



Scotia-Glenville Senior Citizens Senior Moments

Volume 38 Number 5

September-October 2012

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

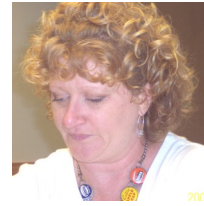


Goodbye

Thank You



Good Luck



We Love You



**Join us from 10:00 a.m. to noon,
Thursday September 6,
to bid farewell to Cindy**

See the full story, page 2

Annual Election Meeting – Thursday, October 11. See page 3.

Trips

Details on page 9

Wednesday, September 19 – Osmond Brothers Live at Foxwoods, CT
 Tuesday, October 2 – Wild Center, Tupper Lake, NY
 Tuesday, October 16 – Scenic Naugatuck Railroad - Torrington, CT
 Tuesday, November 20 – Christmas Spectacular, Hilton Inn, Troy
 Early December – Annual Festival of Trees, Berkshire Museum, Pittsfield

MARK YOUR CALENDAR

Exec Council: Thu Sep 6, 1:00 pm at Senior Center
 Thu Oct 6 10:00 am at Town Hall
Directors: Thu: Sep 13, Oct 11; 2:00 pm
 at Senior Center
Senior Moments Deadline: October 4
Senior Moments Mailing: Thursday, Oct 25, 9:00 am
 Senior Center and Meal Site CLOSED Monday Sep 2
 Meal Site CLOSED Monday Oct 8

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

Join us at an open house from 10:00 a.m. to noon, Thursday September 6,
to bid farewell to Cindy.
Refreshments will be on hand.
Something special will happen at 11:00. Be there.

Fountain of Youth

There are many mathematical equations in physics, chemistry and engineering that have constants (K). We seniors at the Center are part of social equations with variable human attributes, e.g., kindness, happiness, rudeness, selfishness, moodiness, etc. The constant (K) in the office for the past 15 years has been Cindy Amell – always patient, happy and supportive. We will miss her immensely, and personally I want to say that Cindy has made my retirement years a joy. Thank you, Cindy. May you and your family have many years of good health and happiness.

George

'bye Cindy. We'll miss you

Cindy Amell has been the first and, until now, only Center Coordinator we have had. As you probably know, the Center Coordinator is an employee (officially part-time) of the Town of Glenville. I've never seen the official job description for this position, but those of us who have worked with Cindy know that it could not possibly cover the countless large and small things that she has been doing every day to build and grow this Center.

I think it is fair, and in no way disparaging of our many dedicated volunteers, to say that she has been the heart and soul of this place. And, of course, its voice. She's been the magnet that attracts our volunteers, and the primary reason that the Glenville Senior Center has become a model for other senior centers in the area to aspire to emulate.

Cindy still has family (besides just us) and connections in the Glenville/Scotia area, so we hope she will stop by now and then to say hello to her old (literally) friends here on Worden Road.

We are assured by Jamie McFarland, Glenville Director of Operations, that the Town is seeking a new Center Coordinator. We look forward to welcoming this person, and we count on all Center members to help her or him join us in assuring the continued success of our Glenville Senior Center.

– Dick McMahan

Moving on.....

This is my goodbye and thank you to all my friends at the Glenville Senior Center. As many of you know Jim (my husband) and I are moving to Glens Falls, and I will be leaving my position as the Senior Center Coordinator in September. I have had the pleasure to work here since the facility opened over 15 years ago. I began as a volunteer aerobic instructor from the YMCA and then spent a year on staff at the YMCA teaching the first classes here at the Center. I then volunteered at the front desk and liked it so much I practically begged on my hands and knees for the job when it became available. Those who know me well know that it is not beyond me to do something like that!

I have loved this job. I love the people. I have loved laughing with you all. You have helped me raise my two girls. By the way – you did good. They are both successful in their careers and very happy young ladies now. I have loved working with my dearest friend in the world, Andrea Leahy, who teaches practically nonstop exercise classes here weekly.

