



# Scotia-Glenville Senior Citizens Senior Moments



Volume 39 Number 4

Autumn - September/October/November 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).

## Senior Center Open House

**Sunday, October 13, 1:00pm - 4:00pm**

The Center will be hosting an afternoon showcasing the various activities at the center. Price Chopper will offer flu shots (insurance info necessary). Come join us for fun, prizes and refreshments! Everyone is welcome. New member registration (age 55+) and renewal memberships available. Bring a friend and introduce them to all our center has to offer!

## Halloween Celebration

**Thursday, October 31, 9:30am till noon**

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

## Senior Center Huge Bake Sale

**Election Day - Tuesday, November 5**

6:00am to ??? whenever everything is sold. We will have coffee to go but need goodies baked for morning coffee people - cakes, pies, cookies, brownies, breads whatever your specialty. Bring baked goods to the Center Monday November 4. We also need workers to work 2 hr. shifts starting at 6 a.m. on November 5. Please call Rosemary Pryne on 399-4726 to schedule a work shift. Questions regarding baking items, call Ronnie Quinn on 399-5999.

## Veterans Day Celebration

**Sunday, November 3, 1:00pm - 4:00pm**

Program honoring our veterans with local dignitaries in attendance. A buffet dinner will be catered by Dairy Circus. Entertainment will be provided by:

**Eric Kearns - The Voice Of Legends**

The drawing for the quilt raffle will be held. (See pg. 2) Everyone must sign up and pay at the Front Desk by Tuesday, October 29. Veterans will provide military information on forms available at Desk when they sign up. Your "ticket" is your name on the sign-up sheet.

The cost for non-veterans is \$15.00. Veterans who are members eat free. Non-member veterans who are relatives of members will eat free if accompanied by a member.

## Christmas\Holiday Celebration

**Sunday, December 15, 1:30pm to 3:00pm**

Entertainment by Brian Zapel. Coffee and dessert will be served. Come and see Santa - he will have a treat for you! No admission charge but bring some canned goods or non-perishable items for the Scotia Food pantry. (Please check expiration dates on donated items.)

Bring your friends and family for a fun-filled afternoon. Please call the Center at 374-0734 or stop by the front desk to sign up.

### **Trips** Details inside

Tuesday, October 8—Hildene, The Lincoln Family Home  
Thursday, October 17—Mohegan Sun  
Tuesday, November 26—2013 Christmas Memories  
Sunday, December 8—New York City Trip

### INSIDE THIS ISSUE

|                   | Page |                        | Page |
|-------------------|------|------------------------|------|
| Center News       | 2    | Senior Center Calendar | 9    |
| Center Services   | 3    | Dining Center          | 10   |
| Center Events     | 4    | Voting Proxy           | 10   |
| Classes           | 5    | Senior Stumper         | 11   |
| Center Activities | 6,7  | Community Connections  | 11   |
| Trips and Travel  | 8    | Stumper answers        | 13   |

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### MARK YOUR CALENDAR

Exec Council: Thu Sept 5, Oct 3, Nov 7; 9:30 am  
at Town Hall

Directors: Thu Sept 12, Oct 10, Nov 14; 2:00 pm  
at Senior Center

Senior Moments Deadline: Thu Oct 31

Senior Moments Mailing: Thu Nov 21, 9:00 am

Senior Center CLOSED Mon Sept 2, Tue Nov 5, Mon Nov 11,  
Thu Nov 28, Fri Nov 29

Meal Site CLOSED Mon Sept 2, Mon Oct 14, Mon Nov 11,  
Thu Nov 28, Fri Nov 29

### 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

Dear Members and Non-members, Summer has flown by and the end of August is actually here.

A big Thank You to the garden committee who keeps the grounds around our building so beautiful. And another Thank You to everyone (especially Carl) who keeps the building so nice.

Our Boston and our Viva Las Vegas day trips were a huge success and I'm sure Lobsterfest on August 14th will be also.

Speaking of trips (as everyone knows, I am on the trip committee), we have some exciting ones coming up: Mohegan Sun in October; Christmas show in Troy in Nov; Hildene in Manchester, VT in Oct; Day in NYC in Dec and maybe more? Please check the "Trip" section for details.

