



JOE LANDRY, SUPERVISOR JULIE MC DONNELL DENISE MURPHY MCGRAW LIZ ORZEL KASPER JONATHAN MCKINNEY
Winter 2012

Happy New Year!!

Welcome to 2012, the Year of the Dragon in the Chinese calendar.

Even though winter is here, there are still many things to do and see in the Capital District. Hibernating should not be an option!

Check out our tribute to the year 1940 throughout this issue. We have given you brief peeks at cultural life in the United States as it was then through books, theatre, movies, songs, and poetry.

Remember that the Niskayuna Senior Center will not be open when Niskayuna schools are closed due to inclement weather. If you would like to ride in our safe, comfortable, and warm bus instead of driving to the Center, call 495-6202 to schedule a home pickup. This service is available to all Niskayuna residents 60 years and older.



2011 Niskayuna Senior Center

Holiday Party



Special Thanks to Emily Hickerson for sewing the soldier stockings for the Adopt A Soldier fundraiser.

“September 15, 1940”

A poem by George Smith

After the fall of our ally, France,
Our island firmly stood,
Safe 'neath the wings of those gallant men,

Of England's flesh and blood.
That fateful day that saved the world,
The 15th of September,
They fought and died, that we might live,

The Empire will remember.
Crouched behind their roaring wings,
Sat grim and determined men,
Comets flashing through the sky,
Death defying them.

Man and plane as one and all,
Attacked their cannons blazed,
Heated guns were spitting death,
With shrill and speed that dazed.
The Germans in their dying throws,
Were driven o'er the coast,
Battered breathless by our sons,
A breed that England's boast.
While tensely on the distant shores,
In vain their masses ready,
Bombed and hammered, shattered there,

Our airmen held them steady.
Silent tired and weary men,
That day was proudly theirs,
To those few, those unknown men,
We owe our freedom, our prayers.
Men from every walk of life,
Shed blood and toil for you.

We salute them.
Never was so much owed
By so many to so few.

JANUARY SENIOR CENTER ACTIVITIES

- Tues, 1/17: **Painting with Edie**
Stuffed Peppers
- Thur, 1/19: **Trivia with Rosemarie**
Mac & Cheese with Bacon
- Tues, 1/24: **“Let's Make a Deal” with Edie and Rosemarie**
Swiss Steak
- Thur, 1/26: **Bingo with Rosemarie**
Pork Cops with Stuffing
- Tues, 1/31: **ShopRite Tour and Shopping**
Chicken Parmesan

AARP DEFENSIVE DRIVING CLASS

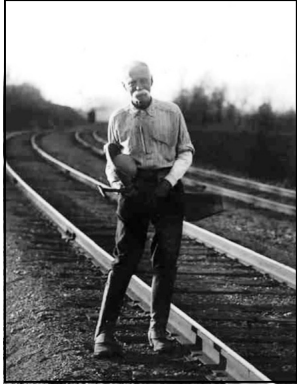
- Tues/Thurs, January 17 & 19
- 9:00 am—12:00 pm
- Niskayuna Town Hall
- \$17 AARP Members
- \$19/Non Members
- MUST attend both sessions.

SAVE THE DATE!!
2012 Senior Snowball
February 12, 2011
Sponsored by CDPHP
Music by the
Bill Lawrence Trio
Reservations Required



Niskayuna Senior News

TODAY'S SENIOR SPOTLIGHT: EDWARD PAYSON WESTON



****NOW, THAT'S FUNNY!****

An elderly couple was watching television one evening. The wife said, "I am going to get a dish of ice cream now." Kindly, the husband offered to get the ice cream for his wife. "I'll write it down so you don't forget," she said. "I won't forget," the old gent said. "But, I want chocolate syrup and nuts on it. So, I'll write it down," she replied. "I will get you the ice cream. Don't you worry," replied the gentleman. A few minutes later, the old man returned with bacon and eggs. His wife said, "See, I should have written it down because you forgot the toast."

In 1910, hundreds of people were gathered at the Chicago city limits, bundled up against the winter gales, straining for a glimpse of him. "Here he comes!" came the shout when the great athlete, still only a speck in the distance, came into view. Policemen lined the streets in an effort to keep the crowd under control. A mighty cheer arose, and the crowd made way for the approach of this remarkable man. A marathon runner? Long-distance cyclist? No. It was Edward Weston, pedestrian.

Always a dandy, the 71-year-old man, who usually wore tight-fitting britches, stout brogans with red tops, a round-top light silk hat, and buff gloves, was dressed a little more heartily for this stage of the trip. Weston had just reached Chicago and had endured a series of storms ever since leaving upstate New York. Trudging through blizzards, some times crawling through snow banks that left his automobile accompaniment hours behind, Weston claimed that the only thing that bothered him was hunger.

Having grown up weak and sickly, Weston began walking to improve his health. He took his first long walk at 22, covering the 443 mi. from Boston to Washington in 10 days and 10 hours. During the walk, he faced snow, rain, and mud, and he fell several times. His longest period of uninterrupted sleep was 6 hours, and he usually ate while walking. He arrived in Washington on March 4, 1861, and was strong enough to attend Abraham Lincoln's inaugural ball that evening.

