

Snow Day ~ Snow Ball



While our school students enjoyed a snow day in early February, seniors celebrated winter

at our annual Snow Ball the same weekend. The half foot of freshly fallen snow that blanketed our

during the festivities. Folks danced to the jazzy sound of The Bill Lawrence Trio and enjoyed refreshments throughout the afternoon. Union College choirs entertained with a cappella performances for all to enjoy. The Snow Ball, in its 14th year, was sponsored by the Town of Niskayuna, Union College, and CDPHP.



Bianca and Frank share a dance

New Wheels!



Last fall, the Town of Niskayuna purchased a new bus for our senior programs. It is a 20 passenger 2012 Starcraft AllStar with comfortable adjustable seating, plenty of overhead storage, ample interior fabric for sound proofing, and many additional upgrades. It



Our new bus was rolled out this fall!

comes equipped with a wheelchair lift as well.

A generous contribution, bequeathed by Sally Hahn, an area senior, helped to fund this purchase.

Our bus driver regularly transports seniors to and from the Senior Center, to medical appointments and for local shopping needs.

We have also used our new bus to take several trips already including one to the beautiful Mohonk Mountain House this past fall and to the Lights in the Park display in Albany's Washington Park. The large windows really enhanced both these trips.



Barry waits while passengers board to leave the Center

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Newsletter by Rosemarie Mullaney

Senior Spotlight on *Marvin Weaver*



By Rosemarie Mullaney

"Marvin is the kind of person you wish you had met earlier in your life. He'll do anything for you and will never ask you to do anything in return,"
Frank Mauriello, friend.

Unassuming yet courageous, Marvin Weaver is a man of quiet depth and resilience. When you spend time with him, it quickly becomes apparent that this is a man who is grounded in the values he holds dear...honesty, hard work, and a deep faith in God. You also learn he is not one who stands on ceremony. Even if I didn't already know his character, it became quite evident the day we sat down to chat. It was painting day at the Center and our office was in utter upheaval with furniture pushed to the room's center and office supplies piled high on top. It was, however, the only private space to use as the Center was humming with activity. Marvin politely declined my invitation to use a comfortable desk chair and instead seated himself in a straight backed armless one. Despite numerous unavoidable interruptions, Marvin patiently adapted to the less than ideal interview format, all the while generously telling me it was okay.

Born in Reading, Pennsylvania, the son of a machinist and one of seven children, Marvin learned early in life that things don't always go the way we hope and plan. At only four years of age, Marvin lost his mother to tuberculosis. During and after high school, Marvin worked delivering potato chips and as a paint technician, but he soon realized the way

to earn a decent living was through education. However, with so many children, Marvin's father could not afford college tuition. In order to achieve his goal, Marvin lived at home and biked or took



the trolley and walked part way the dozen miles to school. He worked a full-time job from four pm to midnight each day, and then came home to study until three am. After he finished his course work, he would catch a few hours of sleep before waking at six in the morning to begin classes. Still working his jobs each summer, Marvin earned his Bachelor degree in chemistry in just three years. "I was motivated to earn money," he explained.

Marvin went on to earn two master's degrees majoring in clinical and organic chemistry and worked in the industry while in graduate school and thereafter. Marvin has also held several teaching positions domestically and abroad. He speaks with fondness of his time in Malaysia, his first assignment as a Peace Corps volunteer, teaching

chemistry to high school students. Marvin recalls how motivated his students were. "It's important to me if you want to learn." Marvin went on to serve overseas a second time in Fiji, again as an educator with the Peace Corps, and later in American Samoa. An opportunity to teach at Schenectady County Community College brought Marvin to the city he has called home for over 30 years.

Today, Marvin holds 4 patents including one of which he is the sole inventor. Despite being well out of my element, Marvin did his best to explain the patents in terms I could understand, never wanting to embarrass me. While at Union Carbide Corp., he created an antioxidant for polypropylene, which as I understand it, is a single compound which prevents a polymer from being broken up in the presence of air or heat. While we talked further, his character shone through again. Whereas I wanted to learn of Marvin's life obstacles and accomplishments, he told me he wanted to share something else. As I anticipated hearing something bad, Marvin revealed his concern that I should know he got an occasional C in school. "I want to be honest," he insisted.

We make a living
by what we get
*we make a life
by what we give.*
~Winston Churchill
www.SpirituallyThinking.blogspot.com

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The Value of Volunteerism



"It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself".

Ralph Waldo Emerson

Most of us have volunteered our time at some point in our lives. Perhaps you volunteered to help in your child's school, your church, for the Boy or Girl Scouts. Maybe you volunteer in an informal way. Shoveling snow for your neighbor or bringing in a senior's newspaper are other ways we volunteer. Many of us take care of older relatives and that is a most important form of volunteering.



Betty Horner, longtime Center participant and volunteer

Senior Spotlight

Continued from page 2

Marvin admitted he hasn't had much leisure time throughout his life, but he has enjoyed photography through the years. He often makes copies of pictures he's taken at events for others to keep. In typical fashion, Marvin wants no acknowledgement or compensation. Marvin is a long standing member of his church,

But let's face it...we're all busy. So why volunteer? Most of us do so because we want to help others. However, it's perfectly fine to reap benefits for ourselves too. Consider the thoughts of Susan J. Ellis of Energize, Inc, who suggests we think of volunteering as an exchange rather than something we do for people less fortunate,

"Most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else's volunteer effort. Even now you might be on both sides of the service cycle: maybe you are a tutor for someone who can't read, while last month the volunteer ambulance corps rushed you to the emergency room. Volunteering also includes "self-help". So if you are active in your neighborhood crime watch, your home is protected while you protect your neighbors' homes, too. Adding your effort to the work of others makes everyone's lives better".