On a more somber note, I want to share the sad news of the passing of our long time friend and volunteer, Eldean Johnson, who was also on our Board of Directors.

Please note that election time is here again. Fill out the proxy form in this newsletter and send it or drop it off at the Center in the box on the front desk.

So come on in, attend a monthly meeting, mingle with the board members, and take an active part in your senior center. Don't just belong.

*Linda Reinhart*



### Vicki's view

The fall brings a whole new session of activities at the Senior Center. We have a full calendar of exercise classes, new workshops and speakers, trips and social events.

All of these things we will be showcasing at our upcoming Open House. Hats off to Theresa Parisi and Andy Ekblaw for chairing this event.

Beyond the open house, we welcome anyone age 55 and over to come and check us out. Guests are welcome to come free for an initial visit to learn about our center or to try an activity. In order to continue coming to take advantage of our many activities, they must become members. Membership forms can be obtained at the front desk.

Before closing, I would like to thank Dick McMahan for his years of service to this organization. We will miss him, but wish him well on his relocation to Colorado and hope he keeps in touch. Our dedicated Associate Editor Angie Pomykai and I will try to maintain the newsletter to Dick's high standards.

*Vicki*

### Front Desk Volunteers Needed:

Greet people, answer phones, give tours,  
& other light clerical duties involved.

If you have a few hours a week to volunteer,  
please stop by the office to learn more.

### Headin' west

I'm having a "senior moment" trying to recall how long I've been "doing" *Senior Moments*. Maybe more than 10 years? I hope it has provided you with useful and interesting information – pulling this material together into this newsletter is something I have enjoyed doing each month.

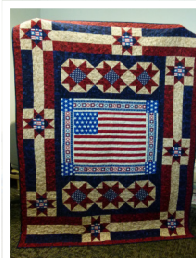
As things have worked out, this will be my last issue of this newsletter. My wife of 57 years died back in February 2012 (on her 83<sup>rd</sup> birthday), and in October I moved from our house in Glenville to Kingsway Village Apartments here in Schenectady. These are excellent accommodations, but all my children are far away, and I have come to realize that it would be not only far more pleasant, but, at my age, much safer, to be near one of them. So I have followed the advice of my son Andrew and am in the process of moving to Fort Collins, Colorado, where he lives, works, and shares his life with a gal who is one of my most favorite people.

I extend my thanks and appreciation to the Senior Center members and others for their kind comments on and helpful inputs to this journal.

Vicki Hillis will be preparing this newsletter for now. (Actually, of course, she – and Cindy before her – have done the hard part: chasing down and gathering the necessary information from all the committee and event chairpersons.) I hope one or more Center Members will come forward to help her now.

I hope you'll keep me on the mailing list for at least little while – I look forward to receiving ongoing news of and from my friends at the Glenville Senior Center.

*Dick McMahan*



### Veterans' Day Quilt Raffle

#### Help Us Honor Our Veterans

Buy a raffle ticket for the beautiful patriotic quilt made by three of our Senior Center quilters: **Shirley Perazzo, Sandra Glindmyer & Paula DeVries**. All proceeds from the raffle will be used to help fund this year's Senior Center Veterans Celebration. The quilt will be on display at various times at the Center. Tickets are now available at the front desk. The cost is \$1.00 for a single ticket or \$5.00 for six tickets. The drawing will be during the Veterans Celebration to be held November 3. You do not need to be present to win. If you would like to sell tickets to friends and family, you may contact either Paula DeVries at 885-9709 or Sandra Glindmyer at 374-7632.

# 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. 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:

Tuesday & Wednesday, **September 17 & 18**, 2-5 pm

Tuesday & Wednesday, **October 15 & 16**, 2-5 pm

Tuesday and Wednesday, **November 12 & 13**, 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 Jo Moore at the Center. Thank you, Jo, for volunteering to chair this program.

## Box Tops or Labels for Education



Check the cans, bags, and boxes of groceries, cleaning supplies, etc., in your larder or laundry and you'll probably find little symbols like these on many of them.

