



Scotia-Glenville Senior Citizens Senior Moments



Volume 45 Number 4 September-October 2020

Glenville Senior Center ★ 32 Worden Road, Glenville, NY 12302 ★ (518) 374-0734

Senior Moments is issued once every two months i.e. Jan.-Feb.; Mar.-Apr.; May-June; July-Aug.; Sep.-Oct. and Nov.-Dec.

Grand Reopening

Friday, September 18th at 2 p.m.

Join us as we celebrate the opening of our long awaited new addition. We will hear from our local officials and the Center's President as we commemorate this occasion. Small group tours of the new space will be arranged. Please call (518) 374-0734 to sign up in advance.

Vicki's View

Welcome back! I know that many of you are anxious to return to some level of activity at the Senior Center, and we hope to provide you with that opportunity while keeping everyone safe at the same time. Hopefully we can all work together to observe the CDC guidelines and each do our part to be role models for how to conduct ourselves as responsible citizens. Whether you will be joining us now or in the future, we will be happy to see you!



We have reopened with only small group activities and you must make arrangements with the instructor as class sizes will be limited. When you enter the building, you will be asked to sign the self-assessment health check-in that indicates that you do not have any Covid-19 symptoms, you have not tested positive or know that you have been exposed to someone who has tested positive for the virus in the last 14 days. Please refrain from coming to the Center if these conditions are not met.

For the foreseeable future, masks will be required to be worn properly (covering the mouth and nose) at all times within the building. The one exception is the dining room, where you may remove your mask while enjoying lunch seated at your table. Please maintain a safe 6-foot distance between one another. You must also sign out of the building for contact tracing purposes.

At this time, there are still some classes and activities that we cannot offer. The library is closed, the free table and puzzle table are suspended, and we are unable to accept donations of materials, books, puzzles or blankets.

With your cooperation, we will be able to offer the activities listed inside and hopefully move toward the day when these extra safety measures are not needed.

Thank you, Vicki

Ron's Reflections



Previously, I shared that the unexpected Covid-19 pandemic and sudden closure of the Glenville Senior Center disrupted planned activities and events through the spring, summer and fall seasons. Most of us settled into a more-or-less suspended state of disbelief that this was really happening; coupled with feelings of anxiety and isolation. Even for our golf leagues that finally began activities in June, it was a surreal experience as golfers greeted each other with face masks and elbow bumps.

Happily, on August 1, the Senior Center officially reopened with modest indoor activities and programs that meet safety guidelines. We thank the teachers and participants who have cooperated fully to promote safety and respect for the welfare of others. And we thank the front desk receptionists who characteristically rose to the challenge of providing a welcoming presence at the Center during a difficult, unusual time. They have graciously greeted and assisted visitors and members using new, sometimes awkward, safety protocols. And thanks to our dispatchers and van drivers, regular service to seniors who need transportation locally has continued.

Throughout the shutdown, the appointed committee worked diligently to recommend furnishings and equipment for the new addition; guided by responses to member surveys. We are pleased with the results thus far, recognizing that more tweaking is possible with experience and new ideas to guide us in the months ahead. Over these months, our treasurer has been diligently paying our bills on time. A sincere thank you for the conscientious work devoted to these efforts.

The furnishings, landscaping, and paving of the parking lot were completed in time for the grand opening ribbon cutting rescheduled for September 18th. The social committee has done an excellent job in planning this celebration.

Lastly, I urge readers to give their attention to the election ballot (pg. 3) for new officers and board members for 2021. Thank you in advance for voting so we can conduct business and hopefully again enjoy a full complement of activities and programs in the year ahead.

Sincerely, Ron Brach

Senior Moments is published by
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GLENVILLE SENIOR CENTER

32 Worden Rd.

Glenville, NY 12302 (518) 374-0734

Center open 9 am to 4 pm

Center is closed Sat. & Sun. & holidays except
open for special events as noted herein.

