



# Scotia-Glenville Senior Citizens Senior Moments

Volume 39 Number 1

January-February 2013

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

## Vicki's View



Hello everyone! I would like to take a moment to introduce myself. **My name is Vicki Hillis and I'm the new coordinator of the Senior Center.**

A native upstate New Yorker, I did my undergraduate work at St. Lawrence University where I was a double major in psychology and economics. From there, I went on to obtain my MBA in health care administration at

Union College. Following graduation, I worked at Wesley Health Care Center in Saratoga and Delaware County Nursing Home in Delhi, NY. Throughout my career, I have

always loved working with senior citizens.

I live in Glenville with my husband, two daughters, and one very spoiled cat. While I feel very fortunate that I was able to stay at home while my children were small, the Senior Center position is an exciting opportunity for me to work with seniors again. This is a beautiful facility, and it is through the combined efforts of the town and the Scotia-Glenville Seniors that such great programs and services are provided to all its members as well as the community.

Thank you to everyone for making me feel so welcome in my first few weeks. I look forward to working with everyone here to ensure the Center's continued success.

## Valentine's Day

Thursday, February 14, 10 am to noon

Bring in baked goods with recipes.

Coffee and punch will be available.

Last year's cookbook will be available for purchase with a \$1.00 donation.

## St. Patrick's Day

Saturday, March 16, 12:30 - 2:00 pm

Entertainment by the "Shenanigans", a Gaelic instrumental/vocal quartet. Refreshments will be served.

Admission: Canned goods for the Food Pantry

Sign up at front desk by Tuesday, March 12th.

**FUTURE:** • April, Volunteer Recognition Day • May 4, Pig Roast • ? Baby shower for the Duchess of Cambridge

### It's Snowboot 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.

### 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 to allow time for plowing; everything after 11:00 as usual.

**Check local radio and TV for school announcements.**

### Trips

Details on page 8

Thursday, March 21 – Turning Stone Casino with free betting!

Spring and summer trips being planned.

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### MARK YOUR CALENDAR

Exec Council: Thu Jan 3, Thu Feb 7, 10:00 am at Town Hall

Directors: Thu Jan 10, Thu Feb 14; 2:00 pm at Senior Center

Senior Moments Deadline: Fri Feb 1

Senior Moments Mailing: Thursday, Feb 21, 9:00 am

Senior Center CLOSED Dec 31, Jan 1, Jan 21, Feb 18

Meal Site OPEN Dec 31; CLOSED Jan 1, Jan 21; Feb 18

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### GLENVILLE SENIOR CENTER

32 Worden Rd., Glenville, NY 12302 (518) 374-0734

Center open 9:00 am to 4:00 pm

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

# SENIOR CENTER NEWS

## A word from Linda

I wish a very happy and healthy new year to all of you. I want to thank all the Directors whose terms expired in 2012 – Sandy Brien, Judith Connors, George Fountain, Arlene Meiklejohn, Carole Stevens, Jim Weinhofer, and Bill Vullo – for their years of service on our Board. And I welcome aboard (aBoard?) the new Directors, who were elected last fall.

As everyone knows, we have a great Center here on Worden Road. I would love to see some more participation. We are still looking for volunteers for any of our committees – see “Want an even better Center?” on page 4. C’mon and join us. You won’t regret. You will even have some fun. Please feel free to leave me a note with any ideas and concerns you might have.

And here’s a Thank You to **Joan Gould** for donating the beautiful amaryllis plant that was on holiday display in the library, and to **Dick McMahan** for donating a subscription to Reader's Digest for our library (*Full disclosure: it was a freebie – RHM*).

**A new monthly calendar of events is posted on the Senior Center News bulletin board.** Be sure to check there for any schedule changes.

And last but not least: **a huge welcome to our new Center Coordinator Vicki Hillis.** We all wish her good luck here at our Senior Center.

