



Menands Senior Scoop

Menands Senior Citizen Club

Since 1973

21 1/2 N. Lyons Avenue

Thursdays, 10am-3pm

October 24, 2019



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

NOVEMBER BIRTHDAYS

Betty Catherwood, 11/7 Donnette Coons, 11/13
Laurette Deyoe, 11/13 Harry Harbour, 11/19
Peggy Harbour-Holland, 11/18
Carol Hogan, 11/19 Sheila Hyatt, 11/14
Jerry Jensen, 11/8 Mary Johnson, 11/6
Sally Jones, 11/28 Barbara Kerwin, 11/2
JpAnn Maccue, 11/14 Joan Marsh, 11/19
David Miles, 11/11 Cheryl Risler, 11/4

WELCOME NEW MEMBERS

Jill Alix, Josephine Bonville, Kathy Cavanaugh,
Carla Conklin, Angela Gavin, Kathy Gizzi, Carol
Hogan, Marcia Kane, Pam Latham, Dan McAuliffe,
Colleen Pickett, Emma Poletto and Eunice Roullier

GREETING CARDS SENT

GET WELL: Nancy Pelcher and Judy Gorman
THINKING OF YOU: Don Bucher and Rita Delmar

DATES TO REMEMBER

11/3 Daylight Savings Ends, change clocks back an hour
11/5 Election Day
11/11 Veteran's Day
11/21 Meeting Day (holiday change)
11/28 Thanksgiving

CHAIR YOGA

Chair Yoga is a form of Yoga practiced sitting in a chair for support. Gentle stretching, strengthening, breathing and easy, short meditation exercises in a 60-minute chair yoga class benefits the whole body and mind.

Our own, Genii Rutherford has been teaching yoga to students of all ages and abilities for nine years. Genii grew up with us as kids and lived down the street at 19 Lyons Ave. Genii now lives in Latham, will come back to introduce us to Chair Yoga on Thursday 11/7/2020.

This is a fabulous opportunity.

Please come check it out!!

Genii Rutherford, E-RYT 200

ACA SUP L1SUP Yoga, MELT

NONAGENARIAN LUNCHEON

NOVEMBER 14, 2019, KFC to Celebrate Life.

Includes: Original recipe Chicken Breast, Mashed

Potatoes and Gravy, Cole Slaw, Biscuit and complimentary dessert.

Coffee, Tea and Soda will be available.

Bingo at 10:30am.

Lunch at noon.

Cost: ages 90 and above FREE.

All others \$7.00.

Must make a reservation and pay in advance.

2019 CHRISTMAS PARTY

Saturday, December 7, 2019 from 1:00PM to 3:30PM

Held at the Menands Fire Hall, 250 Broadway, Menands.

Menu: Welcome Cheese Platter

Choice of Roast Chicken or Roast Pork with all the trimmings

Dinner will be prepared and served by the Menands Fire Company and Auxiliary.

\$10 Grab bag (if desired)

Music provided by Paul Slusar.

Tickets \$20.

ALL ARE WELCOME!

YOU MUST RESERVE AND PAY IN ADVANCE!!

TRIPS

12/11/2019, Wednesday NYC, do as you please.

Bus leaves @7:30am, and returns approx. 9:00pm. Cost \$15/ \$25.

2020 TRIPS PLANNED

3/14/2020, Saturday, "RIDE THE TROLLEY," in the St. Patrick's Day Parade, Albany, NY.

After the parade, enjoy a corned beef and cabbage dinner and Irish entertainment at the Menands Fire Hall, Sponsored by the Menands St. Patrick's Club.

3/17/2020, Tuesday, GAVINS, Irish Country Inn. In the heart of East Durham's Catskills.

11AM Guided Tour of Our Lady of Knock Shrine.

12PM Luncheon: Irish Soda Bread, Potato Leek Soup, Entrée Choice: Corned Beef and Cabbage, Chicken Françoise, or Baked Salmon. Dessert: Apple Crisp a la Mode

1-2:30PM St. Patrick's Day Show.

