



Menands Senior Scoop

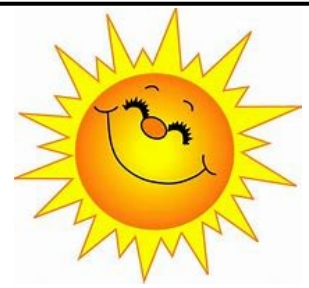
Menands Senior Citizen Club

Since 1973

21 ½ N. Lyons Avenue

Thursdays, 9am-3pm

MAY 2024



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

MENANDS SENIOR CLUB meets every Thursday from 9:30AM-1:30PM.

INCLEMENT WEATHER:

If North Colonie schools are closed or delayed, Menands Seniors are also closed.

CHAIR YOGA: instructed by Guru, Genii Rutherford, 9:30-10:15AM. The essence of Yoga is relaxation and peace. Therefore, we ask you to be silent at this time.

GENII RUTHERFORD, E-RYT 200 ACA SUP L1 SUP Yoga MELT "Teaching is Genii's Dharma or path. She has been teaching yoga nonstop for many years, since she was asked to teach a Beginner's class.

She completed a 200 Hour Yoga Teacher Training and an additional 200+ hours in Yoga Ed., Kids Yoga, Street Yoga, Kundalini Yoga, and MELT Hand and Foot Treatment and MELT Level 1 Instructor.

Always a student, Genii loves to learn new approaches to teach Yoga and wisdom from all schools of yoga.

Off the yoga mat genii also teaches stand up paddling of SUP and SUP Yoga. She has introduced SUP and SUP Yoga to over 75 people from The Kayak Shak on Fish Creek."

Since 2019, Menands Seniors have enjoyed Genii's instruction in Chair Yoga. We sincerely appreciate her knowledge, patience and kindness.

WE LOVE GENII!

HAPPY BIRTHDAY, GENII!!!

10:15-12:00 Noon, enjoy refreshments and socialize.

Refreshments are donated weekly by a club member, beverages are provided by the club, prepared and served by Paul and Dave.

EVERY MONTH

3rd Thursday (10:30AM bingo with Dave), pizza for lunch \$2 a slice.

4th Thursday, 10:30AM, Business Meeting, subs, chips and Birthday Cake, \$4. (You need to sign up and pay \$4 for subs in advance of the 4th week).

MEMBERSHIP: January through December, dues are \$5.

Debbie Teitsch, membership chair, collects dues Thursdays and issues membership cards.

NEW MEMBERS

Hermelinda Norris

Alma Garza

Donna St. Jean

Teri Rourke

Mary Sheridan

Susan Gladysz

Donna Derrico

Sandy Cerutti

Mary Lou Pohl

Eileen Walukas

JUNE BIRTHDAYS

David Bagnardi, 6/23

Lu Bagnardi, 6/9

Jane Bulmer, 6/15

Helen Burmaster, 6/3

Mary Anne Forslin, 6/28

Maria Freund, 6/7

William Gilman, 6/22

Judith Grady, 6/14

Genie Greenhouse, 6/25

Jean Hill, 6/2

Lil Julian, 6/27

Pam Kilmartin, 6/30

Joanne Kirkland, 6/2

Patricia Ricupero, 6/21

Linda Sheldon, 6/6

Christine Scott, 6/8

Isabelle Simpson, 6/14

Leonora Slingerland, 6/29

Pam Tracy, 6/9

Donna Vadney, 6/20

GREETING CARDS SENT

GET WELL:

Carole Luther

Betty DiNuzzo

SYMPATHY

Donna Nystoriak for her husband, Michael

Family of Nancy Pelcher

John and Sharon Murphy for their grandson, Derek

If you know of anyone with a recent sickness or loss, please let us know.

JUNE DATES TO REMEMBER

6/1 Menands Centennial Parade and Festivities

6/9 Cohoes Music Hall

6/14 Flag Day

6/16 Father's Day

6/19 Juneteenth

6/20 Senior Picnic

6/20 First Day of Summer

JUNE 1, 2024, Saturday, all Seniors are invited to ride the Shuttle bus in the Menands Centennial parade. Line up begins at 150 Broadway (Riverview Center) at 11:00. Parade steps off at noon. (Broadway will be closed at 11:30 for the parade)

We will head north (passing the reviewing stand at the Village Office), turning right at Market Road near True Value, and ending at the Farmers Market where there will be a festival with live music by Tame the Rooster, farmers, vendors, kids' corner with flower potting and face painting, food and beverage trucks, etc.

