



Scotia-Glenville Senior Citizens Senior Moments



Volume 41 Number 4

July–August 2015

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.

Surfside Dinner Theatre Monday, July 20th

Join us for a luncheon matinee overlooking beautiful Lake George. Cabaret star **Laura Roth** will perform. The New York Post calls her a real showstopper! The dinner theatre and all venues on the property are very handicapped accessible with ramps everywhere.

Lunch at 12 noon; Show at 1:30 pm. Lunch choices are – London Broil with bordelaise sauce or Chicken Piccata. Give food choice when signing up. From 2:30 to 4:30, you are on your own to partake in all the facilities on the property, relax and enjoy the lake or walk along Canada Street and shop.

Bus leaves the Senior Center at 10:30 am. The bus leaves promptly at 4:30 from the Surfside and we should be back at the Center around 6:00 pm. **Cost: \$65 per person**, member or nonmember.

Senior Center T-shirts & Hats

We are looking into ordering new t-shirts and hats for the Scotia-Glenville Senior Citizens, Inc. members. Please leave your name at the front desk if you might be interested. Once we know how many are interested, we can determine pricing and take orders.

Clam Bake at the Perthshire Tuesday, August 18th

Enjoy a relaxing day at the Perthshire in Amsterdam. Food served all day from 12 noon to 5 pm Sausage and peppers, hamburgers, hot dogs, pulled pork, baked beans and clams. Chicken and steak served at 4:00 pm; Beer and soda included. “Music for Life” will perform songs from Frank Sinatra, Frankie Valli, Dion, Tony Bennet and many others. Sit back and enjoy the music, or get up and dance.

Bus leaves the Senior Center at 11 am. Returns around 6:00 pm. **Cost: \$60 per person**, member or nonmember.

A Trip through Time on the Erie Canal Thursday, September 10th

Join us for a scenic 90-minute cruise and history lesson on the Erie Canal, followed by a lunch at the Waterfront Grille. After lunch, we’ll visit the General Herkimer House, a NYS Historical Site. On the way home, we’ll stop at the Palatine Cheese Factory and Freihofer’s discount store.

Bus leaves the Senior Center at 8 am. Returns around 5:00 pm. **Cost: \$69 per person**, member or nonmember.

Trips
Monday, July 20th - Surfside Dinner Theatre, Lake George
Tuesday, August 18th -Clambake at the Perthshire, Amsterdam
Thursday, Sept. 10th - Trip through Time on the Erie Canal, Herkimer

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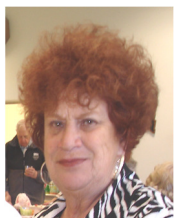
MARK YOUR CALENDAR

Exec Council: Thu, Aug. 6 at 9:30 am at Town Hall
Directors: Thu, Aug 13 at 1:00 pm at Senior Ctr.
Senior Moments Deadline: Thu July 23
Senior Moments Mailing: Thu August 27 9:00 am
Center & Dining Center closed: Fri July 3

Senior Moments is published by
the Scotia-Glenville Senior Citizens, Inc.
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GLENVILLE SENIOR CENTER
32 Worden Rd., Glenville, NY 12302 (518) 374-0734
Center open 9:00 am to 4:00 pm
Center is closed Sat. & Sun. & holidays except
open for special events as noted herein.
The front desk closes at 3:00 p.m. in the summer.

SENIOR CENTER NEWS



A line from Linda

Dear Members,

Finally, summer is here. Our gardening committee has weeded, raked and planted. Stop by and see the beautiful work they've done.

All of our outside clubs are up and running. We are still looking for a coordinator for bocce. If anyone is interested, please contact the Center.

Check out some of our new trips.

I would like to take a moment to recognize our nominee for the Schenectady County Senior Citizens award.

Blanche Fischer has given countless hours to our organization as a board member, humanities chairperson, AARP tax preparer, member of the social committee, and more. Without dedicated volunteers like Blanche, we would not be able to offer so many programs for seniors. Thank you to Blanche for all she does.

Hope to see you at the center. Enjoy the summer.

Linda

Scholarship Winners

Congratulations to Shelby Bryson and Megan Hillis, each winning a \$1,000 Scholarship Award from Scotia-Glenville Senior Citizens, Inc. Both girls are seniors at Scotia-Glenville High School.