Hundreds of items of all kinds are so marked.

Each of these little symbols is worth 10 cents to our neighboring Glen-Worden Elementary School for educational, athletic, and recreational equipment.

Please cut out and save these symbols from your soup cans, cereal boxes and other containers and drop them in the marked box near our book-exchange table.

Our young neighbors thank you.

## Display Case

Thanks to **Gladys Cox, Carole Stevens, and Gail Steslow** for our summer displays.

Sept - Steiff Zoo by Anneliese Conley

Oct - Corn Husk Dolls by Dorothy Brooks

Nov - Hagen-Renaker Glass Animals by Vicki Hillis

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

**Remember, the case is lighted and is always locked.**

Thank you to Joan Gould who has been coordinating the displays this year. We need a new coordinator for the Display Case for next year. Call or visit Vicki at the Center for information.

## 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 M-F between 9 am and noon and 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, to visit a friend, etc., within the town. The van operates Monday through Thursday, 9 am-3 pm, and on Fridays from 9 am-noon.

**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

Sept 3, 17

Oct 1, 15, 29

Nov 19

#### Clifton Park Mall

Sept 10, 24

Oct 8, 22

Nov 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.

## 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.

# SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

## **Chris Koetzle, Glenville Town Supervisor** Monday, September 9, 2:00pm

Chris will give an update on what's new, what's proposed, and what's important in the town. He will talk about the budget for the coming year, and respond to questions and comments from the audience. Coffee and goodies too!

## **Rooting Around The Joys of Genealogy**

with Phyllis Budka  
Thursday, Sept 19, 2:00pm

Phyllis thought she knew all about her family roots until she started looking deeper into the past. Five years later she has discovered living relatives and friends in the homeland of her parents, Poland and Lithuania. She hopes to inspire and help others to dig for their roots also. Enjoy some coffee and snacks along with this conversation.

## **Senior Law Day** Thursday, Sept 26, 2:00pm

Kathleen Toombs, Esq. will discuss legal issues of importance to seniors. Topics may include:

- Sheltering assets from nursing home costs
- Assisted living arrangements
- Avoiding probate
- Powers of attorney
- Healthcare proxy, living wills

Time for questions and answers.

Don't miss this important informational session.

## **Senior Moments Mailing party**

Thursday Nov 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.

## **Flu Clinics at the senior center**

Monday, September 30, 9am-12noon

Monday, October 21, 9am-12noon

You **must** make an appointment for either one of these dates. Call 374-0734, or sign up when you pass the desk. A Price Chopper pharmacist will administer the immunization after completion of a brief medical questionnaire. You **must** bring your health insurance card(s) to take advantage of this service, which will be billed directly by Price Chopper.

## **Armchair Travel**

Friday, Nov 15, 2:00pm



Visit ICELAND with Rich Vertigan & Holly Hawkes on their drive around the entire island. Stunning landscapes, active geysers, volcanoes and geothermal pools. Here's a country where you can have 1 foot in North America while the other foot is in Europe. Don't miss it.

## **Congratulations, Gardeners!!!!**

Another good year, the gardens are beautiful! A big thank you goes out to the members of the gardening committee, **Sandy Glindmyer, Jane Conroy, Blanche Fischer, Evelyn Pieciuk, Joan Bolde, Emily Childs, Dorothy Brooks, Gail Steslow and Dana Carroll**. Even during the hot days this summer they could be seen planting, trimming, weeding and deadheading flowers to keep our gardens looking great. A thank you also goes out to Carl Quinlan for always giving us a helping hand when we need it.

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

## **Senior Center Kazoo Band**

Looking for an outlet for your musical talents? Come have some fun and join the Kazoo Band. Call Ronnie Quinn (399-5999) or Bill Vullo (399-8611) for details.