The shuttle bus will get people back to their vehicle.

ANNUAL SENIOR PICNIC IN THE PARK

June 20, 2024, 10:00AM-2:00PM, at Ganser-Smith Park Pavilion, Menands Road, Menands.

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

Lunch catered by Classic Catering, ARSENAL CITY

TAVERN, Watervliet, NY

Menu: ½ Roaster Chicken, Tossed Salad, Potato Salad, Fruit Salad and Rolls and Butter, Raspberry Iced Tea, Lemonade and Water.

Desserts donated by members.

Chinese Auction and Lottery Tree

Please make reservations and pre-pay \$30.

8/29/2024, ANNUAL VOLNTEER RECOGNITION

DINNER, YANNI'S TOO, Coeymans, NY.

Honorees: Sheila Hyatt, Debbie and Dave Teitsch, Jean Parker, Paul Leonard, Pam Tracy, Marlene Pouloupoulos and Mary Crowley, keeping Menands Seniors, ALIVE!

MENU: New England Clam Chowder or Tossed Salad with Balsamic Dressing. Entrees; Choice of Chicken Parmigiana with Penne, Linguini w/White Clam Sauce, NY Strip Steak with Potato and Vegetable or Crabmeat stuffed Filet of Sole over rice. Banana Cream or Chocolate Cream pie, Coffee, Tea or Soda. Cost \$40.

ONE DAY TRIPS

6/9/2024, COHOES MUSIC HALL, Cohoes, NY, A Tribute,

"Patsy and Loretta, Together Again, Special Matinee

Performance, 3:00PM.

SOLD OUT, Waiting list only.

If going, we need your lunch order ASAP.

7/23/2024, "LAKE GEORGE DINNER THEATER," Lake George, NY. "I Love You, Your Perfect, Now Change,"

SOLD OUT, Waiting list only.

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." Enjoy lunch before the show at "OLIVE GARDEN, Wolf Road, Albany, NY

Cost: \$80/90.

9/24/2024, LOBSTER LUNCHEON CRUISE, Gloucester, MA., Rockport, MA.

Cost: \$95/\$105.

SOLD OUT

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 to the music of the "King," Elvis, of course. Cost \$60/\$70.

OVERNIGHT TRIPS

12/10-12/12/2024, Holiday Sights and Sounds of Lancaster, PA., Featuring "DANIEL," AND "JOY TO THE WORLD" at American Music Theatre & Gettysburg Battlefield Tour!

3 days-2 nights

PACKAGE INCLUDES:

2 Nights lodging

2 Breakfasts

2 Dinners including a Smorgasbord Dinner

"DANIEL," at 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

COST: \$615 DBL \$765 SINGLE, \$595 TRIPLE.

4/27/2025-5/4/2025, A TASTE OF IRELAND,

7 days-6 nights

\$3,595 pp double

\$4,240 pp single

This short-and-sweet Ireland tour is the perfect introduction to the Emerald Isla. Taste of Ireland hits all of the "greatest hits"

"highlights—from Blarney Castle to the Cliffs of Moher

PACKAGE INCLUDES:

Round-trip airfare from Albany to Dublin

6 Nights lodging, 6 Breakfasts, 1 Lunch

3 Dinners, including Merry Ploughboy Pub w/traditional Irish music & Medieval Castle Banquet w/hasp music

Welcome drink with group

Free day of touring in Dublin, Guided Panoramic Tour of Dublin with Dublin Castle

Photo stop at Rock of Cashel

Visit to Killarney

Ring of Kerry Scenic Drive

Skellig Experience

Sheepdog Demonstration

Ferry across the River Shannon Estuary

Cliffs of Moher

Panoramic Tour of Galway with free time

Portage for 1 suitcase per person

Souvenir gift

All taxed and meal gratuities

Sightseeing by luxury coach

Cancellation insurance is available & highly recommended