

Ballston Area SENIOR UPDATE

JULY/AUGUST 2025

Milton Community Center
310 Northline Road
Ballston Spa, NY 12020
518 490 2851

Officers

Francine Dudka, President
fbd05@aol.com
Mike Andreadakis, Vice President
Mary Egan, Secretary
Meg Stevens, Treasurer
Barbara Broderson, Membership

Directors

Sue Heimburg
Neil Kennedy
Bernadette Putnam
Madeline Waller

Membership

Barbara Broderson
518 885 4229

Newsletter Editor

Alison Bodle
518 288 3565
alisonbodle22@gmail.com

Email address:

Ballston.area.seniors2@gmail.com

Website:

Ballstonmiltonseniors.com

Facebook:

Ballston Area Seniors

Community Contacts

Town of Milton
518 885-9220
503 Geyser Road
Ballston Spa, NY 12020

Village of Ballston Spa
518-885-5711
66 Front Street
Ballston Spa, NY 12020

Town of Ballston
518-885-8502
323 Charlton Road
Ballston Spa, NY 12020

Office for the Aging
518-884-4100

FROM THE PRESIDENT



Hello fellow members... As I was sworn in as your President one year ago, I will share that it has been a rewarding experience as well as a challenge. To serve as President is a privilege and a responsibility... and it is incumbent upon me and our Board to provide a quality of life enrichment opportunity for our members. We must also strive to be respectful to each other as well as be sensitive to our reputation in the community

As we enter the vacation, beach and camping seasons, it is my pleasure to mention our various Summer activities.

Jim Frey has scheduled a wonderful speaker for July 3rd, an historian who will be speaking on the 250th anniversary of the American Revolution. We have Special Events... July 11th, Earleen Van will teach a craft to make luggage tags, July 12th we will have our monthly dance with Peaceful Country, July 29th we have a trip to a Valley Cats baseball game with picnic on site. We also have a fish fry scheduled for 7/31 at the Community Center (members only). On August 6th we will be going to The Lake George Dinner Theater to see Guys on Ice, August 9th Meg Stevens will host a Garage Sale at the Center (members only) and on August 21st we may have some alpacas visit and learn about their wool. I can't wait!

Thank You to our monthly Potluck lunch volunteers, I am so appreciative of the support the membership has shown. You cannot do this without everyone's help!... The members who cook delicious food, the members who serve and the members who clean up while I am running our meeting are special. You don't have to ask... they are there!

I send fond Summer wishes to all our members. Join us on Thursday, but if you are on vacation... come back soon!

Francine Dudka
President



John J Cromie

Attorney at Law

132 Bath Street
Ballston Spa, NY 12020

518-885-8451

Real Estate • Wills
Estate • General Practice



Armer Funeral Home, Inc.

39 East High Street
Ballston Spa, NY 12020

518-885-6181

www.armerfuneralhome.com

Ettinger Law Firm

Elder Law Estate Planning since 1991

Register at albanyestateplanners.com for our free estate planning webinar "Four Advantages of Using Trusts" presented by attorney Bonnie Kraham live on zoom every Monday at 7:00 p.m. To schedule a free consultation in our offices or virtually by zoom or phone, contact us:

518-459-2700 x117

email: info@trustlaw.com

Trusts and Estates • Wills and Probate Tax
Savings Strategies • Medicaid

trustlaw.com

125 Wolf Rd, Albany 340 Broadway, Saratoga



Bonnie Kraham,
Attorney at Law

Are you 65 years old or older?

- No Cost Medicare Benefits Reviews
- Medicare Supplement Plans
 - Dental & Vision Plans
- Access to Multiple Carriers
- Service & Support When You Need it



Chandler Insurance Services

Albany NY

For a free Benefits Assessment Call
Sonya Chandler • 518-364-0162

Benefits Specialist

Licensed in NY, NJ, MA, SC, GA

www.chandlerinsuranceservices.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

**SUPPORT OUR
ADVERTISERS!**



STERLING
REAL ESTATE GROUP
YOUR LOCAL REAL ESTATE PROFESSIONALS

Sterling518.com | 518.688.2211

Thinking about Selling?
Looking to Downsize?
We Can Help!

Call Your Local
Real Estate Experts



WE'RE HIRING! AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

**Personal support
for your entire
health journey.**

MVP Medicare plans starting at \$0/month.