# 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.

| <b>YMCA Classes Fall Session</b><br><b>Registration: August 28th 9-11 am</b><br><b>11 weeks: Sept. 9 - Nov 22</b> (No classes Oct 14, Nov 5, Nov 11)<br>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<br>Wed 11:15 |
| Gentle Pilates for seniors  | Andrea Leahy    | Mon 11:15<br>Thu 10:15        |
| Zumba Gold  | Andrea Leahy    | Mon , 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

### 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. We welcome you to join us. Our thanks to **Ginny Rovelli** for continuing to lead this activity.

### Ballroom dance class

The Friday afternoon ballroom-dance class, from 2-3 pm, will start on Sept. 13th. The standard dances such as waltz, fox trot, rumba, swing, cha cha, may be supplemented with tango, samba, Viennese waltz, quickstep, and mambo.

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

### Healthy Bones for Life (formerly Osteobusters)

See page 6.

# CENTER ACTIVITIES

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 the third Tuesday of each month:  
Sept 17, Oct 15, Nov 19, Dec 17

3:00 to 4:00 pm

## Osteobusters has a new name - Healthy Bones for Life

Tuesdays, 10:15 and Thursdays, 9:00

Healthy Bones for Life (formerly Osteobusters) is a free exercise program that promotes strength, balance, and strong bones along with some fun! Twice weekly in-class exercise sessions are held at the Senior Center. The program is sponsored this year by Sunnyview Rehabilitation Hospital and St. Peters Health Partners. Participants must be Senior Center members. Advance registration at the front desk is required. Once registered, you will need to complete a signed consent form acknowledging that you participate at your own risk. You will also be given a personal medical information sheet which you must complete and bring to each class. Thank you to our volunteer leaders who keep this program going. For information, contact Lily Henderson, 355-4629.

## 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

We are wrapping up our season at the end of August. Thank you to Vito Spinelli for organizing our bocce league and to Jim Welnhofner for painting the court and setting up the umbrellas each week.

## 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.

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### First Monday Book Club

10:00 am

All Center members are welcome to join our monthly sessions. For each meeting, please read the book listed and come prepared to join the discussion.

**Sept 9:** *The Water is Wide* by Pat Conroy

**Oct 7:** *To Kill a Mockingbird* by Harper Lee

**Nov 4:** *We Can All Do Better* by Bill Bradley

**Dec 2:** *A Stranger for Christmas* by Carol Lynn Pearson

### First Friday Film Club

First Friday each month, 1:30 pm

**Sept 6: BOSTONIANS (USA- 1984)**

Based on the novel of the same title by Henry James, this film was produced by the famous duo James Ivory and Ismail Merchant with a stellar cast of *Christopher Reeve, Vanessa Redgrave, Jessica Tandy, Nancy Marchand, Linda Hunt and Madeleine Potter.*

**Oct 4: .SHAKESPEARE IN LOVE (U.K.- 1998)** When William Shakespeare needs passionate inspiration to break a bad case of writer's block, a secret romance with a beautiful Lady Viola starts the words flowing freely like never before! Starring *Gwyneth Paltrow, Joseph Fiennes, Geoffrey Rush, Colin Forth, Ben Affleck, Judi Dench and Tom Wilkinson.* Won Academy Awards for Best Picture and Best Actress.

**Nov 1: ENGLISH MINGLISH ( INDIA - 2012)**

A quiet, sweet-tempered housewife endures slights of her well-educated husband and daughter because of her inability to speak or understand English. By chance, she visits her sister in New York to attend a family function. There she enrolls in an English class and meets many friends who teach her to value herself beyond the narrow perspective of her family. **Starring** *Sridevi, Adil Hussain and Mehdi Nebbou.*

Snacks and coffee will be provided at all shows.

Suggestions for future screenings are always welcome.

Call N. Nagarajan, Coordinator, 399-0195.

### 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.

# 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.

## HILDENE, The Lincoln Family Home

in beautiful Manchester, Vermont

### Tuesday, October 8

Robert Todd Lincoln, the only child of Abraham and Mary Todd Lincoln to survive to adulthood, became Chairman of the Pullman Company, the largest U.S. manufacturing corporation at the turn of the 20th century. In 1905 he purchased 500 acres in the scenic village of Manchester and built his Georgian Revival mansion. It became home to only Lincoln descendants until 1975.

