



Menands Senior Scoop

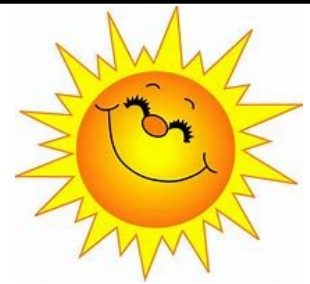
Menands Senior Citizen Club

Since 1973

21 1/2 N. Lyons Avenue

Thursdays, 9am-3pm

APRIL 2021



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

HAPPY BELATED EASTER!!!

Menands Seniors have been on pause for the Co-Vid 19 pandemic. Bethany has cleared us to reenter the church hall. We are glad to be back to our regular Thursday morning schedule to plan new trips and to plan our annual special events.

Our first gathering will be May 6, 2021, 9:30AM, beginning with Chair Yoga, led by Genii Rutherford and our first business meeting will be Thursday, May 27, 2021, 10:30AM.

Face Masks are mandatory. Everybody should be vaccinated.

New members are always welcome at the Menands Senior Club.

We meet every Thursday at the Bethany Presbyterian Hall, between 9:30am and 3:00pm.

To join you need to be 55 years of age.

Annual dues are \$5. Once you reach the age of 90, there is no charge.

Because of the pause, 2021 membership is free to all the paid members on the 2020 roster.

Debbie Teitsch, VP, is automatically mailing 2021 membership cards to all members paid to date. If you haven't received a new card, no worries, they are on the way.

Any questions call Debbie Teitsch (518) 487-4583

APRIL BIRTHDAY, missed

Denise Stangle, 4/3

MAY BIRTHDAYS

Mary Burniche, 5/12

Leslie Carolus, 5/12

Maryann Coppola, 5/24

Jean Dowling, 5/9

Linda Fare, 5/24

Joan Lucey, 5/24

Patricia Magin, 5/11

Joyce Murphy, 5/12

Jack O'Rourke, 5/17

Lisa Perfetti, 5/21

Stephanie Petrone, 5/5

Susan Potter, 5/13

Francis Primett, 5/21

Peg Rendert, 3/19

Genii Rutherford, 5/31

Winifred Sears, 5/6

Frances St. Hilaire, 5/27

Dave Teitsch, 5/15

If we missed your birthday, please let us know. We will correct our records.

WELCOME NEW MEMBERS

Pamela Tracy

GREETING CARDS SENT

Get Well: Paul Leonard, Monica Sharpe and Debbie Teitsch

MAY DATES TO REMEMBER

May 1, May Day

May 5, Cinco de Mayo

May 6, First gathering

May 9, Mother's Day

May 15, Armed Forces Day

May 16-18, Finger Lakes Trip

May 31, Memorial Day

ANNUAL SENIOR PICNIC IN THE PARK

June 17, 2021, 10:00AM-2:00PM, at Ganser-Smith Park Pavilion, Menands.

Bingo starts at 10:30AM, coffee and donuts will be served.

LUNCH CATERED BY KRIS' MID-CITY TAVERN

Marinated Chicken Breast, Tossed Salad, Potato Salad, Fruit Salad, Rolls and Butter, Strawberry Shortcake, Coffee, Tea, Iced Tea and Lemonade.

Paul Slusar will provide music for toe-tapping.

Bring a lawn chair for added comfort.

Please make reservations and pay at the door.

Cost \$15.

FINGER LAKES TRIP: All travelers need to come to Bethany Presbyterian Church Hall, 21 North Lyons Avenue, May 6th or May 13th from 11:00AM-2:00PM to read and sign a Co-Vid 19 waiver and pick up your final itineraries, lanyards, name tags, luggage tags, masks and gifts. There will

be no extra time to do this 5/16/2021, we need to leave Saint Joan of Arc Church parking lot, 76 Menand Road, promptly at 8:00AM. Questions, call Diane (518) 465-3771.

2021 TRIPS

8/9/2021, 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.

Enjoy the beauty of Cape Ann.

Bus leaves at 7:00AM, returns home 9:30PM.

Cost \$72/82

12/8//2021, Wednesday, NYC, ON YOUR OWN,

or We have a limited number of \$85 tickets for Radio City, "THE CHRISTMAS SPECTACULAR." First come, first serve.

Bus leaves 6:30am. Cost \$15/25.

OLD-TIME VILLAGE FAVORITE RECIPES,

from Bethany Presbyterian Church's "Rare Collection Recipes," published 1998

LEMON NUT CAKE, Mary Grace Fleitz

1 pkg. yellow cake mix

1 pkg. instant lemon pudding

4 eggs

¾ c. water

¾ c. Crisco oil

1 c. chopped walnuts

Mix cake with lemon pudding. Add remaining ingredients and beat until lemon colored. Bake in 9 x 13 ungreased pan at 350 deg. oven for 45-50 minutes. Glaze: warm in separate pan, 2 c.

confectioners' sugar, 2 T. hot water, 2 T. butter, 1/3 c. orange juice. grated orange peel (optional).

Remove from oven and prick with fork over entire cake through to the bottom of cake. Pour glaze over warm cake slowly so it seeps down through the holes in the cake. Enjoy!!

SNOOPY SNACKS, Paula Murphy

½ c. peanut butter

6 oz. chocolate chips

2 ½ c. Rice Krispies

Combine and melt in a saucepan, peanut butter and chocolate chips. Add Rice Krispies. Mix thoroughly.

Drop by teaspoonful on waxed paper. Cool and eat.

DID YOU KNOW?

You can survive entirely on a diet of potatoes and butter, which provide all the necessary nutrients the human body needs.

Beer reduces the risk of developing kidney stones by 40%.

Octopuses have copper-based blood instead of iron-based blood, which is why their blood is blue rather than red.

Hugs that last over 20 seconds releases chemicals in your body called "oxytocin" that makes you trust someone more.

The world's quietest room is -9 decibels, quiet enough to hear your blood flowing.

If the human eye was a digital camera, it would have 576 megapixels.

Crocodiles have no lips and can hold their breath for an hour.

Banana is a happy fruit. Eating just one can help you relieve irritable emotions, anger or depression.

An octopus actually has 6 arms and 2 legs, not 8 legs.

A Tiger's tongue is so rough, it can lick the paint off buildings and strip the skin from the bones of an animal.

The National Science Foundation estimated that our brains produce as many as 12,000 to 50,000 thoughts per day depending on how deep a thinker you are.

Human thigh bones are stronger than concrete.

Source K4KNOWLEDGE, thanks Pat Gremmler