

Spring/Summer
2014

Niskayuna Seniors

Niska-Day 2014



Niska-Day 33 Goes Tropical was the theme of our town's annual celebration held on May 17th and our seniors went tropical too! From our parade bus riders to our volunteers at the information tent, the Nisky spirit was high. With the added boost of beautiful weather, it was easy to enjoy the event and the company of friends. Many thanks as always to our volunteers, especially Carol, Ralph, Juanita, Mary W, Anita, Marion, and Mary L for manning the Niskayuna Senior Center information table.



TOWN OF NISKAYUNA

Senior Scoop

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Newsletter by Rosemarie Mullaney

Niskayuna Resident Honored

By Rosemarie Mullaney

Niskayuna resident and Senior Center member, Skip Darcy, was recognized last month by the Schenectady County Department of Senior and Long Term Care Services. In a ceremony held at St. Stephen's Episcopal Church on May 20 and officiated by department manager, Laurie Bacheldor, Skip was awarded the title Senior Citizen of the Year. This honor is given to a Schenectady County resident who has made a significant impact in his or her community.



Skip Darcy's role as contributor to her community can be summarized with one word... *teacher*. Skip's desire to teach others to achieve their maximum potential is seen both in her career and in her many volunteer activities and hobbies. Skip launched herself as an educator even before she finished college while teaching a love of books to young children as an assistant librarian and later while helping other college students find the



resources they needed to complete papers. Skip's decision to become an elementary teacher was a natural one which resulted in an illustrious 27 year career with the Schenectady School District. As evidence of the respect Skip gained from her teaching community, Skip received several offers to move into administrative roles. This would have been a natural step up on the career ladder given that Skip had earned her doctorate degree in education. However, Skip declined these offers as she felt having direct influence on her students was most important and appealing to her.

After her husband's death, Skip continued to follow her passion to teach others and give back to her community. Skip found numerous volunteer opportunities to educate including her work as a tutor for Literacy Volunteers, The Boys & Girls Club of Schenectady,

Elderhostel, and in sharing her love of folk dance with others. Nowadays Skip gives her time to the Niskayuna Senior Center, the League of Women Voters, and The Friends of the Schenectady County Public Library.

How you measure the impact of a teacher is a current hot topic in the field of education. It is fair to say that Skip has made a positive and significant contribution in the lives of the many young people she taught and later in her retirement as well. Close to home, Skip has assisted the Niskayuna Senior Center in a variety of ways which has been helpful to its growth. To any pursuit, she brings her ability to nurture individuals and groups while recognizing "where they're at" and what unique strengths each possess. In essence, Skip tailors a lesson plan each time she takes on a new responsibility.



We congratulate Skip on this special recognition!

Friendships & Connections~Two Forever Friends

By Rosemarie Mullaney

Best Friends Forever or BFF, is a fun, catchy phrase popular today among teens and young adults. For kids, the inherent assumption in this expression is that you will indeed be inseparable forevermore from that childhood friend who kept your secrets and giggled away the nights during weekend sleepovers. Age and experience hasn't taught that life sometimes draws friends apart. Granted, cell phones and the Internet make it easier to keep in touch than it was even a decade ago, but even with the help of the World Wide Web, friendships can and do drift apart.

However, some of us are fortunate to have a best friend for life. Alma Willey and Jean Hanrahan are two of those lucky people. Alma and Jean met in their early teens when they knew each other from school. Then, when Alma was 17, she took a job in Schenectady working for New York Telephone Company as a telephone operator. Alma worked part time while she finished school and then moved into a full time position. Nineteen year old Jean was also working there as a telephone operator and the two became fast friends. That was 71 years ago.

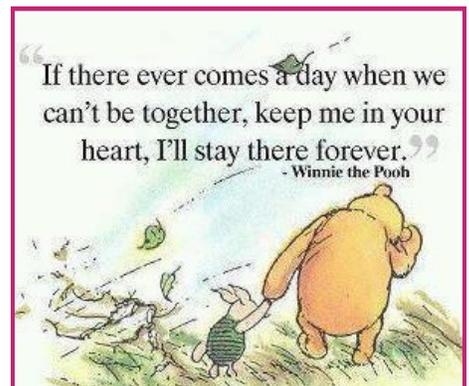
Alma and Jean spent much time together in their young adult years and went out dancing whenever they had a chance. They particularly enjoyed The Strand, a dance hall once located on Barrett Street. They each had a special young man in their lives, both of whom went on to serve in the military during WWII.



