



Scotia-Glenville Senior Citizens Senior Moments



Volume 41 Number 2

March–April 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.

Trip to the Culinary Institute

Thursday, March 26th

Ever wanted to dine at the Culinary Institute, Hyde Park, NY? After a fabulous lunch, we'll stop at the FDR Home & Library for a leisurely walking tour. Pick up at 9:00 a.m. at the Center, and Return by 6:30 p.m. Sign up at the front desk.

Cost: \$87 per person (Member or Non-member)

Saratoga Casino & Raceway

Tuesday, April 7th

Join us for a trip to the Racino. Price includes \$25 freeplay and \$5 voucher for food at Lucky Joe's. Leave Center at 10:30 a.m.; Departs casino at 4:00 p.m., return to center approx. 4:30 p.m. Sign up at the front desk.

Cost: \$35 per person (Member or Non-member)

St. Patrick's Day Dinner

Monday, March 16th, 5-8 pm

Come join us for a fabulous dinner catered by Katie O'Byrne's. Entertainment by Shenanigans and the Boland School of Dance, Irish Step Dancing.

Cost: \$10 for members; \$12 non-members

Tickets must be purchased in advance. Thank you to the Meadows at Glenwyck for their generous sponsorship of this event.

Volunteer Appreciation Day

Friday, April 10th 1:30-3:30 pm Luncheon

For Volunteers only. Catered by Marcella's; Sponsored by The Meadows at Glenwyck. If you are a volunteer at the center, please sign up at front desk to join us. Deadline is Monday, April 6. No cost to volunteers.



Trips

Thursday, March 26th - Trip to the Culinary Institute
Tuesday, April 7th - Trip to Saratoga Racino

Snow Closings and Delays

When Scotia-Glenville Schools are closed due to weather: Center is closed; no van service. If S-G schools are delayed: Center is open; no van service; exercise and painting classes canceled; all programs before 11:00 canceled to allow time for plowing; everything after 11:00 as usual.

Check local radio and TV for school announcements.

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

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



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MARK YOUR CALENDAR

Exec Council: Thu Mar. 5 & Apr. 2 at 9:30 am at Town Hall
 Directors: Thu Mar. 12 & Apr. 9 at 1:00 pm at Senior Ctr.
 Senior Moments Deadline: Thu Mar. 26th
 Senior Moments Mailing: Thu Apr. 23rd 9:00 am
 Dining Center closed: Fri. Apr. 3rd

Senior Moments is published by
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Linda Reinhart, 2014 President

Vicki Hillis, Executive Editor, Publisher
Dr. N. Nagarajan, Editor

Angie Pomykai, Assoc. Editor, Distribution Manager

Bob Atwood, Associate Editor

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,

Winter came with a bang and we're all looking forward to Spring. We've had a great initial response to our Bermuda cruise in June. It's not too late to sign up, if you are interested. Please take a look at our upcoming trips.

Come and enjoy all our activities. Our Social Committee has been working hard to line up some new activities for members.

I was away for over a month in sunny Florida. So I'm going to make this a very short letter. Stop in any Monday morning, if you would like to meet me and chat.

Linda

Correction: Our sincere apology to those whom we failed to mention in the last issue for the Veterans Day celebration. Hats off to **Ronnie Quinn** whose tireless efforts behind the scenes led to such success of that event. Thanks also to **Rosemary Pryne** for organizing the entertainment for that day. The Racing City Chorus gave a wonderful performance, courtesy of CDPHP. We thank CDPHP for their continued support of our Center.

Senior Moments Mailing party

Thursday, Apr. 23rd at 9:00 am

Come join us 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 will be served. We look forward to seeing you there.

Attitude:

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company....a church...a home. The remarkable thing is that we have a choice every day regarding the attitude we will embrace that day. We cannot change our past....we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, that is our attitude.... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you....we are in charge of our attitudes."

- Charles Swindoll

Submitted by **Shirley Perazzo**

Hi from the Editor

Dear Friends,

In mid-January, I was again in the hospital for 2 nights, but the x-ray, ultrasound and other tests did not reveal any abnormality! But I am not allowed to drive for some more time. With the snow and ice, I am mostly indoors at home, except when others take me for a ride, even for short distances as the Senior Center. With the Spring springing, I hope to see better times.

Thanks a bunch to all!

Nagarajan



Vicki's View

I agree with Linda that Spring cannot come fast enough! Our Social Committee Chairs, **Sandy Nolin** and **Bertha Fierro**, have been working hard to plan some new and exciting events for the membership. Please support their efforts and encourage people to attend.