Bus will begin boarding at the Center at 8:30 am; will leave promptly at 9:00 am. We will arrive at Hildene at noon for a box lunch. Choices are:

- The Augustan Wrap – turkey, gouda, bacon, lettuce, tomato & mayo
- VT Panini-ham, sliced apples, VT cheddar, w/maple Dijon mustard on focaccia
- Chicken Salad on Wheat

Advise when you sign up if you want a vegetarian lunch. All box lunches include chips, cookie or brownie, & water.

Trolleys will be available to other sites on the estate, including the museum store, exhibits, observatory, gardens, and the Pullman Car Sunbeam.

Bus will board at 3:00 pm for return trip. Enroute home, we will stop at The Chocolatorium in East Arlington, VT, where we can enjoy samples of their varied treats and a visit to their gift shop. We will take a comfort break on our way home and should be back at the Center by 7:00 pm.

Price: \$58.00 for members and non members, includes bus & tip, entrance to Hildene, lunch, and visit to The Chocolatorium. Pay and specify lunch choice when you sign up at Front Desk (no phone reservations). **Reservation deadline: September 30.**

## Mohegan Sun

### Thursday, October 17

The bus will leave the Center at 7:30 am, arriving at the casino about 11:00. You will receive food and betting coupons. Bus departs casino at 6:00 pm, arriving at Center about 9:30 pm.

Cost for members and non-members: \$30pp, payable upon registration at Center front desk (no phone reservations). Deadline for reservations: October 3. Questions? Call the Center or Fred Pepper at 372-1417.

## 2013 Christmas Memories

### Tuesday, Nov 26

The Latshaw Pops Christmas Memories Show is one of the area's most enjoyable holiday traditions. This show held at the Hilton Garden Inn in Troy is sold out every year. Celebrate the Christmas season with this heart-warming variety show and an appearance by Santa Claus. Lunch at 11:30 am, menu TBA, show at 1:00 pm  
Cost : \$62 pp, members and nonmembers  
Leave center at 10 am; return approx. 4:30 pm.

## New York City Trip

### Sunday, December 8, 2013

In keeping with the tradition that George Fountain (our past President and Trip Leader) started many years ago, we are having a day trip to NYC free for our Glenville Senior Center Volunteers. Volunteers may bring a guest or guests for an additional \$39.00 per person. The bus will leave the Center at 7:30 am promptly, dropping us off at Bryant Park and returning from New York City at 7:00 pm from Bryant Park. You are on your own to do whatever you want for the day. Trip free for volunteers and \$39.00 for guests. Reservations will close on 12/1/13.

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## WIN ONE OF 15 GIFT BAGS



Renew your Center membership for 2014 between October 13 and Thanksgiving and you will be eligible to win a gift bag valued at over \$20! Membership application on pg. 11.



# GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

## Sept 2013

|     |    |  |
|-----|----|--|
| Mon | 2  | Sr. Center/Meal Site Closed            |
| Tue | 3  | Shopping Rotterdam Square Mall         |
| Thu | 5  | Executive Council Meeting 10:00 am     |
| Fri | 6  | Film Club 1:30 pm                      |
| Mon | 9  | YMCA classes start                     |
| Mon | 9  | Book Club 10:00 am                     |
| Mon | 9  | Supervisor Chris Koetzle Pres. 2:00 pm |
| Tue | 10 | Shopping Clifton Park Mall             |
| Tue | 10 | American Legion Mtg. 1:00 pm           |
| Thu | 12 | Board of Directors Mtg. 2:00 pm        |
| Fri | 13 | Ballroom Dancing Returns 2:00 pm       |
| Tue | 17 | Shopping Rotterdam Square Mall         |
| Tue | 17 | AAA Driver Safety Class 2 – 5:00 pm    |
| Tue | 17 | Caregiver Support Grp. 3:00 pm         |
| Wed | 18 | AAA Driver Safety Class 2 – 5:00 pm    |
| Thu | 19 | Genealogy Presentation 2:00 pm         |
| Tue | 24 | Shopping Clifton Park Mall             |
| Thu | 26 | Senior Law Day Pres. 2:00 pm           |
| Fri | 27 | Cavatelli Dinner 4:30 – 7:30 pm        |
| Mon | 30 | Flu Clinic 9:00 am – noon              |