When their young men returned home, Alma and Jean married their sweethearts and began families. With little ones in tow, they still made time for each other, sometimes getting the families together for picnics. Into their middle years their friendship grew, and later when they were older, Jean asked Alma if she wanted to try line dancing at the Niskayuna Senior Center, then located on Union Street. And so their dancing continued together until Jean moved on to other pursuits.

Alma continued to dance for twelve years and even traveled with her dance group lead by Maryde King, performing in nursing homes across the Capital Region and Long Island.

To this day, Alma and Jean share time together attending events and lunches at the Senior Center whenever possible and talking regularly on the phone. Their mutual admiration is very apparent, and even more poignant is how each described the other. Said Alma of Jean, *"She's a wonderful girl and I love her dearly."* Later, in a separate conversation, Jean spoke of her friendship with Alma, *"We trust each other. I love her. It's very wonderful to have a friend like that."* Henry David Thoreau, well known author and naturalist wrote of friends, "they cherish each other's hopes. They are kind to each other's dreams." One hundred years later, he could have been speaking of Alma and Jean.



Senior Program Information

Tuesdays

9:00 Senior Fitness class*
10-12:00 Socializing, Scrabble,
& Cards
10:30 Line Dancing
12:00 Lunch
1:00-2:00 Afternoon activity
1:00 MVP Chair yoga
4:00 Senior Fitness Class*

Mondays & Wednesdays

4:00 Senior Fitness Class*

*Denotes additional fee



Thursdays

9:00 Senior Fitness class*
10-12:00 Socializing, Scrabble,
& Cards
10:30 Bocce, Pickle Ball
12:00 Lunch
1:00-2:00 Afternoon activity
2:45-3:30 Bridge
4:00 Senior Fitness Class*

Fridays

10:00 Pickle Ball



Computer Class



In addition to lunch and the daily activities, the Center also offers speakers, painting, art, and computer classes, nature walks, & trips. We are pleased to have a newly redecorated lower level and upstairs to enjoy these activities. If you like to sew or knit or crochet, we have a craft and sewing room and projects in process. We have service opportunities as well. You may be interested in one of our committees such as our senior advisory committee which meets the last Friday of the month. We're open to new faces on our other committees as well including sunshine, food, membership, and programming.

Come join us and see what we're about!



Transportation

Bus transportation is available for Niskayuna residents 60 years + to the Center or for medical appointments & shopping within Schenectady County

Tuesdays & Thursdays
9:00 am -2:30 pm
Cost - \$5 round trip

Call us at the Center at 372-4969 for further information



Barry in the tropical spirit on Niska-Day

Farewell to Barry

After two and a half years of dedicated service to our transportation program, our driver, Barry Chapin, has moved into semi retirement. We thank you for always putting our seniors' needs first and for your ever present smile and sense of humor. You will be missed but we wish you well.

We extend a warm welcome to our new driver, Bob Capen. Bob is a long time resident of Niskayuna & Schenectady. He and his wife have three grown children and two grandchildren who attend VA Middle School. When not driving for us, Bob can be found with a fishing pole in hand!

Ongoing Classes & Upcoming Trips & Programs

Wellness Class Descriptions

9 am fitness: Our senior fitness classes include a low-impact cardio segment and chair exercises (seated and standing). Work with free weights and dowels is included. Class content is focused on maintaining or increasing strength, flexibility, and balance. Proper breathing is emphasized.

4 pm fitness: This class offers a low-impact cardio segment and exercises to increase strength, flexibility (stretching) and balance. A relaxation component is included. Proper breathing is emphasized. Hand weights and mats for floor work are included.

MVP Chair Yoga: This class adapts for the chair the classical yoga poses, breathing, and meditation. Chair yoga is for anyone interested in the benefits of yoga without having to be on the floor.



Yoga Class

CDPHP Zumba Gold: This class is a dance fitness program using aerobic and dance elements specifically adapted for the older adult. The choreography often incorporates samba, salsa, mambo, and martial arts. This class is free of charge to our senior members. You do not need to be a CDPHP member to participate. *Call or stop in the Center to register.*



Zumba Gold Class

Art Classes: We have instructor lead painting classes the last Tuesday of each month at 10 am. These classes are free to our members.



Defensive Driving: This 6 hour class is offered twice a year. Receive up to a 10% insurance discount for 3 years on your collision & liability premium. Reduce your current driving record of violations by up to four points. Refresh your driving skills and learn preventive techniques for collision avoidance. Our next class will be this fall.

Computer Classes: We offer classes in our computer lab which teach basic computer skills including how to use email and social media, how to make a document, and staying safe on the Internet. If you have a topic you'd like to see for a class, let us know!