Spring is also the time when we recognize the hard work and dedication of our volunteers. Over 100 Senior Center volunteers are responsible for all of the activities, sports leagues, classes, trips and social events that happen here. It is our friendly crew of desk volunteers who greet you and answer the phones. And it is our volunteer dispatchers and drivers that make our van service possible for the senior citizens of Glenville.

Every year, our volunteers give over 4,000 hours of their time. Thank you.

Vicki

Welcome to all our new members!

We are so happy that you've chosen to join us. Please mark your calendar for the **New Member Reception** on Thursday, May 14th at 1:30 p.m. Board members and Committee chairs will be on hand to greet and meet you. The regular Board meeting will follow at 2 p.m. and you're invited to stay.

Friendly Reminder to all members: If you haven't yet renewed your 2015 membership, please take a moment to do so now. Application form is on page 11 and also available at the front desk.



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

facebook

CENTER EVENTS

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

St. Patrick's Day Celebration

Spotlight Dinner

Monday March 16, 2015

5:00 - 8:00 p.m.

~Glenville Senior Center~

Dinner Catered by

Katie O'Byrne's

Entertainment by Shenanigans
&

The Boland School of Dance
Irish Step Dancers



DOORS OPEN AT 5 PM

MEMBERS: \$10

NON-MEMBERS \$12

Tickets must be purchased
in advance.

Deadline is March 11th.

Sponsored by

Meadows at Glenwyck

Raffle ~ 50/50 ~ Fun!



SENIOR CENTER ACTIVITIES

Center Membership is required unless noted otherwise.

Paint with Peggy

Monday, Apr. 20th
9 am—1:15 pm

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 for "Paint with Peggy!" Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner.



Let's go the beach! "Sand Dunes" is a summer scene, reminding us of a morning walk to the ocean at Cape Cod. We will paint a morning sky with clouds, a distant ocean and nearby sand dunes. Old fences and gravelly sand add detail. The painting is on display at the Center and can also be viewed online at www.paintwithpeggy.com in the 'Schedule' tab.

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 and no experience is needed. **BEGINNERS ARE WELCOME!**

COST: \$ 45 for members. Maximum 8 students. Sign up at the front desk. Questions? Call **Peggy Porter** at 925-2238.

Senior Golfers

Monday, April 13th at 1:30 pm

Time to get your clubs polished up as golf play will be starting soon. We will have our organizational meeting at the Scotia-Glenville Senior Center on Monday, April 13th at 1:30 pm.

All golf will be played at the Galway Golf Course located at Jockey Street in Galway. It is currently planned to have two Senior Leagues, one to play on Mondays and the other to play on Wednesdays, with tee-off times starting at 9 am, beginning on the first Monday and Wednesday of May 2015. We hope to have 28 players in each league. So please attend the meeting on April 13th if you can.

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 both leagues or as a substitute player.

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.

AAA Driver Safety Course

This program can reduce your auto insurance premiums. Classes will be of two 3-hour sessions held on two consecutive days at the Center, conducted by trained instructors. Senior Center membership is not required.

Tue./Wed. March 17th & 18th 2 - 5 pm

Tue./Wed. April 21st & 22nd 2 - 5 pm

Cost: Senior Center members: \$25; Others: \$32
Pay by check payable to **AAA Northway**. **NO CASH.**
Checks are not cashed until the class is held. Participants must register in person at the Front Desk.

AARP Tax Return Preparation

Mon. 9 am - 4 pm; Wed. & Fri. 1 pm - 4 pm

From Wed. Feb. 4th to Mon. April 13th

By Appointment only - Not limited to Senior Center members.

The tax preparers are AARP-trained volunteers who will prepare and electronically file your Federal and NYS returns free of charge.

After January 5th, you may call the Center (374-0734) to schedule your appointment. Please bring a photo ID, Social Security Card for each person to be listed on the return, last year's return, and statements of interest, dividend, capital gains, wages, social security and retirement income in 2014. If you plan to itemize, please have your deductions on property tax, medical expenses, charitable deductions etc. for review.

NEW THIS YEAR: If you have Health Insurance, bring proof of Insurance with you. (Social Security 1099 is acceptable.) Proof is needed for all dependents who will be listed on your return.

Display Case

Thank you to **June Simmons Causey** for displaying her collection of Hummingbirds in January and to **Susan Reilly** for her Valentine candy box display in February.

Watch for the upcoming displays:

March - Cars by **Ed Pike**

April - Italian Treasures by **Mary McClaine**

We are always in need of collections. Contact **Emily Childers**, case coordinator, to schedule showing your collection. 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.

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.

