



Scotia-Glenville Senior Citizens Senior Moments



Volume 39 Number 3

Summer - June/July/August 2013

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

Senior Moments is issued quarterly: **Spring** (Mar-Apr-May), **Summer** (Jun-Jul-Aug), **Autumn** (Sep-Oct-Nov), **Winter** (Dec-Jan-Feb).

Thank you to all of our wonderful volunteers who contribute in both big ways and small to our Senior Center:

Wayne Andrews	Joyce Cowin	Bette Helms	Nagarajan Nilakantan	Diane Smith
Eve Ashline	Cheryl Crowley	Don Hickerson	Walt Overstreet	Brenda Spencer
Bob Atwood	Paula DeVries	Eldean Johnson	Theresa Parisi	Vito Spinelli
Maureen Barton	Cecilia Dillman	Desdemona Johnson	Joyce Paszkiewicz	Gail Steslow
Beverly Bellows	Pamela Durrant	Frances Kahn	Fred Pepper	Carole Stevens
Virginia Bergman	Doug Durrant	Dorothy Komoroske	Shirley Perazzo	Linda Stimpson
Janet Beyer	Andy Ekblaw	Gary Kremzier	Aldo Petroni	Suzanne Sykes
Jim Bishop	Bob Evans	Midge Launsbach	Roger Peugh	Shirley Taft
Gloria Blum	Blanche Fischer	Anne Litynski	Evelyn Pieciuk	Marion Thelin
Joan Bolde	Harvey Florsheim	Delores Lotano	Jackie Piper	Geri Tracey
Anne Boyens	Karen Fuller	Mary Lydon	Bob Pommerer	Audrey Trudell
Sandy Brien	Bob Gartley	Anne Macejka	Angie Pomykai	Paul Valdeon
Dorothy Brooks	Sandy Glindmyer	Flo McClure	Rosemary Pryne	Bill Vullo
Tom Bulman	Jim Golden	Richard McMahan	Ruth Quinn	Nancy Wallace
Dana Carroll	Max Gollmer	Arlene Meiklejohn	Frank Quinn	Georgianna Washington
Marge Carroll	Marlene Gooley	Arlene Merrick	Ronnie Quinn	Jim Welnhofner
Emily Childers	Stan Gordon	Jo Moore	Linda Reinhart	Marilyn West
Toni Cilberti	Joan Gould	Hal Moore	Ginny Rovelli	Barbara Williams
Judith Connors	Chuck Guare	Norm Mullins	John Saville	Glen Wiltsie
Jane Conroy	Sandy Heddesheimer	Janet Neary	Charlie Schuffert	
Will Coons	Sandy Heitkamp	Margaret Nicolella	Dot Skomp	

and many others whose names we may have missed but who devote their time and talents nonetheless.

VOLUNTEERS: Don't forget to log your hours in the book on the dispatcher's desk.

Trips
Details on page 8

Saturday June 8 – A day in Boston
Tuesday June 25 – Las Vegas show at Troy Hilton Garden Inn
Tuesday July 30 – Lake George Dinner Theater
Wednesday August 14 – Lobsterfest at The Log Cabin

INSIDE THIS ISSUE

	Page		Page
Center News	2,9	Trips and Travel	8
Center Services	3	Senior Center Calendar	9
Remembering George	4	Dining Center	10
Classes	5	Senior Stumpers	6,10
Center Activities	6,7,8	Community Connections	11
		Stumpers answers	11

MARK YOUR CALENDAR

Exec Council: Thu Jun 6, Aug 1, Sep 5; 10:00 am
at Town Hall (no July meeting)
Directors: Thu Jun 1, Aug 8, Sep 12; 2:00 pm
at Senior Center (no July meeting)
Senior Moments Deadline: Thu Aug 1
Senior Moments Mailing: Thu Aug 22, 9:00 am
Senior Center CLOSED Thurs July 4
Meal Site CLOSED Thurs July 4

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

Linda Reinhart, 2013 President

Vicki Hillis, Executive Editor

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GLENVILLE SENIOR CENTER

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

SUMMER HOURS

Front desk open 9:00 am to 3:00 pm

Building open 9:00 to 4:00 except closes 3:00 Friday

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

SENIOR CENTER NEWS



A line from Linda

We had a great time here at the Senior Center this spring. Thank you to everyone for their hard work on the Volunteer Appreciation and Pig Roast events –we couldn't do it without you. Now that summer is here, be sure to check out our trips page for upcoming travel. We have several exciting trips planned – a day in Boston, the Viva Las Vegas show in Troy, Moonlight and Magnolias in Lake George and Lobsterfest in Holyoke, MA. Sign up now to join us and have some fun!

