

Ballston Area SENIOR UPDATE MARCH/APRIL 2022



Milton Community Center
310 Northline Road
Ballston Spa, NY 12020
518 885-6740

Officers

Marge Bayer, President
518 430 7029
Linda Elmer, Vice President
Meg Stevens, Secretary
Barbara Broderson, Treasurer
Sue Heimburg, Membership

Directors

Alison Bodle
Eric Utermark
Bernadette Putnam
Madeline Waller

Membership

Sue Heimburg
518 885 8037

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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, our long wait is finally over and we are home once again! We can now make plans to begin our many activities! I am hoping that all our members become active and participate in the plans for our future and attending all our meetings and activities. Hopefully our town will have the inside painting and floors done by this time. They have been very good about working with our senior group and helping us!

The trip committee has been scheduling new adventures for us. We are making plans for a Grand Reopening! Sounds exciting, doesn't it! This is the time to make plans for our future. We welcome your suggestions and for contributing your efforts in all ways.

The country and western dance committee has been making plans and checking out bands. Also, a committee is looking into an Old Time Rock and Roll dance again. The last one was enjoyed so much.

The craft group is continuing and hoping to move their supplies upstairs from the basement to a new storage area.

We will continue with our monthly Pizza Day and our Festive Dinner committee has been busy with planning our holiday celebrations.

We have filled out a grant for county funds to help us recover from this pandemic. Thank you to Linda Elmer for quickly applying for this and also to Scott Ostrander for making us aware this was available. Keep your fingers crossed that these funds may help us continue our activities.

Our elected officials are adjusting to their positions and donating so much time and effort to our organization. A special thanks to each of them.

The future sure looks good and I hope to see you soon.

Marge Bayer, President

John J Cromie

Attorney at Law

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Ballston Senior Center, Ballston Spa, NY

03-1134

The Board Members for BASC for 2022



Here are photos of the new Board for 2022, taken after the swearing in.

From left: Marge Bayer (President); Linda Elmer (Vice President); Barbara Broderson (Treasurer); Sue Heimburg (Membership Secretary); Bernadette Putnam (Director); Alison Bodle (Director); Eric Utermark (Director). Second photo: Meg Stevens (Secretary); Madeline Waller (Director).

Exercise for People over 60

Begin by standing on a comfortable surface where you have plenty of room on each side. With a 5 lb potato bag in each hand, slowly extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10 lb potato bag. Then try 50 lb potato bags and eventually try to get to where you can lift a 100 lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level). After you feel confident at that level, put a potato in each bag.

Many thanks to my friend Jane in England for sending this to me!

Here's a giggle:

I got my wife to help me put some posts in the ground for our new fence. I gave her the new hammer and said, 'When I nod my head, you hit it.' I don't remember much after that.

Ouch! Thanks to Mary Egan for that.

Be Careful How You Treat Airline Staff

A man boarded a plane in Cairns, Australia, with a box of frozen crabs and asked a flight attendant to take of them for him. She took the box and promised to put them in the crew's refrigerator. He advised her that he was holding her personally responsible for them staying frozen, mentioning in a very rude and aggressive manner that he was a lawyer, and proceeded to rant at her about what action he would take if she allowed them to thaw out and spoil.

She was pretty annoyed by his tone. Shortly before landing in Sydney, she used the intercom to announce to the whole cabin, 'Would the gentleman who gave me the crabs in Cairns, please raise your hand?'

Not one hand went up....so she took them home and ate them.

A pastor giving a children's sermon on vestments asked: 'Why do you think I wear this collar?' One kid answered: 'Because it kills fleas and ticks up to 30 days?'

Thanks again, Mary Egan

Pickin' Sessions

Jack Broderson and the Club are looking into restarting the Pickin' Sessions, possibly March, if not then April, and they would be evening sessions. The Club is looking for a Leader/Volunteer to manage these sessions with the help of Jack. He has many contacts so once it restarts it will be a wonderful evening of music. Anyone interested can contact Jack at: jackbroderson@gmail.com



St Patrick's Day Dinner

Finally! Our first dinner back in the Community Center will be a celebration both of St Patrick's Day but of course also that we are back in the space where we can get back to meeting our friends and enjoying the activities we love.

Tickets are **\$10 for members and \$35 for guests**, and will be on sale at the Center on **March 3rd and 10th**. Tickets must be bought in advance, no tickets on the day.



Barbara Broderson needs your spare birthday cards, but nothing else, please! If you have some for her, you can call her at 518 885 4229 or see her on Thursdays.