Call **1-844-539-8684** (TTY 711) Monday-Friday, 8 am-8 pm

Visit mvphealthcare.com/medicare

MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract.
Enrollment in MVP Health Plan depends on contract renewal.

Y0051_0331_M



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpcommunities.com

Ballston Senior Center, Ballston Spa, NY

03-1134

SPECIAL EVENTS

The Special Events Committee will be bringing us a watermelon fest on **July 17th**.

Then on **August 14th**, they will have an Ice Cream Social for us to enjoy, always a great treat.

FESTIVE DINNERS

There will be a Fish Fry on **July 31st** at the Senior Center brought to us by The Neighbor Kitchen. The cost will be \$10.00, and tickets will be on sale on the 10th, 17th and 24th

There will be no tickets for sale on the day.

FUN ACTIVITES

Earleen Van is going to lead us in an activity to make luggage tags for suitcases or backpacks. Never get muddled up at the airport again!

The cost is \$5.00 which covers materials, and it will be held on **Friday 12th July** at 1.00pm.

SENIOR'S GARAGE SALE

We are holding a garage sale on **Saturday August 9th** from 9.00am to 2.00pm. The cost of each table is \$10, and it is for members only, although the public can come and buy. Garage sale items only.

See Meg Stevens for all information and to reserve a table.

A LIT'TLE CHUCKLE

What do gardeners wear on their legs? Garden Hose!
What did the tree say to spring? What a re-leaf!
What do you call a small pepper in autumn? A little chili!
Knock Knock! Who's there? Bean. Bean who? Bean a long time since winter was here!
What sandals do frogs wear on their feet? Open-toad!
What do you call two birds in love? Tweethearts!

Thanks to Janet Welcome for these chuckles.

RECIPES

Brownie in a Mug

3 tbsps unsweetened cocoa powder
3 tbsps all-purpose flour
3 tbsps granulated sugar
Generous pinch of salt
3 tbsps milk
2 1/2 tbsps vegetable oil
1/4 tsp vanilla extract
2 tbsps chocolate chips + more for sprinkling
Ice cream to serve

1. Combine cocoa powder, flour, sugar and salt in a 10 to 12 oz microwave-safe coffee mug. Using a fork, stir until well combined. Add the milk, oil and vanilla. Stir just until the dry ingredients are almost combined. Add the chocolate chips, and stir until well combined. Sprinkle a few more chocolate chips on top if desired.
2. Place the mug in the microwave on high power for 1 minute. The brownie should have risen and still appear moist in spots on top. Continue cooking in 10 second intervals if the batter looks raw. Let the brownie cool for a few minutes before serving with ice cream.

Calories –874kcal

Thanks to Sue Brewer for this fast and delicious treat.

Muffin in a Mug

2 large eggs
1 ripe banana
1/4 cup (65g) black beans, drained and rinsed
3 Medjool dates, pitted
1/2 cup (45g) rolled oats
2 tbsps cocoa powder
1 tsp baking powder
1 tsp vanilla extract
2 squares dark chocolate (about 0.35 oz/10g optional)
1/4 cup (60g) probiotic yogurt, to serve

1. Crack the eggs into a high-powered blender and blend for 20 seconds. Add the banana, beans, dates, oats, cocoa powder and vanilla extract and blend for a further 20 seconds until smooth. Divide into two clean microwave-safe mugs (about 1 cup/240ml capacity). Top with the chocolate (if using), then place 1 mug in the center of the microwave.
2. Cook on high for 1 1/2 to 2 minutes, or until muffin is set on top (it will keep cooking as it cools). Repeat with the second mug if cooking for 2, or keep it in the fridge for tomorrow.
3. Allow to cool for a minute, then add a dollop of yogurt (if using) and enjoy.

This recipe came from my daughter-in-law's book 'How to Eat More Plants'. Thanks, Cindy!

WEDNESDAY PICKIN' SESSION

Evening sessions will be held **Wednesdays, July 2nd and August 6th** from 6.30pm to 9.00pm. Afternoon sessions will be **July 16th and August 20th** from 1.00pm to 3.00pm. Pickin' Sessions are open to the public.

Take a few hours and join in the music. Sing along, dance, tap your foot or... bring your acoustic instrument and play along. There's no entrance fee but snacks to share would be appreciated. Doors open at 6:00pm evenings and 12.30pm afternoons.

Contact: Email Earl Eaton Jr. at ceatonjr@aol.com for information.