Thanking you now.  
Sincerely,

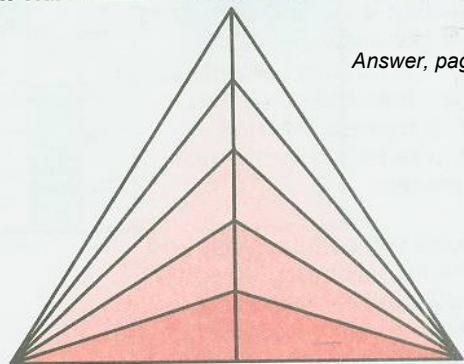
*Linda Reinhart*

## Senior Moments going quarterly

Details, page 4

### SENIOR STUMPER

4. TRIANGLES IN TRIANGLES ●●●○○○



Answer, page 11

How many triangles of any size and orientation can you find in the shape?

15

25

35

45

## Scholarships for area H-S seniors

The Scotia-Glenville Seniors will again offer \$1,000 Scholarships to two area high-school senior students who have demonstrated good scholarship and community service with special emphasis on service to Scotia and Glenville Seniors.

High-school seniors who live in the Town of Glenville, regardless of their school affiliation, may request an application blank by writing to the Glenville Senior Center, 32 Worden Rd., Glenville, NY 12302; Attn: Scholarship Committee. Application blanks will also be available in the Scotia-Glenville High-School Guidance Department and in the GIVE Office. Applications will be available after February 25, and must be returned by April 12.

## Memberships



**WINNERS** of 15 gift baskets were chosen by lot from among the many Members who renewed their 2013 memberships by last November. They were David Acker, Sarah Jean Adams, Donald Ashby, Max Gollmer, Loretta Grabkowski, Leora Liberatore, Shirley Maloney, Barbara O’Brien, Christine Pahl, Theresa Parisi, Carmel Parry, Mary Joy Robb, Agnes Roode, Rayma Wyman, and Stella Zabielski.

By now, you should have renewed your membership for 2013. If you haven’t yet done so, use the Membership Application form on page 12 – copies are also available at the Front Desk – and deliver it to the Center with your 2013 membership fee (check or exact change please).

## Senior Moments Mailing party

Thursday February 21, 9:00 am

Come chat with others while helping get our *Senior Moments* newsletter ready for mailing. These volunteers perform the vital task of folding the newsletters and applying the pre-printed labels for mailing.

We gather in the meal site and are usually done in about 1½ hours. Refreshments and coffee are available.

## Let’s do something new

Is anyone interested in volunteering to teach **line dancing**? Do you know of someone who would be? Let’s get it started!

How about playing **scrabble** or other **board games**? Sign up at the front desk!

**New ideas** for classes or groups are always welcome.

Please contact **Carole Stevens**, or leave a message at desk to be put in her mailbox.

# 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 January or February**

Watch next issue of *Senior Moments* for spring classes.

## 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 **Eldean Johnson** at the Center.

## 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 the cards at the Senior Center for free. Stop in today and copy them for your protection.

## Display Case

Thanks to **Sandy Nielsen** for displaying her elephant collection in November and to **Joan Weaver** for sharing her beautiful cardinals during December.

Coming up:

**January** – Flo Blue Dishes by **Ginger Hoepfner**

**February** – Valentine Candy Boxes by **Susan Reilly**

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.*

## Having a computer problem?

Maybe we can help. Schedule a Tuesday, Wednesday, or Thursday afternoon one-hour session with a Senior Center computer tutor. Call the Center for appointment. Free to members.

## Entertainment Book

**Rosemary Pryne** has donated a 2013 Entertainment Book that Members can use for coupons and dining cards. To use the book, show membership card and sign-up at the front desk. Thank you Rosemary.

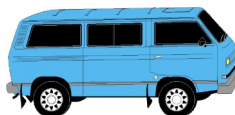
If you're interested in buying a 2013 Entertainment Book for yourself, contact Rosemary Pryne on 399-4726.

## 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 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

Jan 8, 22

Feb 5, 19

#### Clifton Park Mall

Jan 15, 29

Feb 12, 26

## 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.

## AARP Tax Return Preparation

**Begins Mon, Feb 4 thru Fri, Apr 12**

**Mon 9:00 am-4:00 pm, Wed & Fri 1:00-4:00 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/or NYS return free of charge.

