

Ballston Area SENIOR UPDATE

May/June 2025

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

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Sue Heimburg
Bernadette Putnam
Madeline Waller

Membership

Barbara Broderson
518 885 4229

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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



Spring is upon us....

Beautiful flowers.

A time of Hope.



“We accomplish more as a team”

I am so proud of our members who are planning new activities as well as all the members who contribute every week. We support each other as an active, inclusive community... now to mention a few:

- Alison Bodle has graciously agreed to chair the Fun Activities committee (new name). She has scheduled a Paint and Sip on April 25th.
- Carol Moll presented a dance program from Carol Lawrence School of Dance. The dancers were from 6-18 years old who provided an outstanding program for all to enjoy!
- Jim Frey, our Financial Director has scheduled our annual audit and has been scheduling speakers for us. We have enjoyed Terra from Captain Community Services, Guiding Eyes (yes, dogs not bunnies) and will be scheduling a local historian as we have requested.
- Potluck Lunch... Thank you to ALL the members who jump up to volunteer to set up, serve and clean up. It would not work without you!
- Trips... In May we will go on The Dutch Apple Cruise with a tour of the Capital. In June we are going to Old Sturbridge Village. Always a fun, interesting day out.

Respectfully submitted,
Francine Dudka, President

John J Cromie

Attorney at Law

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Ballston Senior Center, Ballston Spa, NY

03-1134

Managing Foot Pain from Poor Posture or Alignment

Our feet are the foundation of our musculoskeletal system, so when posture or alignment is off, it can be a real pain. To-day we'll dive into how poor posture and alignment contribute to foot pain and offer tips on how to manage and alleviate this issue.

Understanding the Connection between Posture and Foot Pain

Posture and Weight Distribution

When posture is poor, your body balances (equilibrates) by shifting weight unevenly, which can place excessive pressure on your feet.

Misalignment of the Spine

When out of alignment—such as in scoliosis or lordosis (an exaggerated curvature of the lower back) -- it affects how we stand and walk. This misalignment can cause pain in the arches and balls of the feet.

Flat Feet or Overpronation

Poor posture can lead to overpronation (the excessive inward rolling of the feet) or flat feet (the collapse of the arches). These conditions can lead to plantar fasciitis, tendonitis, and bunions.

Tight Muscles and Imbalance

Tightness in your legs, hips, or back can impact the way you walk and move, leading to inefficient or abnormal movement patterns.

Tips for Management

Stand tall with your shoulders back, your chest open, and your head aligned with your spine. Engage your core muscles to avoid slouching.

Strengthening your core, hips, and legs can help promote better alignment and relieve the strain on your feet. Exercises like planks, Squats, and lunges can help improve strength and stability. Also consider Yoga or Tai Chi.

Shoes with good arch support, cushioning, and a proper fit can make a significant difference. Avoid high heels, slippers, or shoes that lack support.

If you have specific conditions like flat feet or Overpronation, consider orthotic insoles for extra support.

Daily stretching of the hip flexors, calves, and lower back can help reduce tension and improve your posture.

Consider massage therapy as an integral Component.

If your foot pain persists despite these changes, seek professional help from a healthcare provider or physical therapist who can provide personalized advice and treatment.



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.



Nancy and Eric Utermark sent me this photo of their display for #Saratoga250 on April 18th.



Arlene and John (as Jasmine and Aladdin on their magic carpet) sang 'A Whole New World'. The Chorus sang Disney movie songs, come join us if you like singing!

WEDNESDAY PICKIN' SESSION

Pickins' Sessions are scheduled on the 1st Wednesday evenings, May 7th & June 4th, 6.30 to 9.00pm. Bring a snack to share, beverages provided.

3rd Wednesday afternoons, May 21st & June 18th, 1.00 to 3.00pm. Water provided.

All sessions are open to the public, and there is no charge. Sing along, dance, tap your foot or...bring your acoustic instrument and become part of the entertainment. In addition to guitars, fiddles and banjos, harps, accordions, piano and even washboards are encouraged. Enjoy contemporary, Americana, country-western, bluegrass, etc.

Contact: Jack Broderson—518 885 4229;
jackbroderson@gmail.com

DANCES

Saturday Dance Dates for 2025

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



Heather from PaintnGogh led us in spring paintings, either on canvas or a tote bag. We had a great time with lots of laughter and paint up our arms!



The Farmers' Market will open on Saturday 14th June at Wiswall Park (I hope it's ready!). Then it will run every Saturday from 9am to 1pm, and every Thursday from 3pm to 6pm. Always the freshest of fruits and veggies, baked goods, handmade articles and snacks for lunch.

There will be Movies in the Park and concerts at Old Iron Springs Park, but the line up hasn't been released yet.

2025 TRIP SCHEDULE

May 14th Albany State Capital Building Tour, Buffet Lunch and Dutch Apple Cruise on the Hudson.

Bus leaves: 8.00am Bus returns: 5.00pm

June 25th Old Sturbridge Village. Box Lunch in the Park.