DANCES

Saturday Dance Dates

July 12th Peaceful Country Band
October 11th River Road Boys Band
November 8th Peaceful Country Band
December 13th Mark Hersch DJ

Dances are held from 7.00pm to 10.00pm. There is a \$7 entrance fee, snacks and drinks are provided.

Here is some British Slang for you to ponder, do you know what it means?

Nick- to steal something.
Skew Whiff- to be out of alignment, crooked.
Leg it- to run away, very fast.
Builder's tea- tea that's very strong, almost black.
Chockablock- completely full, crammed in.
Lurgy-if you have the (dreaded) lurgy, you are really sick.
Dog's Dinner- you are dressed up really fancy.
Boot & Bonnet- trunk and hood of a car.

Thanks to Helene Kerwood for giving me these to educate you!

2024 TRIP SCHEDULE

August 6th Lake George Dinner Theater, 'Guys on Ice'

Sign Up: July 3rd & 10th

Resident Members: \$45, Non-Resident Members \$55, Guest: Full Price.

Bus leaves: 10.30am Bus returns: 4.00pm

September Proposed trip to Fort Ticonderoga, details confirmed once arranged.

October 7th Villa Roma, OctoberFest starring Joe Kroboth Band.

Sign Up: Sept 4th & 11th

Resident Members: \$45, Non-Resident Members \$55, Guest: Full Price.

Bus leaves: 6.30am Bus returns: 7.30pm

TRIP PROCEDURE

Trips leave from the Pool room entrance at the Community Centre.

Dues for 2025 must be paid 30 days prior to trip date. The sign up dates will be on the 2nd and 3rd Thursdays.

Masks must be worn when requested.

Resident member-lives within Saratoga County, all others considered non-resident.

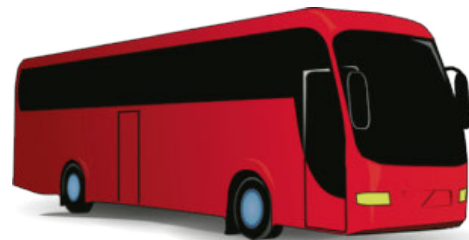
All payments by check only made out to BASC (if replacing cancelled seat, make payable to the member who cancelled).

Member can sign up one other member as seat mate.

Sign up on first come/ first served basis.

Cancellation: If member cancels before the head count is turned in, they will be refunded. Trip Chairperson contacts first member on wait list. If no member on wait list, member may find a substitute. If substitute is a non-member, pay guest rate. If no replacement after head count is turned in, no refund.

For more information, please contact the Trip Coordinator: Mary Egan 518 630 6322.



Linda enjoying the Captain Dinner that was held at the community hall.



JULY

AUGUST

2 Donna Bishop	3 Daphne Belanger
3 Joan M. Carbone	6 Debra Howansky
3 Kathy Pelkey	6 Janette Schmitt
3 Lorraine Walkowicz	6 Michael Wein
4 Neil C. Scheuerman	9 Steve Otrembiak
5 Jim Frey	9 Letty Rudes
7 Lisa Beretz	10 Barbara Thurnau
7 Dennis Taylor	11 Marcia Casler
8 Sweeta Aulicino	11 Naomi Kruger
10 Charles Higley	11 Sharon Sommer
11 Lisa Wojtowecz	12 Mark Preissler
11 Elizabeth Delgado	13 Mary T. Carrier
14 Maureen Gadbois	17 Francine Dudka
14 Jacqueline Lamb	17 Helene L. Kerwood
14 Harold Rudnick	18 Jacquelyn Fleming
15 Dennis Askew	19 Peter Medick
16 Peter Petrillo	20 Theresa Arpei
17 Glenn Becker	21 Susan Porcari
18 Patricia Hickok	22 Valerie Frey
19 Renate Knapp	25 Roland Kump
20 Peg Gifford	26 Robert McClements
21 Jean Carpenter	26 Robert Miller
24 Lois Radke	29 Elizabeth Nagy
25 Frances Gaylor	29 Carol Schumaker
25 Marlu Sidenstick	30 Shirley Welch
25 Denise Cudemo	31 Judith Zanella
25 Jean Taylor	31 Lillian Truax
26 Kathleen Eitzmann	
27 Patty Bowers	
27 Donna Paynter	
27 Estella Simmons	
28 Lisa Jane Wein	
29 David Howansky	
29 Tom Laraway	
30 Beverly Westfall	
30 Clara Dutcher	



