

Ballston Area SENIOR UPDATE

March/April 2025

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

Officers

Francine Dudka, President
Mike Andreadakis, Vice President
Mary Egan, Secretary
Meg Stevens, Treasurer
Barbara Broderson, Membership

Directors

Jim Frey
Sue Heimborg
Bernadette Putnam
Madeline Waller

Membership

Barbara Broderson
518 885 4229

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Community Contacts

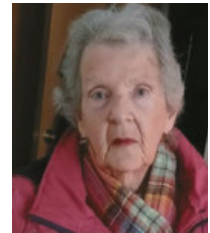
Town of Milton
518 885-9220
503 Geyser Road
Ballston Spa, NY 12020

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
152 West High Street

FROM THE PRESIDENT



'Tis the hope of Spring that is on our minds as well as wishes for sunshine and early blooms. Gardeners may have started their spring seeds, patiently watching for each little leaf to pop up.

It was our pleasure to swear in two Directors in January. Jim Frey is our Financial Director and Sue Heimborg was re-elected as Administrative Director, each for a two-year term.

Our members have been working diligently to fill our scheduled 2nd Saturday of the month activities. January and February were quiet due to the unsettled weather, but the next ten months are filled with activities. We are pleased that our Dance Committee has scheduled seven dances for the year. Peter Petrillo, Patty Serpenti, and Chuck Crawford have done a wonderful job and would appreciate volunteers for setup and clean up.

March 8th	October 11th
April 12th	November 8th
May 10th	December 13th
July 12th	

Mary Egan has planned a Murder Mystery Dinner on June 14th, Meg Stevens is planning a large Garage Sale on August 9th and let's not forget our Annual Bazaar on September 13th.

We are inviting diverse speakers each month to share valuable information with our members. Our first speaker, Laura Orminski-Town Assessor, will speak February 13th. Terra Maddaloni-Ristau with Captain Community Human Services will be speaking March 20th.

A full bus trip to Nellie's in East Durham on March 11th will be leaving at 9am for a St Patrick's celebration. We have also scheduled an additional festive dinner March 22nd at the Community Center, details to come. In April we will travel to Syracuse Stage where we will see Sense and Sensibility by Jane Austen with lunch in the Rehearsal Hall. We always look forward to socializing with our fellow members!

Francine Dudka, President



John J Cromie

Attorney at Law

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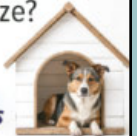


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Ballston Senior Center, Ballston Spa, NY

03-1134

SPECIAL EVENTS

March 20 is the vernal equinox , the first day of Spring. To celebrate we will be serving fresh vegetable salad. This should go well with pizza day. By special request we will be playing pin the tail on the rabbit game with a prize and candy for all on April 17th.

Helene Kerwood

Precious Memories Over the Years

Hey, let's start a new column in our Newsletter! We can write a happy memory we have of our seniors. I have only been a member for 10 yrs, but the happy memory for me is before COVID when each table had their own potluck every Thursday. I loved to be "greeted" at the kitchen door by our "Betty" Riley. Betty would look in our dish and decide if it went in the oven, on the stove or in the fridge. At serving time she gave you your dish with the fork or spoon to serve. Betty made our weekly potluck luncheon special. Charleen McAvoy

Thank you for a great idea, Charlene! So please think about precious memories you have of our Senior Meetings or trips or dances etc. Then send them to me or write them out and give them to me at a meeting, and we will have a new column in the Newsletter every time.

Alison

CHORUS

The Chorus sang Love Songs for Valentine's Day, and are now working on their new program, 'Disney Songs', which we will sing to you in April. If you would like to join us we always welcome new members, and we practice every Monday from 10am-11am.

We are looking for a new keyboard player to support John and his guitar, so if you know of anyone who plays please ask them to call me, to set up an audition.

Alison #518 288 3565



Jim Frey and Sue Heimburg were sworn in as new Directors for the next 2 years, 2025/26.

RECIPES

Here are 2 recipes from Noreen McClemens:

Corn Muffin Casserole

1 box Jiffy corn muffins
1 medium can whole corn (drained)
1 medium can creamed corn
1/2 cup butter, melted
2 eggs, beaten
1 cup sour cream
Mix together in an ungreased dish, bake at 350 degrees for 40 minutes.
Cover the top with crumbled cheese, bake another 15 minutes. Let stand 15 minutes before serving.