Sign up: May 1st and 8th

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

Bus leaves: 7.30am Bus returns: 6.00pm

July 29th Valley Cats Baseball Game—they offer reserved seating, and picnic lunch (BBQ chicken, hot dogs and sides.)

Sign up: June 12th & 19th

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

Bus leaves: 9.00am Bus returns: 4.30pm

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

August 27th Possible trip to New York State Fair, details to follow if it proceeds.

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

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

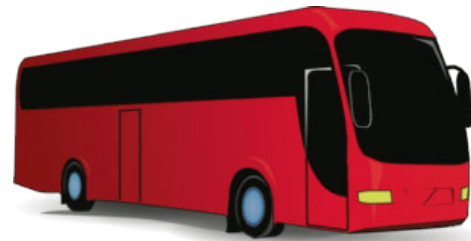
Sign up: Sept 4th & 11th

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

Bus leaves: 6.30am Bus returns: 7.30pm

The full rules for Trips are posted on the bulletin board.

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



SPECIAL EVENTS

In May the Special Events Committee will celebrate Mothers' Day. On May 8th we will have Strawberry Shortcake for all.

On June 12th we will honor our Fathers with Sport Cupcakes for all.

Precious Memories Over the Years

Helen Van Patten... I met Helen in 2015, and we quickly became good friends. I shared many hours with Helen listening to her stories while sipping tea and eating cookies.

Helen was the oldest of a family of 21 children. As the oldest, and a girl, she left school early to help at home. Her grandmother taught her how to cook at an early age to prepare meals for the family. She helped with laundry and even helped her grandmother at birthing time.

I would ask about cooking for such a large family... how much oatmeal or corn mush did you have to make? What pan did use? She used a large oval pan that covered two burners on the wood stove.

Helen was a very active volunteer at BASC for many years. She set up for Pickin and was always in the kitchen with Betty Riley. I heard that could be "lively". Both were long time, beloved members of BASC.

Francine Dudka

Christina Smith....Connie Marcy and I joined Seniors in 2013, and Christina was the one who invited us join her lunch table. She told us about all the activities, which we joined to learn what they did, and so we became greeters and were able to welcome new members and tell them with our knowledge all about the activities offered by BASC.

Through most of these years, Christina collected money for our attendance raffle, and helped in the kitchen doing dishes! For several years she answered our questions and was always, and still is, our friend. We are so happy she was kind enough to befriend 2 strangers!

Christina now lives with her daughter and we miss seeing her.

Marge Bayer

Andy Simard....I met Andi when I joined Seniors in 2013 and was recruited into the chorus straight away. Her bubbly personality and love of laughing immediately attracted me to make friends, and then found out she loved all things English, from the comedies on PBS to asking me about words and phrases. When the Office of the Aging set up an exercise class at our Seniors, she and I were trained as leaders and shared the duties twice a week. The chorus is singing Disney songs this time, and that made me remember how she used to lead us in singing Mickey Mouse Club as we marched around the chairs to warm up. I didn't sit at her table for our weekly pot lucks but heard from others about the great dishes she cooked to bring in. We spoke on the phone often, shooting the breeze and putting the world to rights.

Both Dan, her husband, and I miss her and her enthusiasm for life.

Alison Bodle



Barb brought Tad and Kelly brought Marlin to give us a talk about Seeing Eye dogs. Both pups are about a year old and are still in training with families. They went around the room giving us all a chance to give pats and get kisses.



The Exercise Class (on Mondays and Fridays) has had many new members join recently, there's usually 20+ people. But we always have room for more! The advantages? People report better balance, walking more easily, relief from back pain and arthritis in the hands. Come and join us and see what the class can do for you.



Andi, Helene and I having fun at an Office of the Aging Picnic.



MAY

JUNE

1 Shirley Liska	1 Sue VanDeWall
1 Phyllis Burke	2 Claire Bylina
2 Ellen Fontaine	3 Everett Scully
3 Diane Walser	4 Carole Quinn
3 Evelyn Laraway	4 Gail Oliphant
3 Diane Balla	7 Robert Muller
4 Janet Welcome	7 Bunny Gifford
4 Maria Mahar	8 Robert Bathgate
4 Carol Moll	10 Roy Neal
6 Suzann Edwards	11 Robert Gomez
7 Cyndy Haley	11 Lawrence Smith
7 Cyndy LaForest	12 Carolyn Smith
7 Pamela Northrop	12 Eileen Tuohy
8 Anne Sylvester	12 Jean Montgomery
8 Donna Earl	15 June Solan
10 Patricia Preece	16 Lorraine Allman
10 John McClellan	17 Kathleen Fiore
11 Bertha Kelly	17 Patricia Foster
11 Greg Shea	18 Kathleen Hermans
12 Marta LaFleur	19 Michelle Soria
12 Cathee Burke	19 Simone Buneo
12 Ken Hahn	19 Rita Halter
13 Robert Winkler	19 Betty Serbay
14 Cathy Stoeckl	20 John Muller
14 Gina Marozzi	20 Robert Regulinski
17 Anne Schorm	20 Hilary Anderson
17 Nancy Ruzzo	22 Janet Bennett
17 Madeline Tromans	22 Diane Griffin
18 Linda Klompas	22 Susan Burch
18 Joyce Soltis	23 David Elmer
18 Millie Mosher	23 John VanVoorhis
18 Rosemary Mercier	26 Yolanda Fleurantin
18 Susan Hommell	26 Katherine Kotraba
19 Maureen Hickey	27 Shelley Carr
20 Cathi Jackson	27 Francine Dion
21 Anna Thrane	27 Susanne Medick
22 Barbara J Staulters	27 Lester Cole
22 Patricia Tarnawski	27 Jerry Kelly
22 Jackie Pouliott	28 Judith Dalby
22 Jean Dowd	30 Peter Fabian
22 Shirley Chadwick	30 Wendy King
23 Lynn Barber	
23 Gary Lewis	MAY (cont)
24 Monica Larin	29 Pamala Banker
24 Donald Whitbeck	31 Helen Dassance
24 Dawn Bunyan	31 Clifford Hickok
26 Monsy Arce	
28 Karen A Damico	
28 Patricia Pimentel	