His first famous walk was six years later, in 1867, when he hiked from Portland, Me., to Chicago, Ill.--1,326 mi. in 24 days 22 hr. 20 min, winning a prize of \$10,000. In 1871, he walked backwards for 200 miles around St. Louis, Missouri, in 41 hours. Weston then spent 8 years touring Europe, starting in 1876 in England where he challenged England's race walking champion to a 24-hour, 115 mile ultra marathon. The Englishman quit 14 hours and 65.6 miles into the race, but Weston walked the full 24 hours and covered 109.5 miles. His performance caused a bit of a controversy when he later admitted to having been chewing coca leaf throughout much of the race.

In April 1906, Weston walked from Philadelphia to New York, a distance of over 100 miles, in less than 24 hours. In 1907, at the age of 68, Weston repeated his Maine-to-Chicago walk of 1867, beating his own time by over 24 hours. In 1909, he walked 4,000 miles, from New York to San Francisco in 100 days.

His last great walk was made when Weston was 75. Invited to lay the cornerstone of the Minneapolis Athletic Club's new clubhouse, he decided to walk the 1,546 mi. from New York City to Minneapolis. It took him exactly 51 days.

Weston spent most of the remainder of his life urging others to take up walking for exercise and competition. He warned that automobiles were making people lazy and sedentary.

Weston was severely injured when he was struck by a New York City taxicab in 1927, and never walked again. He died in his sleep two years later.

Halloween Celebration at the Niskayuna Senior Center



BROADWAY SHOWS OPENING IN 1940

"MY SISTER EILEEN" with Shirley Booth.

Opened in December and ran for 864 performances.

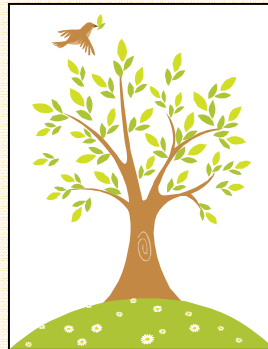
"PAL JOEY" with Gene Kelly & June Havoc. Opened in December and ran for 374 performances.

"ROMEO & JULIET" with Lawrence Olivier & Vivian Leigh. Opened in May and ran for 36 performances.

"TAMING OF THE SHREW" with Alfred Lunt & Lynn Fontanne. Opened in February and ran for 8 performances.

A Bird's Eye View of 1940

- * The first Social Security Checks Were Mailed Out
- * The Pennsylvania Turnpike Opens
- * First-Class Stamp: 3 cents
- * Gasoline: 18 cents/gallon
- * Bread: 8 cents/pound
- * Milk: 25.6 cents/gallon
- * Coffee: 21.2 cents/pound
- * Average Annual Salary: \$1,725/year
- * Men's Suits: From \$24.50
- * Philco Refrigerator: \$239
- * Hoover Vacuum: \$52.50
- * Cadillac 61 with V-8 Engine: \$1,395
- * Cost of New Home: \$3,920
- * "Superman" Radio Show Debuts
- * "Gone With the Wind" Wins Academy Award for Best Movie
- * Winston Churchill becomes Britain's Prime Minister
- * Hitler Invades Denmark, the Netherlands, Belgium, France & Luxembourg
- * Selective Service Act Signed
- * The First MacDonald's Hamburger Stand Opens in Pasadena, CA, selling \$366.12 worth of 15-cent Hamburgers, 19-cent Cheeseburgers, 20-cent Milkshakes and 10-cent Sodas and Orders of Fries."
- * Cincinnati Defeated Detroit in the World Series
- * The First "Captain America" Comic Book Hits the Newsstands
- * Bears Defeat the Redskins 73-0 in First NFL Championship Game
- * Movies: The Great Dictator, Pinocchio, Rebecca, The Grapes of Wrath, Knute Rockne, All American, The Philadelphia Story, His Girl Friday, & Kitty Foyle.



Regular Activities at the Senior Center

Tuesdays

- 9 am Senior Fitness with Linda Reilly
- 10 am Scrabble, Cards, Wii Sports, Pinochle, Bridge
- 10:30 am Line Dancing with Maryde King
- Noon Lunch
- 12:40 pm Program
- 1:00 pm Chair Yoga

Thursdays

- 9 am Senior Fitness with Linda Reilly
- 10 am Scrabble, Cards, Wii Sports, Pinochle,
- 10:30 am Pickleball or Bocce
- Noon Lunch
- 12:40 pm Program & Bridge or Pinochle (call to reserve)

Special!! Each month we offer a free blood pressure screening.

Lunch is \$4. Most other activities are offered free of charge.

BORN IN 1940



JACK NICKLAUS, TOM BROKAW, FRAN TARKENTON, MARIO ANDRETTI, AL PACINO, RINGO STARR, JOE TORRE, NANCY SINATRA, ALEX TREBEK, RAQUEL WELCH, JOHN LENNON, PELÉ, RICHARD PRYOR, DIONNE WARWICK, AND RICKY NELSON.