(Summer Months open 1-3)

SENIOR CENTER NEWS

Van Transportation 🚌

For senior residents of Glenville/Scotia only. Membership not required. **Call (518) 374-0734 Monday or Thursday between 9 am and noon at least a day ahead (up to two weeks ahead)** to schedule a ride to take you on your errands: to the barber/hairdresser, grocery store, to visit a friend, etc., within the town. No medical appointments. The van operates Wednesday through Friday, 9 am - 3 pm. **Donations are gratefully accepted to help defray costs.**

First Monday Book Club

First Monday of month, 10 am

Join our monthly sessions. For each meeting, please read the book listed and come prepared to join the discussion.
Sept. 14th - Catch up: *Little Women* by Louisa May Alcott, *March* by Geraldine Brooks, *The Dutch House* by Ann Patchett, and *The Silent Patient* by Alex Michaelides.
Oct. 5th - *White Fragility* by Robin DiAngelo
Nov. 2nd - *Ask Again, Yes: A Novel* by Mary Beth Keane

Gardening Help Needed

Local Scout BSA, Karla, completed community service hours working in the front garden - sorting river rock, weed blocking, planting flowers and helped mulch. Thank you, Karla. We now need help in the patio garden and with garden maintenance. Call Barbara @ 518-399-5467.

Acrylics/Watercolors with Mary

Mon. 8/31, Mon, 9/28, 9:30 am - noon

Complete an entire painting during this class. All materials and instruction provided. Please sign up at the front desk in advance and make checks payable to the instructor, **Mary Fekete**. Fee: **\$15** Max: 4 participants

Senior Center Photographers

Every Other Thursday, 10 am

Activities include taking photo trips to local sites, sharing slides and prints, demonstrating the capabilities of a photo-editing program on the Center's computer, and discussing any aspect of film or digital photography. Next mtg. is **8/20**.

Bocce Ball

Tuesdays at 9:30 am

Weather permitting, we will meet at the Bocce ball court on the east side of our building.

Pickleball

Mon, Wed, Fri 4 pm

Novice Play is scheduled for Mondays, Wednesdays, and Fridays except where noted on calendar. Questions? Leave a message at desk. Mask required at all times.

Silver Threads Quilters

Thursdays, 1 - 3 pm

We are a friendly group who share threads of wisdom and create works of art. Free to members.

Knitting and Crocheting

Tuesdays, 1 pm

If you are a knitter or crocheter, stop by to meet some new friends. Bring your individual project to work on.

M/W Senior Golf Leagues

Our new home at the Hillcrest Golf Course is turning out to be a great move and we can't say "thank you" enough to all the people at Hillcrest. To add to the fun, we've had 2 golfers get holes-in-one already this season.. Both holes-in-one were on the 118 yard 9th hole which sits right next to the inviting course pond. The first hole-in-one was made by **Ed Forner** with an eight iron. **Butch Carpentier** made the second hole-in-one with a seven iron. To join in the fun, contact Ron Brach if you are interested @ 518-366-1272.

Oil, Acrylic & Art

Fridays, 10 am—1 pm

Painting classes with **Dani Morette** will be back on schedule starting in August. The class size will be restricted due to social distancing. Masks must be worn. No sharing of supplies will be practiced as a safety measure.

Tai Chi Practice

Tuesdays, 10 am, outside only, Weather permitting

We welcome you to join our small group trying to maintain our Tai Chi skills. Tai Chi is a meditative exercise, characterized by methodically slow circular and stretching movements and positions of bodily balance. Members only.

Stampin' Up Card Workshop

First Tuesday of the month at 1:00 pm

Join us for an afternoon of creativity and paper-crafting fun. Bring your own adhesives to class or contact instructor in advance. Other materials and instruction are provided to make four greeting cards. Sign up at front desk. Checks payable to the instructor, **Brigid Meyer**. Cost: **\$5** per class.

Driver Safety Course

Tues./Wed. Sept. 15th & 16th 2-5 pm

Tues./Wed. Oct. 20th & 21st 2-5 pm

These programs may reduce your auto insurance. Class consists of two-3-hour sessions held on two consecutive days. Senior Center membership is not required. Payment is due at sign-up. For either class, please make check payable to **Armand Canestraro**. No cash. Checks are not cashed until the class is held. Participants must register in person at the Front Desk. No phone reservations are accepted.

Cost: Senior Center members **\$25.50** & non-members **\$29**

Caregiver Conversations

First Tuesday of month at 1:30 pm

Caregivers meet monthly at the Center to discuss caregiving issues faced in people's daily lives. Facilitated by **Wendy Petroci**, Schenectady County Dept. of Senior & Long Term Care Services.