I will still stop by to visit. I have many friends in town here – many of them are you guys – so I am still connected to this community. So what will I be doing? Well.....I am moving into a new home so I suppose I will be “nesting” and setting up house for a while. I have several trips planned for the fall and have already looked into volunteer opportunities in Queensbury. As for employment, I am not jumping into that too soon. I am expecting my first grandchild and all the Grandmas at the Senior Center have totally convinced me that I am just gonna love it – so I plan on entertaining the little one with my well-known cackle!

I will close with a huge thank you to all the volunteers who have pitched in at the front desk and other duties when needed. This place is your place, and you all run it and do a fine job. I have always said you guys do the work and I am just the cheerleader. I also want to thank Carl Quinlan for all his help both to me and to the volunteers. I could always count on him to help out whether I was here or not. And I guess my last thank you would be to Jamie MacFarland for giving me that phone call 15 years ago saying – “Congratulations, you got the job!!”



Cindy

Annual Election Meeting

Thursday, October 11, 2:00 p.m.

The Board of Directors has nominated the members shown on the Proxy Form below for Officer and Director positions for the year 2013.

It is imperative that sufficient members are present, either in person or by signed proxy, to constitute a valid quorum for this election (this is NY State law).

Therefore, even if you plan to attend this meeting in person, **PLEASE COMPLETE AND SIGN the Proxy below** (or pick up a copy of the Proxy at the Center) **and mail or deliver it to the Center to arrive on or before Friday, October 7.**

**Scotia-Glenville Senior Citizens and Related Concerns, Inc
2011 Annual Meeting – Election of Officers and Directors for 2012
PROXY**

EXTRA COPIES
OF THIS FORM
ARE AVAILABLE AT
THE FRONT DESK

To: George Fountain, President:

I hereby authorize you to cast my votes as follows for Officers and Directors for the years indicated.

Check YES or NO for each nominee (required by our Bylaws):

- **Seven Directors**, for three-year terms, 2013-2015, replacing Directors whose terms will expire this year:

YES	NO	YES	NO
<input type="checkbox"/>	<input type="checkbox"/> Marge Carroll	<input type="checkbox"/>	<input type="checkbox"/> Angie Pomykai
<input type="checkbox"/>	<input type="checkbox"/> Jim Coton	<input type="checkbox"/>	<input type="checkbox"/> Linda Reinhart
<input type="checkbox"/>	<input type="checkbox"/> Andy Ekblaw	<input type="checkbox"/>	<input type="checkbox"/> Sue Sykes
<input type="checkbox"/>	<input type="checkbox"/> Nilakantan Nagarajan		

- **Officers** for the 2013 year:

		YES	NO
President	Linda Reinhart	<input type="checkbox"/>	<input type="checkbox"/>
1st Vice President	Max Gollmer	<input type="checkbox"/>	<input type="checkbox"/>
2nd Vice President	Desdemona Johnson	<input type="checkbox"/>	<input type="checkbox"/>
Secretary	Sandy Glindmyer	<input type="checkbox"/>	<input type="checkbox"/>
Treasurer	Paula DeVries	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Signed (Required): _____ Date: _____

Print Name (Required): _____

Sign and return this Proxy to the Senior Center on or before Friday, October 7.

Congratulations Gardeners!!!!

You have done it again. The gardens are beautiful! A big thank you goes out to the members of the gardening committee: **Paula DeVries, Sandy Glindmyer, Jane Conroy, Blanche Fischer, Evelyn Pieciuk, Reba Mehan, Sharon Bellamy, Gail Steslow and Dana Carroll.** Even during the hot days this summer they could be seen planting, trimming, weeding, and deadheading flowers to keep our gardens looking great. A thank you also goes out to **Carl Quinlan** for always giving us a helping hand when we need it.

Anyone who would like to help by volunteering a few hours and participate in a fall cleanup of the gardens can contact **Paula DeVries** at **885-9709**

Memberships

Application form is on page 12 and available at Front Desk.

New members may join for the remainder of the year at the reduced rate of \$10 for residents, \$15 for non residents.

Senior Moments Mailing party

Thursday October 25, 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; this 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.

SENIOR CENTER SPECIAL EVENTS.