Sarah Brown
Patricia LaGalles
Deborah Mayberry

Tim Spencer
Jaquelyn Fleming
Nancy Duffy

*Our thoughts and prayers are with
the families of*



Maeve Smith

Eleanore E. Fitzgerald

Gary Lewis

Jeanne Carter

Ballston Area Senior Citizens

**** Annual Bazaar ****

September 13, 2025

It's that time of year again, we are planning our annual Bazaar. I am so pleased to announce that many of our volunteers are stepping up again. We will have baskets, crafts, a cafe, and a bakery to name a few of our committees. We are also pleased to announce that a generous number of vendors have already confirmed their participation... we still have room for more.

Mark your calendar for September 13th ... please come join us for a fun day!

There will be no more **Line Dancing** sessions this summer, but we hope to start them again in the fall. Do come and join the fun, and it's great exercise too.

Thanks, Jackie

Hygiene Tips for Healthy Feet

Maintaining proper foot hygiene is essential for overall health and well-being. Here are some practical tips to keep your feet standing tall:

1. Wash and Dry Your Feet Daily

Clean your feet every day using lukewarm water and mild soap. When drying, pay special attention to the areas between your toes, as moisture can accumulate there.

2. Moisturize to Prevent Dry Skin

Apply a moisturizer to keep your skin soft and prevent cracking. Focus on areas prone to dryness, such as the heels and balls of your feet. Avoid applying lotion in between your toes. Also avoid walking barefoot after applying lotion (increased risk of slip, trip, or fall).

3. Trim Toenails Properly

When trimming your toenails, ensure you cut all the way to the edge of the nail. A spicule, a sliver of nail left behind, can lead to redness, pain, or infection. If you have difficulty trimming your nails or have underlying health conditions, consider seeking professional care.

5. Change Socks Regularly

Wear clean and dry socks every day. Change them more frequently if your feet tend to sweat. Consider moisture-wicking materials like synthetic blends or merino wool to keep your feet dry.

6. Inspect Your Feet Regularly

Check your feet for cuts, blisters, redness, or other changes. Promptly address any issues with a trusted healthcare provider. Individuals with diabetes (or conditions of the lower legs) should do this every day.

Remember, healthy feet contribute to overall mobility and quality of life.

Thanks To Stefanie Glass for this useful information.

MYSTERY DINNER EVENT

We had a special Mystery Dinner at BASC On Saturday, June 14th. Our Board member, Mary Egan, arranged this spectacular event for our membership. Mary cooked this delicious full course meal and arranged for the Acme Players from Beardsley Castle to provide the entertainment. We love Diana Northrup who provided lemon cupcakes for all (delicious)... and thank you to all the volunteers who worked tirelessly, could not do it without you.

The actors mingled with the attendees and handed out brief roles for them to play during the play. Super!! I'm still laughing today...especially thinking of Connie Marcy and her part. Three certificates were awarded for dinner to Beardsley Castle for the people who had written down the most clues.

Thank you, Mary

Francine Dudka

FOOD FOR THOUGHT

How many of us have food allergies, heart conditions or diabetes (to name a few) that could be life threatening at any time.

For example, one of our deceased members carried nitro pills in case of emergency. He always made sure I knew which pocket they were in when on our senior trips or just sitting at our lunches. Do your friends know where your life saving pills are?

Food allergies are a little trickier. Most people with severe allergies carry an epi pen. Bees and nuts seem to be the most prevalent allergies. We can help keep people safe just by not bringing any food into the building containing any nut products. Unless the nuts are sitting right on top of the cookie/cake, they probably should be left home. Flavorings must be artificial to be safe. Think about this when bringing food for pot luck and/or the bazaar.

Again, for example, the son of one of my work buddies died from eating a cookie at a party where supposedly everyone knew of his nut allergy.

So far we have been fortunate to not experience too many of these types of emergencies. If you have a condition that could become critical, let your friends know so the proper help can come quicker.

Margaret Wheeler

BALLSTON SPA EVENTS

The **Farmers' Market**, held in Wiswall Park on Front Street, is held every Saturday from 9.00am to 1.00pm, and Thursdays from 3.00 to 6.00pm. It will continue until October 4th. The vendors offer a great selection of things to buy, including fruit and veggies (can't get any fresher than picked that morning!), flowers, fresh baked goods, soaps, candles, and hand made goods. There are vendors selling cooked food for you to eat in the newly renovated park or take home, and coffee, as well as wine and beer companies! Come and support our local vendors and enjoy a stroll downtown as well.

