



# Scotia-Glenville Senior Citizens Senior Moments



Volume 40 Number 3

July–August 2014

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

Senior Moments is issued once every two months i.e. Jan-Feb.; Mar.-Apr.; May-June; July-Aug.; Sep.-Oct. and Nov.-Dec.

## GSC Volunteers Recognized

Two of our Senior Center volunteers were recognized at an award ceremony sponsored by the Schenectady County Department of Senior and Long Term Care.

**Sandy Heitkamp**, our volunteer van driver for the past 22 years, was selected as the 2014 Schenectady County Senior Citizen with Outstanding Contribution. The van is owned and operated by SGCS, Inc. and provides transportation to seniors within the town on a voluntary donation basis. Sandy has served the seniors of his community by providing them with transportation to the grocery store, the hairdresser, the bank, friend's houses, etc. His service has allowed seniors who no longer drive to age in place, maintain their residences, and lead more independent lives. His willingness to help and his overall cheerful personality make him a favorite with the people who regularly use our van.



**Rosemary Pryne**, 2<sup>nd</sup> Vice President of the board, social committee co-chair and van dispatcher, was also honored as our nominee for 2014 Senior Citizen of the Year. Rosemary not only volunteers her time at the Senior Center, but has also been a 20-year volunteer at Proctors Theatre Guild, a founding member of the Union Hockey Booster Club, a GOP Committeeman, Scotia-Glenville Lions Club member, Albany Devils Booster Club supporter and Red Hats Vice Queen. Town Supervisor **Chris Koetzle** presented Sandy with a proclamation from the town honoring his service.

*Pictured:* Sandy Heitkamp, Town Supervisor Chris Koetzle, Rosemary Pryne

### Trips

Details inside

**Tuesday, July 15th to Thursday, July 17th—Trip to Niagara Falls & Ontario, Ca**  
**Wednesday, August 13th - Clam Bake at Perthshire, Amsterdam**  
**Tuesday, August 19th - Lake George Dinner Theater**

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### MARK YOUR CALENDAR

**Exec Council:** Thu Aug 7, Sept 4 at 9:30 am  
at Town Hall  
**Directors:** Thu Aug 14, Sept 11 at 2:00 pm  
at Senior Center  
**Senior Moments Deadline:** Thu July 31  
**Senior Moments Mailing:** Thu August 21 9:00 am  
**Center & Dining Center closed:** Fri July 4th

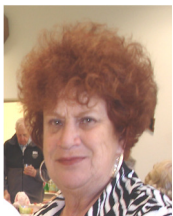
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**GLENVILLE SENIOR CENTER**  
32 Worden Rd., Glenville, NY 12302 (518) 374-0734  
Center open 9:00 am to 4:00 pm  
Center is closed Sat. & Sun. & holidays except  
open for special events as noted herein.

# SENIOR CENTER NEWS



## A line from Linda

Dear Members,  
A “Happy Spring and Summer” to all! A Special “THANK YOU” to the Membership Committee, especially **Putzi Jost**, for the New Member Reception. We had a nice turnout and also got some new volunteers.

“THANK YOU” to **Jim Welnhofner** for driving our van in the Scotia Memorial Day Parade. And last but not least, “THANK YOU” to our Social Committee co-chair **Bertha Fierro** for the beautiful Retirement Party to **Carl Quinlan**. Wow, what a turnout! We are going to miss you, Carl!

One trip is planned for Niagara Falls for three days in July and two trips are planned for August—a) to the Dinner Theater in Lake George and b) to a clambake at Perthshire in Amsterdam. Please check out in the “Trips & Travel” Section.

Finally, a big THANK YOU to all volunteers, without whom there would be no Center!

*Linda*



Like Us on Facebook.  
Search **Scotia-Glenville Senior Citizens, Inc.**

facebook

## Winners of “ Sign Up a New Member “ Contest

Thanks to all the members who participated in the contest by recruiting new members for our center. We are close to the 1100 member mark.