WINTER SESSION 2: Mon. Feb. 23rd—Fri. May 29th No Classes on 4/6 - 4/10; 5/22 and 5/25 Fees: 1 class/wk \$45; 2/wk \$60; 3/wk \$75; 4/wk \$90; 5/wk \$105		
Class	Instructor	Schedule
Fit Over 50	Melissa Lynch Shannon Felix Patty McCormack	Mon. 9:15 Wed. 9:15 Fri. 9:15
Flexibility	Melissa Lynch Shannon Felix	Mon. 11:15 Wed. 10:15
Forever strong	Melissa Lynch Melissa Lynch Patty McCormack	Mon. 10:15 Wed. 11:15 Fri. 10:15
Gentle Pilates for Seniors	Andrea Leahy	Thur. 10:15
Zumba Gold	Andrea Leahy	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.

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.

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, 2:00 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. Pay instructor **Nancy Tobiessen** on the first day of attendance.

Ballroom Dance

Fridays, 2:00 pm

The standard dances such as waltz, fox trot, rumba, swing and cha cha, may be supplemented with tango, samba, Viennese waltz, quickstep and mambo. For more information, call **Chuck Guare** at 374-9732 or email guare-charles@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 at 12:30 pm.

Pickleball

Mon, Wed, Fri, 4:00 pm

Novice play is scheduled for Mondays, Wednesdays, and Fridays. We're still looking for a coordinator. Questions: leave message at desk.

Senior 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.

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.

Scotia-Glenville Senior Bowling League

Wednesdays, 9 am from Sept., '14 to April, '15

at Blvd. Bowl, Erie Blvd., Schenectady

We're looking for bowlers to fill-in for snowbirds in our mixed bowling league. We bowl Wednesday mornings at 9:00 a.m. at Boulevard Bowl. It's a fun league, come and check us out. If you enjoy bowling, join us for the second half of the season. Call **Jake Lederman** at 399-5249 or **Butch Carpentier** at 374-1499 for more information. Lots of fun, laughs, good company.

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. Our latest creations are quilts for Camp Erin – a Hospice camp for children who are grieving the loss of a loved one. Everyone is welcome; there is no fee.

La Bella Lingua

(The Beautiful Language)

Tuesdays, 1:00 pm

The first Italian class was fun. Ten people signed up. If you want to learn, are willing to teach or want to practice, call **Ed Perazzo** at 399-1438.

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 that sense of accomplishment.



CENTER ACTIVITIES

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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.

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.

March 2: *North River* by Pete Hamill

April 6: (Selection to be made at March meeting.)

First Friday Film Club

First Friday of month, 1:30 pm

March 6th: Romantics Anonymous (French, '10)

What happens when a highly emotional man meets a highly emotional woman? They fall in love. But being pathologically timid does not make things easy for them. So whether they will manage to get together, join their solitudes and live happily ever after is a guessing game. Starring **Isabelle Carre, Benoit Poelvoorde** and others.

April 3rd: Unfinished Song (UK, '12)

Grumpy pensioner Arthur honors his recently deceased wife's passion for performing by joining the unconventional choir to which she used to belong. The process helps him to build bridges with his estranged son, James. Starring **Terence Stamp, Gemma Arterton and Christopher Eccleston**

May 1st: The Hundred-Foot Journey

The owner of a celebrated French restaurant is initially incensed, when an Indian family opens a restaurant just down the street, until she takes the family's talented young chef under wing. The film is intelligent about food and life stressing the value of fresh vegetables with 'soul'.

Starring **Helen Mirren, Om Puri and Manish Dayal**

Call **Dr. N. Nagarajan** (399-0195) to suggest films for future screenings. Snacks and coffee will be served.

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.

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

March 10, 24

April 7, 21

Clifton Park Mall

March 3, 17, 31

April 14, 28

We Need Drivers & Dispatchers

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

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.

Join us for a Cruise

7 NIGHT BERMUDA CRUISE / Sailing June 12, 2015
Departing from Boston, Massachusetts
Kings Wharf, Bermuda (3 days)
Starting from **\$887*** per person

SPONSORED BY CRUISE PLANNERS

*Prices are per person, double occupancy, cruise only and on select sailings. Prices shown are for stateroom categories as noted and are shown in US Dollars. Government taxes and fees are additional. Airfare is not included. Prices and itineraries are based on availability and are subject to change without notice.

- ◆ **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.