Our very best wishes as both girls will be going off to college in the fall. - Scholarship Committee



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facebook

Membership News

I would like to give a big **Thank You** to my Membership Committee for hosting a lovely **Reception for New Members** on May 14th in my absence. Great job!

Membership now stands at 1,003 which includes 94 new members this year. We will be accepting memberships throughout the rest of the year. Hope to see you soon. - **Putzi Jost**

Please note: Many people have sensitivity to perfume. Please try to refrain from using your signature scent, particularly when on trips or coming for exercise class. Thanks.

Hi from the Editor

Dear Friends, I am happy to inform you all that, as of now (!), I am feeling fine, and free to drive after a long lapse.

We received a letter from the Motion Picture Licensing Corp. that we cannot screen films at the Senior Center without paying an annual fee of \$315. At my request, **Chris Koetzle**, Town Supervisor agreed to look into the matter for a possible remedy. We regret that we will not have any shows.

Thanks and regards,



Nagarajan

Vicki's View

As you are aware, we have been exploring the option of adding on to our building in order to accommodate more activities and services for seniors. The architects have drawn up the plans incorporating our suggestions for the needed space. Anyone wishing to look at the plans may stop by my office to review them. The next step will be to work out the financial piece of the puzzle.

Updates to follow.

Once again, I would like to thank all of the volunteers who stepped forward to run our past few social events. The pizza night, reception for new members and our open house & ice cream social were very well received. Thank you to the chair people: **Ruth Quinn, Bette Helms, Putzi Jost, Shirley Perazzo** and **Angie Pomykai**.

Thank you again to our Open House & Ice Cream Social sponsor, **Baptist Health Systems** and to **Stewarts Shops** for the ice cream! Thank you to the following door prize donors:

Frank's Body Shop
Boulevard Bowl
Hannaford Market
Marcella's Restaurant
Painting with Peggy
Scotia Cinema
Scotia Diner
Personal Wine Cellar (Mayfair)
Upstate Laser Car Wash
Awaken Hair Salon
Nancy Reynolds
Hallmark Card Store
Niskayuna Wines & Liquors
Brenda's Pedicures, Waxing, Manicures, Electrolysis

On a more somber note, we are saddened to learn of the passing of **Theresa Parisi**, our long time friend, dedicated volunteer and former board member. She will be missed.

CENTER SERVICES

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

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.

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.

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

Display Case

Be sure to check out the display case in the library to see some unique collections. We thank the following members for their display:

May - Althea Giaquinto - Wooden Animal figures

June - Mary McClaine - Containers

Watch for the upcoming displays:

July- Joan Gould - Cardinals

August - Jackie Lochner - Sea shells

We are always in need of collections. Contact our wonderful coordinator **Emily Childers** to schedule upcoming displays. Remember, the case is lighted and always locked.

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.

Having a computer problem?

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

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 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 14, 28

August 11, 25

Clifton Park Mall

July 7, 21

August 4, 18

We Need Drivers & Dispatchers.

Be a regular or substitute driver or a substitute dispatcher. Call **Linda Reinhart** at the Center for information.

Help us recycle!

Our Senior Center is now single stream recycling just the way you do at home. Acceptable items include cardboard, paper, metal cans, foil and plastic containers. The recycling bin is located outside the back door. Your cooperation is appreciated.

Donate eyeglasses

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

SENIOR CENTER EVENTS

Center Membership is required unless noted otherwise.

Paint with Peggy

Monday, July 20th 9:30-2:00 pm
Bring a bag lunch, we will have a 1\2 hour break.

Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? Join us at the Senior Center and "Paint with Peggy"! Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. In the class you will create an oil painting, "Sailing Away", a lovely summer painting. We are offering this painting again due to its popularity in June! We will begin with a blank canvas, and at the end of the class, you will feel as if you can sit on the shore and look across the lake to the distant woods. This painting involves color harmony, perspective and painting deciduous trees.



Monday, Sept. 14th
9:30-2:00 pm

"Monochromatic Barn"

The students use only black and white paints (acrylic and oils) to create a road going over a hill to an old barn. The importance of color value, contrast and perspective are taught in this class to create shapes, interest and depth in the painting.