## Oct 2013

|     |    |                                      |
|-----|----|--------------------------------------|
| Tue | 1  | Shopping Rotterdam Square Mall       |
| Thu | 3  | Executive Council Meeting 10:00 am   |
| Fri | 4  | Film Club 1:30 pm                    |
| Mon | 7  | Book Club 10:00 am                   |
| Tue | 8  | Lincoln Family Home Trip 8:30 am     |
| Tue | 8  | Shopping Clifton Park Mall           |
| Tue | 8  | American Legion Mtg. 1:00 pm         |
| Thu | 10 | Board Of Directors Meeting 2:00 pm   |
| Sun | 13 | Senior Center Open House 1 – 4:00 pm |
| Mon | 14 | Meal Site Closed/Senior Center Open  |
| Tue | 15 | Shopping Rotterdam Square Mall       |
| Tue | 15 | AAA Driver Safety 2 – 5:00 pm        |
| Tue | 15 | Caregiver Support Grp. 3:00 pm       |
| Wed | 16 | AAA Driver Safety 2 – 5:00 pm        |
| Thu | 17 | Mohegan Sun Trip 7:30 am             |
| Mon | 21 | Flu Clinic 9:00 am – 12 noon         |
| Tue | 22 | Shopping Clifton Park Mall           |
| Tue | 29 | Shopping Rotterdam Square Mall       |
| Thu | 31 | Senior Moments Deadline              |
| Thu | 31 | Halloween Celebration 9:30 am – noon |



Volunteer to help put together the quarterly Senior Moments newsletter. Knowledge of Microsoft Publisher beneficial, but will train. Please see Vicki if interested.

## Nov 2013

|     |    |                                       |
|-----|----|---------------------------------------|
| Fri | 1  | Film Club 1:30 pm                     |
| Sun | 3  | Veteran's Day Celebration 1 – 4:00 pm |
| Mon | 4  | Book Club 10:00 am                    |
| Tue | 5  | Election Day Bake Sale 6:00 am        |
| Tue | 5  | Senior Ctr. Closed/Meal Site Open     |
| Thu | 7  | Executive Council Meeting 10:00 am    |
| Mon | 11 | Senior Ctr. Closed/Meal Site Closed   |
| Tue | 12 | Shopping Clifton Park Mall            |
| Tue | 12 | American Legion Mtg. 1:00 pm          |
| Tue | 12 | AAA Driver Safety 2 – 5:00 pm         |
| Wed | 13 | AAA Driver Safety 2 – 5:00 pm         |
| Thu | 14 | Board of Directors Meeting 2:00 pm    |
| Fri | 15 | Armchair Travel – Iceland 2:00 pm     |
| Tue | 19 | Shopping Rotterdam Square Mall        |
| Tue | 19 | Caregiver Support Grp. 3:00 pm        |
| Thu | 21 | Senior Moments Mailing 9:00 am        |
| Tue | 26 | Shopping Clifton Park Mall            |
| Tue | 26 | Christmas Memories trip 10:00 am      |
| Thu | 28 | Senior Ctr. Closed/Meal Site Closed   |
| Fri | 29 | Senior Ctr. Closed/Meal Site Closed   |

## Weekly Events – Sept/Oct/Nov

|     |                        |                       |
|-----|------------------------|-----------------------|
| 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 (starts 9/13) |
| Fri | Pickleball             | 4:00 pm               |



### 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](http://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.

# 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 prize bingo on Wednesdays after lunch. Every Tuesday, there is also transportation available for grocery shopping at 12:30 pm (\$2.00 round trip to Hannaford or Price Chopper).

Special fun and educational programs are offered on a regular basis. For a full calendar of events and menu schedule, 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.

**Menus 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.**

**All are welcome. Have a good meal and meet some wonderful people.**

\*Dining Center Transportation is available. Suggested donations are \$1.25 each way to and from Meal Site.