Saratoga National Cemetery

Here at the Senior Center

Friday September 14 at 1:00 pm

Center membership is not required for this program

Come learn more about this beautiful cemetery created especially for our veterans and their family members. **Ed Reagan**, spokesperson, will present a video describing the cemetery, give a short talk about its history and creation, and answer all audience questions. Even if this cemetery is not directly pertinent for your family, knowledge is always helpful. Refreshments will be served.

Calling All Caregivers

Monday, September 17, 1:00 pm

Are you caring for a loved one, neighbor, or friend? Caregiving can be challenging and you might feel as if you are the only one doing this. Come and find out what others are doing in the community. This informational meeting will let you know what is available in Schenectady County to assist you.

Also see "Caregiver training..." below.

Halloween Celebration

Wednesday, October 31, 9:30 am 'til noon

Cider and Cider donuts will be served. Dress up in your Halloween costume and join us for lots of fun. We had a barrel of laughs last year – let's do it again.

Second Annual Festa Italiano

Saturday, October 13, 4:00 – 6:00 pm

Italian Buffet by Andy's Catering. Menu: sausage and peppers, ziti, meatballs, Italian chicken, salad, rolls and butter, dessert, beverage. Take-out available.

Entertainment by DJ Brian Zapel.

Advance purchase at Center, \$10.00; at the door, \$12.00

Senior Center Huge Bake Sale

Election Day, Tuesday, November 6

6:00 am to??? – whenever everything is sold

We will have coffee to go, but we need goodies baked for morning coffee people: cakes, pies, cookies, brownies, breads – whatever your specialty. Bring baked items to the Center Monday, November 5.

We'll also need workers to work 2-hour shifts starting at 6:00 am on November 6. Please call **Rosemary Pryne** on 399-4726 to schedule a work shift. Questions regarding baking items, call Rosemary or **Ronnie Quinn** 399-5999.

Veterans Day Celebration

Sunday, November 11, 1:00 – 4:00 pm

Senior Center veterans and family members who also are Veterans are invited free of charge. Non-vet admission: \$13.00. Sign up at the front desk with Branch of Service.

Back by popular demand: the Saratoga Racing City Chorus. Refreshments will be served.

Christmas/Holiday Party

Sunday, December 16, 1 – 4:00 pm.

More Information in Nov-Dec *Senior Moments*.

COMMUNITY NEWS.

Caregiver training available

The Joan Nicole Prince Home, a community home for the terminally ill, is now offering caregiver training to individuals in the community as well as to potential volunteers. You can learn from the Home's experience and reputation to educate you in "hands-on" caregiving skills.

The Home is also looking for individuals wishing to "make a difference" in a beautiful homelike environment by caring for people in their last months of life who lack the support and options to remain at home during their final days.

Training sessions will be held on ...

Saturday, Sep 29 for Volunteers from 10:00 am to 4:00 pm, and for Community Caregivers from 2:00 to 4:00 pm;

Saturday, Oct 6 for Volunteers & Community Caregivers from 10:00 am to 4:00 pm.

Interested community caregivers, please call the JNP Home at 518-346-5471 for more information

Interested volunteers are encouraged to attend an Information Meeting on Saturday, September 15th at 11:00 am or call 346-5471 or e-mail volcoorjnp@nycap.rr.com.

The Joan Nicole Prince Home is located at 22 Glenview Drive in Scotia.

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.

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.

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.

Upcoming classes, 2-5 pm, each on a Tues and Wed:

Sep 18-19 FULL

Oct 23 -24

Nov 13-14

No December Class

Price: AARP Members, \$17, non-AARP members \$19. Pay by check (no cash), payable to AARP. Must register in person at Front Desk – no phone registrations.

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

Display Case

Coming up:

Thanks to **Bill Johnson** for his Carvings & turnings displayed during July and **Sue Musto** for her Ron Lee Clowns during August. Future displays will be:

September – Miscellaneous by **Gail Puchette**

October – Jewelry Collections by **Beverly Bellows**

November – Elephants by **Sandy Nielsen**

December – Cardinals by **Joan Weaver**

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.

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.



SENIOR STUMPER



Counting to A

Start counting O-N-E, T-W-O, T-H-R-E-E, etc.