Texas Hash Brown Potatoes

16oz frozen Hash Browns
1 can cream of chicken soup, do not add milk
16oz sour cream
8oz cheddar cheese
Mix together in dish, sprinkle cracker crumbs on top then drizzle with melted butter on top.
Bake 1 hour at 350 degrees.

Positive Aspects of Aging

Beautiful young people are accidents of nature, but beautiful old people are works of art.

Eleanor Roosevelt

WEDNESDAY PICKIN' SESSION

Pickin' Sessions are scheduled on the first Wednesday evening of the month....**5th March and 2nd April.**

Doors open at 6.00pm; music starts at 6.30pm and ends at approximately 9.00pm. Pickin' Sessions are open to the public.

Sing along, dance, tap your foot or.... bring your acoustic instrument and become part of the entertainment.

Besides stringed acoustic instruments, harmonicas, accordions and even washboards are encouraged. The piano has been tuned and sounds great.

Adults only. Coffee, tea, soda, water, hot chocolate provided. There's no entrance fee, but snacks to share would be appreciated.

Contact: Jack Broderson 518-885-4229 (no texts).

Email: jackbroderson@gmail.com



DANCES

Saturday Dance Dates for 2025

March 8th	Peaceful Country Band
April 12th	River Road Boys Band
May 10th	Mark Hersh DJ
July 12th	Peaceful Country Band
October 11th	River road Boys Band
November 8th	Peaceful Country Band
December 13th	Mark Hersh DJ

A Little Chuckle—thanks to Janet Welcome for these.

Why did the apple pie go to the dentist?
Because it needed a filling!

What bites but doesn't have teeth?
Frost!

Why is the letter A like a flower?
Because a B comes after it!

What does a gingerbread man put on his bed?
A cookie sheet!

2025 TRIP SCHEDULE

March 11th Nellies

Make a craft, followed by Irish luncheon, then live music, and shopping.

Bus leaves: 8.30am Bus returns: 5.00pm

April 30th Syracuse Stage Theater to see play 'Sense and Sensibility' by Jane Austin.

Hot buffet lunch, follow by a lecture on Jane Austin, then the play.

Sign up: March 13th and 20th

Resident members: \$45, Non-resident members: \$55, Guests full price.

Bus leaves: 9.00am Bus returns: 6.00pm

May 14th Albany State Capital Building Tour, buffet lunch, and 2 hour tour on the Dutch Apple Cruise on the Hudson.

Sign up: April 3rd and 10th.

Resident members: \$45, Non-resident members: \$55, Guests full price.

Bus times TBA.

June Old Sturbridge Village, Box Lunch in the park. Date, sign up dates, and bus times TBA

Resident members: \$45, Non-resident members \$55, Guests full price.

July 29th Valley Cats Baseball Game. Reserved seating and picnic lunch.

Sign up: June 12 and 19th.

Resident members: \$45, Non-resident members \$55, Guest full price.

Bus leaves: 9.00am Bus returns: 4.30pm

August 27th New York State Fair. We split the cost of the bus, members are on their own at the fair. Approximate cost for members - \$25.

August 4, 5 or 6 Lake George Dinner Theater—'Guys On Ice'.

Sign up: July 3rd and 10th.

Resident members: \$45, Non-resident members \$55, Guests full price.

Bus times TBA.

September Fort Ticonderoga. 'Taste of Liberty' program (enjoy a portion of tasty breakfast and savory dinner the British soldiers had). 75 minute narrated boat tour of Lake Champlain. Can stop for lunch or dinner afterward.

Resident member \$60, Non-resident member \$70, Guest full price.

Date, sign up dates and bus times TBA.

October 7th Villa Roma—Octoberfest starring the Joe Kroboth Band.

December NYC-Rockettes, Dinner (\$399). Day trip with White Star Tours, need commitment by June 1st for tickets (\$200).

For full Trip Procedure rules, see a member of the trip committee or Mary Egan (trip coordinator) 518 630 6322 (cell 315 244 7607).