The lucky winners of the contest are:

**Marge Carroll**—Turf Tavern gift certificate  
**Ronnie Quinn**—Gabriel’s Market gift certificate  
**Ed & June Grinter**—Walmart gift certificate  
**Nancy Tobiessen**—Hannaford gift basket  
**Ronald Compo**—Scotia Cinema tickets.

Congratulations to all prize winners and thanks again to all the prize sponsors!

## Hi from the Editor

Dear Friends,

Hearty Greetings to all in Glenville Senior Center family for a happy, healthy Summer. In April, I had a surgery implanting a device in my chest to monitor and regulate the rhythm of heart function. I am not allowed to drive for 6 months. I am grateful for GSC friends, Van and the Catholic Charities Van for rides to and from the Center and medical appointments. Thanks a bunch to all!



*Nagarajan*



## Vicki’s View

Now that the Summer has finally arrived, it’s time to enjoy the great outdoors. Why not sign up to play some bocce on Wednesday mornings? Or volunteer with our

Gardening Club? If it is too warm out, join us in the air-conditioned center for some exercise classes or to play pickleball.

As always, we are looking for new volunteers. If you can spare a few hours each month, please consider helping at the front desk or joining our Building & Grounds Committee. To learn more about these positions, please stop by the office.

Enjoy the lazy, hazy, crazy days of Summer!

*Vicki*

## Note from Carl Quinlan

Thank you all for the many fun years! Always take pride in your Center and enjoy it. Thanks also for the many cards and gifts! Bye!!

# CENTER SERVICES

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

## Entertainment Book

There are two Entertainment Books at the Front Desk that members may use for coupons and dining cards.

## The Sunshine Club

Do you 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 cans, bags, and boxes of groceries, cleaning supplies, etc., and you'll probably find little symbols like these on many of them. Each of these little symbols is worth 10 cents to our neighboring Glen-

Worden Elementary School, so don't throw them away.

This Spring we collected over 350 Box Tops and 150 Labels and gave them to Glen-Worden Elementary School for their drive to get playground equipment for the school.

Keep looking for these Labels and Box Tops and bring them in so we can help the school achieve their goals. Our collection box is near the books and magazines in the main hallway. Thanks for your help.

## Display Case

Thanks to **Mary McClaine** and **Paul Geertgens** for our recent displays. Watch for the upcoming display:

July - Hess trucks by **Ronnie Quinn**

**Emily Childers** has kindly agreed to be the coordinator to schedule upcoming displays. We are always in need of collections.

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

## Coupons Exchange

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

## 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 Friday, 9 am-3 pm.

**Donations are gratefully accepted to help defray costs.**

*The Center cannot offer transportation to medical appointments, but Catholic Charities may be able to, with ample advance 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

July 1, 15, 29

August 12, 26

Clifton Park Mall

July 8, 22

August 5, 19

**We Need Drivers & Dispatchers** - Be a regular or substitute driver or a substitute dispatcher. Call **Linda Reinhart** at the Center for information.

## Having a computer problem?

Schedule a one-hour session with a Senior Center computer tutor. Call the Center for appointment. Free to members.

## Donate eyeglasses & hearing aids

The Scotia-Glenville Lions Club collects discarded eyeglasses and hearing aids which they restore and give to those less fortunate. So drop off your donation in the box located 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.

# SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

## Attention All Desk Volunteers

Please join us for a meeting and appreciation lunch on Wednesday, July 23<sup>rd</sup>, from 11:30 am -1:30 pm.



## Attention All Gardeners

### New and Veteran Gardeners

Thank you to all of the volunteers who joined in the spring clean-up and planting. The gardens look beautiful thanks to your efforts.

We are still looking for volunteers who are willing to work just one or two days each to weed and deadhead during the summer. If interested, please call **Joan Bolde** at 399-9475 or leave your name with **Vicki Hillis** at the Center.

## Save the Date

Our annual Veterans Day celebration will be held on Sunday, November 9th. Details will follow.

## Driver Safety Programs

No classes will be held this summer. Please check the next newsletter for Fall dates.

