

Ballston Area SENIOR UPDATE JANUARY/FEBRUARY 2023



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

Officers

Marge Bayer, President
518 430 7029
Linda Elmer, Vice President
Mary Egan, Secretary
Meg Stevens, Treasurer
Barbara Broderson, Member-
ship

Directors

Francine Dudka
Neil Kennedy
Bernadette Putnam
Madeline Waller

Membership

Barbara Broderson
518 885 4229

Newsletter Editor

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Community Contacts

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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
Ballston Spa, NY 12020



FROM THE PRESIDENT

Well, 2022 is over and we have sure come a long way in our recovery from Covid and being homeless!! We enjoyed our homecoming celebration with a wonderful meal, a mystery murder play and a fun dance!!

We have had delicious dinners and fantastic trips and fun dances. We have exercise classes, crafts, mahjong and hand and foot card games. Our pool players have doubled their members and are enjoying their games. We had a Christmas cookie exchange and a small pot luck lunch. Our dances are well attended and we have had have Old-time Rock and Roll and Western dances. Our Pickin' sessions are very entertaining and are well attended!!

Looking forward for 2023; Our plans are for Computer classes and more line dance classes. We intend to have a monthly class or activity on the first Friday of each month from 1 to 3. So far plans are for a scrap book class, a jewelry class, flower arranging, a paper-craft Greeting card and more painting on glass!!

We are planning to have monthly potluck lunches that could be served in a safe germ free manner. We need volunteers for this to happen!!

If you have any new ideas you would like, or would like to volunteer for anything, please talk to Marge or Linda.

Best wishes for the New Year to all our members!!!

Marge Bayer, President



John J Cromie

Attorney at Law

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5th ANNUAL BIRDHOUSE PROGRAM



Many of our members participated in last year's Ballston Spa Birdhouse Contest. Member decorated birdhouses were on display throughout the commercial district of The Village for the summer. Our participating members had a good time showing off their many decorating talents. Because of last year's interest and participation, we will be competing again this year. The birdhouse program

is organized by the non-profit ASK which is dedicated to bringing quality community-based arts programming to Ballston Spa. This year's theme is "Build for Peace" and the competition will take place in May. Birdhouses will be available some time in February. To make sure we receive enough birdhouses for all who want to participate, a sign-up sheet will be located at the Thursday meeting sign-in table throughout January or contact Barb at 518-885-4229 or barb53brod@gmail.com with questions. More information will be posted in the weekly E-blasts.



2023 Membership Fees are due now. Membership year runs from January 1st through December 31st. Members may pay at the Thursday weekly meetings between 10:00am 'till noon or by mail following the instructions on the back page.

We're planning many activities in the coming months and dues need to be paid to participate. To check if your 2023 dues are paid, contact Barb. Your comments and suggestions are welcomed.

Email ballston.area.seniors2@gmail.com or call 518-885-4229. Barb, Membership Secretary

Barb Broderson is looking for birthday and Christmas cards if you have any to spare when you are tidying storage boxes etc, Bring them to the Thursday meetings in a bag or box with your name or contact Barb.

DO YOU VOLUNTEER, OR WOULD YOU LIKE TOO?

Several of our Ballston Seniors volunteer their time at various places around the area.

Sally Snyder and I are part of the Saratoga Hospital Guild, both of us spend a morning at the ROC (Radiation/Oncology Center), greeting patients, getting wheelchairs etc. The Guild is always looking for volunteers, and you can choose to work with patients or be back room helpers. The Gift Shoppe and Treasures always need help. Ask me for more information.

Many of our Seniors volunteer for the Office of the Aging. Some deliver meals on Wheels (like Barb Broderson and Jean Dowd); some you will have seen helping Bonnie in the kitchen and serving Congregate Meals at our Thursday meeting; and others help prepare the Saratoga Sentinel to mail out or bring to Senior Centers. The contact information for the Office of the Aging is on the front page of the Newsletter. Both Francine Dudka and Jean Dowd volunteer for LifeWorks, remember Dorothea Ferris collected Thanksgiving baskets for them. I hope to have more information about their work in the next newsletter. If you volunteer somewhere I haven't mentioned, please give me more information so I can put this in the March/April Newsletter.

Thank you as well, to all those who volunteer their time at our Senior Center to bring us fun and interesting things to do.

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
12. I finally got eight hours of sleep. It took me three days, but whatever.

Thanks to Mary Egan for these laughs!

WEDNESDAY NIGHT PICKIN' SESSION

Wednesdays January 4th and February 1st

Doors will open at 6.00pm; music at 6.30 'til 9.00pm. If you enjoy country/western, folk, bluegrass, gospel and contemporary music, mark your calendar. Come and enjoy a musical and social night out. Bring a snack to share. Beverages will be provided. The Pickin' Session will be cancelled following Ballston Spa School District's weather closing.