Do you have a special skill or interest? We're sure there is a place for your time and talents at the Niskayuna Senior Center. Give us a call!



Nancy, Emily, Toni, & Shirley regularly share their time and talents.

The Niskayuna Senior Center has a long tradition of volunteerism on both sides of the exchange. Our local youngsters help serve meals and engage in activities with our seniors; older adults teach classes and decorate for holidays at the Center. Our seniors raise food donations for our local school children in need and make animal beds for our local shelter. Volunteers help plan our parties and events and serve on committees. The efforts of our volunteers have enhanced all our lives and make the Center a nicer place to be. We sincerely appreciate the efforts of all our volunteers.



Calvary Tabernacle, and a financial supporter of its mission work. He also enjoys listening to classical music especially of his favorite composer, Mozart.

These days and for the past few years, Marvin is also a regular participant at the Niskayuna Senior Center. He is a terrific Wii bowler who also enjoys pinochle and bin-

go and finds contentment in the friendships he's made. At a time of life when it is easy to think about unwanted changes in health, financial security, and other losses, I am struck by his pervasive positive nature. With his 90th birthday coming up in just a week, Marvin remarks, "This is the happiest time in my life".



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 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!

To Your Health

7 Health Benefits of Oatmeal <http://www.motherearthliving.com>

Nothing starts the day off better than a big bowl of warm oatmeal. This traditional breakfast dish has many benefits, particularly for the heart, that make it a smart choice. Not convinced? Still favoring your sugary cereals? Here are seven reasons why oatmeal should be part of your normal diet.

1. *Lowers Cholesterol*
2. *Boosts Immune System*
3. *Special Antioxidants for Heart Protection*
4. *Stabilizes Blood Sugar*
5. *Lowers Risk of Diabetes*
6. *Prevents Breast Cancer*
7. *Gluten-Friendly*

Chocolate Latte Oatmeal

Ingredients

- 1 packet instant oatmeal
- 1 tablespoon chocolate granola
- 1 teaspoon peanut butter
- 1 tablespoon toasted almonds
- 1 teaspoon coconut flakes
- 2 tablespoons brewed coffee

Directions

1. Prepare oatmeal as directed.
2. Stir in granola, peanut butter, almonds, and coconut flakes.
3. Add coffee and enjoy.



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



Let the Good Times Roll ~ Trips & Events



We have several exciting trips and activities planned in the coming months. Stop by the Center or Town Hall for copies of the flyers or visit us at our web site. A sampling of our upcoming trips include: Garden and Flower Show at HVCC, Casola Dining Room at SCCC, Grapevine Farms and the Iroquois Museum in Cobleskill, & Lake George Dinner Theater.





TOWN OF NISKAYUNA
Parks and Community Programs Committee
Senior Advisory Committee

JOE LANDRY
Supervisor

JULIE MCDONNELL
Chair

March 15, 2013

Dear Niskayuna Resident,

We are writing to you to let you know about some exciting new initiatives for seniors and older adults. We are working every day to add new programs, trips and services to our menu as well as to provide information to seniors who may need help finding resources (e.g., tax preparation, medical, transportation, yard work).

There are several ways to get involved:

Join us for a hot lunch (\$4), programs, arts/crafts/sewing, and friendship at our Senior Center, located at 2682 Aqueduct Road. The Center is open every Tuesday and Thursdays from 9am to 3pm and door to door transportation is available. Bridge and other card groups also meet at the Center on a weekly basis.

Join us for an outing or a trip. We hold several trips each month (e.g., theater, shopping, restaurants, boat trips, Saratoga track) and provide transportation on our new, comfortable, Town Bus.

Join us for one of our seasonal special events, like our Valentine's Snow Ball, our December Holiday Dinner, our Summer Luau, or our Halloween Party. Delicious food and great entertainment!

Take an exercise class, a computer class, or a defensive driving class (to name just a few).

Join our Senior Advisory Committee, which meets the last Friday of each month at Niskayuna Town Hall at 10am. The Committee includes seniors, staff, Town board members and other interested residents. We are seeking input for new programs; trips, events, and fundraising so please come share your ideas with us!

Our monthly calendar can be found online at www.niskayuna.org, and printed copies are available at Town Hall and at the Senior Center. We are offering a new membership option in 2013; to become a member, please complete the attached form. Membership is only \$10 per year, and allows us to communicate with you and provide discounts on trips and programs.

If you need assistance in any way (transportation, etc.), please let us know by calling the Center 372-4969 and asking for Rosemarie or Cindy. You can also reach us by email at mullaney@niskayuna.org or cdesso@niskayuna.org. **We hope to see you in 2013!**

Sincerely,

Julie McDonnell, Chair
Parks and Community Programs Committee

Rosemarie Mullaney and Cindy Desso
Senior Program Coordinators

Niskayuna Senior Center Membership

Beginning in 2013, we will implement a membership program.

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

- A quarterly newsletter mailed to 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 1, 2013 and each year thereafter, and your membership card and coupons will be mailed to you in June. 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 _____

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

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TOWN OF NISKAYUNA



JOE LANDRY, SUPERVISOR

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JULIE MCDONNELL

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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

**Click on the Senior
Program 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.