



Menands Senior Scoop

Menands Senior Citizen Club

Since 1973

21 ½ N. Lyons Avenue

Thursdays, 9am-3pm

DECEMBER 2020



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

UPDATE

Due to the continuing concerns of Co-Vid, social gatherings are suspended until further notice.

JANUARY BIRTHDAYS

Elaine Allen, 1/24

Josephine Bonville, 1/12

Mary Crowley, 1/11

Mary D'Allesandro, 1/26

Patty Dolberg, 1/16

Earl Keefer, 1/5

Diane Leonard, 1/26

Susan Mackay, 1/1

William Marzinsky, 1/7

Barbara McGuinness, 1/5

John Murphy, 1/24

Sharon Murphy, 1/16

Jan Nizinkirck, 1/26

Ron Shapiro, 1/3

Betty Sunukjian, 1/3

Ethel Wagner, 1/24

If we missed your birthday, we apologize. Please notify Debbie Teitsch. (518) 487-4583.

GREETING CARDS SENT

Get Well: Pilar Gemeinhardt

Sympathy: The family of Gert Kutz

The family of Don Bucher

IMPORTANT DATES IN JANUARY

1/1, New Year's Day

1/18, Martin Luther King Day

MEMBERSHIP DUES (\$5) will only be collected from brand new members for 2021. Members that have paid to date, will not need to pay for 2021. If this is not clear, check with Debbie Teitsch, (518) 487-4583.

IMPORTANT NOTICE FROM TOWN OF COLONIE SENIOR RESOURCES DEPT.

We are publishing a monthly newsletter. THE SENIOR STARTER, "The Place to Start for

Services." the newsletter is informative for all Seniors.

There is a section designated for information from each of the six Clubs.

If you would like to submit information for the newsletter and/or would like to receive the newsletter, email Carrie at, BLANCHARDC@COLONIE.ORG

ONE DAY TRIPS

Here is a list of scheduled trips and the new 20121 dates.

After the first of the year, the dates may change again due to CO-VID.

Any changes will be posted.

If you have any questions, please call Diane, (518) 465-3771.

3/13/2021, THE ST. PATRICK'S DAY PARADE TROLLEY

3/17/2021, GAVIN'S IRISH COUNTRY INN

6/24/2021, ESSEX STEAM TRAIN & BECKY THATCHER RIVERBOAT.

7/21/2021, "SHEAR MADNESS," Lake George Dinner Theater.

8/9/2021, GLOUCESTER, MA, Lobster Luncheon Cruise around Gloucester Harbor.

12/8/2021, NYC, ON YOUR OWN, or THE CHRISTMAS SPECTACULAR, Radio City Music Hall.

THE DATES FOR WESTCHESTER DINNER THEATRE ARE STILL UNKNOWN.

HOLIDAY TREATS

SUGAR COATED PECANS

1 egg white

1 Tablespoon water

1 lb. pecan halves

1 C white sugar

2/3 teaspoon salt

½ teaspoon ground cinnamon

Preheat oven to 250 degrees. Grease one cookie sheet, line the sheet with the Reynolds Non-Stick Aluminum foil and spray with PAM.

In a mixing bowl, whip the egg white until frothy.

In a separate bowl, mix sugar, salt, and cinnamon together. Add Pecans to egg white, stir to coat pecans evenly. Toss them in the sugar mixture until coated. Spread the nuts on the prepared cookie sheet.

Bake 250 degrees for 1 hour, stirring every 15 minutes.

MR. FOOD TOFFEE CRUNCH BARS

1 Column Saltines

2 Sticks Butter

1 C Light Brown Sugar – substituting Dark is fine

1 12oz. package chocolate morsels

Preheat oven to 400 degrees.

Layer saltines on a foil lined 15”x 10” cookie sheet.

Boil butter and sugar for 3 minutes.

Pour or spoon butter-sugar mixture over saltines.

Bake at 400 degrees for 7 minutes, watch carefully.

Remove from oven and spread morsels over the top of the

cooked saltines. I do it on the oven shelf while the syrup is

still liquid hot. I use a spatula to spread the chocolate evenly.

DO NOT LET COOL before spreading the chocolate.

Cool in the refrigerator, break into pieces and freeze. It keeps well in the refrigerator, too.

** Both recipes shared by Michele Delehanty

HEALTH AND BODY

An hour's nap in the middle of the day equals three hours of sleep at night.

Rulesofthumb.org Review Board

If you can hear a “code blue “in the hospital, it’s not for you.

To maintain an even keel at an important social event, make every other drink seltzer or water.

RULES OF TUMB, Tom Parker

MERRY

CHRISTMAS AND

HEALTHY, HAPPY 2021!!!