You have 10 seconds to figure out how high you have to go to reach a number containing the letter A.

Ok, take 15 seconds.

Answer, page 11

Van Transportation

For residents of Glenville and Scotia only.

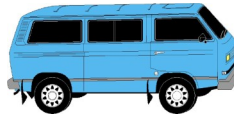
Senior Center membership not required.

Our van must stay within Glenville/Scotia.



On-request pickup and delivery

Call 374-0734 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 hair-dresser, 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

Sep 4, 18

Oct 2, 16, 30

Clifton Park Mall

Sep 11, 25

Oct 9, 23

WE NEED DRIVERS

Be a regular or substitute driver.

Call **Linda Reinhart** at the Center for information.

Coupons Exchange

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



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 the Center for more information.

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 AUTUMN SESSION: 10 weeks: September 10—November 16

Registration has passed. Please see instructor for class availability.

Fees: 1 class/wk \$30, 2, \$42; 3, \$53; 4, \$64; 5, \$75

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	
Gentle Pilates for seniors	Andrea Leahy	Mon 1:15, Thu 11:30	
Zumba Gold	Andrea Leahy	Tue & Thu 9:15	
Relax and Renew with Yoga	Lisa Temoshok	Tue 12:30 pm.	
Forever Yoga	Lisa Temoshok	Tue 11:30 am	
Senior Center Classes			
Gentle Yoga	Nancy Tobieson	Wed 2:00	Begins Wed Sep 12
Tai Chi practice	Ginny Rovelli	Tue 8:45 am	

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.

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.

Relax and Renew with Yoga

Enjoy a 45-minute session of deep breathwork, gentle movement, and restorative relaxation, including the practice of Yoga Nidra (yogic sleep), a powerful yogic technique to reduce physical, mental, and emotional stress. Appropriate for all levels. This class is mat-based: please bring a mat, a pillow, and a small blanket. Class size is limited. Beginners welcome.

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.

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. Adaptable for individual needs. Beginners welcome. Wear loose-fitting, comfortable clothing. Bring mat, blanket, and small pillow. Pay instructor first day of class for entire session.

Tai Chi practice

We are a small group trying to maintain our Tai chi skills by practicing and sharing our knowledge. If you are interested and have some knowledge or just curious, we welcome you to join us. A great big Thank you to **Ginny Rovelli** for spearheading this activity.

CENTER ACTIVITIES

**MORE ACTIVITIES
ON PAGE 8**

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

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 do not need any more yarn at this time.**

For more information, call **Anne Macejka** at 393-3551.

Cribbage

Tuesdays 10:00 am

Our regulars participate in a Cribbage Tourney and, to say the least, the competition is spirited! We invite anyone who would like to play or learn to play... We are a very sociable group... Come join us. – **Stan Gordon, Pegmaster**

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

Come Join in the fun and get some good exercise at the same time. We need regular members and subs. For more information, call **Glen Wiltsie** on 696-2574.

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.

Bocce

Let's play Bocce! Experienced or not, everyone is welcome to play. We need players. For information Call **Vito Spinelli** at 384-0926 and we will set up some days and times to play.

Still Swingin' at 90!

Olive Wells, one of our Senior Center Members, is still swinging her golf clubs at the Galway Golf Course. She is active in both our Monday and Wednesday morning leagues. If our collective memories are right we believe Olive is the first golfer in our Monday, Wednesday, and Thursday leagues to still be playing after reaching age 90. Way to go Olive!

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 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.

Mah Jong

Mondays, 12:30 pm; Wednesdays, 9:00 a.m.

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

CENTER ACTIVITIES

**MORE ACTIVITIES
ON PAGE 7**

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Philosophy all around us



Informal conversations for Adults

Mondays, beginning Sept 10, 10:30-12:30

Bring a bag lunch and beverage if you like.

Join us for discussions led by retired college English and Philosophy professor Roberta "Bert" Boss, Ph.D. The sessions will focus on everyday questions that we face now, and "picking the brains" of ancient philosophers (and some classic novelists) to see what they might have said if they lived today. We'll learn to catch ourselves and others "doing philosophy". Bert believes that everyone has a personal philosophy, just as companies have policies, governments have laws, and religions have beliefs. All are codes of behavior – guidelines for living.