## Senior Moments Mailing party

Thursday, June 26<sup>th</sup> at 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.

## Scholarship Winners

Scotia-Glenville Senior Citizens, Inc. is pleased to announce the winners of the \$1000 scholarships for 2014: **Rachel Vullo**, a Senior at Burnt Hills-Ballston Lake HS and **Amy Smith**, a Senior at Scotia-Glenville HS. Congratulations!

## 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.

## Girl Scout Project at GSC to grow nutritious vegetables



A new raised-bed vegetable garden has been started at the Senior Center. The garden was built as part of a Gold Award project by **Megan Hillis**, 11<sup>th</sup> grade Girl Scout. At two feet tall, the garden bed is designed to be wheelchair height so that it is accessible to a greater percentage of Senior Center members. The plan is to raise tomatoes, peppers, cucumbers, lettuce, basil, parsley and a variety of other produce to be donated to the Catholic Charities Dining Center, which operates within the center and offers senior citizens low-cost, nutritious meals. Any senior who is interested is welcome to help maintain the garden throughout the summer. Gardening tools and gloves are available in the dining center.

“Thank you” to Curtis Lumber who donated the building materials and to the Town of Glenville for the compost. Also, this project would not have been possible without the guidance of **Kathy Conboy**, Dining Center Manager, and **Bob Smith**, Master Gardener, Cornell Cooperative Extension.

# 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 Summer Classes Session</b> <b>July 28—August 29</b> Fees: 1 class/wk \$16; 2/wk \$26; 3/wk \$37; 4/wk \$45; 5/wk \$50 Summer Session Registration: Wed, June 25th from 9-11 am		
Class	Instructor	Schedule
Fit Over 50	Andrea Leahy Patty McCormack	Wed. 9:15 Fri. 9:15
Flexibility	Melissa Lynch	Mon. 9:15
Forever strong	Melissa Lynch Andrea Leahy Patty McCormack	Mon. 10:15 Wed. 10:15 Fri. 10:15
Gentle Pilates for seniors	Andrea Leahy	Wed. 11:15
Zumba Gold	Andrea Leahy	Tue. & Thu. 9:15

## YMCA Classes

### Fit Over 50

A gentle warm-up, followed by invigorating aerobic, strengthening, and stretching segments. Total body conditioning leaves you feeling energized. 45 minutes.

### 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. Ex-

ercises 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.

### 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.

## Other Senior Center Classes

### Gentle Yoga

**Wednesdays, 2pm**

**Summer: July 16-August 13th, \$20**

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 **Jo Kitman** on the first day of class.

### Ballroom dance class

No classes will be held in July and August. For more information, call **Chuck Guare** at 374-9732 or email [guare-charles@gmail.com](mailto:guare-charles@gmail.com)

### Tai Chi practice

**Tuesdays, 8:15 am**

We welcome you to join our small group trying to maintain our Tai chi skills. Our thanks to **Ginny Rovelli** for continuing to lead this activity.

# 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.

## Silver Threads Quilters

Thursdays, 1:00 to 3:00 pm

We are a group of friendly, mentoring ladies who share threads of wisdom and create works of art. Check our Bulletin Board in the hallway and see photographs of our creations. Our latest creations are quilts for Camp Erin – quilts that will be given to children who are grieving the loss of a loved one. Everyone is welcome; there is no fee.

## Mah Jong

Mondays, 12:30 pm; Wednesdays, 9:00 am

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.

## 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.

## Monday Golf League

18 weeks - 28 April thru 25 August

Plays at the Galway Golf Course with tee-off times scheduled from 9:00 am to 10:00 am. Make ups caused by inclement weather or holidays will be made up on Friday. Contact **Don Hickerson** at 393-5674 or [shdogolf@aol.com](mailto:shdogolf@aol.com).