Concerts in the Park

The free concerts are held in Old Iron Springs Park on Front Street every Thursday from 6.00 to 8.00pm (weather permitting). This summers line up is: July 3rd SIRS, July 10th The Lustre Kings, July 17th Black Mountain Symphony, July 24th Thee Mr. E. Band, July 31st Fenimore Blues. August 7th Annual Ice Cream Social featuring the Union Fire Co. Band (that is FREE ice cream folks!), August 14th Diamond Cut Horns, August 21st 'An Evening with Elvis' tribute artist Joe Ramsey, August 28th The Protones presented by the Ballston Spa Lions Club. Grab a snack from the Farmers' Market or a local store and come and enjoy an evening of live music.

Movies in the Park

The free movies are held in Wiswall Park on Friday evenings beginning at dusk (7-8pm). July 11th (rain date July 12th) 'Elf'. August 1st (rain date August 2nd) 'Wicked Singalong'. Bring a lawn chair or blanket, snacks, and the grandkids to enjoy a free movie, and as it's First Friday, many local stores are open until 8.00pm for you to browse.

Because family matters let us take care of yours.
 William J. Mevec Mary Ann Mevec

MEVEC
 FUNERAL HOME

224 Milton Avenue
 Ballston Spa, NY 12020
www.mevecfuneralhome.com
 William J. Mevec, Jr. 518-885-7110

Home of the
Good Shepherd

518-581-2800
 26 Rock Rose Way | Malta NY 12020
www.homeofthegoodshepherd.com

*A tradition of
 Superior Care in Assisted
 Living, Enhanced Assisted
 Living and Memory Care!*

*Aging in place in a
 home like environment.*

**DOES YOUR NONPROFIT
 ORGANIZATION NEED
 A NEWSLETTER?**

Engaging,
 ad-supported
 print and digital
 newsletters to reach
 your community.

Visit lpicomunities.com

**OUR COMMUNITY
 NEWSLETTER**
 OCTOBER EDITION



Scan to
 contact us!

LET'S GROW YOUR BUSINESS
 Advertise in our Newsletter!

CONTACT ME
Bill Humphreys

bhumphreys@4LPi.com
(800) 477-4574 x6634





Milton Community Center
310 Northline Road
Ballston Spa, NY 12020

Temp-Return Service Requested

WEEKLY ACTIVITIES

Mondays

9.00am—12.00	Shooting Pool
10.00am—11.00am	Chorus
11.15am—12.00	Exercise

Tuesdays

10.00—12.00	Crafts
1.00—4.00pm	Mahjong

Wednesdays

12.30—3.00pm	Quilters
--------------	----------

Thursday

10.30-11.15am	Flex & Stretch Chair Exercise
12.00	Lunch & Meeting.
1.00—4.00pm	Shooting Pool

Fridays

11.15am—12.00	Exercise
6.30—9.00pm	Shooting Pool

If you would like to take part in any of these activities, please call Dan Buneo for pool at 518 309 3093, Earleen Van for crafts at 518 920 4640, Alison for exercise at 518 288 3565, and Carol Moll for flex & stretch at 518 399 8926.

MARK YOUR CALENDARS

JULY

2nd	Pickins' 6.30-9.00pm
3rd	Luncheon, Meeting, Board Meeting, cake and ice cream. Trip tickets for sale.
10th	Luncheon, Meeting. Chorus to sing. Trip tickets for sale.
12th	Dance, Peaceful Country Band, 7.00-10.00pm
16th	Pickins' 1.00-3.00pm
17th	Luncheon, Pizza, Meeting.
24th	Luncheon, Pot Luck, Meeting.
31st	Luncheon, Meeting.

AUGUST

6th	Pickins' 6.30-9.00pm
	Trip-Lake George Dinner Theater.
7th	Luncheon, Meeting, Board Meeting. Cake and ice cream.
9th	Seniors Garage Sale.
14th	Luncheon, Meeting.
20th	Pickins' 1.00-3.00pm
21st	Luncheon, Meeting, Pizza. Speaker Alpacas!
28th	Luncheon, Meeting, Pot Luck.