**Call the Center (374-0734) to schedule your appointment.** You must bring a photo ID, last year's tax return, plus interest, mutual fund, dividend, capital gains, wages, social security, and retirement income statements. If you plan to itemize please have your property tax, medical expenses, business expenses, and charitable deductions organized and ready for review.

*See also Get ready for taxes on page 4*

## CENTER NEWS.

### Want an even better Center ? Volunteer!

It takes a lot of work to keep the Center running smoothly. And, much of that work is done by a relatively small group of volunteers. The more help we have, the more we can do, and the easier it is to do it. There are lots of opportunities to help. Some of our volunteers have plenty of free time and enjoy "working" here many hours a week. Others can spare just a few hours, but still enjoy the camaraderie.

These are the committees that make the Center run:

- Board of Directors and Officers:** Responsible for coordinating the functions of the Center.
- Building and Grounds:** Responsible for purchasing and maintaining furniture and equipment owned by the seniors.
- Classes:** Determines what classes might be of interest to seniors and gets them on the schedule.
- Community Connections:** Teaches knitting to students at Scotia-Glenville High School. The students make sweaters for teddy bears that are given to children in need of comfort.
- Gardening:** During the warmer months maintains the Center gardens.
- Humanities/Health:** Arranges for speakers to talk on topics that would be of interest to seniors.
- Membership:** Collects membership forms, maintains membership data base, works with Publicity to recruit new members.
- Publicity:** Supplies local newspapers with material on center events and trips, putting together ideas and materials to recruit new members.
- Senior Moments:** All aspects of getting the newsletter out to members, including gathering materials, typing, formatting, editing, printing, and mailing.
- Social Events:** Plans and organizes the various events at the Center. Volunteers on this committee also help with set-up, decorating, serving, take down, and baking as needed.
- Transportation:** This includes dispatchers who handle taking calls for pick-up by the Center van, as well as the drivers who keep the van rolling.
- Treasurer's Assistant:** Provides assistance to the treasurer in reviewing receipts, preparing deposits, and maintain files in the absence of the treasurer. Disbursement of funds is done by another officer in the treasurer's absence.
- Trips and travel:** Researches trip possibilities, makes necessary reservations and arrangements for trips, and provides trip leaders to accompany each trip.

Look through these activities, and when you see one or more that might offer an interesting opportunity to help out, leave your name and phone number at the Center; someone will contact you to provide details on current needs.

## SPECIAL EVENTS.

### Get Ready for Taxes

Wednesday, January 30, 1:00 pm

Not limited to Senior Center members

Learn from the AARP Tax-Aide volunteers what's needed to file your 2012 tax return. Useful information whether you prepare your own return or take advantage of the AARP free preparation service. Some points to be covered:

- Who must file federal or state return?
- Standard vs. itemized deductions?  
What can be deducted?
- Are there tax credits available?
- Retirement account withdrawal regulations
- Looking ahead to 2013
- Plenty of time for questions and answers

See "AARP Tax Return Preparation" on page 3 for information on getting assistance with your returns.

### Eddy Senior Living

Tuesday, February 26, 1:30pm

*Snow date is March 5 (if S-G schools are closed)*

The Eddy is now part of St. Peter's Health Partners, offering expanded services. **Jill Grant, Eddy Community Liaison**, will discuss the scope of services from senior housing and assisted living to adult day services, respite care for caregivers, Alzheimer's services, short-term rehabilitation, nursing home, hospice, and home care. Information prior to a crisis is a valuable tool.

Enjoy some coffee and goodies along with this valuable information.

### Senior Moments going quarterly

As announced in the November-December newsletter, **the issue (Jan-Feb 2013) that you are now reading will be our last bi-monthly newsletter.** From now on, *Senior Moments* will be published four times a year: **Spring** (Mar-Apr-May), **Summer** (Jun-Jul-Aug), **Autumn** (Sep-Oct-Nov), **Winter** (Dec-Jan-Feb), beginning with the Spring, 2013 issue that you will receive in March.

The Board of Directors considered this change carefully. There will of course be significant savings in printing and postage costs, and the seasonal schedule should fit well with the seasonal nature of many Center events and those of outside organizations, such as schools, that we interact with.