Michael Wein	Pamela Markert
Edward Pingelski	Terrie Pingelski
Izzy Garrow	Earl Eaton
Howard Rudnick	Ruth Rudnick
Elizabeth Bayoumi	Jodi Kenna
Ed Haley	Cyndy Haley
Darlene Lebrecht	Nancy Roman-Soto
Heidi Walsh	Carolyn Chandler
John Aldrich	Dora Lee Stanley
Susan Porcari	Theresa Pratico
Claire Bylina	Mary Ebert
Daphne Belanger	Patty Westbrook
Avena Ward	Tom Corbett

THE POND ABUZZ WITH LIFE

Days getting longer
 Days getting warmer
 Snow gone from lawns
 Ice melted off the pond
 Flowers poking through the dirt
 Daffodils in full skirt
 Ducks are swimming
 Geese are arriving
 Runners in full gait
 Trees just can't wait
 Little ones on the swings
 Dog walkers doing their thing
 Birds take wing
 Bees long to sting
 All of this is why I love the SPRING

Thank you to Janet Welcome for this lovely poem. Do you write poems? Share them with us all.

On June 14th the **Acme Players** (they are the ones who perform at Beardsley Castle) are coming to perform for us a Murder Mystery Play at the Center. There will be a chicken dinner, cooked by Mary Egan who is organizing this event.

Full details (time, cost etc) will be announced once everything has been confirmed.

AROUND THE TOWN

As I sit here on Good Friday, the sun is shining and tomorrow the weatherman says the temperature will be in the 70's. I hope Spring has finally sprung and everyone had a wonderful Easter. I'm looking forward to Spring and Summer.

Just a couple of things coming up for everyone to enjoy. On May 10th we have the Annual County and Town of Milton Youth Fishing Contest at the 4-H center on Middle Line Road. The kids can start fishing at 7am and continue until 11 am. Start with a nice breakfast prepared by the 4-H from 6.30am -11am, and then tons of fun fishing. Trophies and prizes will be awarded at 11:30. Everyone goes home with a prize, and we hope a fish. Bring the grandkids ages zero through 12 years.

May 24th is the Annual Memorial Day Parade in the village. Always a time to remember and honor those who served to protect our freedom. The parade begins at South Street and finishes at the NYS Submariners Memorial on Low Street. If you're near the bridge over the Kayaderosseras make sure you see the ceremony at that location, it is very nice.

Enjoy the Spring and all the flowers blooming after a long hard winter. We deserve a beautiful Spring and Summer.

See you next time,

Barbara Kerr

39th Annual

Children's Fishing Tournament

Sponsored by Saratoga County
Hosted by the Town of Milton

May 10, 2025

4-H Training Center
556 Middle Line Rd
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Registration and Fishing
7am - 11am

Adults-\$8, Seniors-\$5,
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Milton Community Center
310 Northline Road
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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

MAY

1st Luncheon, ice cream & cake, Meeting, Board Meeting. Pizza tickets. Trip tickets.
7th Pickins' 6.30-9.00pm
8th Luncheon, Meeting, Pizza tickets. Special Events. Trip tickets.
10th Dance, DJ Mark Hersh 7.00-10pm
14th Trip, Albany State Capital & cruise.
15th Luncheon, Meeting, Pizza.
16th Office of the Aging Picnic at Saratoga Civic Center.
21st Pickins' 1.00-3.00pm
22nd Luncheon, Pot Luck, Meeting. Trip tickets for sale
29th Luncheon, Meeting.

JUNE

4th Pickins' 6.30-9.00pm
5th Luncheon, Meeting, Board Meeting. Ice cream & cake.
12th Luncheon, Meeting, Special Events. Trip Tickets.
14th Murder Mystery Play at the Center.
18th Pickins' 1.00-3.00pm
19th Luncheon, Meeting, Pizza. Trip Tickets.
25th Trip-Old Sturbridge Village.
26th Luncheon, Pot Luck, Meeting.