



Menands Senior Scoop

Menands Senior Citizen Club

Since 1973

21 1/2 N. Lyons Avenue

Thursdays, 9am-3pm

FEBRUARY 2016



Diane Leonard, President, Debbie Teitsch, Vice President, Sheila Hyatt, Secretary, Dawn Primett, Treasurer

MARCH IS

National Nutrition Month
Irish-American Heritage Month
Women's History Month
Save Your Vision Month

DATES TO REMEMBER:

3/12 Albany St. Patrick's Day Parade
3/13 Daylight Savings Time Begin
3/17 St. Patrick's Day
3/20 Palm Sunday
3/27 Easter Sunday

MARCH BIRTHDAYS

Betty DiNuzzo	3/7
Elaine O'Brien	3/13
Ellen Shannon	3/17
Ted Skumurski	3/17
Peggy Kelly	3/22
Roberta Trcinski	3/23
Myra Lownes	3/24
Dawn Primett	3/26
Grant Smith	3/26
Rita Delmar	3/27
Marie Mastianni	3/30

Sincere apologies, for any missed Birthdays. If we incorrectly reported your Birthday, please let us know. We can correct our records.

MARCH DESSERTS

March 3, Pizza, Isabelle Simpson
March 10, Pat Gianni, Dawn Primett
March 17, Sally Jones, Marilyn Nash
March 24, Birthday Cake
March 31, Sheila Hyatt

GREETING CARDS SENT

Get Well: Beverly Roberts and Betty Courtois
Sympathy: Mim Dunkerley, Millie Flavin and, Anne DiNuzzo
To have a card sent to someone, please notify, Theresa, Lazzaro, Sunshine, 783-5822.

PLEASE PAY YOUR \$5 MEMBERSHIP DUES. THEY ARE OVERDUE! Make must be made payable to

Menands Senior Citizens. Mail your checks to Debbie Teitsch, 3 Cornell Drive, Albany, NY 12204, or you can pay them any Thursday at a gathering.

NEW THIS YEAR: ALL PAID MEMBERS WILL BE ISSUED A BLUE LANYARD BY THE TOWN OF COLONIE. THE LANYARD WILL HOLD YOUR IDENTIFICATION AND HEALTH INFORMATION. IT IS YOURS TO KEEP. YOUR INFORMATION MUST BE UPDATED PERIODICALLY AND YOU NEED TO BRING IT WITH YOU WHEN PARTICIPATING IN SENIOR ACTIVITIES. IF YOU FORGET YOUR LANYARD, THE MONEY YOU PAID FOR THE TRIP, WILL NOT BE REFUNDED.

2016 TRIPS

MARCH 12, 2016, Saturday, get on board the TROLLEY AT Ganser-Smith Park, Menands, @ 12:45pm. Listen to Irish Music and wave to friends as you pass by in the Albany St. Patrick's Day Parade. Hurry, reserve your seat, the ride is Dry and Warm; Fun and Free!! After the parade, return to the Menands Fire Hall for a delicious hot Corned Beef and Cabbage Dinner. Entertainment provided by Shut Up and Dance. All for \$11.

MAY 10, 2016, Tuesday, we will leave Ganser-Smith Park at 4:00pm for dinner at Menand's fabulous new Italian Restaurant, **IL FARO**. Menu: House Salad; Choice of Chicken Parmigiana, Penne Vodka, or Sole Milanese; Dessert; Choice of miniature Italian Pastries; Coffee, Tea or Soda. At 6:30pm, we will travel to **PROCTOR'S THEATER**, Schenectady, NY. Watch an evening performance of the Broadway musical, **"ONCE."** A winner of 8 Tony Awards in 2012, ONCE is a love story between a Dublin street musician who's about to give up his dream when a beautiful young woman takes a sudden interest in his haunting love songs. As the chemistry between them grows, his music soars to powerful new heights...but their unlikely connection turns out to be deeper and more complex than your everyday romance. It's an unforgettable story about going for your dreams and the power of music to connect us all.

Cost of Dinner and show, all-inclusive \$75/85.

JUNE 8, 2016, Wednesday, we are going to the **Village of Cazenovia, NY, to THE LORENZO STATE HISTORIC SITE."**

We will begin with a luncheon at The Lincklaen Mansion at 11:30am. The Menu: Small House Salad,

Popovers, Iced Tea, Lemonade, Hor Tea and Coffee, Choice of Entrée; Chicken Marsala, Sesame Salmon, Grilled Sirloin, and Apple Crisp for dessert. After lunch we will have a guided tour of the beautiful Mansion and Gardens overlooking Casenovia Lake is the Home of Colonel John Lincklaen, founder of the Village of Casenovia.