Trip to the Culinary Institute Thursday, March 26th

Ever wanted to dine at the Culinary Institute, Hyde Park, NY? Join us for a trip to The American Bounty at the Culinary Institute. After a fabulous luncheon, we'll stop at the FDR Home & Library for a leisurely walking tour. Pick up at 9:00 a.m. at the Center, and Return by 6:30 p.m. Sign up at the front desk.

Cost: \$87 per person (Member or Non-member)

Saratoga Casino & Raceway Tuesday, April 7th

Join us for a trip to the Racino. Price includes \$25 freeplay and \$5 voucher for food at Lucky Joe's. Leave Center at 10:30 a.m.; Departs casino at 4:00 p.m., return to Center approx. 4:30 p.m. Sign up at the front desk.

Cost: \$35 per person (Member or Non-member)

Social Committee News

Thank You to Co-Chair **Bertha Fierro** for her help in 2014, **Ed Grinter** for being our Santa and all the volunteers for our fun and successful Holiday Party Dec. 12, 2014 with "Patsy Cline" recruited by **Vicki Hillis**. We couldn't have done it without all of your help.

Thanks also to our own in-house Kazoo Band lead by **Bill Vullo** and **Ronnie Quinn**. Keep up the good work.

Thank you to **Red Front Restaurant and Pizza** of Scotia for sponsoring our wonderful Pizza and Movie Night on January 24th. And all the help from our own **Bill Rolston** with his audio/visual expertise. Thank you to all who volunteered in setting up and cleaning up, and last but not least thank you to all who came to make it enjoyable for all and support for our center.

I am actively seeking, talents within our membership such as musicians, singers, dancers etc. and expand on our volunteers, in general, as well as bakers for certain activities. Please let me know your interests. Let's make this a banner year!

Please contact **Sandy Nolin** Social Committee Chair at 399-5812 with any questions you may have.

Monday, March 16 from 5:00-8:00 pm is our festive, in house, St. Patrick's Day Dinner and Entertainment Evening. **Katie O'Byrne's** will be our featured restaurant and host along with our sponsor, **The Meadows at Glenwyck**. This is a new "**Spotlight Dinner**" event, where we spotlight a restaurant and their chefs as well as our sponsors and entertainers. "**Shenanigans**", an Irish quartet from Scotia, will return to entertain us. The Boland School of Dance will join us for the first time with Irish step dancing. Doors open at 5:00 PM. Members: \$10.00 Non- Members: \$12.00 Tickets are limited—please purchase at the front desk. Deadline is March 11. No tickets sold at the door and no carry outs. We will have 50/50 and raffle tickets at the door. Come on out to the Glenville Senior Center for some fun.

Friday, April 10 1:30-3:30 PM Volunteer Appreciation Day Luncheon For Volunteers only. Catered by **Marcella's**; Sponsored by **The Meadows at Glenwyck**. If you are a volunteer at the center, please sign up at front desk to join us. Deadline is Monday, April 6. No cost to Volunteers.

GLENVILLE SENIOR CENTER – CALENDAR OF EVENTS

March 2015

Mon	2	AARP Tax Prep. 9:00 am—4:00 pm
Mon	2	Book Club 10:00 am
Tue	3	Shopping—Clifton Park Mall
Tue	3	Caregiver Group 1:00 pm
Wed	4	AARP Tax Prep. 1:00—4:00 pm
Thu	5	Executive Council Meeting 9:30 am
Fri	6	AARP Tax Prep. 1:00—4:00 pm
Fri	6	Film Club 1:30 pm
Mon	9	AARP Tax Prep. 9:00 am—4:00 pm
Tue	10	Shopping—Rotterdam Square Mall
Tue	10	American Legion 1:00 pm
Wed	11	AARP Tax Prep. 1:00—4:00 pm
Thu	12	Board of Directors Meeting 1:00 pm
Fri	13	AARP Tax Prep. 1:00—4:00 pm
Mon	16	AARP Tax Prep. 9:00 am—4:00 pm
Mon	16	St. Patrick’s Day Dinner 5:00 pm
Tue	17	Shopping—Clifton Park Mall
Tue	17	Driver Safety Class 2:00—5:00 pm
Wed	18	AARP Tax Prep. 1:00—4:00 pm
Wed	18	Driver Safety Class 2:00—5:00 pm
Fri	20	AARP Tax Prep. 1:00—4:00 pm
Mon	23	AARP Tax Prep. 9:00 am—4:00 pm
Tue	24	Shopping—Rotterdam Square Mall
Wed	25	AARP Tax Prep. 1:00—4:00 pm
Thu	26	Trip to Culinary Institute 9:00 a.m.
Thu	26	<i>Senior Moments</i> Deadline
Fri	27	AARP Tax Prep. 1:00—4:00 pm
Mon	30	AARP Tax Prep. 9:00 am—4:00 pm
Tue	31	Shopping—Clifton Park Mall

