



Scotia-Glenville Senior Citizens Senior Moments



Volume 39 Number 2

Spring - March/April/May - 2013

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

Senior Moments is now issued quarterly

Starting with this issue, Senior Moments will be published four times a year:

Spring (Mar-Apr-May), Summer (Jun-Jul-Aug), Autumn (Sep-Oct-Nov), and Winter (Dec-Jan-Feb).

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 12.



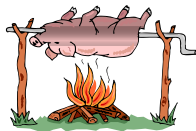
Volunteer Recognition Day

Sunday April 14, 2:00 - 4:00 pm

Come help us thank our volunteers, and meet our new Center Coordinator Vicki Hillis. We'll enjoy a repeat performance by "Elvis". Refreshments will be served.

Sign up at the front desk or phone by Tuesday, April 9.

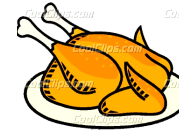
3rd Annual Pig Roast Dinner and Roasted Chicken Dinner



Saturday May 4, 4:00-7:00 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 will be available at the Center beginning in April, or at the door, or from Social Committee members:

Rosemary Pryne 399-4726 or Ronnie Quinn 399-5999

Public is invited - Senior Center membership is not required.

Trips

Details on page 8

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

Saturday April 27 - West Point parade, lunch, tour

May 31-June 3 - Washington DC, 4 days 3 nights

Saturday June 8 - A day in Boston

Thursday June 25 - Las Vegas show at Troy Hilton Garden Inn

It's still snow season - keep our carpets clean, floors dry and safe!

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

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.

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MARK YOUR CALENDAR

Exec Council: Thu Mar 7, Apr 4, May 2; 10:00 am at Town Hall

Directors: Thu Mar 14, Apr 11, May 9; 2:00 pm at Senior Center

Senior Moments Deadline: Thu May 2

Senior Moments Mailing: Thu May 23, 9:00 am

Senior Center CLOSED Mon May 27

Meal Site CLOSED Fri Mar 29, Mon May 27

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

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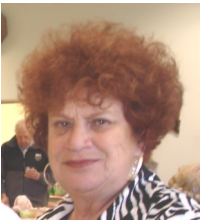
GLENVILLE SENIOR CENTER

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

Center open 9:00 am to 4:00 pm

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

SENIOR CENTER NEWS



A line from Linda

Hello to all members and non-members (who we hope are prospective new members):

We might be thinking spring is around the corner. Or maybe it's just on our minds. But we know winter will be leaving shortly. This newsletter is our first edition of the quarterly paper we will now be issuing. Next issue is for June, July, and August.

I would first like to wish a speedy recovery to our members that are home-bound. We miss you all, so hurry back. Our thoughts are with you and your families.

Please note the upcoming events we are having here in the spring. A special thanks to our wonderful social committee for doing such a fine job on this. Also note under trips the new ones that are being planned by our trip committee this spring.

Last month we held a membership drive here in the Center. Please, if you haven't renewed your membership for 2013, do so now, or you won't receive a newsletter and won't be able to use our facilities. And as usual we are always looking for volunteers – just a few hours out of your week. It's very rewarding. Come on down to the Center and someone will be happy to explain it to you and show you around our beautiful Center.

I have appointed **Rosemary Pryne** to replace Jim Coton who has resigned from the Board of Directors. Appointment is subject to ok at February Board meeting.

Lastly, see the note at the end of Vicki's column about our great loss: the death of George Fountain.

Linda Reinhart

Open House

Sunday, April 21, 2:00-4:00 pm

Bring a friend to view our facilities and learn about our activities. Refreshments will be served.

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.



Vicki's view

...Spring is just around the corner and now is a great time to check out the activities at the Senior Center. Why not try a new class, join one of our groups or check out one of the sports leagues?

If you don't see a personal favorite pastime or are looking for something a little different, maybe we can start something new. Suggestions are always welcome.

Of course, all of these wonderful activities would not be possible without our dedicated volunteers.