DID YOU KNOW?

Bus transportation is available for any Niskayuna resident aged 60 and older on Tuesdays & Thursdays between 9:00 am & 2:30 pm. The cost is \$2 each way with a maximum of \$4 per day. We'll take you to the Senior Center, or to shopping, medical appointments and other places. Call 372-4969 or 495-6202 to make a reservation.



TO PROMOTE AND MAINTAIN THE ENJOYMENT, WELL-BEING, DIGNITY, AND INDEPENDENCE OF OLDER ADULTS BY PROVIDING PROGRAMS AND SERVICES TO MEET THEIR PRESENT AND FUTURE NEEDS.

NISKAYUNA SENIOR CENTER 2682 AQUEDUCT ROAD NISKAYUNA NY 12309



YOU CAN REACH US AT 372-4969 OR 372-2519

You can also find information on all Senior Center activities at www.niskayuna.org.

WANT TO BUILD STRENGTH AND FLEXIBILITY?

Our senior fitness classes include a low impact cardio segment, and chair exercises (seated & standing). Work with free weights and dowels is included. Class content is focused on maintaining or increasing strength, flexibility, and balance. Proper breathing technique is emphasized. We offer these classes on Tuesday and Thursday mornings at 9:00 am at the Niskayuna Community Center. For information on how to register, please call 372-4969.

TOWN OF NISKAYUNA

JOE LANDRY, SUPERVISOR

TOWN BOARD

JULIE McDONNELL

DENISE MURPHY MCGRAW

LIZ ORZEL KASPER

JONATHAN MCKINNEY

SCENECTADY COUNTY PUBLIC LIBRARY

CONCERT

"SILVER & BRASS"

SUN., 1/22 AT 3:00 PM

DOWNTOWN BRANCH

FILM

"SARAH'S KEY"

WED., 1/25 AT NOON &

THURS., 1/26 AT 7 PM

DOWNTOWN BRANCH

BOOK CLUB

"GONE WITH THE WIND"

FRI., 1/27 AND MON., 1/30

AT 2 PM

WOODLAWN BRANCH

CALL 388-4500

THINGS TO SEE & DO IN SCENECTADY COUNTY

SCENECTADY INDOOR WINTER FARMERS MARKET
SUNDAYS, NOVEMBER TO APRIL
INSIDE PROCTORS
10 AM—2 PM

PLANETARIUM SHOW: MARS
SCENECTADY MUSEUM
THURS TO SUNS., AT 2 PM
CALL 382-7890

SCENECTADY: THE FIRST 200 YRS
SCENECTADY HISTORICAL SOCIETY MUSEUM
OPEN 10 AM—4 PM
MON—SAT
CALL 887-5073

UPCOMING RECYCLING AND ANIMAL CLINICS

ELECTRONIC RECYCLING
TUES & FRI, 7:30 AM—2:30 PM
SAT, 7:30 AM—12:30 PM
NISKAYUNA TRANSFER STATION
RIVER ROAD

HOUSEHOLD HAZARDOUS WASTE COLLECTIONS
2012 DATES & TIMES WILL BE IN NEXT ISSUE OF THIS NEWSLETTER

RABIES VACCINATION CLINICS FOR DOGS, CATS & FERRETS
SAT, FEB 18 10 AM—NOON
ROTTERDAM SENIOR CENTER
CALL 386-2818

If you are interested in receiving this publication electronically each quarter, please subscribe to "Senior News" at www.niskayuna.org.

Or, if you prefer, you can pick up copies at Niskayuna Town Hall, the Niskayuna Senior Center, and the Niskayuna Branch Library.

Niskayuna Senior Center Staff

April Steenburgh,
Assistant Coordinator

Edie Cannizzo
Rosemarie Mullaney
Thomas Gallup
Ann Tracy, Chef
Linda Reilly, Fitness
Don Marcello, Driver

Best Sellers in 1940



How Green Was My Valley

by Richard Llewellyn

Kitty Foyle

by Christopher Morley

Mrs. Miniver

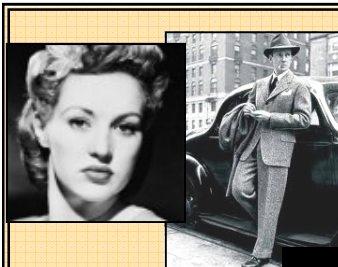
by Jan Struther

For Whom the Bell Tolls

by Ernest Hemingway

The Grapes of Wrath

by John Steinbeck



Glimpses of 1940



PLEASE NOTE:
The Niskayuna Senior Center will be closed whenever the Niskayuna School District is closed for inclement weather.

Top Songs in 1940



In the Mood

by Glenn Miller

Maybe

by The Ink Spots

Pennsylvania 6-5000

by Glenn Miller

I'll Never Smile Again

by Tommy Dorsey

with Frank Sinatra

Beat Me Daddy-Eight to the Bar

by Glenn Miller

Blueberry Hill

by Glenn Miller

Body and Soul

by Coleman Hawkins