



Menands Senior Scoop

Menands Senior Citizen Club

Since 1973

250 Broadway

Thursdays, 9:30am-1:30pm

FEBRUARY 2024

Diane Leonard, President; Debbie Teitsch, Vice President; Sheila Hyatt, Secretary; Jean Parker, Treasurer

MENANDS SENIOR CLUB meets every Thursday from 9:30 am, until 1:30 pm.

INCLEMENT WEATHER: IF NORTH COLONIE SCHOOLS ARE CLOSED OR DELAYED, the club is also closed.

CHAIR YOGA: instructed by Guru. Genii Rutherford, from 9:30-10:15am. The essence of Yoga is relaxation, peace and quiet. Therefore, if you come at 9:30 and do not participate in Yoga, we ask that you be silent.

AFTER CHAIR YOGA, sign up for trips, relax, visit with friends, play your favorite game, you name it! Refreshments are usually donated weekly by a club member, beverages are provided by the club and prepared by Paul and Dave.

Every month on the 3rd Thursday (bingo with Dave at 10:30), we have pizza for lunch \$2 a slice; on the 4th Thursday (business meeting day), we have birthday cake, subs and chips, \$4.

MEMBERSHIP is still only \$5 for January through December. Dues must be up-to-date before you go on a trip.

Debbie Teitsch is membership chair. She collects dues and issues new and renewed membership cards every Thursday. If you must renew by mail, Debbie's address is 3 Cornell Drive, Menands, NY 12204.

Please enclose a self-addressed stamped envelope to receive your new membership card. However, if you need a mandatory lanyard, they cannot be mailed.

MARCH BIRTHDAYS

Betty DiNuzzo, 3/7

Lynn Fischer, 3/7

Candy Person, 3/1

Nancy Ruppert, 3/23

Kathy Snyder, 3/16

Pam Weis, 3/2

Dottie Wells, 3/11

NEW MEMBERS

Gail Cotler

GREETING CARDS

Get Well, Betty DiNuzzo

Thinking of you, Kathy Gizzi

Sympathy, Bindl Family for their brother

Phyllis Cooney for her husband Paul

Mary Miles for her husband David

To have a card sent to someone, please notify, Debbie Teitsch, 518-487-4583.

3/16/2024, ST. PATRICK'S DAY PARADE

TROLLEY. Wave to your friends and parade enthusiasts from the comforts of the Senior Trolley. First come, first serve. Admission is free!

Later in the evening, (approximately 4:30) enjoy a Corned Beef and Cabbage Dinner, Prizes and Irish Entertainment, at the Menands Fire House.

**You do not have to attend the parade to enjoy the dinner and entertainment.

Cost: \$17 for Seniors

ONE-DAY TRIPS

3/13/2024, AN IRISH AFTERNOON, EAST DURHAM, NY. Visit to OUR LADY OF KNOCK SHRINE, "GUARANTEED IRISH, an Irish goods store and "THE SHAMROCK TAVERN," for Music by CELTIC BLEND BAND, and an Irish Feast. Cost \$35/\$45
SOLD OUT

4/16/2024, "BEEHIVE:" Hunterdon Hills Playhouse, Hampton, New Jersey.

The 1960's Musical is a celebration of the powerful female voices of the 1960s. Featuring hits by Aretha Franklin, Tina Turner and Janis Joplin, "My Boyfriends Back," "Son of a Preacher Man," and "You Don't Own Me." this toe-tapping, non-stop musical will have us dancing in our seats! A full course dinner, cocktails are available (Dutch treat). Also on premises, a unique boutique and homemade bakery!!

Still a few seats left, great trip!!

Cost \$85/\$95

6/9/2024, COHOES MUSIC HALL, Cohoes, NY, A Tribute, "Patsy and Loretta, Together Again.

Crazy, Coal Miner's Daughter, I Fall to Pieces You Ain't Woman Enough and many more hits. Special Matinee Performance, 3PM.

Before the Show, we will meet at 12:00pm at historic Smith's Public House for lunch. Lunch will consist of choice of soup, and half of sandwich, scoop of vanilla or chocolate ice-cream, and non-alcoholic beverage.

Since we are driving ourselves, cost is \$45 show only, \$65 show and lunch.

7/23/2024, "LAKE GEORGE DINNER THEATER," Lake George, NY. "I Love You, Your Perfect, Now, Now Change." Lunch: Choice of 3 Entrees, Salad, Rolls, Potatoes, Vegetables, Dessert & Coffee or Hot Tea.
Cost \$72/\$82.

8/7/2024, "BEAUTIFUL," The Carole King Musical. Capital Rep. Theater, Albany, NY. The story of the early life and career of Carole King, using songs she wrote, and songs she wrote with others. "It Might as Well Rain Until September," "So Far Away," "Will You Love Me Tomorrow."
Lunch preceding at Il Faro Restaurant
Cost: \$80/90.

9/24/2024, LOBSTER LUNCHEON CRUISE, Gloucester, MA. Cruise Gloucester Harbor enjoying a 1# Lobster, New England Clam Chowder, Potato Salad, Cole Slaw and BBQ Chicken. Later stop at the quaint artist's town, Rockport, MA.
Cost: \$95/\$105.

10/9/24, LAC DU SAINT SACREMENT, Leaf peeping in the beautiful Adirondacks, while cruising Lake George, dining on a hot buffet dinner and rocking with the "King," Elvis, of course. Cost \$60/\$70.

OVERNIGHT TRIPS
"MYRTLE BEACH," South Carolina,
Balance must be paid by 2/29/2024
SOLD OUT

2024 CRUISE TO ALASKA
9/14-9/21/2024
7 NIGHT ALASKAN CRUISE

Inside Cabin \$2,750.00

Balcony Cabin \$3,350.00

PACKAGE INCLUDES:

Round trip flight to Seattle from Albany

Air-conditioned cabin with private shower and toilet

All meals on board the NORWEGIAN BLISS

Morning and afternoon snacks
Services of a cruise director, Cabin steward
Health & Fitness Center
Nightly entertainment, Las Vegas-style casino
Swimming pool & sporting activities
Room service available (limited hours)
Port Taxes Choice of 2 Amenity Options
DOWN PAYMENT NEEDS TO BE IN BY
2/29/2024.

HOLIDAY SIGHTS AND SOUNDS OF LANCASTER, PENNSYLVANIA, FEATURING "JOY TO THE WORLD" at American Music Theatre & GETTYSBURG BATTLEFIELD TOUR!

3 days-2 nights

December 10-12, 2024

PACKAGE INCLUDES:

2 Nights lodging

2 Breakfasts

2 Dinners including a Smorgasbord Dinner

"Daniel," at the Sight and Sound Theatre

"Joy to the World," at the American Music Theatre

Gettysburg Museum & Visitor Center, including the

Cyclorama Painting & "A New Birth of Freedom"

Film

Historic Gettysburg Battlefields Tour

Souvenir Gift

Luggage Handling

All Taxes & Meal Gratuities

Motorcoach Transportation

Double \$615pp, Single \$765pp

WORTH REPEATING:

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) I always add them

Heat oven to 350 degrees.

Mix all ingredients, place in a 9" greased round cake pan.

Bake for 1 hour.