Contact Jack at jack53brod@gmail.com or 518 885 4229 with questions or to volunteer to help set-up and tear-down.

TRIP ANNOUNCEMENTS

January 17th

VIA Aquarium in Schenectady
Bus leaves: 12.00 Bus returns: 4.30pm

The following destinations are tentative and subject to change.

March Aquaturf (Irish Show)

April Deerfield, Mass. Deerfield Inn, Candy Kitchen, Country Store & Butterfly Conservatory.

May: Resort World Catskills, 2.00pm Matinee—Frankie Valley & 4 Seasons. Buffet.

June: Mohonk Mountain House, New Paltz, NY. Lunch and tour of gardens.

July: Log Cabin, Lobsterfest.

August: Lake George Holiday Inn, Dinner Theater.

September: Wynthurst Manor, Lennox, Mass.

October: Finger Lakes, Corning Glass Works Museum and Dinner.

November: Possibly Woodstock Playhouse.

December: Proctors

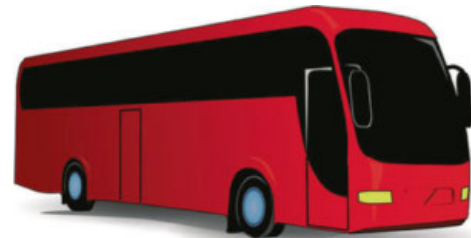
Dues for 2023 must be paid 30 days prior to trip date. For more information, please contact the Trip Coordinators: Carol Moll 518 339 8926 or Mary Egan 518 630 6322.

EXERCISE CLASSES

There are 2 exercise classes a week, Mondays at 11.15 to 12.00, and Fridays at 2.00 to 2.45. Bring weights if you want to use them, although we do have extra, and a bottle of water. This a gentle class of stretching, balance and weights, and everyone is welcome. Contact Alison Bodle for more information 518 288 3565.

DANCES

There is no dance scheduled for January, but the Dance Committee is planning a dance for February. More information in the Eblasts when we know the date and band.



Elizabeth, Norman and Tony being silly at the trip to Turning Stone Casino.

BAZAAR

We are hoping to go back to having a **Bazaar** this coming October, it was always well attended and therefore brought in funds to help us subsidize many of our great activities. This means we need a Chairperson to lead this and form a committee of helpers. If you would like to do this, please talk to our President, Marge, or myself.





JANUARY

FEBRUARY

- | | |
|-----------------------|---------------------------|
| 1 Michael Bouchard | 2 Susan Brewer |
| 3 Barb Macey | 2 Diane Granberg |
| 3 Elizabeth A. Mabb | 2 Noreen McClements |
| 3 Mary McGrath | 3 Diane Northrup |
| 7 Sally Snyder | 3 Eleanor Tabor |
| 8 Virginia McMorris | 6 Wayne Wales |
| 8 Rosemary Rhodes | 6 Arthur Andle |
| 9 Kathy Lewis | 6 Karen Millington |
| 10 Mary Osielski | 7 Elizabeth Bathgate |
| 11 Louise Bean | 8 Rosalie Peters |
| 11 Marion Johnson | 9 Michael Davino |
| 13 Bridget Kolinowski | 10 Ruth Strack |
| 14 Jonathan Gadbois | 11 Ed Moore |
| 14 Dorothea Ferris | 11 Daniel Buneo |
| 15 Karen Kump | 12 David Long |
| 17 Linda Butchino | 13 Neil Kennedy |
| 18 Madeline Miller | 13 Patricia Patrick-Henry |
| 19 Marilyn Preissler | 14 Barb Broderson |
| 20 Mary Suits | 15 Bernadine Clancy |
| 20 Thelma Armer | 17 Nancy Czupil |
| 23 Barbara Nachbar | 17 Fred Emano |
| 24 Milly Bombard | 17 Janice Harris |
| 24 Virginia Vargas | 18 Anthony Zanella |
| 24 John Tuohy | 18 Bernard Kudlacik |
| 25 Diane Okonsky | 19 JoAnne Niemeyer |
| 25 Richard Okonsky | 20 Terry Preece |
| 26 Joyce Harris | 20 Sandy Baker |
| 26 William Quinn | 21 Eileen Williams |
| 28 Earleen M. Van | 21 Mary Egan |
| 30 Nancy Utermark | 22 Lena McMillan |
| 30 Luz French | 23 Ronald Rhodes |
| 31 Linda Mellen | 25 Julie A.Crandall |
| | 26 Terry Ann Durant |
| | 27 Penny Loretto |
| | 27 Deborah Ozolins |
| | 27 Jeanette Melanson |

- | | |
|--------------------|----------------------|
| Lorraine Tesoriere | Alan Freeman |
| Angela Bertrand | Gerald (Jerry) Baker |
| Barbara Bell | Elizabeth Serbay |
| Marcia Cichon | Lois Radke |
| Louis Fisher | Catherine Nutting |
| Jonathon Gadbois | David Long |
| Maureen Gadbois | Sharon Witbeck |
| Penny Loretto | |

Our thoughts and prayers are with the families of



Marion Richardson

Sue Merchant Rafferty

Audrey Hauprich

Patricia Culora

LINE DANCING

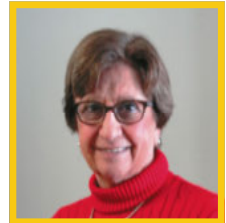
Frank and Mary will not be able to restart line dancing in the New Year until Mary recovers from eye surgery, which will be in April. Look out for more information in the March/April newsletter. They would like to come in to Seniors and give a demonstration of their classes to show you all what fun it is.