We would like to be able to recognize all of the time that that people devote to volunteer at our Center. There is also national recognition for certain levels of volunteerism. And this data would be needed if we were to apply for any grants in the future. Any hours spent organizing, planning, and leading the activities of the Center can be counted as volunteer hours – not just the hours spent in the building. We all know it takes lots of volunteer hours to accomplish all that we do here. **So, all volunteers, please record all your volunteer hours in the Volunteer Time Log located in the Dispatch Office.**

LATE BULLETIN: One of our most active and effective members, George Fountain, died on February 10. A past president of our Association, manager of travel program, and more. We'll re-view his years of service in our next issue *Vicki*

Senior Moments Mailing party

Thursday May 23, 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.

Veterans...

How to Get a Job

Saturday, March 9 & 23, 11:30 am – 1:30 pm

The Town of Glenville presents a series of lectures designed for our Armed Forces Veterans. This effort, spearheaded by Councilman Sid Ramotar (a veteran), is designed to help our returning servicemen and servicewomen navigate the challenging job market in our area. Part of Supervisor Chris Koetzle's 2013 Strategic Plan, outreach to veterans provides direct services from the town to individuals who have served our country. Town of Glenville offers these lectures free of charge at the Senior Center.

If interested, contact Sid Ramotar at SRamotar@townofglenville.org.

CENTER SERVICES

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

Driver Safety Programs

Classes consist of two three-hour sessions held on two consecutive days, conducted at the Center by trained instructors. Can reduce your auto insurance premiums.

The April program will be conducted by AARP instructors. May and June sessions will be offered through AAA.

Center membership is not required.

See details on page 7.

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 **Ginger Hoepfner** for displaying her Flo Blue Dishes in January and to **Susan Reilly** for sharing her Valentine Candy Boxes during February.

Coming up:

March - Curious Little Boxes by **Joan Gould**

April - Co-boy gnomes by **Ronnie Quinn**

May - Alaska! by **Marge Carroll**

We are always in need of collections.

Call **Joan Gould**, 393-2516 to set up a date.

Remember, the case is lighted and is always locked.

Having a computer problem?

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

Recycle your old eyeglasses

The Scotia-Glenville Lions Club collects discarded eyeglasses which they restore and give those less fortunate. So drop off (gently) your old specs in the donation box in the Center library.

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.

Van Transportation

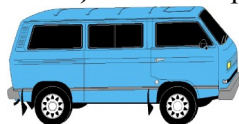
For residents of Glenville and Scotia only.

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

March 5, 19

April 2, 16, 30

May 14, 28

Clifton Park Mall

March 12, 26

April 9, 23

May 7, 21

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

Mon, Feb 4 thru Fri, Apr 12

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

By appointment only.

Senior Center membership NOT required to use this service

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.

SPECIAL EVENTS.

Yellow Dot Program

Tuesday, March 19, 1:00 pm

This program is designed to help first responders provide life-saving medical attention during that first “golden hour” after an automobile crash or medical emergency. A Yellow Dot decal in the rear window of your vehicle or your front door will alert first responders that vital medical/family information can be found in your glove compartment or freezer. An officer from the county sheriff’s department will explain the program and provide the dots and documentation for us to take advantage of this life-saving program.

Senior Center membership is not required to attend.

Living Healthy NY

Wednesday, Apr 17, 1:00 – 3:30 pm

Special session for those with hypertension.

Wednesdays, Apr 24-May 29, 1:00 – 3:30 pm

Six-week Living Healthy FREE workshop designed for adults and/or their caregivers living with ongoing health conditions such as arthritis, high blood pressure, heart disease, diabetes, depression and/or pain. The workshop, sponsored by the Center for Excellence in Aging & Community Wellness at SUNY/Albany, will help you feel better, be in control, and do the things YOU want to do! Learn practical ways to deal with pain and fatigue; discover better nutrition options and exercise choices, and discover fresh practical ways to live better and healthier.

Call 442-5529 to enroll/get more information.