First Friday Film Club

First Friday each month, 1:30 pm

September 7 – IRON-JAWED ANGELS (2004 – USA)

The film focuses on the American Women's Suffrage movement in the 1910s. Alice Paul and Lucy Burns were defiant young activists who put their lives at risk to secure voting rights for women in a country dominated by chauvinism.

Starring Hilary Swank, Julia Ormond and Angelica Huston.

October 5 – SALAAM BOMBAY (1988 – India)

Krishna, a 10-year-old boy, is abandoned by his mother in the streets of Bombay, telling him that he can return home only after earning Rs. 500. He falls into the company of thieves and drug pushers. When the gang is caught in a daylight robbery at a rich man's home, Krishna is detained in a juvenile home. But he escapes only to return to his world – a world of pimps and prostitutes, while still nurturing his dream and promise to go back to his mother.

Produced & Directed by Mira Nair.

Snacks and coffee will be provided at all shows.

Suggestions for future screenings are always welcome.

Call N. Nagarajan, Coordinator, 399-0195.

Armchair Travel

Friday, October 26, 1:00 pm

Let's Visit China

Here's an opportunity to travel about 12,000 miles in the comfort of your chair (well, in the comfort of one of OUR chairs). **Bob Parsons** will present a beautiful slide show of his visit to China in 2010. Perhaps it will even come with a fortune cookie.

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.

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.

Sept 10 – *I am the Messenger* by Markus Zusak

Oct 1 – *The Paris Wife* by Paula McLain

Nov 5 – *Minding Frankie* by Maeve Binchy

Dec 3 – *Wishin' and Hopin'* by Wally Lamb

I'm reading a fascinating book
about anti-gravity.
I just can't put it down.

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.
- ◆ **Children** should be at least junior-high-school age.
- ◆ Guests pay non-member rate unless noted otherwise.
- ◆ **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.

Our parking lot gets overcrowded on trip days. **PLEASE CARPOOL TO CENTER.**
Park where directed as you arrive here.

Osmond Brothers Live at Foxwoods, CT Wednesday, September 19

The Osmond Family has been in the entertainment business for almost 50 years, and 2012 marks the youngest brother, Jimmy's 40th year in entertainment. Their close harmonies cannot be matched by any other group. They have sold over 80 million albums and have 47 gold and platinum records to their credit. They have broken records for sell-out performances once held by the Beatles and Elvis! They keep getting better and better and there seems to be no end in sight!

Enjoy this show at 2 pm in the Fox Theater at Foxwoods Casino. Everyone will also receive a bonus of \$10 Keno & Buffet Voucher (subject to change without notice; must be 21 with proper ID to receive bonus).

Depart Center 7:00 am; Return approx. 8:30 pm
Cost \$80 pp (Gold Ticket Seating – best seats in the house)

The WILD Center, Tupper Lake, NY Tuesday, October 2

Fall Foliage time –visit the award-winning Center that houses great exhibits including multi-media shows. There are walking trails, naturalist guides, and live exhibits including hundreds of live animals. The Panorama wide-screen theater features a series of daily films such as Age of Mastodons and Ice to see how much the world is impacted by changes in climate, and the importance of a few degrees of change.

Come and explore the 31-acre campus and enjoy the fall foliage in the Adirondacks. Lunch is available for purchase in the Wild Center cafeteria. Also, visit the onsite gift shop for souvenirs; books, jewelry, etc.

You can bring your own lunch and enjoy it at a picnic table. Bring your camera for photo ops.

Trails can involve some walking, but are optional.

Depart Center 8:00 am; return approx. 6:00 pm
Cost \$45 pp.

I knew I was going bald
because it was taking longer
to wash my face.

Scenic Naugatuck Railroad - Torrington, CT Tuesday October 16

We will spend our morning enjoying a scenic October foliage ride on the Naugatuck Railroad, an increasingly popular tourist line operating through the breathtaking New England countryside in Connecticut between Torrington and Waterbury.