Note the new time: Class will be from 9:30 am until 2:00 pm. There will be a 1/2 hour lunch break, so we can re-energize and rest our eyes. Please bring a bag lunch.

Peggy provides all the materials from a blank canvas, oil paints and brushes to paper towels. She walks the students through the steps and teaches the techniques to create the painting. This class is for any level of painter, no experience is required. Beginners are welcome.

Cost: \$45 Payment due at time of registration. Please make checks payable to **Peggy Porter**.

Maximum: 8 students, members only.

Sign up at the Front Desk.

Call Peggy at 925-2238 for details.

Driver Safety Course By Empire Safety Council

This program can reduce your auto insurance premiums. Classes will be of two 3-hour sessions held on two consecutive days. Senior Center membership not required.

Tue/Wed, July 21st & 22nd, 2-5 pm

Tue/Wed, August 18th & 19th, 2-5 pm

Cost: Senior Center members: \$22.50; Others: \$26.

Pay by check payable to **Armand Canestraro**.

NO CASH. Checks are not cashed until the class is held.

Participants must register in person at the Front Desk.

No phone reservations are accepted.

Balance Class

Thursdays, July 9th -30th, 2:00 pm

Cost: Free

A 60-minute movement class designed to improve balance, strength and coordination. Designed for older adults, caregivers and anyone interested in improving motor function through balance challenges; this class promises to excite and educate. Led by a physical therapist, this class will assess balance and fall risk at the beginning of the program and at the end of the program. Each class builds on the next, so come enjoy all four! You must sign up in advance at the front desk.

Thank you to PRN Physical Therapists for hosting this class.

Stampin' Up Card Workshop

Monday, July 20th, 2:30 - 4:00 pm

Monday, August 17th, 3:00 - 4:30 pm

Cost \$5 per class

Join us for an afternoon of creativity and paper-crafting fun. Materials and instruction provided to make 4 greeting cards. Please sign up in advance at Front Desk. Checks should be made payable to the instructor, **Lynn Streifert**.

Senior Moments Mailing party

Thursday, August 27th at 9:00 am

Come join us for our mailing party as we prepare the Senior Moments Newsletter for mailing. Volunteers perform the vital task of folding the Newsletters and applying the pre-printed address labels for mailing. We'll meet in the Dining Center and complete the task usually within 1.5 hours. Refreshments and coffee are served. Come join us and have some fun!

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.

FALL SESSION:	
August 24th—Oct. 16th No Classes on Sept. 7th & 8th Fees: 1 class/wk \$25; 2/wk \$33; 3/wk \$43; 4/wk \$52; 5/wk \$62 Registration date: Wednesday, July 22nd 9-11 am	
Class	Schedule
Fit Over 50	Mon., Wed. , Fri. 9:15
Stretch & Strength	Wed. 9:15
Forever strong	Mon., Fri 10:15
Gentle Pilates for Seniors	Thur. 10:15
Zumba Gold	Tue., Thur. 9:15

YMCA Classes

Fit Over 50

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

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.

Stretch & Strength

This class focuses on stretching in a chair to increase your range of motion. We also work on improving our muscular strength using different props such as weights, tubes, and balls.

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, 2 pm

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.

The next 11-week session will run Sept. 9th through Nov. 18th. Cost: \$44. Pay instructor **Nancy Tobiessen** on the first day of attendance.

Ballroom Dance

Fridays, 2:00 pm

There will be no class in July and August.

For more information about fall startup, call **Chuck Guare** at 374-9732 or email guarecharles@gmail.com

Tai Chi practice

Tuesdays, 9:00 am

We welcome you to join our small group trying to maintain our Tai chi skills.

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.

Mah Jong

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. Questions: leave a message at desk.

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.

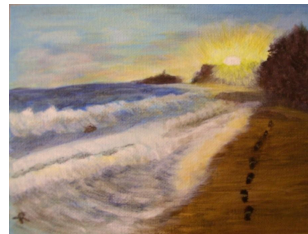
Free. Come check us out some Thursday.

Acrylic and Oil Painting

Fridays, 10:00 am - 1:00 pm

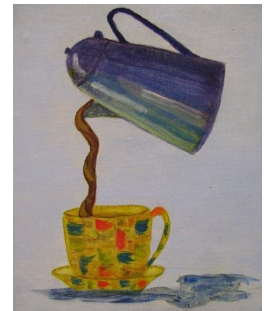
See instructor, **Dani Morette**, for fees and schedule.