Caregiving Support

Tuesday, March 19, 4:00 pm

If you are (or expect to be) caring for a loved one, neighbor, or friend, come and learn some new tips and information on how to handle the issues of caregiving, presented by Vicki Hoshko from Schenectady County Senior and Long Term Care services. If you have questions, you can reach her at 382-8481 ext. 1008.

Senior Center membership is NOT required to attend.

Calling all gardeners!

In recent summers a wonderful group of volunteers has kept the Senior Center’s garden looking beautiful. We would like to get another group together this year. In May, there will be a day or two to clean out the gardens, plant annuals, and mulch. Then there will be just another day or two for each gardener to weed and deadhead during the summer. We will also do a final cleanup in the fall.



Instruction will be available to anyone who wants to help but is new to gardening.

Our members really appreciated the hard work of our volunteers last summer! If interested, please call **Paula DeVries** at 885-9709 or leave your name with Vicki Hillis after April 1.

DISCLAIMER: Neither *Senior Moments* nor the Scotia-Glenville Senior Citizens Inc. can endorse or take responsibility for any organizations or services mentioned in news items or advertisements herein.

“Let us all sing, ...it’s good for (almost) anything!” (Dr. Seuss) A silly singalong, Tuesday, April 16, 2:00 . . .

. . . led by Joyce Cowin, with Joyce’s Voices and alums of The Grayairs as backup), promises fun for all. Sing along, hum, tap feet, clap hands, snap fingers, OR . . . just listen and enjoy! Refreshments too!

ATTENTION: Joyce’s Voices and Grayairs alums: Joyce hopes many of you can attend a required rehearsal on **Monday April 15, 1:15-3:45**, to prepare program described above. Please RSVP directly to Joyce by April 11 at cowinjoyce@gmail.com or 388-9165. **This deadline is critical** so that necessary copying may be done in advance.

Hearing Screening

Monday, April 22, 9am-12:30pm

The audiology department of Sunnyview Hospital will provide free screening to assess hearing acuity. It is **not appropriate for folks who already use a hearing aide**. No products or services will be recommended or sold.

Appointment is required – can be made at the desk or by phone (374-0734).

Senior Center membership is not required to attend.

Abraham Lincoln’s Capital Region connections

Thursday, April 25, 1:30 pm

Edwin Reilly, former Niskayuna town supervisor and avid historian, will give a talk on Lincoln, including his many ties to the area we call home. Did you know that Lincoln first saw John Wilkes Booth performing as “Romeo” at a theater in Albany? Do you know why Lincoln’s Emancipation Proclamation did not apply to the many farms in New York State that held slaves? Come for a lively discussion, great learning, and of course, refreshments.

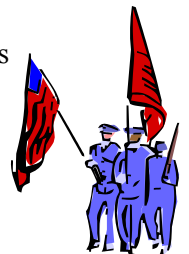
Forward, MARCH! – In May!

Scotia Memorial Day Parade

Wednesday, May 22

Our Senior Center Van will “march” (well, roll) in the procession. Riders are needed, and we also need volunteers to walk along with it. AND, you can toot as part of our newly-forming kazoo band.

For schedule and full details, contact **Rosemary Pryne** at 399-4726 or **Ronnie Quinn** at 399-5999.



CLASSES AT THE SENIOR CENTER

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

YMCA Classes Spring session: 11 weeks: April 8—June 21 (No classes May 27)

Registration Wednesday March 27, 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	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	Mon 9:15 Tue & Thu 9:15	
Forever Yoga	Lisa Temoshok	Tue 11:30 am	
Senior Center Classes			
Gentle Yoga	Nancy Tobiesen	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.

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. Our thanks to **Ginny Rovelli** for spearheading this activity.

Ballroom dance class resumes

The Friday afternoon ballroom-dance class, from 2-3 pm, will again be available for March, April, and May. 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.

Osteobusters

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.