I wish everyone a wonderful summer.

Linda Reinhart

Successful social events

Thank you to everyone who came to the **Volunteer Recognition Day**. Elvis was sighted in the building and left us all shook up. The winner of the 50\50 raffle was **Ruth Quinn**. If you have not picked up the certificate of appreciation that was given out to each volunteer, please see Vicki and also get your free gift for volunteering at our Senior Center.

Our May 4 **Pig-and-Chicken Roast Dinner** drew over 150 diners, many of whom were potential new members attracted to the event by our publicity. Thanks go to our Glenville Supervisor **Chris Koetzle** who assisted on the food line by deftly ladling gravy onto diners' meals. Left-over food was donated to a local charity, providing meals for nearly 80 homeless people.

Thanks go to Adirondack Beverages, Stewarts, and Garofalo & Company for donating items for this event and to the social committee workers who made cookies and served at the event.

The winner of the basket raffle was **Fred Pepper** and the 50\50 winner was **Doris Visker**.

– reported by our Social Committee co-chairs
Rosemary Pryne and Ronnie Quinn

Air curtain to be installed

See page 9

Senior Moments Mailing party

Thursday August 22, 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.



Vicki's view

Summertime has finally arrived and many people are traveling and enjoying seasonal activities outdoors. Of course, summer doesn't mean that we slow down around the Senior Center. The sports leagues are in full swing and our gardening volunteers are doing a wonderful job taking care of the many plants and flowers outside. Our class schedule is as full as ever – come in and enjoy our air-conditioned classes and activities.

As always, our volunteers are the reason so many activities, classes, and events are possible at the center. We're currently looking for people who would be willing to volunteer at the front desk to welcome people and answer the phones. Whether you can help out one afternoon a month or on a weekly basis in the morning, please come by and talk to me about volunteering.

Speaking of volunteers, I want to recognize Stan Gordon, 2013 Senior Citizen of the Year, and Dick McMahan, 2103 Senior with Outstanding Contribution. Both gentlemen were honored at the Schenectady County legislative meeting and at the Glenville Town Board meeting in April. We gratefully acknowledge all of their volunteer efforts both here at the center and in the community.

"Volunteers are not paid, not because they are worthless, but because they are priceless." – Sherry Anderson

So, all volunteers, please record all your volunteer hours in the Volunteer Time Log located on the Dispatcher's Desk.

Vicki

**We need a Friday morning desk volunteer.
Call Vicki for details.**



YOUR NEEDLES CAN INJURE OTHERS – DON'T LEAVE THEM HERE!

For the health and safety of everyone, please do not leave any medical waste at the Senior Center. You must take medical waste, such as insulin pens or needles, home with you to dispose of properly. You may contact any hospital or nursing home, your pharmacy or doctor to learn about options for safe disposal.

Thank you for your cooperation.

Believe it or not, we have had instances of people needing medical attention after being stuck by needles thoughtlessly left in our trash!

CENTER SERVICES

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

Driver Safety Programs

This program can reduce your auto insurance premiums. Classes are conducted by trained instructors. Register in person at Front Desk; no phone reservations. Price: Senior Center members \$25, non-members \$32. Pay by check – no cash – payable to AAA Northway. Classes consist of two three-hour sessions held on two consecutive days:
Monday & Tuesday, **July 8 & 9**, 2-5 pm
Tuesday & Wednesday, **August 6 & 7**, 2-5 pm
Tuesday & Wednesday, **September 17 & 18**, 2-5 pm
Center membership is not required

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.

Display Case

Thanks to **Joan Gould, Ronnie Quinn, and Marge Carroll** for our spring displays.

June Polish Pottery by **Gladys Cox**
July An eclectic collection by **Carole Stevens**
August 12 Victorian Ladies by **Gail Steslow**

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.

Quilt raffle will support Vets Day

The quilting group is making a patriotic quilt which will be raffled at our Veterans Day celebration in November with all proceeds going toward the Veterans Day dinner.

The quilt will be on display at times during summer and fall. Raffle tickets will be available after the 4th of July.