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



Painting by **Ruth Quinn**

Painting by **Shirley Taft**



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 in September when we resume play.

La Bella Lingua (The Beautiful Language)

Tuesdays, 1 pm

The Italian Club is going very well. The Italian classes will be suspended for the summer. We will resume

Tuesday, September 29th at 1 p.m.

Call **Ed Perazzo** at 399-1438.

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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 6th - *The Orphan Train* by Christina Baker Kline

August 3rd - *The Round House* by Lousie Erdich

Sept. 14th - *East of Eden* by John Steinbeck

First Friday Film Club - Sayonara, Folks!

As explained in my note on p.2, we regret that we will no longer meet. Thanks to all our members for the memories and staunch support of this activity.

- Nagarajan, Coordinator

Silver Threads Quilters

Thursdays, 1:00 - 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. Everyone is welcome; there is no fee.

Bocce League

Tuesdays, 9 am

Let's play bocce! We are currently looking for a volunteer to coordinate the league. Sign-up at the front desk if you are interested in playing. Or come on a Tuesday and see if a group has gathered.

Bowling League

Wednesdays, 9 am

Looking for fun with new friends this fall? Join the Scotia-Glenville Senior Bowling League! Senior men and women of all levels of ability and averages welcome. We play once per week on Wednesday mornings at 9 am at Boulevard Bowl starting Sept. 9th. An open, free practice session takes place on Sept. 2nd. If you cannot commit to every week, we're also looking for subs. League runs through mid-April with Christmas party and end-of-season banquet included. For more information or to sign up, contact either **Glen Wiltsie** (696-2574) or **Butch Carpentier** (374-1499).

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. If interested, stop by the front desk and 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, 12:30-4:00 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.

Senior Golfers

Monday & Wednesday League

These two leagues play at the Galway Golf Course located at Jockey Street in Galway. One league plays on Mondays and the other on Wednesdays, with tee-off times starting at 9 am. Please contact **Don Hickerson** at 393-5674 or email at shdogolf@aol.com for the Monday league, or **Shirley Hickerson** for the Wednesday league. You may sign up for one league or both leagues as a substitute player.

Thursday League

Join our league at Mill Road. We play 9 holes on Thursday mornings. Call **Margo Snyder** at 952-7371 for more information.

Calling All Gardeners

Thank you to all of our gardening volunteers who helped to rake, mulch and plant annuals. We will need people to weed and deadhead throughout the summer. Sign-up in the front office if you are willing to help.

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.

Surfside Dinner Theatre Monday, July 20th

Join us for a luncheon matinee overlooking beautiful Lake George. Cabaret star **Laura Roth** will perform. The New York Post calls her a real showstopper! The dinner theatre and all venues on the property are very handicapped accessible with ramps everywhere.

Lunch at 12 noon; Show at 1:30 pm. Lunch choices are – London Broil with bordelaise sauce or Chicken Piccata. Give food choice when signing up. From 2:30 to 4:30, you are on your own to partake in all the facilities on the property, relax and enjoy the lake or walk along Canada Street and shop.

Bus leaves the Senior Center at 10:30 am. The bus leaves promptly at 4:30 from the Surfside and we should be back at the Center around 6:00 pm. **Cost: \$65 per person**, member or nonmember.



- ◆ **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.

Clam Bake at the Perthshire Tuesday, August 18th

Enjoy a relaxing day at the Perthshire in Amsterdam. Food served all day from 12 noon to 5 pm Sausage and peppers, hamburgers, hot dogs, pulled pork, baked beans and clams. Chicken and steak served at 4:00 pm; Beer and soda included. “Music for Life” will perform songs from Frank Sinatra, Frankie Valli, Dion, Tony Bennet and many others. Sit back and enjoy the music, or get up and dance.

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Join us for a scenic 90-minute cruise and history lesson on the Erie Canal, followed by a lunch at the Waterfront Grille. After lunch, we’ll visit the General Herkimer House, a NYS Historical Site. On the way home, we’ll stop at the Palatine Cheese Factory and Freihofer’s discount store.