Osteobusters

Tue at 10:10 and Thu at 9:00

Information: Marilyn White, 355-3425

Tue at 11:30 and Thu at 10:15:

Information: Arlene Meiklejohn, 399-7309

Osteobusters is a doctor-prescribed exercise and educational program that promotes strong bones. It involves twice-weekly in-class exercise sessions at the Center, a home-exercise program, and dietary and lifestyle guidance.

The program was created by a registered clinical exercise physiologist, and is made possible by a partnership among numerous area community-based agencies.

Advance registration at the Front Desk is required,

You must bring to your first class a letter of medical clearance from your doctor and your signed consent form acknowledging that you participate at your own risk. And you must bring your personal medical information sheet to each class.

Further information about the program is available from the contact persons noted above.

Philosophy all around us

Mondays, 12:30 – 2:30, beginning April 22

Join us for discussions led by retired college English and Philosophy **professor Roberta Boss**, Ph.D. Anyone interested is encouraged to sign up in advance, but all are welcome to drop in at any session that interests them.

The topics are:

April 22 The Pursuit of Happiness

April 29 Big Government

May 6 Careers

May 13 Fifteen Minutes of Fame

May 20 Body and Soul

June 3 Evolution and Creationism

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.

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.

Bowling

The Seniors league has elected officers for the 2013-2014 season: President - Jacob Lederman, Vice President - Butch Carpenter, Secretary - Mary Ann Austin, Treasurer - Alice Eckblaw. **New members are welcome** – contact Jacob Lederman at 399-5249. We all look forward to another successful season.

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.

CENTER ACTIVITIES

**MORE ACTIVITIES
ON PAGES 6&8**

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First Friday Film Club

First Friday each month, 1:30 pm

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.

March 4—*Homecoming* by Cynthia Voight

April 1—*Elsewhere* by Richard Russo

May 6—*Lyndon Johnson and The American Dream*

by Doris Kearns Goodwin

Driver Safety Programs

Register in person at Front Desk - No phone reservations.

AARP

Tue & Wed April 2 & 3, 2-5 pm

Price: AARP members \$17; non-AARP members \$19

Pay by check – no cash – payable to AARP.

AAA

Mon & Tue May 6 & 7, 2-5 pm

Tue & Wed June 4 & 5, 2-5 pm

Price: Senior Center members \$25, non-members \$32

Pay by check – no cash – payable to AAA Northway

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, or contact Walter Overstreet at 372-0448 if you need a 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 and Wednesday Golf

Organizational meeting Mon April 22, 1:30 pm

Both the Monday and Wednesday leagues will play at the **Galway Golf Course**, located off of Jockey Street in Galway (about 12 miles from the Senior Center). League play will start at 9:00 am, beginning on April 29 and May 1. Senior Center membership is required.

New members and subs are welcome. Contact **Don or Shirley Hickerson** if interested or for further information: phone 518-393-5674.

Thursday Golf

Organizational meeting Thu, April 25, 2:00 pm

*NOTE: this meeting will **not** be on April 5th as announced in in the Jan-Feb newsletter.*

The Thursday league plays at Mill Road Golf Course. Senior Center membership is required. New players and subs are welcome.

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

TRIPS and TRAVEL

- ◆ **Make reservations** in person (none by phone).
- ◆ **Payment** must accompany reservation.
- ◆ **Mail reservations** confirmed only if space is available.
- ◆ Responsible adult must be with anyone requiring **walking aid**.
- ◆ **Cancellations** reimbursed only if a replacement is found.
- ◆ Center members may invite **family or friends** as guests on a trip.
- ◆ **Children** should be at least junior-high-school age.
- ◆ **Non-members** not sponsored by members as described above are subject to bumping by a member who is on waiting list.
- ◆ Trips that are for Senior Center **Members Only** will be so identified in the *Senior Moments* announcement.
- ◆ *Senior Moments* cannot publish announcements of trips sponsored by **organizations other than** the Glenville Senior Center or those we team with for Joint Venture trips.