### American Legion Post 1001, Scotia, NY.

We meet the second Tuesday of each month at 1:00 pm at the Glenville Senior Center: Upcoming meetings: Jan 8, Feb 12, Mar 12, Apr 9, May 14, May 14, Jun 11.

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

# CLASSES AT THE SENIOR CENTER

All classes require registration. Center membership is required; must show current membership card at registration  
Please feel free to come and observe any class. Refunds for missed classes must be requested from the instructor.

## YMCA Classes Winter session: 12 weeks: January 7-March 29

Registration Friday January 4, 9:00—11:00 a.m.

Fees: 1 class/wk \$34; 2/wk, \$46; 3/wk, \$59; 4/wk, \$72; 5/wk, \$85

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 11:15 Thu 11:30	
Zumba Gold	Andrea Leahy	Tue & Thu 9:15	
Forever Yoga	Lisa Temoshok	Tue 11:30 am	
<b>Senior Center Classes</b>			
Gentle Yoga	Nancy Tobieson	Wed 2:00	
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.

### 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.

### Ballroom Dance

See page 6.

# CENTER ACTIVITIES

**MORE ACTIVITIES  
ON PAGES 7&8**

Center Membership is required unless noted otherwise. Be prepared to show your Membership Card.  
To renew your membership for 2013, 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.

## 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.

## 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.

## Ballroom dance class resumes

The Friday afternoon ballroom-dance class, from 2-3 pm, will again be available for January and February, 2013. This is **not a class for beginners or singles**. The dances presented for review and practice include waltz, foxtrot, rumba, swing, chacha, tango, samba, **Viennese waltz**, quickstep, and mambo.

For more information, call **Chuck Guare**, 374 9732 or email [guarecharles@gmail.com](mailto:guarecharles@gmail.com).

## Bocce

We will resume in spring. We will need players. Watch Spring issue of *Senior Moments* for details. For information Call **Vito Spinelli** at 384-0926.

## 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.

## Pickleball

**Mon, Wed, Fri, 4:00 pm;**

Novice play is scheduled for Mondays, Wednesdays, and Fridays. We're still looking for a coordinator. Questions: leave message at desk.

## 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.

# CENTER ACTIVITIES

**MORE ACTIVITIES  
ON PAGES 6&8**

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In cases where someone else has kindly done some set-up for you, **you remain responsible** for take-down and put-away unless told otherwise by a responsible person.

## First Friday Film Club

First Friday each month, 1:30 pm

**January 4 – *The King's Speech*** (UK-2003)

After abdication of the throne by his brother, Edward VIII, George VI was next in line. But he could not deliver a speech without stuttering. So his wife Queen Mother Elizabeth, sought the help of an unorthodox speech therapist, Lionel Logue. Starring Colin Firth, Geoffrey Rush, Helena Bonham Carter, Derek Jacobi, et al. Directed by Tom Hooper.

**February 1 – *Sicko*** (USA-2007)

A documentary comparing the highly profitable American health care industry to other countries. Starring Michael Moore, Tucker Albrizzi, Tony Benn., and George W. Bush. Directed by Michael Moore.

**March 1 – *I Am Sam*** (USA:2001)

Sam, with the I.Q. of a 7-year old, is trying to raise his daughter Lucy, he fathered with a homeless woman. The film is profoundly moving, heart-breaking and brilliantly acted. Starring Sean Penn and Michelle Pfeiffer

**April 5 – *The Best Exotic Marigold Hotel*** (UK:2011)

Beautifully capturing the vibrant life of India, and filled with excellent performance by a stellar cast, the film reveals how a group of British seniors on vacation learn to appreciate small things in life in their golden years. Starring Judy Dench, Maggie Smith, Tom Wilkinson & Dev Patel

**May 3 – *Brokeback Mountain*** (USA: 2006)

Set against the sweeping vistas of Texas and Wyoming, two young men meet in summer of 1963 and forge a lifelong link, with a complex of joys and tragedies that provides a testament to the power of love. Starring Randy Quaid, Heath Ledger and Anne Hathaway.