**Scotia-Glenville Senior Citizens and Related Concerns, Inc.  
2013 Annual Meeting – Election of Officers and Directors for 2014**

To: Linda Reinhart, President:

**PROXY**

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

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

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

- **Seven Directors**, for three-year terms, 2014-2016, replacing Directors whose terms will expire this year:

| YES                      | NO                                      | YES                      | NO                                      |
|--------------------------|---|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> Joan Bolde     | <input type="checkbox"/> | <input type="checkbox"/> Ed Perazzo     |
| <input type="checkbox"/> | <input type="checkbox"/> Emily Childers | <input type="checkbox"/> | <input type="checkbox"/> Carole Stevens |
| <input type="checkbox"/> | <input type="checkbox"/> Bob Harrison   | <input type="checkbox"/> | <input type="checkbox"/> Geri Tracey    |
| <input type="checkbox"/> | <input type="checkbox"/> Joan Menhinick |                          |   |

- **Officers** for the 2014 year:

|                    |                 | YES                      | NO                       |
|--------------------|-----------------|--------------------------|--------------------------|
| President          | Linda Reinhart  | <input type="checkbox"/> | <input type="checkbox"/> |
| 1st Vice President | Blanche Fischer | <input type="checkbox"/> | <input type="checkbox"/> |
| 2nd Vice President | Rosemary Pryne  | <input type="checkbox"/> | <input type="checkbox"/> |
| Secretary          | Bob Harrison    | <input type="checkbox"/> | <input type="checkbox"/> |
| Treasurer          | Ed Perazzo      | <input type="checkbox"/> | <input type="checkbox"/> |

- **One Director** for two years to replace a departed Officer:

Rosemary Pryne

- **One Director** for one year to replace a departed Officer:

Sandy Nolin

Comments: \_\_\_\_\_

Signed (Required): \_\_\_\_\_ Date: \_\_\_\_\_

Print Name (Required): \_\_\_\_\_

**Sign and return this Proxy to the Senior Center on or before Friday, October 4,  
whether or not you plan to attend the October 10th Annual Meeting.**

# 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.

## American Legion Post 1001, Scotia, NY.

We meet the second Tuesday of each month at 1:00 pm at the Glenville Senior Center. The fall dates are: Sept 10, Oct 8, Nov 12, and Dec 10.

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

## Scam Alert

Please be aware that several types of scams have been going on in the Town of Glenville. One of the latest scams is soliciting for driveway sealers.

If someone comes to your door soliciting for work, it is most likely that they are not a reputable company. Try to get the name and ask for references. You may also want to check with the Attorney General's Office, the Better Business Bureau and the Chamber of Commerce.

Also, ask to see a Solicitor's Permit issued by the Town of Glenville. If they cannot provide one, do not hire them. Before signing any contract, get estimates from other local, reputable companies. If the deal sounds too good to be true, it probably is.

If you have any questions or concerns, please contact the Town of Glenville Police Department at (518) 384-3444 or the Town Clerk's Office at (518) 688-1209.

## Scotia-Glenville Kiwanis Cavatelli Dinner

Friday, September 27

4:30 to 7:30 pm

Eat in or take out

Adults \$8.00, Children \$6.00, Family of 4 \$26.00

50/50 raffle and raffles to win:

Family fun basket, Feast-for-all basket, Beauty-with-benefits basket.

For tickets and information: call Jenifer Lotano, 399-3407.

## AARP Tax Aides Needed

**Looking for a rewarding volunteer activity?**

AARP Tax Aides provide free tax preparation for moderate-income people, with priority given to seniors. AARP provides comprehensive training. Most volunteers did not start out with vast knowledge of tax law, so please don't feel intimidated. Call Blanche Fischer (382-7929) or Howard Riggert (399-9293) for more information. There are 3 volunteer sites in Schenectady County.