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

Washington DC

4 days, 3 nights: May 31-June 3

Two full days and evenings of guided tours include WWII Memorial, Capitol Hill, Embassy Row, Korean War Memorial, Vietnam Veterans Memorial, Smithsonian, Martin Luther King National Memorial, Lincoln Memorial, and much more. More information on Center bulletin board.

Cost: \$369 pp double occupancy, includes 3 nights lodging, 3 breakfasts and 3 dinners.

Registration deadline is Friday March 22. Full payment due at registration.

Bus departs Center 8:00 am May 31; return approx 9:00 pm June 3.

Questions?: Call **Fred Pepper**, 372-1417.

West Point Dress Parade, Buffet Lunch, US Military Academy tour Saturday, April 27

The traditional Cadet Review will be followed by a buffet lunch at the Hotel Thayer, and a guided tour of West Point. In case of rain, an indoor presentation will replace the parade.

Photo ID is required for admission.

Cost: \$90 pp, includes all taxes and gratuities.

Bus departs Center 7:15 am; return approx 6:30 pm.

Experience Las Vegas

just 40-minutes away at the Hilton Garden Inn, Troy

Thursday June 25; Lunch 11:30 am, Show 1:00 pm

Enjoy the excitement and splendor of Las Vegas as it comes to life in the fast-paced extravaganza – **VIVA LAS VEGAS** – featuring the Latshaw Pops Orchestra, singers, and dancers.

Cost: \$62 pp includes transportation, lunch, and show.

Depart Center 10:00 am; return approx 4:30 pm.

A Day in Boston

Saturday, June 8

A day on your own for shopping, sightseeing, visiting the Aquarium, or whatever you want to do.

Bus will leave the Center at 8:00 am and arrive at Quincy Market around 11:30. Then pick us up at Quincy Market at 5:30 pm, arriving back at the Center about 9:30.

Price: \$40.00 for both members and non members. (You couldn't drive & park in Boston for this amount.)

Sign-up deadline is Monday, June 3. Full payment is due when you sign up.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

March 2013

Fri	1	AARP Tax prep, 1:00-4:00 pm
Fri	1	Film, <i>I am Sam</i> 1:30 pm
Mon	4	AARP Tax Prep 9:00 am – 4:00 pm
Mon	4	Book Club 10:00 am
Tue	5	Shopping Rotterdam Square Mall
Wed	6	AARP Tax Prep 1 – 4:00 pm
Thu	7	Exec. Committee Mtg. 10:00 am
Fri	8	AARP Tax Prep 1 – 4:00 pm
Sat	9	Scotia-Glenville Lions Spaghetti Dinner 4 pm
Mon	11	AARP Tax Prep 9:00 am – 4:00 pm
Tue	12	Shopping Clifton Park Mall
Tue	12	Am. Legion Post 1001 1:00 pm
Wed	13	AARP Tax Prep 1 – 4:00 pm
Thu	14	Board Meeting 2:00 pm
Fri	15	AARP Tax Prep 1 – 4:00 pm
Sat	16	St. Patrick’s Day Celebration 12:30 – 2:00 pm
Mon	18	AARP Tax Prep 9:00 am – 4:00 pm
Tue	19	Shopping Rotterdam Mall
Tue	19	Yellow Dot Program 1:00 pm
Tue	19	Caregiving Support 4:00 pm
Wed	20	AARP Tax Prep 1 – 4:00 pm
Thu	21	Turning Stone Casinos 8:00 am
Fri	22	AARP Tax Prep 1 – 4:00 pm
Mon	25	AARP Tax Prep 9:00 am – 4 pm
Tue	26	Shopping Clifton Park Mall
Wed	27	AARP Tax Prep 1 – 4:00 pm
Wed	27	YMCA Class Registration 9 – 11:00 am
Fri	29	AARP Tax Prep 1 – 4:00 pm
Fri	29	Meal Site Closed