**Snacks and coffee** will be provided at all shows.

**Suggestions for future screenings are always welcome.**

**Call N. Nagarajan, Coordinator, 399-0195.**

## 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.

**Jan 7—*Home*** by Toni Morrison

**Feb 4—*That Old Cape Magic*** by Richard Russo

**March 4—*Homecoming*** by Cynthia Voight

**April 1—*Elsewhere*** by Richard Russo

**May 6—*Lyndon Johnson and The American Dream***  
by Doris Kearns Goodwin

## 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.

## 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**

## 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.

## Senior Center Photographers

**Thursdays, 10:00 am**

**Activities include** taking photo **trips** to local sites, **sharing** slides and prints, **demonstrating** the capabilities of a **photo-editing** program on the Center's computer, and **discussing** any aspect of film or digital photography. Free. Come check us out some Thursday.

## CENTER ACTIVITIES

**MORE ACTIVITIES  
ON PAGES 6&7**

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

### Monday Golf at Galway

We concluded our 2012 season on 27 August with a catered picnic at the Galway Golf Course provided by the Dairy Circus Restaurant. We have 28 regular members and three substitutes, playing nines every Monday. We are planning for an organizational meeting for 2013 to be held in April. Details will be in Spring newsletter. For information: Don Hickerson, 393-5674 or shdogolf@aol.com.

### Wednesday Golf at Galway

We look forward to good golf this year and hope you will join us. Look for notice in next *Senior Moments* of an organization meeting next April. – **Bob Pommerer**, Secretary.

### Thursday Golf at Mill Road Golf Course

We are looking forward to another par-filled season at Mill Road Golf Course. New players and subs are welcome to join. We are scheduled to begin play in May and finish in August. All players must be Center Members.

An organizational meeting will be held at the Senior Center at 2:00 pm on Thursday, April 5.

For information, call **Nancy Wallace** at 312-1123 or **Midge Launsbach** at 772-872-6207.

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## COMMUNITY CONNECTIONS

### Rotary Ziti Dinner

**Friday, February 1, 4:00 pm 'til sold out**

Advance tickets will be sold at the Center for this delicious dinner at a reduced price of \$7.00 versus \$8.00 at the door.

Call the Center for the dates and time the tickets will go on sale.

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## 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.

### Turning Stone Casino, Verona, NY

**Thursday, March 21**

Let's take a short trip to Verona, NY and enjoy the coming spring weather. Our package will include free betting and food coupons to help offset the low bus fee. Don't wait for the last minute to sign up.

Leave Center 8:00 am

Return to Center 6:45 pm

\$28.00 pp

### Spring and summer trips

are in the planning stage and include:

**West Point Parade**/Thayer Hotel Lunch, April 27;

**Washington, DC,**

**And more.**

Details will appear in the Spring issue of *Senior Moments*.



# GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

## January 2013

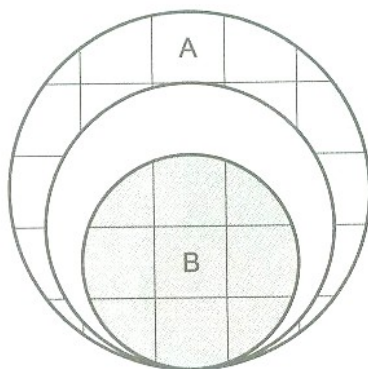
Thu	3	Executive Council Mtg. 10:00 am
Thu	3	Trip Committee Mtg. 8:00 am
Fri	4	YMCA Classes Register 9:00-11:00 am
Fri	4	Film Club 1:30 pm
Mon	7	Book Club 10:00 am
Tue	8	Shopping Rotterdam Square Mall
Tue	8	American Legion Mtg. 1:00 pm
Thu	10	Board of Directors 2:00 pm
Tue	15	Shopping Clifton Park Mall
Mon	21	Center & Meal Site Closed
Tue	22	Shopping Rotterdam Square Mall
Wed	23	Endowment Mtg. 1:30 pm
Tue	29	Shopping Clifton Park Mall
Wed	30	AARP Tax class 1:00-3:00 pm