## Wednesday Golf League

16 weeks - 30 April thru 13 August

Plays at the Galway Golf Club with tee-off times scheduled from 9:00 am to 10:00 am. Make ups caused by inclement weather or holidays will be made up at the end of the season. Contact **Bob Pommerer** at 306-6178 or [Pommerer@gmail.com](mailto:Pommerer@gmail.com); or **Shirley Hickerson** at 393-5674 or [shdogolf@aol.com](mailto:shdogolf@aol.com).

## Thursday Golf League

at Mill Road Golf Course

Plays at Mill Road Golf Course on Thursdays at 9 am. Questions, please call **Nancy Wallace** at 312-1123 or **Midge Launsbach** at 377-3847.

## Bocce

Wednesdays, 9 am

Bocce season has arrived. We will be playing every Wednesday at 9 am, weather-permitting. If interested, call **Vito Spinelli** at 384-0926.

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### First Monday Book Club

First Monday of month, 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.

July 7: *David and Goliath* by Malcolm Gladwell

August 4: *Water for Chocolate* by Laura Esquivel

Sept. 8: *The Winter of Our Discontent* by John Steinbeck

### First Friday Film Club

First Friday of month, 1:30 pm.

July & August: Summer Recess—No Film Shows.

Please watch for the next season starting Sept. 5th.

Snacks and coffee will be served at all shows.

Suggestions for future screening are always welcome.

Call N. Nagarajan, Coordinator, 399-0195.

### Acrylic and Oil Painting

Fridays, 10:00 am to 1:00 pm

See instructor, Dani Morette, for fees and schedule.

Find your inner self or perhaps rekindle an old passion for the love of creating something beautiful. Whether a beginner or an expert painter, you will be able to paint at your own pace with the expert instruction of Dani Morette. Learn how to create leaves on a tree, grass in the field, stream of flowing water or a flower vase. Whatever your desire, with Dani's expertise, you can achieve your goal and welcome that sense of accomplishment.

### 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.

### Card Playing

Mondays and Thursdays, 12:30 pm

We play bridge, pinocle, 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. Add your name to the list of new interested players, indicating the game(s) of your interest. 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

### Healthy Bones for Life

Tuesdays, 10:15 and Thursdays, 9:00

Healthy Bones for Life 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. For information, contact Lily Henderson, at 355-4629.

The class is currently full, but be sure to put your name on the waitlist at the front desk for when there are openings.

# 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.

## Trip to Niagara Falls & Ontario Canada

**Tuesday, July 15<sup>th</sup>-Thursday, July 17<sup>th</sup>**

The group will stay at the Radisson Hotel and Suites. Walk to the falls, the casino, Niagara's parks and shops, and more. If you have not seen the Niagara Falls up close, this natural miracle is one of the most wondrous things you'll ever see or hear. Visit the Journey behind the Falls, Skylon Tower, Maid of the Mist Cruise, etc. In Canada's wine country, Niagara-on-the Lake presents a charming, well-preserved 19<sup>th</sup> century village.

Passport or Enhanced License required.

**Cost: \$350 per person** (member or non-member).

See trip board at Center for more information.

**Please note:** The bus departs at 7 am on July 15th from the **Wade terminal**.

## Clam Bake at the Perthshire

**Wednesday, August 13th**

Food all day from 12 noon to 5 p.m.: Sausage & peppers, hamburgers, hot dogs, pulled pork & baked beans. Chicken and steak @ 4 p.m. Beer & soda included.

**Cost: \$60 per person** (member or non-member)

**Music for Life** Singing songs from Frank Sinatra, Frankie Vallie, Dion, Tony Bennett and many others  
Leave Senior Center at 11 am; Return by 6 pm

## Lake George Dinner Theater

**Tuesday, August 19th**

A comedy on the "Blizzard of '77 in Buffalo, NY" at Holiday Inn Resort.

**Cost: \$65 per person** (member or non-member) includes transportation, lunch and show.

Choice of lunch available at the sign-up.

Leave Senior Center at 10 am; Return by 4:30 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 Hillis** for more information.



## GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

### July 2014

Tue 1 Shopping Rotterdam Square Mall  
 Fri 4 Senior Center/Dining Center Closed  
 Mon 7 Book Club 10:00 am  
 Tue 8 Shopping Clifton Park Mall  
 Fri 11 No Ballroom Dancing in July\August  
 Tue 15 Trip to Niagara Falls  
 Tue 15 Shopping Rotterdam Square Mall  
 Wed 16 Summer Yoga Begins 2:00 pm  
 Tue 22 Shopping Clifton Park Mall  
 Tue 29 Shopping Rotterdam Square Mall  
 Thu 31 **Senior Moments** Deadline

### August 2014

Mon 4 Book Club 10:00 am  
 Tue 5 Shopping Clifton Park Mall  
 Thu 7 Executive Council Meeting 9:30 am  
 Tue 12 Shopping Rotterdam Square Mall  
 Wed 13 Clam Bake 11:00 am  
 Thu 14 Board of Directors Meeting 2:00 pm  
 Tue 19 Lake George Trip 10:00 am  
 Tue 19 Shopping Clifton Park Mall  
 Thu 21 **Senior Moments** Mailing 9:00 am  
 Sat 23 Rabies Vaccination Shots 10 am  
 Tue 26 Shopping Rotterdam Square Mall

### Weekly Events – July/August

Mon	Card Playing	12:30 pm
Mon	Mah Jong	12:30 pm
Mon	Pickleball	4:00 pm
Tue	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



# 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).

**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.

<b>July 2014</b>		
Tue	1	Salisbury Steak & Gravy
Wed	2	Baked Lasagna
Thu	3	Philly Cheese Steak
Fri	4	<b>Dining Center closed</b>
Mon	7	Macaroni & Cheese
Tue	8	Pot Roast with Gravy
Wed	9	Ranch Chicken
Thu	10	Swedish Meatballs
Fri	11	Sweet & Sour Pork
Mon	14	Hot Roast Beef Sandwich
Tue	15	BBQ Chicken Breast
Wed	16	Chipped Beef & Toast Points
Thu	17	Turkey Roll Ups
Fri	18	Meatloaf with Gravy
Mon	21	Cheeseburger Pie
Tue	22	Scalloped Potatoes & Ham
Wed	23	Hot Turkey Sandwich
Thu	24	Spaghetti and Meatballs
Fri	25	Fisherman's Platter
Mon	28	Quiche Lorraine
Tue	29	Salisbury Steak & Gravy
Wed	30	Baked Lasagna
Thu	31	Philly Cheese Steak

<b>August 2014</b>		
Fri	1	Chicken & Rice Casserole
Mon	4	Macaroni & Cheese
Tue	5	Pot Roast with Gravy
Wed	6	Ranch Chicken
Thu	7	Swedish Meatballs
Fri	8	Sweet & Sour Pork
Mon	11	Hot Roast Beef Sandwich
Tue	12	BBQ Chicken Breast
Wed	13	Chipped Beef & Toast Points
Thu	14	Turkey Roll Ups
Fri	15	Meatloaf with Gravy
Mon	18	Cheeseburger Pie
Tue	19	Scalloped Potatoes & Ham
Wed	20	Hot Turkey Sandwich
Thu	21	Spaghetti and Meatballs
Fri	22	Fisherman's Platter
Mon	25	Quiche Lorraine
Tue	26	Salisbury Steak & Gravy
Wed	27	Baked Lasagna
Thu	28	Philly Cheese Steak
Fri	29	Chicken & Rice Casserole

# 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. There will be no meetings in July or August. Next Meeting on September 9.

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

## Caregiver Conversations

Third Tuesday of month, 3:00 to 4:00 pm

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

No meetings for **July or August**. Check the next newsletter for future meetings.

## Rabies Vaccination Clinic

Saturday, August 23rd at the Center

Provided by Schenectady County Public Health Services.

**Cats & Ferrets 10 am to 11 am;**

**Dogs 11 am to noon**

Cats & ferrets must be in carriers; Dogs must be leashed. As always, please clean up after your pet. Please bring previous vaccination certificates, if any.