Art Class

Communication & Wish List

Monthly menu/activity calendars, event and trip flyers, and newsletters are available at the Senior Center, the Town Hall or on line at www.niskayuna.org. Click on **Senior Programs**

Senior Advisory Committee

Meetings are held at 10 am at the Niskayuna Town Hall the last Friday of each month.

GET CONNECTED!

We have an email group for our members to let you know about events at the Center and upcoming trips as soon as they're available. Please call us at the Center if you'd like to have us add your email address.

WISH LIST

If you have any of these items or would like to contribute toward their purchase, please contact us at the Center.

- ◆ Fabric for pet beds
- ◆ New or gently used men's & women's elastic waist pants
- ◆ Silk flowers; decorative tea cups & coffee mugs

Let the Good Times Roll ~ Trips & Events



We have quite a few exciting trips and activities planned in the coming months. With theater, ballet, opera, the race track, boat and rail trips, there is an outing for everyone. If travel isn't for you, we are hosting informative seminars with topics including estate planning and Medicare savings programs, and computer and craft classes to name a few. Stop by the Center or Town Hall for copies of the flyers or visit us at our web site.



Trips ~ June to September

- 6-25-14 "Fiddler" at Mac-Haydn Theater
- 6-29-14 Erie Canal Cruise
- 7-12-14 NYC Ballet at SPAC
- 7-14-14 Lake George Steamboat Cruise
- 7-19-14 Catskill Scenic Train Ride
- 7-21-14 Otesaga & Glimmerglass Opera
- 7-23-14 Smokey Joe's Café at Capital Rep
- 8-4-14 Saratoga Race Track
- 8-8-14 Lake George Steamboat Cruise
- 8-12-14 Oliver at Park Playhouse
- 9-10-14 Lake George Dinner Theater

Please contact staff at the Center for availability & details on trips.



Volunteer Opportunity



Calling all friendly people... Do you have a few hours of time you can spare? If so, then we may have a job for you!

We are looking for volunteers to join our greeter program, especially on Tuesdays. The main responsibilities include answering the telephone, greeting guests, and helping with lunch reservations. If you're interested, give us a call!



Niskayuna Senior Center Membership Application

With a \$10 annual membership fee, you will receive a membership card and the following:

- Newsletters mailed directly to your home
- Coupon for free lunch meal at the Senior Center for first time members
- Raffle ticket for prizes for current members with each new member referred
- Member rates on all trips and activities
- A free trial day at one of our 9 am or 4 pm fitness classes



Memberships run through June 30, 2015. Your membership card and coupon will be mailed directly to you. Please complete the form below and return by mail or in person with your payment (cash or checks payable to the *Town of Niskayuna*) to:



*Office of Community Programs—Attention Rosemarie Mullaney
Niskayuna Town Hall, One Niskayuna Circle, Niskayuna, NY 12309*

Forms can also be delivered in person at the Senior Center on Aqueduct Road on Tuesdays & Thursdays between 9:00 to 3:00

Name _____ Date of Birth _____

Please check:

- Renewing member*
- New member*

Renewing members check if no changes to original application
Or add any changes below.

Address _____

Home phone # _____ Cell phone # _____

Email address _____

Interest/hobbies _____

Interested in volunteering/special skills? _____

Need transportation or other assistance? _____

Emergency contact:

Name _____

Home phone # _____ Cell phone # _____

Email address _____

The Niskayuna Senior Center will be compiling a membership directory in the near future so that members can connect with each other more easily. Directories are for members only. Please indicate your preferences below.

___ *Please include my name, telephone #, street & email addresses*

___ *Please include my name and telephone # only*

___ *Please do not include me in the directory*

Office use only

Date _____

Check _____ Cash

Amount _____

Staff _____

NISKAYUNA SENIOR CENTER

2682 Aqueduct Road
Niskayuna, NY 12309

TOWN OF NISKAYUNA



JOE LANDRY, SUPERVISOR

TOWN BOARD

JULIE McDONNELL

DENISE MURPHY MCGRAW

LIZ ORZEL KASPER

JOHN DELLA RATTA

NISKAYUNA SENIOR CENTER

2682 Aqueduct Road, Niskayuna NY 12309

HOURS

TUESDAYS & THURSDAYS 9 AM TO 3 PM

For further information, please contact coordinators

ROSEMARIE MULLANEY

CINDY DESSO

Rmullaney@niskayuna.org

Cdesso@niskayuna.org

518-372-4969

We're on the web!
www.niskayuna.org

**Click on the Senior Pro-
gram link on left side**



*Our mission is to enrich the quality
of life through recreational,
educational, nutritional, and social
opportunities and to support
independence and involvement in
our community for seniors.*