

## Niska-Day



On May 18th, the Town of Niskayuna celebrated its 32nd Niska-Day, our annual community day. Between the cooperative beautiful weather and a Las Vegas style theme, the day was set for fun.

Beginning in the morning, residents of all ages lined the streets of Old Niskayuna to watch the festive parade which featured marching bands, drum units, & creative floats.



*Juanita, Ralph, & Mae work the Senior Center table .*

The Niskayuna Senior Center was well represented in the parade with a full bus of riders who tossed candy to eager children along the parade route. Our volunteers also stepped up to work our information table where community residents could gather literature and learn about our activities and programming.



*Our new bus decked out for the parade !*

Following, on the grounds of the Zenner Road Soccer Complex, Niska-Day goes were entertained with live music, games, rides, jugglers, and even Elvis himself! There was plenty to eat and handmade crafts to shop for as well. The festivities were capped off beautifully with our traditional fireworks display.



*Barbara & Mary volunteered for the last shift at the information tent.*

The staff wishes to thank all our senior volunteers for helping to make this Niska-Day a success.



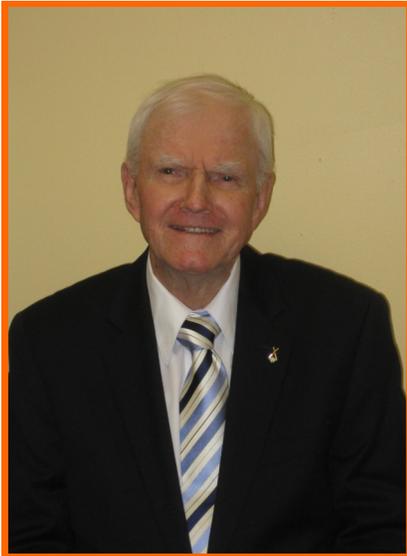
*Our fabulous riders & volunteers*

TOWN OF NISKAYUNA

# Senior Scoop

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# Niskayuna Resident Honored



In his early life, Mr. Ratajak worked locally as a Roman Catholic priest for eight years. Later he had a successful second career working as a prison counselor. In his retirement, Mr. Ratajak was appointed by former Governor Pataki as chairperson for the Commission of the Blind and Visually Handicapped. Most recently, he has chaired committees to guide policy and practice for our senior programs and he has given presentations on topics including baseball, stamp collecting, and thoroughbred horse racing.



The Niskayuna Senior Center proudly celebrates one of our members who was recently honored for his lifetime work at events in both Schenectady and Albany. Mr. Richard Ratajak, an active participant and volunteer at the Niskayuna Senior Center, devoted his career as well as his volunteer efforts in service to others.

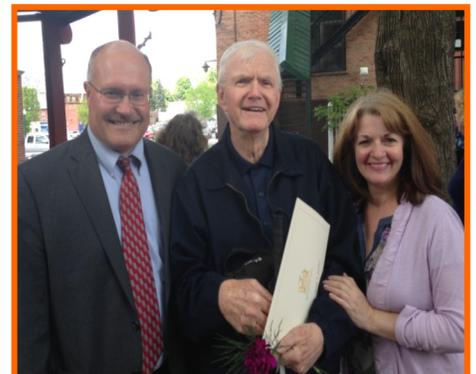


Mr. Ratajak, along with a fellow Schenectady County nominee, went on to be acknowledged by the New York State Office for Aging for their lifetime contributions in a separate ceremony also held in May.

We congratulate Richard on these well deserved recognitions!



On April 9, 2013, at a meeting of the Schenectady County Legislature, Mr. Ratajak and fellow nominees were commended for their valuable contributions of time and talent to organizations and projects that have enhanced the lives of others. Following, on May 17, 2013, Schenectady County held a special recognition event to celebrate the accomplishments of these older residents.



# Friendships & Connections

*There are no strangers here:  
Only friends you haven't yet met.*  
Author unknown

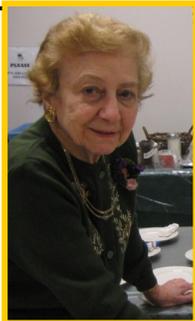
One of the nicest things about coming to a new group is meeting people and forging new friendships. At the Niskayuna Senior Center, we are fortunate to have many seniors who have been participating in our programming for many years, several from the Center's founding days when located on Union Street. We are pleased to have many seniors who are new to us as well and we look forward to sharing many good times together.