TRIP ANNOUNCEMENTS

March 6th

Proctors Theatre, 'The Prom' and dinner at Turf Tavern
Bus leaves at 12.45pm Bus returns at 6.30pm

April 19th

Medieval Times, Lyndhurst, NJ
Sign Up: **March 3rd and 10th at 10.00am**
Fee: \$35 resident; \$45 non resident; Guest Full Price
Pick up and return times TBA

May 24th

Vermont Country Store, dinner TBA
Sign up: **April 7th and 14th at 10.00am**
Fee: \$35 resident; \$45 non resident; Guest Full Price
Pick up and return times TBA.

June 19th

Beardslee Castle Murder Mystery Dinner, Little Falls, NY
Sign up: **May 5th and 12th at 10.00am**
Fee: \$35 resident; \$45 non resident; Guest Full Price
Pick up and return times TBA.

More information on the next trips will be in the May/June Newsletter, but here is a preview.

July Hudson River Cruise, lunch at Mariners on the Waterfront

August 2nd 'The Sound of Music' at Glimmerglass, Cooperstown, dinner at Upstate Grill.

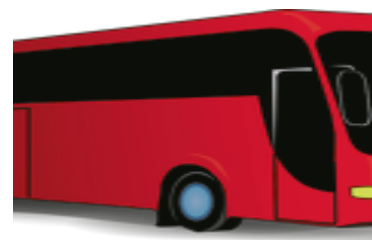
September Lanthier's Grove, Clambake.

October 17th Essex Connecticut Train and Boat Excursion, dinner on the train. (Limit 48).

November Rock City—Tentative

December Proctors—Christmas Spectacular—Dinner TBA.

For more information, please contact the Trip Coordinators: Carol Moll 518 339 8926 or Mary Egan 518 630 6322.





MARCH

APRIL

- | | |
|-----------------------|---------------------------|
| 1 Madeline Waller | 2 Connie Marcy |
| 1 Larry A Rafferty | 3 Kathy Green |
| 3 Dorothy Matties | 3 Bernadette Tette |
| 3 Norman Schultheiss | 4 Barbara Kerr |
| 4 Meg Stevens | 4 Arlene Peterson |
| 4 Mimi Phillips | 5 Marion S. Rhude |
| 4 Frances Reed | 5 Judy Stickles |
| 6 Denise Cusack | 8 Diane Kennedy |
| 6 Joan M. Dreher | 9 Judy L. Walker |
| 8 Maeve Smith | 10 Dottie B. Lapis |
| 9 Patricia Rachiele | 11 Jeanette Marshall |
| 9 Pat Thomas | 11 Pat Palmer |
| 9 Sylvia Delaurie | 13 Stephen Cusack |
| 10 Caroline Reardon | 15 Mary Fekete |
| 10 Cecelia Jackson | 15 MaryAnn Donato |
| 11 Darlene Lebrecht | 15 Shirley Nichols |
| 11 Edward Charnews | 15 Joe Tesoriere |
| 11 Bobbie Smith | 16 Susan Polewczak |
| 12 Phyllis Martinez | 16 Daniel Simard |
| 12 Eric Utermark | 16 Collette Foley |
| 14 Phyllis Ryan | 16 Bert C. Grandin |
| 15 Mary Emano | 16 Ree Hale |
| 15 Ric Croft | 18 Michael Andreadakis |
| 15 Joseph Rossi | 18 Carol Hummer |
| 15 John J. Cromie | 19 Dorothy Suits |
| 16 Karen Rhodes | 20 Connie Alonzo |
| 16 Pat Cornell | 22 Julia Roth |
| 16 Christine Flaska | 23 Robert Mellen |
| 19 Margaret Melander | 24 Patricia Serpenti |
| 20 Patrick Kelliher | 24 Kathy Hedgeman |
| 20 Louise Carlini | 25 Elizabeth I. MacMillin |
| 20 Ellie Kelch | 26 Aline Shipreck |
| 20 Joan Ottaway | 29 Linda Smith |
| 20 Judith Keehan | 29 Suzanne Bissonette |
| 21 Kimberly Ryan | 30 Jean Abeel |
| 22 Barbara Ostrander | |
| 23 Leon Tette | |
| 23 Shirley Strazewski | |
| 24 Will O'Brien | |
| 24 Alison Bodle | |
| 26 Florence Lenz | |
| 28 Nancy J. Kozlowich | |
| 28 Ruth Gorham | |
| 29 Anne Spensiere | |
| 30 Donna Conley | |
| 31 Sarah Bogue | |

Diane Hrebinczah
 Monsy Arce
 Lisa Bertz
 Kathy Kemenash
 Carol Frederichcz

Lorraine Allman
 Dorothy Ferris
 Sandra Baker
 Kevin Johnson
 Julie Watson

Hello Members,

If you are planning on participating in our upcoming events this year, you will need to get your 2022 dues paid to date.

