
Mon	12	Chicken Loren
Tue	13	Steak Loren
Wed	14	Macaroni & Cheese
Thu	15	Eggplant Parm
Fri	16	Tilapia
Mon	19	Italian Sausage & Peppers
Tue	20	Greek Chicken
Wed	21	Stuffed Shells
Thu	22	Meatloaf w/Gravy
Fri	23	Potato Crusted Hoki
Mon	26	Baked Ham
Tue	27	Veal Marsala
Wed	28	Yankee Pot Roast
Thu	29	Meatloaf w/Gravy
Fri	30	Parisian Cod



April 2012

Mon	2	Buttermilk Chicken Breast
Tue	3	Roast Turkey
Wed	4	Salisbury Steak
Thu	5	Macaroni & Cheese
Fri	6	Meal Site Closed/Good Friday
Mon	9	Beef Burgundy
Tue	10	Root beer BBQ Pork Chops
Wed	11	Roast Turkey
Thu	12	Chicken Supreme
Fri	13	Caribbean Cod Loin
Mon	16	Chicken Loren
Tue	17	Steak Diane
Wed	18	Macaroni & Cheese
Thu	19	Eggplant Parmesan
Fri	20	Tilapia
Mon	23	Italian Sausage & Peppers
Tue	24	Greek Chicken
Wed	25	Stuffed Shells
Thu	26	Meatloaf w/Gravy
Fri	27	Potato Crusted Hoki
Mon	30	Baked Ham

MEAL CENTER EVENTS

Call Meal Center, 393-1946, or stop by for more information

Every Monday to Friday:

10:00 am. Coffee & Cards, 10:30 Coffee & Conversation

11:00 am. Penny Bingo

12:00 pm. Noon Lunch

Every Monday

12:35 pm Grocery Shopping*

*Transportation is provided for this off-site shopping trip.

Suggested donation: \$1.25 each way.

Time shown is when bus leaves the Center.

50-50 Raffle: winner splits with Catholic Charities Meal Program

COMMUNITY NEWS.

Scotia Blankets Available

Custom woven tapestry blankets featuring landmarks of the village of Scotia are available for order (picture below). The Jacquard woven blankets measure 54" by 70".

They are \$50 each. Shipping is available. Proceeds will benefit the Scotia-Glenville Traveling Children's Museum.

Blankets are available at Museum headquarters at 303 Mohawk Ave, and 1st National Bank of Scotia. Order forms can be found at www.travelingmuseum.org or call 346-1764.



2012 Entertainment Books still available

\$30. Contact Rosemary Pryne, 399-4726

Scotia-Glenville Lion's Club Annual Spaghetti Dinner

Saturday, March 10, 4-7 pm

at the Reformed Church, Rte 50 in Scotia.

Seniors	\$6
Adults	\$8
Children under 12	\$4

Scotia Rotary Brooks BBQ

Here at the Senior Center

Wed April 4

4pm 'til sold out!

Call the Center for further details and prices.

Tickets available at the door.

Donate empty ink cartridges

The Golden Retriever Rescue Operation is collecting empty printer ink cartridges. For more information, please call Rosemary Pryne at 399-4726.

Recycle your old eyeglasses

The Scotia Lions Club collects discarded eyeglasses which they restore and give to those less fortunate. So (gently) drop off your old glasses in the collection box in the Center library and help the Lions to help others.

CENTER SPECIAL EVENTS

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

Understanding & living with vision loss

Monday, March 12, 1:30 pm

Cheryl Lawyer, Outreach Coordinator, Northeastern Association for the Blind, will discuss

- The four leading causes of vision loss in older Americans
- What it means to have "low vision"
- Demonstration of low-vision aids available
- Services, resources, and adaptive aids available
- Recommendations for caring for persons with vision loss

Cheryl will bring a **guide-dog pup** in training – always a big attraction.

Don't wait until you need these services to become informed.

Refreshments will be served.

My life as a GE speechwriter

Thursday, April 26, 1:30 pm

Joan A'Hearn was a speech writer for some of GE's most powerful leaders. She has turned her story into a humorous memoir that will strike a chord with anyone who has ever worked for a big corporation where internal politics provided both entertainment and angst. Learn first-hand from Joan the stories that compelled her to pen "**That's All She Wrote**". Everyone, but especially GE retirees, will enjoy Joan's presentation.

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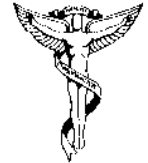
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Attention GE employees, retirees, and spouses of either

Gifts of \$25 or more to the Senior Center can be matched by the GE Foundation's Matching Gift Program. To register gifts, call the GE Matching Gift Center at 1-800-305-0669, or go 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

Matching is available only for true gifts, not for payments for annual dues, trips, admission to events, meals, etc.

Call Cindy for more information.



Services for Older Adults and Caregivers

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Senior Moments is published by
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George Fountain, President

Cindy Amell, Executive Editor

Richard McMahan, Editor, Publisher

Angie Pomykai, Assoc. Editor, Distribution Coordinator

Bob Atwood, Associate Editor



Bus driver

A bus driver was heading down a street in Colorado. He went right past a stop sign without stopping, he turned left where there was a 'no left turn' sign, and he went the wrong way on a one-way street. Then he went on the left side of the road past a cop car. Still, he didn't break any traffic laws. Why not?

Difference

What is the difference between a dollar and a half and thirty five-cents?

Read on

Sergi and Sally were sitting in their family room one night. Sergi was watching TV his wife Sally was reading. All of a sudden the power went out; Sergi decided to go to bed, but Sally kept on reading. With no use of artificial light, how was Sally able to keep on reading?

Running


You're running a race and you pass the person in 2nd place. What place are you in now?



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32 Worden Road, Glenville NY 12302

Check one: New Member Renewal [Senior = 55 or older] Check one: Resident Non-resident

* These items **required** on ALL applications – **new members and renewals** **PLEASE PRINT**

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Interests/Talents/Comments _____

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H3388 09-4009A



SENIOR STUMPERS ANSWERS



(Pay attention to those hyphens!)

cents.

thirty five-cents (nickels). But not the same as thirty-five as

Difference: No difference; a dollar and a half is the same

book.

Read on: Sally was blind... she was reading a Braille

Running: You are now in 2nd place, of course

Bus driver: He was walking... Not driving.

GLENVILLE SENIOR CENTER

(518) 374-0734

32 Worden Rd., Glenville, NY 12302

Center open 9:00 am to 4:00 pm

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

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Senior Citizens, Inc.
32 Worden Road
Glenville NY 12302

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