*Pink ladies, Marie & Michelle, friends from the Senior Center for 9 years.*



*Good time among friends. Margaret & Richard met Burlin 8 years ago.*



*Serafina, "Fi," longtime volunteer and participant for 18 years.*



*Margaret, attending for 8 years & Dorothy, for 11 years, are twins for the day!*

*We Remember...*



*...Irene Van Kamerik*



Long standing participant of the Niskayuna Senior Center and resident of Niskayuna, Irene Van Kamerik died peacefully at home on July 9, 2013 with her family at her side. Irene had celebrated her 92nd birthday at the Center this past March and had been participating at the senior center since it's early days over 20 years ago. She generously gave of her time to her church, St. Kateri Tekakwitha, where she helped with collections, sang in the choir, and served on several committees. She was a cheerful person with a quick smile. Irene loved her family and was a loyal friend to many. She will be deeply missed at the Senior Center.

## To Your Health

### Blueberry-Orange Smoothie

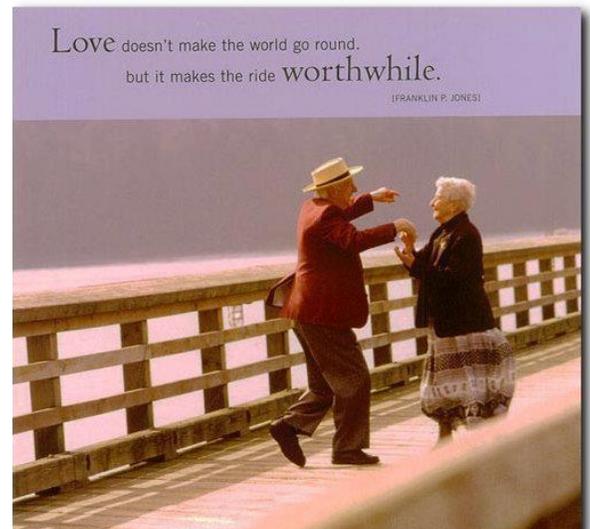
July is national blueberry month.

#### Ingredients

- 1 1/2 cups fresh or frozen blueberries (about 8 ounces)
- 1 cup orange juice
- 1/2 cup low-fat frozen vanilla yogurt
- 1/2 cup ice cubes
- 1/4 teaspoon grated orange peel
- Fresh blueberries (for garnish)

#### Directions

Place all ingredients in blender. Puree until smooth. Makes two smoothies.





# Senior Program Information

## **BUS TRANSPORTATION**

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

Tuesdays & Thursdays  
9:00 am -2:30 pm  
Cost - \$2 each way

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



## **SENIOR CENTER**

In addition to lunch and the daily activities on Tuesdays and Thursdays (see p. 5), the Center also offers speakers, painting and jewelry classes, nature walks, trips, and more. We are pleased to have a newly redecorated lower level and up-stairs front room to enjoy these activities.

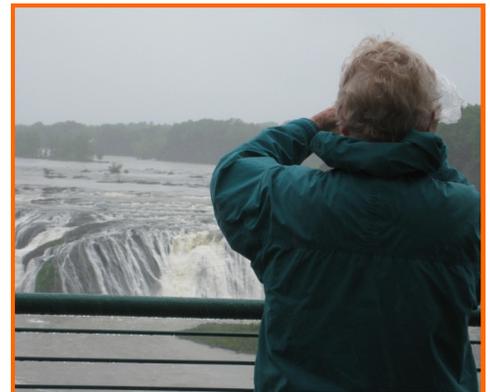
If you like to sew or knit or crochet, we have a craft and sewing room and projects in process.

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!



Recent trips and events include Old Sturbridge Village, Cohoes Waterfalls, Grapevine Farms, The Hyde Collection, The Mac-Haydn Theater, Niska-Day, & our July 4th party. There's plenty going on at the Senior Center too. We offer presentations, parties, and classes and our outdoor bocce court is now open.



# Let the Good Times Roll ~ Trips & Events



**G**rapevine Farms, Niska-Day, and painting class are just a few of our recent events. This fall we have new classes beginning and more trips planned including an overnight trip during peak foliage season. Please contact us at the Center for details.



