



Menands Senior Scoop

Menands Senior Citizen Club

Since 1973

21 1/2 N. Lyons Avenue

Thursdays, 10am-3pm

JULY 2016



Diane Leonard, President, Debbie Teitsch, Vice President, Sheila Hyatt, Secretary, Dawn Primett, Treasurer

The purpose of the Menands Senior Citizens Club is to promote friendship, sociability and activities for self and community among its members, to improve their health, physical and mental condition, and to coordinate activities with other clubs and centers. We get-together every Thursday, in the Folensbee Hall at the Bethany Presbyterian Church, 10:00am to 2:00pm, everyone over the age of 55 is welcome to stop in and join.

AUGUST BIRTHDAYS

Brian Webb, 8/1
Michael Cramer, 8/3
Elizabeth Skop, 8/4
William Millette, 8/8
Joyce Leibach, 8/15
Jean Parker, 8/16
Phyllis Cooney, 8/20
Richard Beeble, 8/24
Sharon O'Dea, 8/28
Ruth Zabinski, 8/29
Marjorie Morelli, 8/31
Mildred Guzy, 8/31

DATES TO REMEMBER

8/10 Seven Clubs Picnic
8/16 Turning Stone Trip
8/17 Village Picnic

AUGUST DESSERTS

8/4 Sally Jones
8/11 Betty DiNuzzo
8/18 June Secor & Norma Baisden
8/25 Birthday Cake

GREETING CARDS SENT

GET WELL: Joyce Murphy
HAPPY BIRTHDAY:

WELCOME NEW MEMBERS

Marian Hitchcock, Ann Mac Murray, and Ed Baniak, Jr.

2016 SUMMER CONCERT SERIES

6:00-8:30pm

Ganser-Smith Memorial Park (rain or shine)

August 2nd Skeeter Creek
August 9th Joey Pucci & American Longboards
August 17th Bluz House Rockers & Code Blue
Lawn Chairs recommended for all events.

2016 FLU SHOTS

There will be a clinic at our meeting, September 22, 2016. Rite Aid Pharmacy will be here to administer flu shots.

TRIPS.

AUGUST 16, 2016, trip to Turning Stone, CANCELLED, due to lack of interest.

SEPTEMBER 11, 2016, we will leave Ganser-Smith Park at 6:30am, HAMPTON BEACH, NH.

Back by popular demand, we will be returning to Hampton Beach, New Hampshire for the **SEAFOOD FESTIVAL**. Activities include: A Flea Market, Cooking Demos, Sidewalk Sales, Relaxing on the beach, Swimming in the Ocean, and enjoying free Entertainment at The Hampton Beach Seashell. We will also stop at the State Liquor Store on our way home. We will return approximately 10:00pm. Cost of trip which includes entrance to the Festival and Bus driver tip is \$15. Purchases are on your own. **RESERVATIONS FOR THIS TRIP WILL CLOSE AUGUST 10.**

SEPTEMBER, 19-22, 2016, we depart 7:00am from Ganser- Smith Park for 3 nights and four days in Niagara Falls, Canada.

We will be staying at the **FOUR POINT SHERATON HOTEL**, featuring an indoor swimming pool and an enclosed walkway to the Fallsview Casino!! **TOUR INCLUDES:** Round trip Yankee Trails Motor Coach transportation. Hotel accommodations for 3 nights. Horn Blower Cruise, Niagara Sky Wheel, Niagara Butterfly Conservatory. Guided tour of Niagara Falls, Sights include: Niagara Park Greenhouses, Victoria Park, Table Rock House and much more.

Guided Tour of Toronto, where you will see Parliament Buildings, Casa Loma Mansion, Chinatown and the Financial District.

Visit to Niagara on the Lake, and the Duty Free Shop
3 Full Breakfasts at the Hotel, 1 Dinner, 1 Dinner and a Show. All Gratuities for Meals, Bus Driver and Tour Guides are included in the \$539 per individual/double occupancy, \$699 single, \$529 per individual/triple occupancy.

Trip Insurance is available.

BORDER CROSSING: A VALID PASSPORT OR ENHANCED DRIVER'S LICENSE IS REQUIRED!!

Everyone is Welcome! For Reservations or questions, please call: Diane Leonard, 465-3771

OCTOBER 4, 2016, Tuesday, we are leaving SJOA/BCA, parking lot 76 Menands Road, at 7:00am, for **SALEM WITCH MUSEUM**, Salem, MA.

The museum presentation will take 75 minutes. We will eat lunch at **FINZ SEAFOOD RESTAURANT**, 73 Wharf St., Pickering Wharf, Salem, MA.

Menu selections; includes soda, coffee or tea, fresh rolls and butter and Finz House Salad with balsamic vinaigrette dressing. Choice of: New England Baked Haddock, Marinated Steak Tips, Pasta Primavera with cream sauce, Mediterranean Pasta with artichoke hearts, roasted red peppers, onions, tomatoes, feta cheese, black olives, tossed in a marinara. Chef's seasonal dessert.

After lunch we will take a scenic bus ride along the seashore to BEARSKIN NECK, ROCKPORT via GLOUCESTER, MA. Cost of Trip, \$38/48.

NOVEMBER 9, 2016, we will return once again to the **WESTCHESTER BROADWAY DINNER THEATRE**, to see "**SATURDAY NIGHT FEVER**," featuring the popular hits of the Bee Gee's: Stayin' Alive, How Deep is Your Love, You Should Be Dancing, To Love Somebody, Jive Talkin,' just to name a few.

Cost of trip \$57/67.

Please reserve for our trips as early as possible to ensure seating.

ALZHEIMER'S POEM

Do not ask me to remember.
Do not try to make me understand.
Let me rest and know you're with me.
Kiss my cheek and hold my hand.
I'm confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you to be with me at all cost.
Do not lose your patience with me.
Do not scold or curse my cry.
I can't help the way I'm acting,

Can't be different though I try.
Just remember that I need you,
That the best of me is gone.
Please don't fail to stand beside me,
Love me till my life is done.

Submitted by Betty DiNuzzo

BEST HOMEMADE BARBECUE SAUCE

(Best Store Bought is Bull's Eye)

1 cup ketchup
5 tablespoons molasses
3 tablespoons cider vinegar
2 tablespoons Worcestershire sauce
2 tablespoons Dijon mustard
¼ teaspoon pepper
2 tablespoons vegetable oil
½ cup grated onion
1 garlic clove, minced
1 teaspoon chili powder
¼ teaspoon cayenne pepper
Whisk ketchup, molasses, vinegar, Worcestershire, mustard, and pepper together in bowl. Heat oil in medium saucepan over medium heat until shimmering. Add onion and garlic; cook until onion is softened, 2 to 4 minutes. Add chili powder and cayenne and cook until fragrant, about 30 seconds. Whisk in ketchup mixture and bring to boil. Reduce heat to medium-low and simmer gently for 5 minutes.

STRAWBERRY-LEMON CHILLER

1 ½ C Strawberries
2 pkgs. sugar free lemonade drink (from 3.2 oz. container)
4 C very cold water, divided
2 pkg Splenda
3 c chilled diet lemon-lime soda
1. In a blender, blend strawberries 20 seconds. Add dry lemonade mix, 2 cups water and Splenda. Cover and blend 15 seconds until smooth. Pour mixture into pitcher.
2. Add remaining water and the soda. Mix will to combine. Serve over ice or store in refrigerator until ready to serve.
**A packet of drink mix (Crystal Lite or store brand) is one that would normally make 2 quarts. I use 1 ½ and find it is plenty strong enough.

Ellen Kozlowski