MARCH

1 Fred Sroboda
1 Larry Rafferty
1 MaryAnn Ewing
1 Madeline Waller
3 Wilma Rizzi
3 Norman Schultheiss
4 Meg Stevens
7 Melody Ryan
7 Virginia Graney
8 Eve Rudman
8 Pat VanVoorhis
8 Maeve Smith
8 Monica Varley
9 Pat Thomas
10 Cele Jackson
10 Caroline Reardon
11 Lorraine Tesoriere
11 Barbara Smith
12 Eric Utermark
12 Phyllis Martinez
13 Joan Doti
14 Ghabroela Donnelly
15 Ric Croft
15 Mary Emano
16 Pat Cornell
16 Julia Towne
18 Kathleen Parker
19 Jennifer Isachsen
19 Janet Morin
19 Margaret Melander
20 Ellie Kelch
20 Joan Ottaway
20 John Dee
22 Barbara Ostrander
23 Shirley Strazewski
23 Leon Tetle
24 Will O'Brien
24 Carl Stephens
24 Alison Bodle
26 Becky Higley
26 Florence Lenz
29 Anne Spensieri
30 Donna Conley

APRIL

1 Joanne Becker
2 Connie Marcy
3 Cathy Green
3 Bernie Tetle
4 Arlene Peterson
4 Barbara Kerr
5 Marion Rhude
5 Valerie Bellon
5 Judy Stickles
8 Diane Kennedy
9 Judy Walker
9 Sheila Daignault
11 Marcia Cichon
11 Barb Thrane
15 Mary Fekete
15 Lew Chadwick
15 Joe Tesoriere
15 Shirley Nichols
15 MaryAnna Donato
16 Dan Simard
16 Susan Polewczak
16 Ree Hale
16 Collette Foley
18 Barb Kelly
18 Mike Andreadakis
19 Dot Suits
20 Barb Haynes
22 Julia Roth
23 Bob Mellen
23 Barbara Linen
24 Kathy Hedgeman
24 Pat Serpenti
24 Judith Mulvey
25 Elizabeth MacMillin
25 Nancy Manning
26 Corrine Boles
26 Aline Shipreck
27 Louis Fisher
28 Sue Stephens
29 Sue Bissonette
29 Bruce Hafter
30 Colleen Tobey



Nancy Manning
Jackie Lamb
Maureen Hickey
Linda Hersh
Carl Stevens

Michael Conley
Jim Robert
Wilma Rizzi
Sue Stevens

SIX LITTLE STORIES with

LOTS OF MEANINGS

1. Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. **That is faith.**
2. When you throw babies in the air, they laugh because they know you will catch them. **That is trust.**
3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. **That is hope.**
4. We plan big things for tomorrow in spite of zero knowledge of the future. **That is confidence.**
5. We see the world suffering, but still, we get married and have children. **That is love.**
6. On an old woman's shirt was written a sentence "I am not 80 years old; I am sweet 16 with 64 years of experience. **That is attitude.**

Have a happy day and live your life like these six stories.

Remember – Good friends are the rare jewels of life... Difficult to find and impossible to replace!!

Thank you to Barb Broderon for the inspiration.

Nothing is inherently and invincibly young except spirit. And spirit can enter a human being perhaps better in the quiet of old age and dwell there more undisturbed than in turmoil of adventure.

George Santayana

Importance of Proper Footwear

We often don't give our feet the attention they deserve, but they carry us through life every single day. Whether we're walking, standing, running, or even sitting, our feet bear the brunt of our movements, making it essential to ensure they are well-supported and comfortable. The importance of proper footwear cannot be overstated — it affects not only your foot health but your overall well-being.

Why Proper Footwear Matters

1. **Foot Health** - The most obvious reason to choose proper footwear is to support foot health. Poorly fitted shoes, or shoes that don't offer adequate support, can lead to a variety of issues such as bunions, calluses, corns, plantar fasciitis, and even misalignment in the knees, hips, and spine. Over time, these conditions can worsen and cause long-term pain or injury.
2. **Comfort** – One of the primary reasons people invest in quality shoes is comfort. Ill-fitting shoes can cause blisters, foot pain, and fatigue. Whether you're on your feet for hours at a time, walking long distances, or simply standing, comfortable shoes make a world of difference in how you feel throughout the day.
3. **Performance** - For athletes or anyone engaged in regular physical activity, the right shoes are key to performance. Walking shoes, for example, are designed to absorb shock, provide traction, and support natural foot movement, reducing the risk of injury. The right shoes for sports or exercise help you perform better and stay injury-free.
4. **Posture and Alignment** - Wearing shoes that don't fit properly or provide the necessary support can impact your posture and lead to alignment issues. Over time, these problems can affect your overall balance and contribute to back and joint pain. Shoes with proper arch support and cushioning help maintain alignment from the ground up.