Then to the East Side Restaurant, family owned and operated on the same site continuously for over 70 years. The mural in the dining room utilizes grapes and wooden plaques (symbols of Old Heidelberg) in a classical style to transform the dining room into a terrace overlooking the ancient city.

Our lunch will consist of: Soup, salad, cottage cheese, cole slaw, with a choice upon arrival of German Pot Roast, Sauerbraten, Burgermeister, Jager Schnitzel, Bratwurst, Knockwurst, Chicken Schnitzel, Baked Stuffed Sole, or Chicken Parm – all served with potato, vegetable, cabbage, rye bread and butter, coffee, tea, and dessert.

Don't miss this fantastic trip.
Leave Center 7:00 am; Return 4:30 pm
\$96 per person

FUTURE TRIPS

Christmas Spectacular, Hilton Inn, Troy, NY, Tuesday, November 20.

This show is sold out every year. However, an extra date was added and Linda Reinhart locked in on that date. The Latshaw Pops Orchestra provide the music and is supported by singers and dancers in a holiday variety show. This is a lively yuletide spectacular and you will also experience a special visit from Santa.

At the time of this announcement, the detailed menu selection had not been finalized. We expect that by sign up time at the Center, we will have the list of meal choices.

Lunch - 11 AM - Show - 1 PM
Leave Center 10 am; Return approx. 4:30 pm
\$60.00 per person

Annual Festival of Trees Berkshire Museum, Pittsfield, MA Early December

The trip will include a visit to the Berkshire Museum (festival of trees) and a luncheon/show at the famous Williams Inn.

Cost will be \$89 per person. Other details – date, seats available, pickup time, etc. – will be posted at the Senior Center when available, and included in Nov-Dec *Senior Moments*.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

September 2012

Mon	3	Sr. Center/Meal Site Closed
Tue	4	Rotterdam Square Mall
Thu	6	Open House for Cindy 10:00 am
Thu	6	Executive Council Mtg.
Fri	7	Film: <i>Iron-Jawed Angels</i>
Mon	10	Book Club 10:00 am
Mon	10	Philosophy discussion 10:30 am
Tue	11	Clifton Park Mall
Thu	13	Board Meeting 2:00 pm
Fri	14	Vet. Cemetery Program 1:00 pm
Mon	17	Caregiving Meeting
Tue	18	Rotterdam Square Mall
Tue	18	AARP Defensive Driving 2 – 5:00 pm
Wed	19	AARP Defensive Driving 2 – 5:00 pm
Wed	19	Trip – Osmond Bros. Foxwood 7:00 am
Tue	25	Clifton Park Mall

Weekly Events – Sep & Oct

Mon	Card Playing – 12:30 pm
Mon	Mah Jong – 12:30 pm
Mon	Pickleball – 4:00 pm
Mon	Cribbage – 10:00 am
Tue	Coffee & Conversation – 9:00 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
Thu	Photography Group – 10:00 am
Thu	WII – 10:00 am
Thu	Card Playing – 12:30 pm
Thu	Quilting – 1:00 pm (Ex. 9/13)
Fri	Acrylic & Oil Painting – 10:00 am
Fri	Pickleball – 4:00 pm (Ex. 9/21)

October 2012

Mon	1	Book Club 10:00 am
Tue	2	Rotterdam Square Mall
Tue	2	Tupper Lake trip 8:00 am
Thu	4	Senior Moments Deadline
Thu	4	Executive Meeting 10:00 am
Fri	5	Film: <i>Salaam Bombay</i>
Mon	8	No Classes today
Tue	9	Clifton Park Mall
Thu	11	Board Meeting 2:00 pm
Sat	13	Italian Night 4 – 6:00 pm
Tue	16	Rotterdam Square Mall
Tue	16	Naugatuck Railroad Trip 7:00 am
Tue	23	Clifton Park Mall
Tue	23	AARP Defensive Driving 2 – 5:00 pm
Wed	24	AARP Defensive Driving 2 – 5:00 pm
Thu	25	Senior Moments Distribution 9:00 am
Fri	26	Armchair Travels – China 1:00 pm
Tue	30	Rotterdam Square Mall
Fri	31	Halloween Celebration 9:30 – 12:00 noon



SENIOR STUMPER



Answer, page 11

More right angles

You have four matchsticks of equal length. Arrange them in a square. At each of the vertices, there is a right angle, or a ninety-degree angle, so there are four right angles.