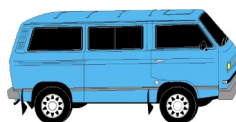


Van Transportation

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

June 11, 25

July 9, 23

August 6, 20

Clifton Park Mall

June 4, 18

July 2, 16, 30

August 13, 27

WE NEED DRIVERS

Be a regular or substitute driver.

Coupons Exchange

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

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.

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.

Copy your wallet cards free

The information on the cards you carry in your wallet is important to you. If these cards are lost or stolen, would you know the many numbers on each of them? You may copy all your wallet cards at the Senior Center for free.

And, as one member realized recently, you can also sharpen your pencil here **FREE.**

Remembering our friend George Fountain

In his memory, the Senior Center is dedicating "George's Corner" in the front lobby.



George was extremely proud of our Senior Center – a fact that was evident when I interviewed with him for the coordinator position. I know he is

greatly missed here. – *Vicki Hillis*

To know George was to know a man who truly cared about people and their feelings. George was not only a friend but a mentor in many ways. I'm a better person today because I knew George Fountain. – *Carl Quinlan*

I'll always remember George Fountain fondly. We shared fandom of our beloved Yankees and football Giants. I enjoyed spending time with him in 2012 as he helped the town in the hiring process that resulted in Vicki Hillis becoming Coordinator. My few words to describe George as I knew him: a gentleman, a New Yorker, a volunteer, and a hard worker. – *Jamie MacFarland*

George, my buddy, my peer on the Board and trips and travel committee: You will be missed. You will always be in my thoughts – those trip meetings at McDonalds, our little discussions of the Center, and especially the casino trips. Rest in peace. – *Linda Reinhart*

George always had a joke to tell, but I will always remember him for his greeting when we would meet. He always called me Mother superior! Why, I don't know. But I miss him calling me by that name. – *Rosemary Pryne*

George was a man of strong convictions and principles, His love of country and God always showed. People may not have always agreed with him,

but the strength and courage he showed during his final days should always remain as an inspiration to us. It was a pleasure to know and work with George. – *Sandy Glindmyer*.

George was a caring president and trip leader, who soldiered on in spite of his failing health, It was the rare day that he didn't show up at the Center and greet most people by name. He took good care of his "chickadees" on trips, and never left one behind. – *Blanche Fischer*

George was a great leader with basic needs: follow the rules, get it done, and keep it light and humorous. – *Jim Bishop*

During the short span of time I came to know George and work with him on the Board, he proved to be a sincere friend and considerate colleague. When I could not join other friends in a voyage due to my hip surgery, he tried hard with the cruise management to get me a refund (but in vain!). May his ardent soul rest in peace!. – *N. Nagarajan*

I've lost a good friend. The Center has lost a wonderful contributor. I've known George since our days working in the chemistry lab at KAPL in the late fifties. George was always a people person and is deeply missed by those who knew him. God bless him. George is in a better place now. – *Sandy Heitkamp*

He was always quick to tell you that you did a good job and how much he appreciated the work (effort) put into the job done. – *Ronnie Quinn*

I was privileged to know George Fountain who was a very special, caring man and he loved he Lord. As a president of the Senior Center and especially as a trip leader, I accompanied him on an overnight trip and he took his responsibility seriously, making

sure each individual was settled and comfortable. He will be missed. – *Desdemona Johnson*

George Fountain was a very active and effective member of the Glenville Senior Center. He was a past president of our Association, leader of the travel program for several years, and many other activities. We really enjoyed getting to know George through the Senior Center programs, and his warmth and friendliness made many of the meetings a more pleasant experience. – *Fred Pepper*

With George in charge of planning trips, I knew this was one committee chair I could always count on to provide complete, well-written information on upcoming events. His reliability was so impressive that I could even overlook his politics, which provided some interesting discussions. – *Dick McMahan*

Although we disagreed on nearly every political and social issue, George Fountain and I became fast friends over the years. I came to treasure his dry wit and his total dedication to the Center and its various activities. I miss him. Most importantly, his valiant and brave conduct in his last months serve as an inspiration to all. – *Bob Atwood*

George Fountain was a man of strong ideals and simple tastes. But we at the Senior Center will remember him as one who gave generously of his time and efforts to enhance the lives of all our members. His guidance contributed greatly to the success of our Center. Personally, I will miss our discussions, sometimes heated but always friendly, on politics where we sometimes differed, and on sports where we were both rabid fans. To quote John Donne, "Each man's death diminishes me". We are diminished. We have lost a friend. – *Stan Gordon*