## February 2013

Fri	1	<i>Senior Moments</i> Deadline
Fri	1	Film Club 1:30 pm
Fri	1	Rotary Ziti Dinner (Time?)
Mon	4	AARP Income Tax Prep 9:00 am – 4:00 pm
Mon	4	Book Club 10:00 am
Tue	5	Shopping Rotterdam Square Mall
Wed	6	AARP Income Tax Prep 1:00-4:00 pm
Thu	7	Executive Committee Meeting 10:00 am
Fri	8	AARP Income Tax Prep 1:00 – 4:00 pm
Mon	11	AARP Income Tax Prep 9:00 am – 4:00 pm
Tue	12	Shopping Clifton Park Mall
Tue	12	American Legion Meeting 1:00 pm
Wed	13	AARP Income Tax Prep 1:00 – 4:00 pm
Thu	14	Valentine Dessert Party 10:00 am – noon
Thu	14	Board of Directors 2:00 pm
Fri	15	AARP Income Tax Prep 1:00 – 4:00 pm
Mon	18	Senior Center/Meal Site Closed
Tue	19	Shopping Rotterdam Square Mall
Wed	20	AARP Income Tax Prep 1:00 – 4:00 pm
Thu	21	Mailing of <i>Senior Moments</i>
Fri	22	AARP Income Tax Prep 1:00-4:00 pm
Mon	25	AARP Income Tax Prep 9:00 am – 4:00 pm
Tue	26	Shopping Clifton Park Mall
Tue	26	Eddy Care Presentation 1:30 pm
Wed	27	AARP Income Tax Prep 1:00-4:00 pm
Fri	29	AARP Income Tax Prep 1:00-4:00 pm
Fri	29	Film Club 1:30 pm

## SENIOR STUMPER

3. CIRCLES IN CIRCLES ●●●○○○



Which region is bigger?

A       B       =

Answer, page 11

## Weekly Events – Jan&Feb

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	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	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

# SCOTIA-GLENVILLE NOON MEAL SITE

Operated at the Glenville Senior Center by Catholic Charities of Schenectady  
**Open to all seniors. Senior-Center membership not required.**

## Menu, January & February 2013

(Subject to change without notice)

Kathy Conboy – Meal Center Manager

Diana Yeo – Meal Center Assistant

**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.**

### January 2013

Tue	1	Center/Meal Site Closed
Wed	2	Baked Ziti
Thu	3	Beef Stroganoff
Fri	4	Tuna & Noodles
Mon	7	Cubed Steak
Tue	8	Baked Manicotti
Wed	9	Pulled Pork Sandwich
Thu	10	Beef & Broccoli
Fri	11	Crab Cake
Mon	14	Baked Ham
Tue	15	Chicken Ala King
Wed	16	Franks & Beans
Thu	17	Chicken Cacciatore
Fri	18	Breaded Fish
Mon	21	Center/Meal Site Closed
Tue	22	Roast Beef
Wed	23	Kielbasa & Sauerkraut
Thu	24	Baked Chicken
Fri	25	Macaroni & Cheese
Mon	28	Herb Crusted Fish
Tue	29	Chicken Marsala
Wed	30	Baked Ziti
Thu	31	Beef Stroganoff



### February 2013

Fri	1	Tuna Noodles
Mon	4	Cubed Steak
Tue	5	Baked Manicotti
Wed	6	Pulled Pork Sandwich
Thu	7	Beef & Broccoli
Fri	8	Crab Cake
Mon	11	Baked Ham
Tue	12	Chicken Ala King
Wed	13	Franks & Beans
Thu	14	Chicken Cacciatore
Fri	15	Breaded Fish
Mon	18	MEAL SITE CLOSED
Tue	19	Roast Beef
Wed	20	Kielbasa & Sauerkraut
Thu	21	Baked Chicken
Fri	22	Macaroni & Cheese
Mon	25	Herb Crusted Fish
Tue	26	Chicken Marsala
Wed	27	Baked Ziti
Thu	28	Beef Stroganoff

### MEAL-SITE EVENTS

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

**Every Monday to Friday:**

10:30 am. Penny Bingo

**Every Tuesday**

12:30 pm Transportation for Grocery Shopping\*

**Every Wednesday**

12:30 – 1:30 pm Big Bingo with prizes\*\*

**Stop by the Meal Site for a Calendar of Special Events.**

\*Meal Site Transportation is available. Suggested donations are....