May 2013

Wed	1	Healthy NY workshop 1:00-3:30 pm
Thu	2	Exec. Committee Mtg. 10 am
Thu	2	<i>Senior Moments</i> Deadline
Fri	3	Film <i>Broke Back Mountain</i> 1:30 pm
Sat	4	Pig Roast & Chicken Dinner 4 – 7:00 pm
Mon	6	Book Club 10:00 am
Mon	6	Philosophy – Careers 12:30-3:30:
Mon	6	AAA Driver Safety Prog. 2 – 5 pm
Tue	7	Shopping Clifton Park Mall
Tue	7	AAA Driver Safety Prog. 2 – 5pm
Wed	8	Healthy NY workshop 1:00-3:30 pm
Thu	9	Board Meeting 2:00 pm
Mon	13	Philosophy – 15 Minutes of Fame 12:30-3:30:
Tue	14	Shopping Rotterdam Square Mall
Tue	14	American Legion Post 1001 1:00 pm
Wed	15	Healthy NY workshop 1:00-3:30 pm
Mon	20	Philosophy – Body & Soul 12:30-3:30:
Tue	21	Shopping Clifton Park Mall
Wed	22	Scotia Memorial Day Parade
Wed	22	Healthy NY workshop 1:00-3:30 pm
Thu	23	<i>Senior Moments</i> Mailing 9:00 am
Mon	27	Senior Center & Meal Site Closed
Tue	28	Shopping Rotterdam Square Mall
Wed	29	Healthy NY workshop 1:00-3:30 pm

April 2013

Mon	1	AARP Tax Prep 9:00 am – 4:00 pm
Mon	1	Book Club 10:00 am
Tue	2	Shopping Rotterdam Square Mall
Tue	2	AARP Driver Safety Program 2 – 5:00 pm
Wed	3	AARP Driver Safety Program 2 – 5:00 pm
Wed	3	AARP Tax Prep 1 – 4:00 pm
Tue	4	Exec. Committee Mtg. 10:00 am
Fri	5	AARP Tax Prep 1 – 4:00 pm
Fri	5	Film <i>The Best Exotic Marigold Hotel</i> 1:30 pm
Mon	8	AARP Tax Prep 9:00 am – 4:00 pm
Mon	8	Spring YMCA Classes Begin
Tue	9	Shopping Clifton Park Mall
Tue	9	American Legion Post 1001 1:00 pm
Wed	10	AARP Tax Prep 1 – 4:00 pm
Thu	11	Board of Directors Mtg. 2:00 pm
Fri	12	AARP Tax Prep 1 – 4:00 pm
Fri	12	Deadline for Scholarship Applications
Sun	14	Volunteer Recognition Day 2 – 4:00 pm
Mon	15	Rehearsal for “Sing-a-Long” 1:15 pm
Tue	16	Shopping Rotterdam Square Mall
Tue	16	A “Silly Sing-A-Long” 2:00 pm
Wed	17	Healthy NY – hypertension 1:00-3:30 pm
Sun	21	Senior Center Open House, 2:00-4:00 pm
Mon	22	Mon & Wed Golf League Mtg. 1:30 am
Mon	22	Hearing Screening 9:00 – 12:30 pm
Mon	22	Philosophy – Pursuit of Happiness
Tue	23	Shopping Clifton Park Mall
Wed	24	Healthy NY workshop 1:00-3:30 pm
Thu	25	Thursday Golf League Mtg. 2:00 pm
Thu	25	Abe Lincoln Capital Reg./Ed Reilly 1:30 pm
Sat	27	West Point Dress Parade 7:15 am
Mon	29	Philosophy – Big Government 12:30 pm
Tue	30	Shopping Rotterdam Square Mall

Weekly Events – Mar/Apr/May

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, March/April/May 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.