April 2015

Wed	1	AARP Tax Prep. 1:00—4:00 pm
Thu	2	Executive Council Meeting 9:30 am
Fri	3	Dining Center Closed
Fri	3	Film Club 1:30 pm
Fri	3	AARP Tax Prep. 1:00—4:00 pm
Mon	6	AARP Tax Prep. 9:00 am—4:00 pm
Mon	6	Book Club 10:00 am
Tue	7	Trip to Racino 10:30 am
Tue	7	Shopping—Rotterdam Square Mall
Tue	7	Caregiver Group 1:00 pm
Wed	8	AARP Tax Prep. 1:00—4:00 pm
Thu	9	Board of Directors Meeting 1:00 pm
Fri	10	AARP Tax Prep. 1:00—4:00 pm
Fri	10	Volunteer Appreciation Luncheon 1:30 pm
Mon	13	AARP Tax Prep. 9:00 am—4:00 pm
Mon	13	Golf League Meeting 1:30 pm
Tue	14	Shopping—Clifton Park Mall
Tue	14	American Legion Meeting 1:00 pm
Mon	20	Paint with Peggy 9:00 am—1:15 pm
Tue	21	Shopping—Rotterdam Square Mall
Tue	21	Driver Safety Class 2:00—5:00 pm
Wed	22	Driver Safety Class 2:00—5:00 pm
Thu	23	<i>Senior Moments</i> Mailing 9:00 am
Tue	28	Shopping—Clifton Park Mall

Weekly Events – March—April, '15

Mon	Card Playing	12:30 pm
Mon	Pickleball	4:00 pm
Tue	Cribbage	10:00 am
Tue	Coffee & Conversation	9:00 am
Tue	Duplicate Bridge	12:30 pm
Tue	Knitting & Crocheting	1:00 pm
Tue	La Bella Lingua club	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	Ballroom Dancing	2:00 pm
Fri	Pickleball (exc. 4/24)	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.

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 – 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.

*Catholic Charities Transportation to the Dining Center is available.

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

Mar-15		
Mon	2	Spaghetti and Meatball
Tue	3	Roast Beef with Gravy
Wed	4	Kielbasa w\ Sauerkraut
Thu	5	Fried Chicken
Fri	6	Macaroni & Cheese
Mon	9	Seafood Newburg
Tue	10	Chicken Marsala
Wed	11	Baked Meat Ziti
Thu	12	Stuffed Eggplant Parmesan
Fri	13	Harbor Baked Fish
Mon	16	Salisbury Steak
Tue	17	St. Patrick's Corned Beef & Cabbage
Wed	18	Pulled Pork Sandwich
Thu	19	Turkey Roll Up
Fri	20	Macaroni & Cheese
Mon	23	Baked Ham
Tue	24	Chicken & Biscuit
Wed	25	Pizza & wings
Thu	26	Chicken Cacciatore
Fri	27	Breaded Fish Dinner
Mon	30	Spaghetti and Meatball
Tue	31	Roast Beef with Gravy

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

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.
Upcoming meetings: March 10th, April 14th, May 12th
Bill Wragg, Cmdr.; Kurt Von Maucher, Adj.

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.

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.

Collection box located next to book table.

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.

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. Upcoming meetings: March 3rd, April 7th, May 5th.

Scotia-Glenville Lions Club Annual Spaghetti Dinner

Saturday, March 14th, 4-7 pm
First Reformed Church of Scotia
224 North Ballston Ave.
Adults - \$8; Children under 12 - \$5
Take outs available.

Community Hospice

of Schenectady County looking for volunteers!
Volunteers make friendly visits to patients, provide respite for caregivers, give practical support such as running errands or fixing a meal, or perhaps just provide a quiet presence. We are also looking for volunteer couriers to help deliver supplies to our home care patients. The next training for new Volunteers will begin Thursday, March 26 and consists of 4 sessions.

Please call as soon as possible as seating is limited and classes fill quickly. Contact Paula Symanski, Coordinator of Volunteer Services, at 377-8846 or email PSymanski@communityhospice.org to schedule a preregistration interview.

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

PLEASE PRINT

*Name1 _____ e-mail _____

*Name2 _____ e-mail _____

*Address _____

*City/State/Zip _____ *Phone _____

Interests/Talents/Comments _____

Referred by: _____ Registration #: _____

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2nd VP: Paula DeVries
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Treasurer: Ed Perazzo

(Officers are also Directors)

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CONTACTS

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