## Ongoing Center Activities

### Tuesdays

- 9:00 Senior Fitness class\*
- 10-12:00 Scrabble, Pinochle, Phase 10, Bridge
- 10:30 Line Dancing
- 12:00 Lunch
- 1:00-2:00 Afternoon activity
- 1:00 MVP Chair yoga
- 4:00 Senior Fitness Class\*

### Thursdays

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



### Mondays & Wednesdays

- 4:00 Senior Fitness Class\*

\*Denotes additional fee

# Upcoming Programs & Trips

## New!

We are pleased to have introduced several new classes this spring and summer including Acrylic Painting and Qigong, and dietician and estate planning workshops.

Next month we have another new class starting, Hand-painted Silk Scarves and Neckties. Sign up now for the first class on Aug 20th and bring home a beautiful hand crafted creation for yourself or a friend!

We are also working now to bring a new offering to our fall programming...Zumba Gold. Zumba is a very popular dance fitness program and Zumba Gold is specifically adapted for older adults. Stay tuned for dates and details coming soon.



Painting Class

## Trips ~ August – October

8-17-13 Cirque Eloize presents: Cirkopolis at Proctors Theater

8-19-13 Saratoga Race Track

9-16-13 Lake George Luncheon Steamboat Cruise.

10-1-13 Wine Country Finger Lakes *Overnight* Trip. Guests will travel by chartered bus; dinner & overnight accommodations at The Inn at Glenora, winery tours & tastings, tours of The Corning Glass Museum and the Rose Hill Mansion.

Please contact staff at the Center for details on trips.

## Fitness Class Descriptions

**9 am:** 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:** 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.



Scrabble!

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Dietician Workshop

## Senior Sentiments



6-27-13

*We cannot let the days go by without expressing our grateful thanks to the Niskayuna Senior Center family. Starting the day with a courteous senior bus transporter/driver, Barry, who never loses his cool even in the middle of heavy traffic etc. etc.*

*The tone continues in the Center with the services by our warm and*

*caring kitchen managers, Ann, Vito, Ken, and most of all the supervisors, Rosemarie, Cindy, Lisa, who are so gracious and loving.*

*Also all the long time members who are pillars of the foundation. When my husband Sum and I moved from lower Westchester two years ago, we were rather lonely and missing our old home and neighborhood. But this*

*lovely warm senior center invigorated us. Last but not the least, Bianca Danei introduced us here.*

*We look forward to your kind hospitality for more time to come.*

*Yours gratefully,*

*With Our Love,  
Sumitte & Irene deSoyza*

## Niskayuna Senior Center Membership

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

- Newsletters mailed directly to your home
- A coupon for a free lunch meal at the Senior Center
- Member rates on all trips and activities
- A free trial day at one of our fitness classes

Memberships will begin July 2013 and your membership card and coupons 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 – Attn: 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 Tues/Thurs

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### Niskayuna Senior Center Membership Application



#### Member:



Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Home phone # \_\_\_\_\_ Cell phone # \_\_\_\_\_

Email address \_\_\_\_\_

Interest/hobbies \_\_\_\_\_

Interested in volunteering/special skills? \_\_\_\_\_

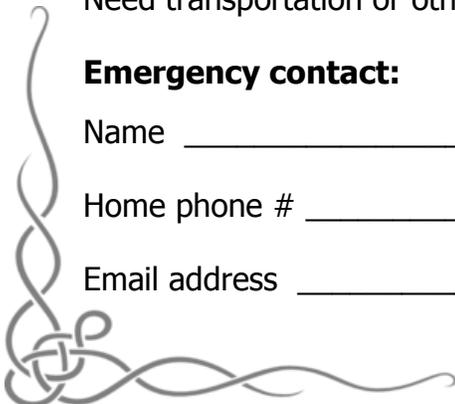
Need transportation or other assistance? \_\_\_\_\_

#### Emergency contact:

Name \_\_\_\_\_

Home phone # \_\_\_\_\_ Cell phone # \_\_\_\_\_

Email address \_\_\_\_\_



**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

JONATHAN MCKINNEY

**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](http://www.niskayuna.org)**  
**Click on the Senior Program link on right 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.