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) 1 class/wk \$34; 2/wk \$46; 3/wk \$59; 4/wk \$72; 5/wk \$85		
Class	Instructor	Schedule
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 10:05
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 Tobiessen	Wed 2:00
Tai Chi practice	Ginny Rovelli	Tue 8:30 am

YMCA Classes Summer session:		
8 weeks: July 8—August 30 1 class/wk \$25; 2/wk \$33; 3/wk \$43; 4/wk \$52; 5/wk \$62 Registration: Wednesday June 19, 9:00-11:00 am		
Class	Instructor	Schedule
Fit Over 50	A.Leahy; T.Fiore	Wed & Fri 8:45
Flexibility	Andrea Leahy	Wed 9:45
Forever strong	A.Leahy; T.Fiore	Mon & Fri 9:45
Gentle Pilates for seniors	Andrea Leahy	Mon 8:45
Zumba Gold	Andrea Leahy	Tue & Thu 8:45
Forever Yoga	Lisa Temoshok	Tue 11:30 am
Senior Center Classes		
Gentle Yoga	Jo Kitzman	See below
Tai Chi practice	Ginny Rovelli	Tue 8:30 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

Nancy Tobiessen's yoga class will end for the summer when the current YMCA session ends. Instructor Jo Kitzman will offer a summer session of Gentle Yoga from 2:00 to 3:30 pm on five Wednesdays: July 17 through August 14. Pay instructor (\$4 per session) first day of class.

Questions? Leave name and number at front desk.

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

The Friday afternoon ballroom-dance class, from 2-3 pm, will be available in June, and will then resume in September. 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 Membership is required unless noted otherwise. Be prepared to show your Membership Card.

Responsibilities of activity participants

Participants in Center activities (meetings, discussion groups, cards and table games, films, presentations, etc.) using Center equipment (e.g., chairs, tables) **are responsible for retrieving and setting up** equipment needed for the activity, and for **returning** it when finished with the activity.

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

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.

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.

Caregiver conversations

Caregivers meet monthly at the Center to discuss caregiving issues faced in their daily lives. Facilitated by Vicki Hoshko, Schenectady County Caregiver Support Coordinator.

Meetings are on third Tuesday each month:
June 18, July 16, Aug. 20; 4:00 to 5:00 pm.

Osteobusters

Tue at 10:10 and Thu at 9:00

Information: Marilyn West, 355-3425

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.

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.

Bocce

Bocce season has arrived. We will be playing every Thursday at 9 am, starting in mid-May. If interested, 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

Wednesdays, 9:00 am

We bowl at the Boulevard Lanes on Erie Blvd. in Schenectady. The sign-up date is Wednesday, August 28, 8:30 am at the Lanes (you can bowl free that day!). League play begins at 9:00 am Wednesday, September 4. We have room for some additional bowlers – it is great exercise and very inexpensive.

Questions?: call Jacob Lederman at 399-5249.

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.

SENIOR STUMPER

Unique number

What is unique about this number: 8,549,176,320?

Answer, page 11

CENTER ACTIVITIES

**MORE ACTIVITIES
ON PAGES 6&8**

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First Friday Film Club

First Friday each month, 1:30 pm

JUNE 7: Abhi and Me (India : 2005)

The film depicts the varied experiences of a caring but worrisome father in the life of his only daughter Abhi.

Starring Prakash Raj, Aishwarya, Trisha and Ganesh.

Directed by Prakash Raj.

JULY and AUGUST: No shows – summer recess.

SEPTEMBER: Autumn *Senior Moments* will present shows for the new season.

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.

June 3: *My Day* by Eleanor Roosevelt*

July 8: *The Light Between the Oceans* by M.L. Stedman

August 5: *Mudbound* by Hilary Jordan

September 2: *The River is Wide* by Pat Conroy

*A few words from Eleanor:

- *A woman is like a tea bag – you can't tell how strong she is until you put her in hot water.*
- *No one can make you feel inferior without your consent.*
- *Happiness is not a goal; it is a by-product.*
- *I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: no good in a bed, but fine up against a wall.*

Baptist Health services

Tuesday, June 11, 2:00pm

Enjoy some coffee and refreshments as **Ruth Tietz**, Director of Marketing & Development at Baptist Health, provides updates on two items of interest to seniors:

Judson Meadows is a new assisted living facility opening soon in Glenville now under construction on Swaggertown Rd. Attendees at her November presentation requested more information closer to the scheduled opening this summer.