**FREE to Schenectady County Residents.**

**Cash donations are appreciated.**

## Senior Services

Catholic Charities of Schenectady County provides trained staff members who can assist you with choosing health insurance and prescription drug coverage; applying for food stamps, Medicaid and other programs; and locating information about community services and resources. For more information, please contact 372-5667 ext. 149.

## Baptist Health Sharps Program

Thursdays, 8:00 to 11:00 am

Used needles, syringes, lancets and other sharp medical objects are called "sharps." Such items must be disposed of in a separate manner from regular waste. This is done to protect landfill, recycling and waste-to-energy facility operators. This waste is also treated differently in that it must be sterilized or burned to kill any infectious diseases before disposal.

Baptist Health, located at 297 N. Ballston Ave. in Scotia is one of many drop off locations in Schenectady County. The Drop off location is in the rear of the building at the loading dock.

## Discounted phone service

Anyone who qualifies for food stamps may also qualify for discounted phone service. Income eligible people can receive a free cell phone and 250 free minutes per month from one of the various providers. Examples include:

Assurance [www.assurancewireless.com](http://www.assurancewireless.com) 1-888-321-5880

Safelink [www.safelinkwireless.com](http://www.safelinkwireless.com) 1-855-296-4764

### 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**

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



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



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 Certified Seniors' Real Estate Specialist  
 518-640-4808

E-mail: Kathleen.Engel@ColdwellBankerPrime.com  
 www.ColdwellBankerPrime.com/Kathleen.Engel



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We take your trash to the curb for you for \$12 a week.

**\$20 HR**

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- Masonry work
- Yard work/mowing
- Laminating floors
- Snow blowing

- Housekeeping **\$20 HR**
- Plumbing
- Lighting **\$50 HR**

James Baggs, Proprietor  
 handymanofamerica1@gmail.com



**Pleasant Dry Cleaners**

Wash N' Fold Service



"We do the laundry for you, your way."

Pick up & delivery available

Dry cleaning, shirt laundry, alterations

\* Great gift idea \*

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(518) 461-0771  
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# Dayhaven

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Services for Older Adults and Caregivers

A program of  
**Catholic Charities**

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

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

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Senior Parade of Homes  
Capital Region  
Presents a Parade of Kingsway Community



**When:** Monday, July 14, 2014  
**Pick Up:** Glenville Senior Center  
**Time:** 9:00 a.m. Departure  
**Return:** Approximately 3:00 pm  
**Cost:** Free!

Continental Breakfast & Lunch Provided  
Food, Fun & A Raffle Prize!

### Call Now to Reserve Your Seat!

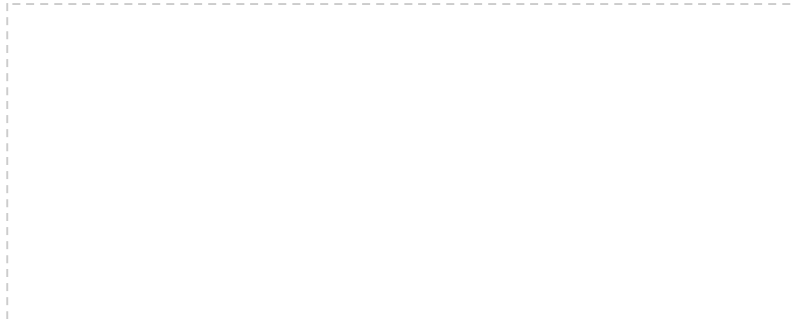
(For your convenience individual tours can also be arranged)

**518-894-2443**  
RSVP By: July 10th

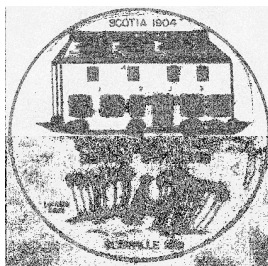
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**CONTACTS**

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**Vicki Hillis**  
Glenville Senior Center  
Administrator:  
**Jamie MacFarland**  
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