Stefanie Glass is a Family Nurse Practitioner with over 20 years of experience in healthcare. She is also a Certified Foot Care Specialist practicing in the capital region.

BALLSTON AREA SENIORS

2025 Membership Renewal

Membership dues run from January 1st through December 31st 2025

\$15.00 = 55+ years

\$10.00 = Turned 80 in 2024

FREE = Turned 90 in 2024

Enclose check (payable to BASC), membership card and a self-addressed, stamped envelope (or a postage stamp) and mail to Barb Broderson, 48 Edmund Drive, Ballston Spa, NY 12020 or pay at Thursday luncheon meetings 10:00am to noon. Please fill out & return even if over 90. Call 518-885-4229 with questions.

Last Name _____ First Name _____ Nick Name _____ Birthday _____

Street Address _____ Apt. # _____ City _____ Zip _____

Phone _____ Cell _____ Email _____

Spouse _____ Significant other _____ Are they a member? _____

Live in: ☐ Town of Milton ☐ Village of Ballston Spa ☐ Town of Ballston ☐ Saratoga County ☐ Other _____

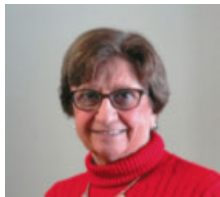
I want to receive Newsletter by: ☐ E-Mail ☐ Mail ☐ E-Mail & Mail; ☐ Pick Up Community Center

WOW – What an awful winter! As I sit here on Presidents Day watching the wind blow and the snow swirling, I’m counting the days til Spring.

Lots of things happening in Milton. Our highway crew built an awesome sledding hill in Burgess-Kimball Park. We hope the kids get a chance to go sledding this week. The hill will be open from dawn until dusk as long as the snow lasts. I took a ride down last week and it was great. If you take a ride north on Rowlands Steet towards Rt 29 you will see the progress on our new Town Garage. The majority of the steel framing is in place and the work continues even in the cold weather. When the Highway Facilities are moved to their new home, the old buildings will be torn down. This will make room for Re-Imagine Milton. You can go the Milton’s webpage and see the plan for this project, the link is located at the very top of the page. We encourage you to give us your thoughts and ideas on the project.

The Town is also working on a new Comprehensive Plan. The Committee is developing a plan for what we want Milton to look like over the next twenty years. We meet on the first Tuesday of each month at 6:30 at the Town Hall. These meetings are open to the public and we would appreciate your thoughts and ideas.

That’s about all for now, stay warm, stay safe, and think SPRING! Barbara



Barb Kerr



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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
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Thursday

9.30—10.15am	Flex & Stretch Chair Exercise
12.00	Lunch & Meeting, Bingo.
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

MARCH

- 5th Pickins' 6.30-9.00pm
- 6th Luncheon, Meeting, Bingo. Board Meeting. Pizza tickets.
- 8th Dance, Peaceful Country Band. 7.00-10.00pm.
- 11th Trip to Nellies, 9.15am-5.00pm.
- 13th Luncheon, Meeting, Bingo. Pizza tickets. Trip tickets for sale.
- 20th Luncheon, Pizza, Meeting, Bingo. Trip tickets for sale
- 27th Luncheon, Pot Luck, Meeting, Bingo.

APRIL

- 2nd Pickins' 6.30-9.00pm
- 3rd Luncheon, Meeting, Bingo. Board Meeting. Pizza tickets.
- 10th Luncheon, Meeting, Bingo. Pizza tickets.
- 17th Luncheon, Pizza, Meeting, Bingo.
- 24th Luncheon, Pot Luck, Meeting, Bingo.
- 30th Trip to Syracuse Theater