...\$1.00 each way to and from Meal Site; ...\$1.25 each way for shopping trip

Times shown are when bus leaves the Center.

\*\*50/50 Raffle: Winner splits winning with Catholic Charities Meal Program

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**SENIOR STUMPERS ANSWERS**

**Triangles in Triangles**

Consider the left half:  
 There are 5 little triangles.  
 There are 4 triangles consisting of 2 little triangles.  
 There are 3 triangles consisting of 3 little triangles.  
 There are 2 triangles consisting of 4 little triangles.  
 There is 1 triangle consisting of 5 little triangles.  
 That's 15 triangles on the left side; there are 15 more on the right side.  
 Then there are five more triangles spanning both halves.  
 Total = 35 triangles:

**Circles in circles**

Diameter of large circle is 5, radius is 2.5  
 Diameter of white circle is 4, radius is 2.  
 Diameter of B is 3, radius is 1.5.  
 Area of A = area of large circle minus area of white circle:  
 Area of large circle =  $\pi(2.5)^2$   
 Area of white circle =  $\pi(2)^2$   
 Area of A =  $\pi(2.5)^2$  minus  $\pi(2)^2 = \pi(2.25)$   
 Area of B =  $\pi(1.5)^2 = \pi(2.25)$   
 A and B are equal in area.

*Source: GAMES World of Puzzles, Extra 2012*

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MEMBERSHIP APPLICATION

Jan. 1 thru Dec. 31, 2013

SCOTIA-GLENVILLE SENIOR CITIZENS, INC.  
32 Worden Road, Glenville NY 12302

Annual Fee:

Glenville & Scotia residents: \$15 per person; Non-residents: \$25 per person

Checks preferred. Payable to: Scotia-Glenville Senior Citizens, Inc.

If cash, exact amount please.

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

Check one: Resident Non-resident

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

PLEASE PRINT

\*Name1 \_\_\_\_\_ e-mail \_\_\_\_\_

\*Name2 \_\_\_\_\_ e-mail \_\_\_\_\_

\*Address \_\_\_\_\_

\*City/State/Zip \_\_\_\_\_ \*Phone \_\_\_\_\_

Interests/Talents/Comments \_\_\_\_\_

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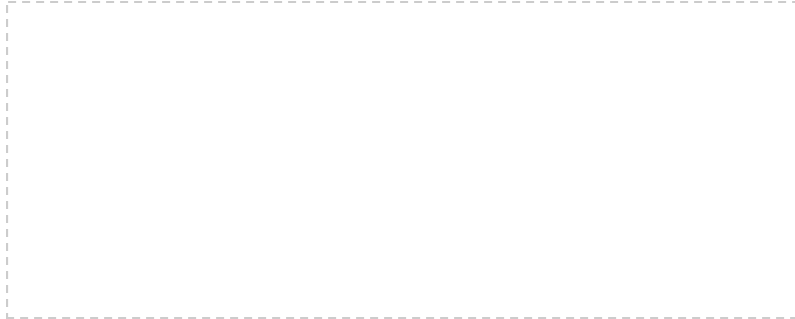
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1st VP: Max Gollmer  
2nd VP: Desdemona  
Johnson  
Secretary: Sandy Glindmyer  
Treasurer: Paula Devries

**DIRECTORS – 2013**

Bob Atwood  
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Marge Carroll\*  
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Jim Coton\*  
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Blanche Fischer  
Stan Gordon  
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Richard McMahan  
Nagarajan Nilakantan\*  
Theresa Parisi  
Angie Pomykai\*  
Ronnie Quinn  
Sue Sykes\*

(Officers are also di-  
rectors)

\*New in 2013

**CONTACTS**

Senior Center  
Coordinator  
**Vicki Hillis**  
Glenville Senior Center  
Administrator:  
**Jamie MacFarland**  
Village of Scotia  
Liaison:  
**Tom Gifford**  
Town of Glenville  
Liaison:  
**Sid Ramotar**