March 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	Stuffed Shells
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
Fri	29	CLOSED

April 2013

Mon	1	Cubed Steak
Tue	2	Baked Manicotti
Wed	3	Pulled Pork Sandwich
Thu	4	Beef & Broccoli
Fri	5	Crab Cake
Mon	8	Baked Ham
Tue	9	Chicken Ala King
Wed	10	Franks & Beans
Thu	11	Chicken Cacciatore
Fri	12	Breaded Fish
Mon	15	Stuffed Shells
Tue	16	Roast Beef
Wed	17	Kielbasa & Sauerkraut
Thu	18	Baked Chicken
Fri	19	Macaroni & Cheese
Mon	22	Herb Crusted Fish
Tue	23	Chicken Marsala
Wed	24	Baked Ziti
Thu	25	Beef Stroganoff
Fri	26	Tuna Noodle Casserole
Mon	29	Cubed Steak
Tue	30	Baked Manicotti

May 2013

Menus will be posted
at the Meal Site
in April

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

COMMUNITY CONNECTIONS

DISCLAIMER: Neither *Senior Moments* nor the Scotia-Glenville Senior Citizens Inc. can endorse or take responsibility for any organizations or services mentioned in news items or advertisements herein.

Stroke Survivors and Family/ Caregivers Support Group

Second Thursday each month, 2:00 to 3:30 pm

The Ellis Medicine Stroke Support Group meets each month, offering an educational presentation and then, during the second half of each meeting, a discussion period in which stroke survivors and their family members and caregivers have an opportunity to visit with each other, share concerns, and offer support to each other. We hope you will consider joining us! Upcoming dates: 3\14, 4\11, 5\9, 6\13

... We can help you ^{At} Ellis

Hospital, Nott Street in the Neuroscience Center
Conference room B6.

Scotia-Glenville Lions Club Annual Spaghetti Dinner

Saturday, March 9th 4-7 pm

First Reformed Church of Scotia

224 North Ballston Avenue

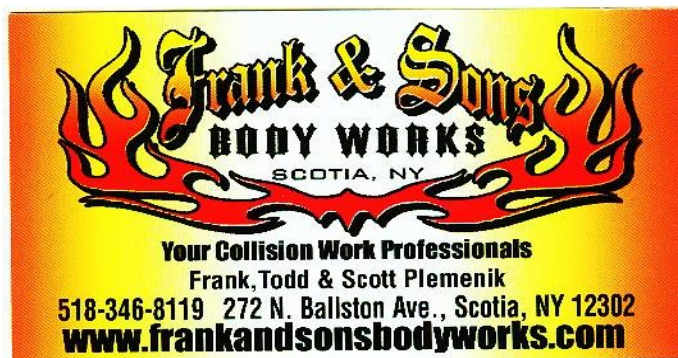
Adults - \$8; Children under 12 - \$5

Take-outs available.

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: Mar 12, Apr
9, May 14, May 14, Jun 11.

Bill Wragg, Cmdr Kurt Von Maucher, Adj.



**Attention GE employees, retirees,
and spouses of either**

Gifts of \$25 or more to the Senior Center
can be matched by the GE Foundation's
Matching Gift Program. You can register
gifts to the Center by calling the GE

Matching Gift Center at 1-800-305-0669, or online at
www.ge.com/foundation/matching_gifts.html.

On that website, the Senior Center appears on the list
of "Approved" organizations as:

SCOTIA GLENVILLE SENIOR CITIZEN RECREATION
RELATED CONCERNS (Approved)
32 WORDEN RD., SCOTIA, NY 12302-3409
Tax ID: 222186497

Note that matching is available only for true gifts, not
for payments for annual dues, trips, admission to events,
meals, etc. Call Vicki for more information.

Seniors Special... Parade of Homes

presented by
Choice Connections*

Join us on a tour of 3 or 4 of the premier senior
assisted-living communities in our area.

Transportation, breakfast, lunch, fun, and
door prizes are all included in the nominal
charge of \$5.00 per person.

Our bus will leave the Glenville Senior Center at
9:00 am, returning approx 2:30 pm.

**The Date for this special event is being
determined.** Please contact **Melonie Pratt** at 894-
2443 for more information and to register.

***Choice Connections is a FREE senior
housing advisory service.** Our team of
experienced, compassionate senior housing
advisors will help you explore and
understand the most appropriate care and
funding options. .

Senior Center membership not required to attend.