2:30PM-3:30PM departure shopping at East Durham's shops:

“Guaranteed Irish,” “Irish Tea Shop,” and “The General Store.”

Cost \$40. Bus leaves at 10:00AM, return at 4:00PM.

4/18/2020, “AN ACT OF GOD,” Curtain Call Theatre, Latham, NY. Deliriously funny and clever...it takes *An Act of God*, to bring us the “one” with the first and last word on everything, who has finally arrived to set the record straight. After many millenia, and in just 90 minutes, God (assisted by his devoted angels) answers some of the deepest questions that have plagued mankind since creation. Before the play we will eat lunch at “OTIS and OLIVER’S,” Latham, NY, Cost TBA.

5/9/2020, Saturday, “HELLO DOLLY,” Proctors, Schenectady. Followed by dinner at “THE BARNSIDER,” Colonie, NY.
Dinner includes: Salad Bar
Choice of 8 oz. Prime Top Sirloin,
7 oz. Baked Haddock
Chicken Teriyaki,
Choice of Rice Pilaf, Baked Potato or Vegetable Medley
French Vanilla Ice Cream
Coffee or Tea
Bus leaves @ 1:00pm. Cost: \$90/\$100

6/22/2020, Monday, ESSEX STEAM TRAIN & BECKY THATCHER RIVERBOAT, upon boarding the Pullman dining car. You’ll savor a hot lunch that is prepared and cooked onboard. Travel aboard the train as it coasts along the lower Connecticut River Valley and delight in the beautiful sights while you finish your meal.

At Deep River Landing, transfer to the *Becky Thatcher Riverboat* for a cruise on the Connecticut River, bursting with lush scenery and historic sites, such as the famous Gillette Castle. Following your cruise, guests return to Essex Station aboard one of our coach passenger cars.
Cost TBA

8/10/2020, Monday, GLOUCESTER, MA, lobster luncheon cruise around Gloucester Harbor. Lunch: Lobster Buffet, consisting of 1 boiled lobster, corn on the cob, and barbeque chicken.
After the cruise, on to Rockport, Ma., stroll and visit the quaint gift shops on “BEARSKIN NECK,” home of Motif #1, a favorite subject for artists, and enjoy the beauty of Cape Ann.
Bus leaves at 7:00AM, returns home 9:30PM.
Cost \$72/82

9/2/2020, “9 to 5,” Westchester Dinner Theatre, Elmsford, NY.

Office satire about three female secretaries who decide to get revenge on their tyrannical, sexist boss by abducting him and running the business themselves. The trio, one of whom has been passed over for promotion because she is a woman, spend a night together having drug-induced fantasies of killing the slave-driving chauvinist. One of them panics the following day when she suspects she really has poisoned the tyrant.
Bus leaves 8:30am. Cost \$59/\$69.

10/28/2020, “KINKY BOOTS,” Westchester Dinner Theater, Elmsford, NY.

The story of two people with nothing in common – or so they think! Charlie is a factory owner struggling to save his family business. Lola is a fabulous entertainer with a wildly exciting idea. With a little compassion and a lot of understanding this unexpected pair learns to embrace their differences and create a line of sturdy stilettos unlike any the world has ever seen! But in the end their most sensational achievement is their friendship.
Bus leaves 8:30am. Cost \$59/\$69.

MULTIDAY TRIP

FINGER LAKES, NEW YORK

May 13-15, 2020

INCLUDES:

2 Nights lodging, 2 Breakfasts, 2 Dinners, including Belhurst Castle, Rochester Lilac Festival, Willard Memorial Chapel, Sonnenberg Gardens and Mansion, Wegman’s Marketplace, Finger Lakes Winery tour and tasting, Scenic Lake Cruise, National Soaring Museum, Finger Lakes Gaming & Racetrack, Souvenir gift, Luggage handling, All taxes and meal gratuities, Motor coach transportation.
Bus leave Menands at 7:00am.
Cost \$410 pp/double, \$599 pp/single & \$395 pp/triple

“If there is a faith that can move mountains, it is faith in your own power.”