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Brain teasers

Submitted by Jim Moorhead

Problem 1 (Easy): Gracie, Ruth, Monica, Liz, and Helen have just completed the annual East Overshoe 5K race, finishing 1st through 5th in some order. Although Gracie did not win the race, she did finish two positions ahead of Monica. Although Liz tries hard, she has never won a race. Ruth finished three positions behind Helen. In what order did they finish?

Problem 2 (Moderately easy): In George and Gracie’s third grade class, 18 students did well at reading and 13 did well at arithmetic. Of those, 7 were good at both reading and arithmetic. However, there were 5 students in the class that did not do well either reading or arithmetic. How many students were there in the class?

Problem 3 (Moderate. Requires a little Algebra): George and Gracie paint houses. Of course they paint at different rates and do not get in each other’s way, when they work together. There is one house that, George by himself, could paint in 5 fewer hours than it would take Gracie to paint it all by herself. Working together they can paint the house in 6 hours. How long would it take each of them to paint the house, if working alone?

Note: There is now a “Brain Teasers” book (in a white loose leaf binder), containing a range of problems from very easy to well ... not so easy in the Senior Center Library. If you have any questions about any of the problems or solutions, feel free to email me (Jim) at leptonjim@hotmail.com. I am more than willing to discuss them.

Solutions on page 13.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

July 2015

August 2015

Fri 3 Senior Center & Dining Center Closed
 Mon 6 Book Club 10:00 am
 Tue 7 Shopping Clifton Park Mall
 Thu 9 Balance Class 2:00 pm
 Tue 14 Shopping Rotterdam Square Mall
 Thu 16 Balance Class 2:00 pm
 Mon 20 Painting w/Peggy 9:30 am
 Mon 20 Trip to Lake George 10:30 am
 Mon 20 Stampin' Up Card Workshop 2:30 pm
 Tue 21 Shopping Clifton Park Mall
 Tue 21 Safe Driving Class 2 – 5:00 pm
 Wed. 22 YMCA class registration 9:00-11:00 am
 Wed 22 Safe Driving Class 2 – 5:00 pm
 Thu 23 Balance Class 2:00 pm
 Thu 23 **Senior Moments** Deadline
 Tue 28 Shopping Rotterdam Square Mall
 Thu 30 Balance Class 2:00 pm

Mon 3 Book Club 10:00 am
 Tue 4 Shopping Clifton Park Mall
 Tue 4 Caregiver Conversation 1:00 pm
 Thu 6 Executive Council Meeting 9:30 am
 Tue 11 Shopping Rotterdam Square Mall
 Thu 13 Board of Directors Meeting 1:00 pm
 Mon 17 Stampin' Up Card Workshop 3:00 pm
 Tue 18 Shopping Clifton Park Mall
 Tue 18 Trip to Perthshire Clambake 11:00 am
 Tue 18 Safe Driving Course 2 – 5:00 pm
 Wed 19 Safe Driving Course 2 – 5:00 pm
 Tue 25 Shopping Rotterdam Square Mall
 Thu 27 **Senior Moments** Mailing 9:00 am



Weekly Events – July-August

Mon	Card Playing	12:30 pm
Mon	Pickleball	4:00 pm
Tue	Coffee & Conversation	9:00 am
Tue	Duplicate Bridge	12:30 pm
Tue	Knitting & Crocheting	1:00 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	Pickleball	4:00 pm

WANTED

We need volunteer drivers for our van. Please contact Linda if you are interested.



Attention GE employees, retirees, and spouses of either

Gifts of \$25 or more to the Senior Center can be matched by the GE Foundation's Matching Gift Program. You can register gifts to the Center by calling the GE Matching Gift Center at 1-800-305-0669, or online at www.ge.com/foundation/matching_gifts.html.

On that website, the Senior Center appears on the list of "Approved" organizations as:
 SCOTIA GLENVILLE SENIOR CITIZEN RECREATION RELATED CONCERNS (Approved)
 32 WORDEN RD., SCOTIA, NY 12302-3409
 Tax ID: 222186497

Note that matching is available only for true gifts, not for payments for annual dues, trips, admission to events, meals, etc. Call **Vicki Hillis** 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 – Dining Center Manager

Diana Yeo – Dining 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.

*Catholic Charities Transportation to the Dining Center is available.