Paint with Peggy

Dates: Wed. 9/9 & Wed. 10/14, 9:30 am – 2pm

Please bring a bag lunch Cost: **\$45** per class

To register: email, call or text Peggy 518-925-2238. I will confirm registration by email. Please include a phone number with your information in case there is a last-minute change. Covid notes: Class size will be limited to 4 students (1 per table). Masks required.

YMCA Exercise Classes at Glenville Senior Center

Beginning Monday, August 24, 2020

Classes held outdoors in Senior Center parking lot.

This schedule is subject to weather. In inclement weather, class will be canceled.

Class will not be held if the temperature is above 87 degrees.

Face masks are required when arriving and exiting class. Once in your socially distanced spot, you may remove your face mask. Please stay 6 feet from others at all times

Please stay home if you are sick.

Drop in fee is \$3.00 per class; cash or check payable to CDYMCA.

Mon	Tue	Wed	Thu	Fri
9:15am <i>Cardio Fit</i> <i>Susan</i>	9:15am <i>Forever Strong</i> <i>Susan</i>	9:15am <i>Cardio Fit</i> <i>Susan</i>	9:15am <i>Forever Strong</i> <i>Susan</i>	

Friendship Café - Open

The **Scotia-Glenville Friendship Café** is operated by Catholic Charities Senior & Caregiver Support Services at the Glenville Senior Center and is open to all seniors. Reservations are required; please call **518-393-1946** between 9 am and 1 pm, at least 1 day in advance.

Trips The trip to the Canadian Rockies departing Sept. 9th has been canceled. No further trips are planned at this time.

Scotia Glenville Senior Citizens, Inc.

Nominees for Election of Officers and Board Members

Unless otherwise noted, elected board members are eligible to serve three consecutive years.

** Officers must be members of the Board and elected on a yearly basis.

Voters Ballot

Scotia-Glenville Senior Citizens and Related Concerns, Inc. 2020 Annual Meeting – Election of Officers and Directors for 2021

To:

I hereby authorize you to cast my votes as follows for Officers and Directors for the years indicated.

Check YES or NO for each nominee (required by our Bylaws):

- **Seven Directors**, for three-year terms, 2021-2023, replacing Directors whose terms will expire this year:

YES	NO	YES	NO
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- **Two Directors** for a 2-year term:

Gerry Turecek
 Angie Pomykai

- **Officers** for the 2021 year:

		YES	NO
President	Barbara Brown	<input type="checkbox"/>	<input type="checkbox"/>
1st Vice President	Max Gollmer	<input type="checkbox"/>	<input type="checkbox"/>
2nd Vice President	Pat Biggica	<input type="checkbox"/>	<input type="checkbox"/>
Secretary	Myrtle Major	<input type="checkbox"/>	<input type="checkbox"/>
Treasurer	Gladys Cox	<input type="checkbox"/>	<input type="checkbox"/>

Membership card registration number: _____ Date: _____

Print Name (Optional): _____

Sign and return this form to the Senior Center on or before Friday, October 2nd, whether or not you plan to attend the October Annual Meeting.

Scotia-Glenville
Senior Citizens
Recreation & Related
Concerns, Inc.
32 Worden Road
Glenville NY 12302

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**Scotia-Glenville
Senior Citizens, Inc.**



OFFICERS – 2020

**President: Ron Brach
1st VP: Max Gollmer
2nd VP: Pat Biggica
Secretary: Lynn Purcell
Treasurer: Gladys Cox
(Officers are also Directors)**

DIRECTORS – 2020

**Lena Becker
Dave Boomhower
Butch Carpentier
Mike Collins
Marty Deschaine
Bob Farstad
Barbara Jones**

Flo McClure

**Anne Pomeroy
Pauline Postonian
Don Puckette
Joy Robb
Mary Sieder
Barbara Smith
Gerry Turecek**

CONTACTS:

**Senior Center Coordinator:
Vicki Hillis
Town of Glenville
Dir. of Human Services**

**All classes and activities are subject to change.
For Senior Center updates:**

- Watch the Town website for news: townofglenville.org
- Follow Scotia-Glenville Senior Citizens on Facebook
- Visit the Seniors' website at <https://glenvillesenior.org/>