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

Holyrood House

Senior & Handicapped Apartment Living
Section 8 HUD Subsidized
 201 Fifth Street, Scotia



Now accepting applications
 Call Debbie Trinci at 374-7407
Equal Housing Opportunity

"I've been worried about Mom lately..."



Does your loved one need more help with activities like shopping, getting to appointments, and meal preparation? Contact...

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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 _____

**EXTRA COPIES
 OF THIS FORM
 ARE AVAILABLE AT
 THE FRONT DESK**

Affordable Senior Apartments

Senior Citizens age 62 and older, income eligible

Highland Square

88 Saratoga Road, Glenville, 12302

For information or to request an application, call



Eldean Johnson—Site Manager

518/399-6481



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With a little assistance you can stay at home



FREE in-home consultation

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Non-medical support services at home. Locally-owned and operated with 30 years of experience. Insured and bonded.

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ADULT PIANO INSTRUCTION

Beginner – Intermediate - Advanced



Introductory lesson:
no cost, -no obligation

Scotia studio, 388-9165

JOYCE COWIN



A plan for life.

For information, call

(518) 641-3400

TTY/TDD (518) 641-4000

CDPHP[®] contracts with the federal government to offer Medicare Choices. Medicare Choices members must have both Medicare Parts A and B.

Capital District Physicians' Health Plan, Inc.
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This is an advertisement.

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What is your home worth?

I am a Seniors Real Estate Specialist with special training to counsel clients making life-changing decisions.

I would welcome the opportunity to be of service to you.

Yvonne Matthews, Associate Broker
(518) 461-0771



Purdy Realty LLC



ADULT PIANO INSTRUCTION

Beginner – Intermediate - Advanced



Introductory lesson:
no cost, -no obligation

Scotia studio, 388-9165

JOYCE COWIN



Services for Older Adults and Caregivers

A program of



Senior Services in Schenectady

107 Nott Terrace, Schenectady

346-1852

Adult Day Program

Mon.-Fri., 7:30-5:30

Enabling Seniors to remain at home and allowing caregivers peace of mind

Motivational Activities

Safe, Homelike Environment

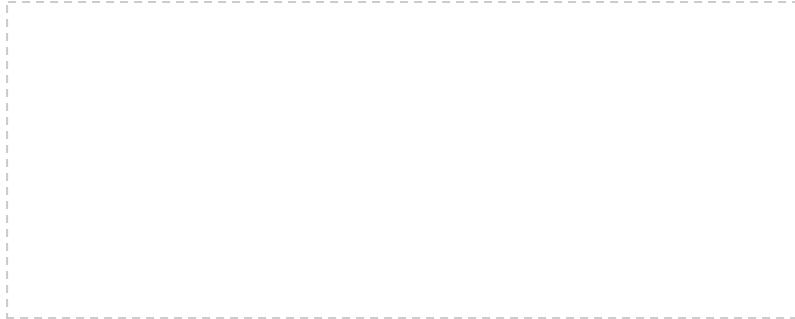
Caring Staff

Nutritious Lunches & Snacks

Scotia-Glenville
Senior Citizens, Inc.
32 Worden Road
Glenville NY 12302

NON-PROFIT ORG.
U.S. POSTAGE PAID
ALBANY, NY
PERMIT NO. 169

TO: CURRENT OCCUPANT OR



**Scotia-Glenville
Senior Citizens, Inc**



OFFICERS – 2013

President: Linda Reinhart*
1st VP: Max Gollmer
2nd VP: Desdemona
Johnson
Secretary: Sandy Glindmyer
Treasurer: Paula Devries
(Officers are also
Directors)

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Bob Atwood
Jim Bishop
Marge Carroll*
Jane Conroy
Andy Ekblaw*
Blanche Fischer
Stan Gordon
Eldean Johnson
Flo McClure
Richard McMahan

Nilakantan Nagarajan*
Theresa Parisi
Angie Pomykai*
Rosemary Pryne*
Ronnie Quinn
Sue Sykes*

*New in 2013

CONTACTS

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