CHORUS

The Chorus meets every Monday between 10.00am and 11.00. We have just started a new program for Valentines Day 'Love Songs' using songs from the 70s and 80s. New members are always welcome to our friendly and fun group, and you do not have to read music. We sang Carols and Christmas songs at our Seniors Christmas Dinner, looking very festive.



Around the Town



Barb Kerr

Happy New Year!

I hope everyone had a wonderful Holiday, I realize it was extremely cold, but we do live in New York and it is Winter. Just make sure when you do go out dress for the weather and be safe. Our Highway Department does a great job on keeping our roads and the Community Center plowed, but there is no to take chances during a snowstorm. The Town is planning some really exciting projects for the upcoming years. We are in the process of evaluating all our Town Properties. We are looking at relocating the Highway Department to Rowlands Street where the salt shed is located. This would give the residents more recreational opportunities here in Town Center. So if you haven't taken the survey concerning what recreational opportunities you would like to see here please do that soon. Pickle Ball Anyone??? The Community Ambulance Corp will be breaking ground very soon on a new facility. It will be located where the current Park N Ride is on the corner of Geysler Road and Wood Thrush. This will be a beautiful addition to our Town Center. Of course, all of these things take time and we want your opinion and ideas to move forward with changes. I will do my best to keep everyone updated with any changes happening here in Town. I am happy to tell you I will be the liaison for the Ballston Seniors and the Town Board for the coming year. If you have any questions, please feel free to give me a call, I'm available at anytime to help with your concerns. My phone number is 518-369-5271. Let's all stay healthy in 2023 and see you at the next Senior Meeting, Barbara

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
10.30—11.30	Line Dance
1.00—4.00pm	Mahjong

Wednesdays

Thursday

12.00 Lunch & General Meeting, Bingo.	
1.00—4.00pm	Shooting Pool

Fridays

2.00pm—2.45	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 518 885 8730, and Alison for exercise at 518 288 3565.

MARK YOUR CALENDARS

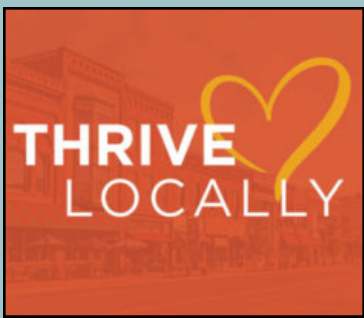
JANUARY

4th Pickin's Sessions 6.30-9.00pm
 5th Luncheon/Meeting, Bingo.
 12th Luncheon/Meeting, Bingo
 17th Trip to VIA Aquarium, bus leaves @12.00
 19th Luncheon/Meeting, Bingo
 26th Luncheon/Meeting, Bingo. Board Meeting.

FEBRUARY

1st Pickin's Sessions 6.30-9.00pm
 2nd Luncheon/Meeting, Bingo
 9th Luncheon/Meeting, Bingo
 16th Luncheon/Meeting, Bingo
 23rd Luncheon/Meeting, Bingo. Board Meeting

It seems like there isn't too much happening in January and February! But come to our Thursday meetings and look out Barb's Eblasts to let you know as things are scheduled. The Special Events Committee will meet in the new year and we will celebrate Valentine's Day as always with treats!!!!



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

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2023 Membership Renewal

Membership runs from January 1st through December 31st 2023.

\$10.00 = 55+ years \$5.00 = Turned 80 in 2022 FREE = Turned 90 in 2022

Enclose check (payable to BASC), membership card and a self-addressed, stamped envelope 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: _____ Nickname _____ Date of Birth: _____

Street Address: _____ Apt. # _____

City: _____ Zip: _____

Telephone: _____ Cell: _____ Email: _____

Live in: Town of Milton Village of Ballston Spa Town of Ballston Saratoga County Other _____
Single If Married: First Name of Spouse _____ Is spouse a member? yes no



I want to receive the Newsletter by: Email Mail Both Email & Mail Will Pick Up at Center

INTERESTS: Check all that apply Chorus Dances Pickin Sessions/music Festive Dinners Trips Crafts
Exercise Line Dancing Pool Mahjong Card Games Board Games Socializing V on committees
I have Computer Skills Managerial Experience Crafting Skills Financial Background Other _____