Cost of Trip all inclusive, \$30.

JULY 19, 2016, Tuesday, we will leave at 6:30am, to arrive at **LAKE PLACID MARINA & BOAT TOURS** in time for an 11:30, one hour cruise on Lake Placid, NY. Wilderness beauty. Adirondack history. Serenity. Cruise the pristine waters of Lake Placid in one of our enclosed pontoon boats. The hour-long narrated tour travels 16 miles on one of the world's most beautiful lakes. See and hear about the stately manors situated along the shore, Adirondack wildlife, and Whiteface Mountain, site of the alpine events during the 1980 Winter Olympic Games. After the cruise, approximately, 12:30pm, we will eat lunch at the High Peaks Resort, Lake Placid, NY.

Cost of Trip all inclusive, \$40.

SEPTEMBER, 19-22, 2016, we depart early morning from Ganser- Smith Park for four days and 3 nights in **NIAGARA FALLS, CANADA**. We will be staying at the **FOUR POINT SHERATON HOTEL**, featuring an indoor swimming pool and an enclosed walkway to the Falls view Casino!!

TOUR INCLUDES: Round trip Yankee Trails Motor Coach transportation. Hotel accommodations for 3 nights. Horn Blower Cruise, Niagara Sky Wheel, Niagara Butterfly Conservatory, Guided tour of Niagara Falls, Sights include: Niagara Park Greenhouses, Victoria Park, Table Rock House and much more. Guided Tour of Toronto, where you will see Parliament Buildings, Casa Loma Mansion, Chinatown and the Financial District.

Visit to Niagara On The Lake, Visit to the Duty Free Shop, 3 Full Breakfasts at the Hotel, 1 Dinner, 1 Dinner and a Show. All Gratuities for Meals, Bus Driver and Tour Guides are included in the \$539 cost per individual/double occupancy rate. Trip Insurance is available. Border Crossing: A valid Passport of Enhanced Driver's License is required.

Everyone is Welcome! For Reservations, please call: Diane Leonard, 465-3771

Cost of trip all inclusive, 539 PPD DBL, 699 PPD single

OCTOBER 4, 2016, Tuesday, we are leaving Ganser-Smith Park at 7:00am, heading for **SALEM WITCH MUSEUM**, Salem, MA. The museum presentation will take 75 minutes. We will eat lunch at **FINZ SEAFOOD RESTAURANT**, 73 WHARF ST, PICKERING WHARF, Salem, MA. Menu selections; includes soda,

coffee or tea, fresh rolls and butter and Finz House Salad with balsamic vinaigrette dressing and Chef's seasonal dessert; choice of New England Baked Haddock, Marinated Steak Tips, Pasta Primavera with cream sauce, Mediterranean Pasta with artichoke hearts, roasted red peppers, onions, tomatoes, feta cheese, black olives, tossed in a marinara. After lunch we will take a scenic ride along the seashore, Route 127, via GLOUCESTER, to the famous Landmark, Motif #1, and the tiny gift shops located on BEARSKIN NECK, ROCKPORT, MA.

Cost of Trip all inclusive, \$38/48.

NOVEMBER 9, 2016, we will return once again to the **WESTCHESTER BROADWAY DINNER THEATRE**, to see "**SATURDAY NIGHT FEVER**," featuring vibrant choreography and the everlasting hits of the Bee Gee's: Stayin' Alive, How Deep is Your Love, You Should Be Dancing, To Love Somebody, Jive Talkin. To name a few.

Cost of trip all inclusive, \$57/67.

Please reserve for our trips as early as possible to ensure seating. Money is not needed until 30 days before the actual trip date.

IRISH SODA BREAD,

Menands School

3 1/2 c. flour	1 T shortening
4 1/2 t baking powder	1 1/2 c milk
1 t salt	1 c raisins
1 egg	1/2 c sugar
1 T caraway seeds (optional)	

Heat oven to 350 degrees. Mix all ingredients, place in a 9" greased cake pan. Bake for 1 hour.

HOW TO DETERMINE THE FRESHNESS OF BREAD IN THE STORE:

When you buy bread in the grocery store, you can tell the day it was delivered by the color of the twist.

Each day is a different color, they are:

Monday – Blue

Tuesday – Green

Thursday – Red

Friday – White

Saturday - Yellow