Now, using those same four matchsticks, make not 4 but 16 ninety-degree angles.

You can move the matchsticks, but you may not fold, bend, break, staple, or mutilate the matches in any way.

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Operated by Catholic Charities of Schenectady

Open to all seniors. Center membership not required.

Menu, September & October, 2012

(Subject to change without notice)

Kathy Conboy – 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.

Meal Center Van suggested donation: \$1.00 each way to and from Meal Site; \$1.25 for shopping trip.

September 2012

Mon	3	Closed – Labor Day
Tue	4	Stuffed shells w/Sausage
Wed	5	Roast Beef and Mashed Potatoes
Thu	6	Kielbasa w/Sauerkraut
Fri	7	Corned Beef and Cabbage
Mon	10	Tuna Cold Plate
Tue	11	Chef Salad
Wed	12	Baked Chicken w/Au gratin Potatoes
Tue	13	Baked Ziti w/Meatballs
Wed	14	Beef Stroganoff w/Rice
Mon	17	Tuna Noodle Casserole
Tue	18	Chicken Caesar salad
Wed	19	Turkey Tetrazzini w/Noodles
Thu	20	Pasta Primavera w/Tossed Salad
Fri	21	Beef and broccoli w/Rice
Mon	24	Western Omelet w/Home fries
Tue	25	Baked Ham w/Glazed Yams
Wed	26	Turkey Ala King w/Biscuits
Thu	27	Cheese Pizza and Tossed Salad
Fri	28	Chicken Cacciatore w/Noodles



Chat



Play



Enjoy

October 2012

Mon	1	Breaded Fish w/Wild Rice
Tue	2	Stuffed Shells w/Sausage
Wed	3	Roast Beef and Mashed Potatoes
Thu	4	Kielbasa w/Sauerkraut
Fri	5	Corned beef and Cabbage
Mon	8	Meal Site Closed
Tue	9	Tuna Cold Plate
Wed	10	Chef Salad
Thu	11	Baked Chicken w/Au gratin Potatoes
Fri	12	Baked Ziti w/Meatballs
Mon	15	Beef Stroganoff w/Rice
Tue	16	Tuna Noodle Casserole
Wed	17	Chicken Caesar Salad
Thu	18	Turkey Tetrazzini w/Noodles
Fri	19	Pasta Primavera w/Tossed Salad
Mon	22	Beef and Broccoli w/Rice
Tue	23	Western Omelet w/Home Fries
Wed	24	Baked Ham w/Glazed Yams
Thu	25	Turkey Ala King w/Biscuits
Fri	26	Cheese Pizza and Tossed Salad
Mon	29	Chicken Cacciatore w/Noodles
Tue	30	Breaded Fish and Wild Rice
Wed	31	Stuffed Shells w/Sausage

MEAL CENTER EVENTS

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

Every Monday to Friday:

10:00 am Meal Site open. Coffee available
 11:00 am. Penny Bingo
 12:00 pm. Noon Lunch

Every Tuesday

12:30 pm Transportation for Grocery Shopping*

Every Wednesday

*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



SENIOR STUMPERS ANSWERS



More right angles: Take the two sides of the square and move them partway toward the middle. Take the two on the top and the bottom and move them toward the middle. You are left with a Tic-Tac-Toe grid, containing 16 right angles.

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32 Worden Road, Glenville NY 12302

Annual Fee:

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Check one: New Member Renewal [Senior = 55 or older]

Check one: Resident Non-resident

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

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Interests/Talents/Comments _____

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CONTACTS

Senior Center
Coordinator
Stay tuned
Glenville Senior Center
Administrator:
Jamie MacFarland
Village of Scotia
Liaison:
Tom Gifford
Town of Glenville
Liaison:
Sid Ramator