Homeward Bound Transitional-Care rehab Program provides a unit of private and semi-private suites dedicated to full-service rehabilitation services including Physical, Occupational, and Speech Therapies.

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 Golf

We started playing on April 29 and will continue through August 26. At present, we have 24 league golfers and 11 substitutes, so we are searching for 3 more league golfers. If interested, please contact Don Hickerson at shdog@aol.com or at 518-393-5674.

We play at Galway Golf Course located off Jockey Street, about 10 miles from the Senior Center. There is a small fee of \$6.00 to join the league for the year and the golf course charges \$10.00 for nine holes and \$10.00 for a riding cart.

Thursday Golf

The Thursday league plays at Mill Road Golf Course. Substitute golfers are needed. For information, call Nancy Wallace at 312-1123 or **Midge Launsbach** at 772-872-6207.

All golfers must be Glenville Senior Center members.

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 as directed when you arrive at Center.

Washington DC

4 days, 3 nights: May 31-June 3

CANCELLED; INSUFFICIENT INTEREST

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.

Experience Las Vegas

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

Lake George Dinner Theater

Holiday Inn Resort

Tuesday, July 30

Moonlight and Magnolias - A delightful comedy about the making of a film classic: *Gone With the Wind*

Cost \$65 per person includes transportation, lunch, and show. Choices of lunch available at sign up.

Depart Center at 10 am.: Return approx. 4:30 pm.

Lobsterfest at The Log Cabin

Wednesday, August 14

The Log Cabin in Holyoke, MA combines the best music of Patsy Cline with great food and fun. You won't want to miss this event. Before the show, savor an hors d'oeuvre welcome tray. Show at 1:30. Then dinner of clam chowder, broiled lobsters, BBQ ribs, and chicken, corn, baked potato, with a strawberry ice-cream sundae for dessert.

Everyone will receive a complimentary glass of wine.

For more info, leave your name and phone number at Center: trip leader Fred Pepper will contact you.

Bus departs Center 9:00 am. Return approx 5:30.

Cost: \$77 pp, members and non-members.

Sign-up deadline June 30.

Geezer arrives at hospital with two burned ears. Doc examines an ear, asks "how'd this happen?"

Geezer: "I was ironing my shirts, and having a couple of brews. The phone rang, and I picked up the iron instead of the phone."

Doc: "What happened to the other ear?"

"They called back."

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

June 2013

- Mon 3 Book Club 10:00 am
- Mon 3 Evolution & Creation
- Tue 4 Shopping Clifton Park Mall
- Tue 4 AAA Driver Safety 2:00-5:00 pm
- Wed 5 AAA Driver Safety 2:00-5:00 pm
- Thu 6 Exec. Council Mtg. 10:00 am
- Fri 7 Film Club 1:30 pm *Abhi & Me*
- Fri 7 Ballroom Dancing 2:00 pm
- Sat 8 Boston Trip 8:00 am
- Tue 11 American Legion Mtg. 1:00 pm
- Tue 11 Shopping Rotterdam Square Mall
- Tue 11 Pres. on Judson Meadows 2:00 pm
- Thu 13 1st Annual Golf Tournament 7:30 am
(Benefit Joan Nicole Prince House)
- Thu 13 Board Meeting 2:00 pm
- Thu 13 Caregivers Support Group 4:00 pm
- Fri 14 Ballroom Dancing 2:00 pm
- Tue 18 Shopping Clifton Park Mall
- Wed 19 YMCA Class Registration 9:00-11:00 am
- Fri 21 Ballroom Dancing 2:00 pm
- Tue 15 Shopping Rotterdam Square Mall
- Tue 25 Las Vegas Show Troy 10:00 am
- Fri 28 Ballroom Dancing 2:00 pm

August 2013

- Thu 1 *Senior Moments* Deadline
- Thu 1 Exec Council Meeting 10:00 am
- Mon 5 Book Club 10:00 am
- Tue 6 Shopping Rotterdam Square Mall
- Tue 6 AAA Driver Safety 2:00-5:00 pm
- Wed 7 AAA Driver Safety 2:00-5:00 pm
- Thu 8 Board Meeting 2:00 pm
- Tue 13 Shopping Clifton Park Mall
- Wed 14 Lobster fest at The Log Cabin 9:00 am
- Tue 20 Shopping Rotterdam Square Mall
- Tue 20 Caregivers Support Group 4:00 pm
- Thu 22 *Senior Moments* Mailing 9:00 am
- Tue 27 Shopping Clifton Park Mall