March 17th will be our first Festive Dinner, and the next Bus Trip is April 19th.

Tickets for both events will be on sale March 3rd and 10th at the Community Center.

Sue Heimburg
 Membership Secretary

VP CORNER

Hello everyone, I have asked our newsletter editor to add this item to the newsletter, so that I can let you know what I am up to. This year with our President's approval, I am setting up a committee to review and update our Bylaws and SOPs. Also I am working on a project to try to get a soda/ water vending machine for the center, and I am also creating a memory book for us, so that we can track all the good things we do. When I get the first 2 months completed I will bring it in.

If you have any questions please feel free to call or email me.

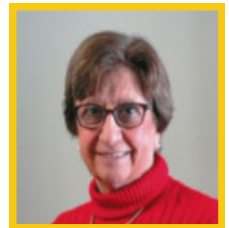
Linda Elmer 518-885-4839

Email: lle12020@nycap.rr.com

Blessing for today:

Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.

Around the Town



Barb Kerr

Hope everyone is starting to feel a little bit back to normal. I realize the Community Center is not exactly how the Seniors would like to see it, but we are back home and starting to feel comfortable in familiar surroundings. I know the Town is looking at cleaning things up, floors, window dressings and more. The Town Offices are still in disarray, but we are working together hard to get back to normal. Please stop by and see how the building looks. Its bright and fresh and a much better working situation for Town Business then trying to do business in the Community Center. On behalf of the Supervisor and all the employees, THANK YOU for your patience over the last two years.

March is on the way, and I'm looking forward to St. Patrick's Day at the Community Center. Not far behind should be Spring. The Town will be advertising for Summer Camp help, which means we are looking forward to summer too. If anyone has grandchildren looking for summer work keep an eye on our webpage, we should be advertising for counselors at our Summer Camp.

I believe we are finally getting back to normal, Covid is losing its grip and the Town and the Seniors are back home. I'm looking forward to summer and all our normal activities. Everyone working together will bring us all closer and get jobs accomplished in the coming months. Please let me know if you have any concerns that need to be addressed and I will pass them on to the Supervisor and Town Board.

Stay safe and healthy,
Barbara

WEEKLY ACTIVITIES

Mondays

9.00am—12.00 Pool

Tuesdays

10.00—12.00 Crafts
1.00—4.00pm Mahjong

Wednesdays

Thursday

12.00 Lunch & General Meeting, Bingo will return once the board is rescued from a very tightly packed cupboard!

1.00—4.00pm Pool

Fridays

6.30—9.00pm Pool

If you would like to take part in any of these activities, please call Dan Buneo for pool at 518 309 3093; and Earleen Van for crafts at 518 855 8730.

Exercise classes will resume soon, but we will contact the previous participants once we have dates and times.

You can call me in March if you want to join us.
Alison 518 288 3565

MARK YOUR CALENDARS

JANUARY

MARCH

3rd Luncheon/Meeting. Trip sign up. St Patricks Day dinner tickets for sale.

6th Trip 'The Prom' at Proctors.

10th Luncheon/Meeting, Trip sign up. St Patricks Day dinner tickets for sale.

17th St Patricks Day dinner at 12.00. Must have bought a ticket to attend. No meeting.

24th Luncheon/Meeting. Board Meeting.

31st Luncheon/Meeting

APRIL

7th Luncheon/Meeting. Trip sign up.

14th Luncheon/Meeting. Trip sign up

19th Trip Medieval Times

21st Luncheon/Meeting. Board meeting.

28th Luncheon/Meeting.

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03-1134



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Ballston Spa, NY 12020



Temp-Return Service Requested

2022 Membership Dues

Membership dues run from January 1st through December 31st. Please enclose a check (payable to BASC), your BASC membership card and a self addressed, stamped envelope and mail to: The Membership Secretary, c/o Milton Community Center, 310 Northline Road, Ballston Spa, NY 12020, (phone: 518 885 8037). Dues may be paid at Thursday meetings 10:00am to noon.

\$10.00 = 55 to 79 years in 2020

\$5.00 = Turned 80 in 2021

FREE = Turned 90 in 2021

Last Name: _____ First Name: _____ Date of Birth: _____

Street Address: _____ Apt. # _____ City: _____ Zip: _____

Telephone: _____ Email: _____

Live in: Town of Milton Village of Ballston Spa Town of Ballston Other _____

Single Widow/Widower If Married Spouse: First Name _____ Spouse's Birthday _____

Anniversary Date: (day, month & year) _____ Is spouse a member? _____

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