For Jamie



SENIOR STUMPER



Answer, page 13

### 100-mile journey

Two drivers leave simultaneously from the same town for a common destination 100 miles away. The speed limit for the first 50 miles is 55 mph, and for the second 50 miles is 65 mph. They both always drive the speed limit. Akmed makes a 15-minute gas stop during the first 50 miles; Barzhan makes a 15-minute stop during the second 50 miles. Who arrives at the destination first? (Don't use a pencil and paper – think this through.)

### MEMBERSHIP APPLICATION

Jan. 1 thru Dec. 31, 2014

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

**Holyrood House**  
**Senior & Handicapped Apartment Living**  
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 201 Fifth Street, Scotia  
**Now accepting applications**  
 Call Debbie Trinci at 374-7407  
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 Serving the Glenville and BH-BL Communities



**Kathleen Engel**, Associate Broker  
 Certified Seniors' Real Estate Specialist  
 518-640-4808  
 E-mail: [Kathleen.Engel@ColdwellBankerPrime.com](mailto:Kathleen.Engel@ColdwellBankerPrime.com)  
[www.ColdwellBankerPrime.com/Kathleen.Engel](http://www.ColdwellBankerPrime.com/Kathleen.Engel)







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*Newly Remodeled Private and Semi-Private Suites*

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 A rehabilitation program of Baptist Health Nursing and Rehabilitation Center, Inc.



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**Your Collision Work Professionals**  
 Frank, Todd & Scott Plemenik  
 518-346-8119 272 N. Ballston Ave., Scotia, NY 12302  
[www.frankandsonsbodysworks.com](http://www.frankandsonsbodysworks.com)

## 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



Site Manager—Carmen Glenn  
518/399-6481



## 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



## A plan for life.

For information, call

**(518) 641-3400**

**TTY/TDD (518) 641-4000**

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Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,® Inc.

This is an advertisement.

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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

### SENIOR STUMPERS ANSWER

**100-mile journey:** They arrive simultaneously. Each requires the same amount of driving time to make the trip, and each stops for 15 minutes.



|                      |                     |
|----------------------|---------------------|
| Orthotic Braces      | Compression Hosiery |
| Mastectomy Products  | Wound Care          |
| Bathroom Safety      | Mobility Products   |
| Lift Chairs          | Orthopedic Footwear |
| Diagnostic Equipment | Sleep Center        |



**9 Saratoga Rd (Rt. 50)**  
**Glenville NY 12302**



**[www.careteam.biz](http://www.careteam.biz)**



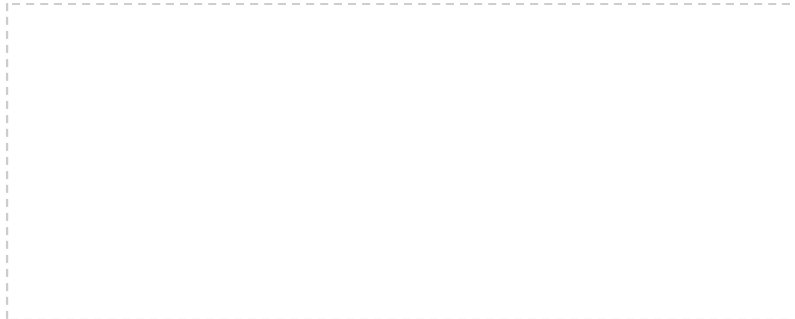
**(518) 982 - 5079**

**Turning Challenges Into Opportunities**

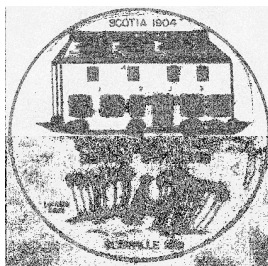
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Senior Citizens, Inc.  
32 Worden Road  
Glenville NY 12302

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ALBANY, NY  
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**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)

**DIRECTORS – 2013**

Bob Atwood  
Jim Bishop  
Marge Carroll  
Jane Conroy  
Andy Ekblaw  
Blanche Fischer  
Stan Gordon  
Flo McClure  
Richard McMahan  
Nilakantan Nagarajan

Theresa Parisi  
Angie Pomykai  
Rosemary Pryne  
Ronnie Quinn  
Sue Sykes

**CONTACTS**

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