July 2013

- Tue 2 Shopping Clifton Park Mall
- Thu 4 Senior Center/Meal Site Closed
- Mon 8 Book Club 10:00 am
- Mon 8 AAA Driver Safety 2:00-5:00 pm
- Tue 9 Shopping Rotterdam Square Mall
- Tue 9 AAA Driver Safety 2:00-5:00 pm
- Thu 11 **No Board Meeting**
- Tue 16 Shopping Clifton Park
- Tue 16 Caregiver Support Group 4:00 pm
- Tue 23 Shopping Rotterdam Square Mall
- Tue 30 Clifton Park Mall
- Tue 30 Lake George Dinner Theater 10:00 am

Weekly Events – Jun/Jul/Aug

- | | | |
|-----|------------------------|----------|
| 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 |
| | June only | |
| Fri | Pickleball | 4:00 pm |

Air curtain to be installed

An air curtain will be installed at the front entrance to the Center. Cold wintry drafts have been a discomfort to our desk people and others utilizing the hallway. The air curtain will keep the entrance area climate protected, will prevent insects and debris from entering the building, AND will significantly reduce our heating cost.

Your Building & Grounds Committee members are constantly on the lookout for ways to enhance the Center to the benefit of our Members. If YOU have any suggestions for improvement to the facility, drop a note to **Stan Gordon**. Your suggestion will be given serious consideration and we promise to get back to you.



**No. Sorry guys.
It doesn't work this way.**

GLENVILLE SENIOR DINING CENTER

Operated at the Glenville Senior Center by Catholic Charities of Schenectady

Open to all seniors. Senior-Center membership not required.

Kathy Conboy – Meal Center Manager

Diana Yeo – Meal Center Assistant

The Senior Dining Center offers a hot, nutritious noon meal Mondays through Fridays. A variety of activities and programs take place prior to the meal, with penny bingo every day and special enrichment programs at various times. You can also stop by the Senior Center or Dining Center to pick up a menu month by month or call for a copy to be mailed to you. We are excited about having a new provider with some new entrees and menu options, so please check us out!

Due to a transition to a new food provider, the June-July-August menu is not currently available, but will be posted on the Senior Center website and at the Meal Site as soon as it becomes available.

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.

PLEASE ARRIVE BY 11:45 FOR THE NOON MEAL

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.

On Thursday, April 25, the Glenville Senior Dining Center celebrated 39 years of offering nutritious meals to the seniors of the Scotia-Glenville area. The history being celebrated is truly a celebration of the spirit of the seniors, past and present, which recognize the importance of supporting

each other in a variety of ways. It is a story of growth from a meal program to a full-blown, multi-purpose senior center. It is an inter-faith story of Catholic Charities of Schenectady County, an Episcopal priest, a Baptist pastor, Catholic and Baptist churches as host sites- and a

true community story involving the Scotia-Glenville school district, town of Glenville, Schenectady Foundation, Broughton Foundation, Hugh Farley's office, and countless seniors who made it happen and continue to support both the meal center and the senior center to this day.

DINING CENTER 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 Dining Center for a Calendar of Special Events

*Dining Center 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

For Jamie



SENIOR STUMPERS



Answers, page 11

Widgets: Widgets are sold only in packages of 4 or 7 items. So you can't buy just 1 or 2 or 3 widgets. And you can't buy just 5 or 6. You can buy 8: 2 packs of 4. You can't buy just 9 or 10, but you could buy 11 (7 + 4). Etc. Question: what is the largest number of widgets that you cannot buy just that many of?

How fast?: At 60 mph, it takes 60 seconds to travel a mile. At 120 mph, it takes 30 seconds. At what speed would it take 45 seconds?

The trip

Gilbert Geezer drove his new car from Albany to Washington to attend a geezer conference. He left at 7:10 in the morning. He always stayed within the speed limits, and arrived about 2:30 p.m. The total trip was 380 miles.

On the way home several days later he left at 9:20 a.m. He took the same 380-mile route back to Albany, but this time made several stops, so his average speed returning was slower than the trip south. He arrived home about 5:30.