Suggested donations are \$1.25 each way to and from the Dining Center.

Jul-15		
Wed	1	Baked Meat Ziti
Thu	2	Breaded Pork Cutlet
Fri	3	CLOSED – 4th of July holiday
Mon	6	Salisbury Steak
Tue	7	Baked Manicotti
Wed	8	Pulled Pork Sandwich
Thu	9	Turkey Roll Up
Fri	10	Macaroni & Cheese
Mon	13	Baked Ham
Tue	14	Chicken & Biscuit
Wed	15	Pizza & wings
Thu	16	Chicken Cacciatore
Fri	17	Breaded Fish Dinner
Mon	20	Spaghetti and Meatball
Tue	21	Roast Beef with Gravy
Wed	22	Kielbasa w\ Sauerkraut
Thu	23	Fried Chicken
Fri	24	Macaroni & Cheese
Mon	27	Seafood Newburg
Tue	28	Chicken Marsala
Wed	29	Baked Meat Ziti
Thu	30	Breaded Pork Cutlet
Fri	31	Harbor Baked Fish

Aug-15		
Mon	3	Salisbury Steak
Tue	4	Baked Manicotti
Wed	5	Pulled Pork Sandwich
Thu	6	Turkey Roll Up
Fri	7	Macaroni & Cheese
Mon	10	Baked Ham
Tue	11	Chicken & Biscuit
Wed	12	Pizza & wings
Thu	13	Chicken Cacciatore
Fri	14	Breaded Fish Dinner
Mon	17	Spaghetti and Meatball
Tue	18	Roast Beef with Gravy
Wed	19	Kielbasa w\ Sauerkraut
Thu	20	Fried Chicken
Fri	21	Macaroni & Cheese
Mon	24	Seafood Newburg
Tue	25	Chicken Marsala
Wed	26	Baked Meat Ziti
Thu	27	Breaded Pork Cutlet
Fri	28	Harbor Baked Fish
Mon	31	Salisbury Steak

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

Second Tuesday of month at 1:00 pm.

There will be no meetings in July or August. The next meetings will be Sept. 8th and Oct. 13th.

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

Caregiver Conversations

First Tuesday of month, 1:00 pm

Caregivers meet monthly at the Center to discuss caregiving issues faced in people's daily lives. Facilitated by **Vicki Hoshko**, Schenectady County Caregiver Support Coordinator. No meeting will be held in July. Upcoming meetings: August 4, Sept. 1, Oct. 6

Rabies Vaccination Clinic

Saturday, August 8th at the Senior 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.**

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 1-888-321-5880
Safelink www.safelinkwireless.com 1-855-296-4764

MEMBERSHIP APPLICATION

Jan. 1 thru Dec. 31, 2015

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**

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Answers/Solutions from pg. 8

Solution 1. Order of finish: **Helen, Liz, Gracie, Ruth, Monica.** From a quick scan of the clues, neither Liz, Gracie, Ruth nor Monica won the race. So Helen finished 1st, three positions ahead of Ruth, who finished 4th. Therefore Gracie finished 3rd, two positions ahead of Monica, who finished 5th. Of course, Liz finished 2nd.

Solution 2. **29.** There were 18 students in the class that read well. Of those, 7 did well at arithmetic too. That left 11 students (18-7) that only read well. Likewise, there were 6 students (13-7) that only did arithmetic well. There were 7 that did well at both. And then there were the 5 that did not do well at either. So there were a total of **29** students (11 + 6 + 7 + 5) in the class.

Answer 3. **George: 10 hours, Gracie: 15 hours.** *The complete solution to this problem can be found in the "Brain Teasers" book as the solution to Problem 5 in the Senior Center Library.* Once you have the solution, however, it is easy to see that George can paint 1/10 (or 3/30) of the house in an hour. Gracie can paint 1/15 (or 2/30) of the house in an hour. Together they can paint 5/30 (or 1/6) of the house in an hour. So it takes 6 hours for them to paint the house together.



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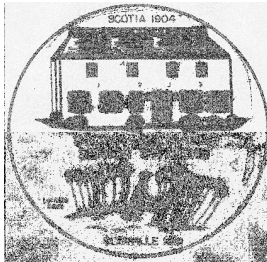
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Town of Glenville Liaison:
Alan Boulant