Here's the question: What's the probability that there was a place along his route that he reached at the same time of day on the trip to Washington and the return trip to Albany?

COMMUNITY CONNECTIONS

These events are open to the public; Center membership is not required.

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

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! Next meeting will be on June 13, at Ellis Hospital, Nott Street in the Neuroscience Center Conference room B6.

Parking available in the first lot on Rosa Rd. Call Michele Sellie for more information at 243-1310.

American Legion Post 1001, Scotia, NY.

We meet the second Tuesday of each month at 1:00 pm at the Glenville Senior Center:

Next meeting June 11.

No meetings July-August.

Resume September 10

Bill Wragg, Cmdr; Kurt Von Maucher, Adj.

1st Annual Golf Tournament to benefit the Joan Nicole Prince Home

Thursday, June 13, Mohawk Golf Club

7:30 a.m. Registration & Breakfast

8:30 a.m. Shotgun Start

1:30 p.m. Lunch/Awards

\$175 per player includes: continental breakfast, golf cart, snacks & lunch; lunch only, \$30. Casual dress

Call 346-5471 or e-mail admin1jnp@nycap.rr.com for additional information

All proceeds from the tournament will benefit The Joan Nicole Prince Home, 22 Glenview Drive, Scotia, a community home for the terminally ill, now offering caregiver training to the community as well as potential volunteers. Utilize the Home's experience and reputation to educate you in "hands-on" caregiving skills.

Rabies Vaccination Clinic

Saturday morning, August 17, at the Center

Provided by Schenectady County Public Health Services.

Cats & Ferrets 10 to 11 a.m.; Dogs 11:00 to noon.

Cats and ferrets must be in carriers; dogs must be leashed.

Please bring previous vaccination certificates (if any).

Free to Schenectady County residents.

Cash donations appreciated.



SENIOR STUMPERS ANSWERS

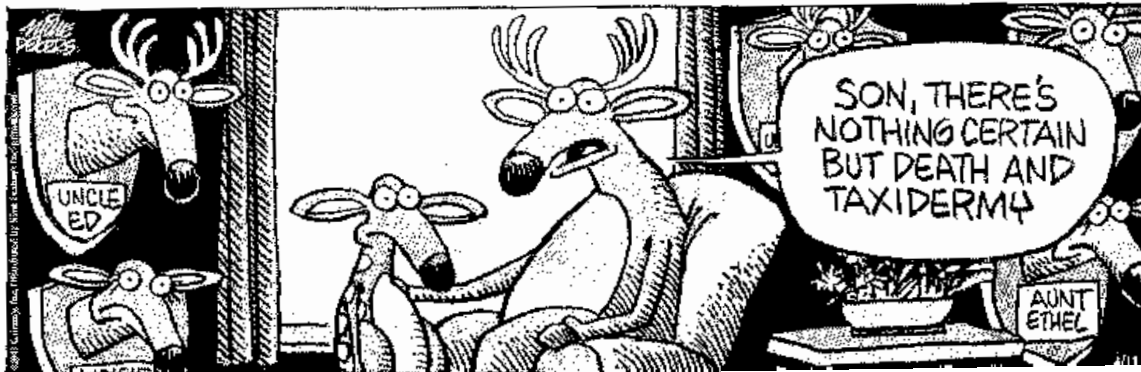


Widgets: There may be an elegant analytic solution to this (if you find it, please let me know). But by trying each successive number, you find that you cannot buy exactly 5 or possible totals, separated by pairings of 17 widgets (note the im-possible totals, separated by pairings of 4s and 7s to add to any number (e.g., $18 = 2 \times 7 + 4$). In fact, after 19, any number can be obtained by adding a 4-pack to some smaller number.

Unique number: It contains every numeral from zero to nine – in alphabetical order: eight, five, four, nine, etc.

How Fast?: $60 \text{ min/hr} / 3/4 \text{ min} = 80 \text{ mph}$

The trip: It may sound complicated, but there are no calculations needed. Just think of it as two travelers making the two trips on the same day – one car leaving Albany at 7:10 and the other leaving Washington at 9:20. Unless the southbound car gets to D.C. before the northbound car leaves at 9:20 (that would mean traveling over 190 mph, not likely even on the Jersey Turnpike!), they had to meet at some point along the route. So the probability that there was a spot somewhere that Hugh passed at the same time going home as he did heading south is 1.0, or 100%.



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346-1852

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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

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