



Menands Senior Scoop

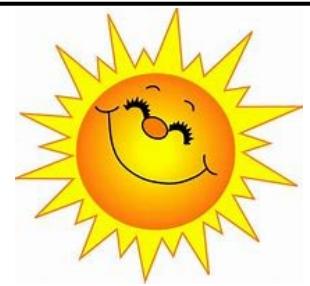
Menands Senior Citizen Club

Since 1973

21 1/2 N. Lyons Avenue

Thursdays, 9am-3pm

MAY 2021



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

MENANDS SENIOR CLUB meets every Thursday from 9:30 am, until 2:00 pm.

We begin each week with CHAIR YOGA. After chair yoga, anything goes. Do as you please, relax, visit with friends, play cards or introduce a new activity.

Refreshments are available or bring your own.

Every month on the 3rd Thursday (bingo day), we have pizza \$1, on the 4th Thursday of the month (business meeting day), we have subs, \$2.

IF SCHOOLS ARE CLOSED OR DELAYED for nasty weather, the club is also closed.

NEW MEMBERS, are always welcome!

JUNE BIRTHDAYS

Annette Audi	6/10
Marion Averill	6/16
Llewana Bagnardi	6/9
Mary Corrado	6/13
Pauline Daigneault	6/22
Mary Ann Forslin	6/28
William Gilman	6/22
Judith Grady	6/14
Mildred Howarth	6/13
Lil Julian	6/27
Marcia Kane	6/22
Pam Kilmartin	6/30
Daniel McAuliffe	6/13
Linda Plowman	6/28
Patricia Ricupero	6/21
Isabelle Simpson	6/14
Pamela Tracy	6/9

JUNE DATES TO REMEMBER

- 6/6 D-Day
- 6/14 Flag Day
- 6/20 Father's Day
- 6/21 Summer Begins

GREETING CARD SENT

Sympathy:

Rose Primett and Donna Vadney for their sister.

ANNUAL SENIOR PICNIC IN THE PARK

June 17, 2021, 10:00AM-2:00PM, at Ganser-Smith Park Pavilion, Menands.

Bingo starts at 10:30AM, coffee and donuts will be served.

LUNCH CATERED BY KRIS' MID-CITY TAVERN

Marinated Chicken Breast, Tossed Salad, Potato Salad, Fruit Salad, Rolls and Butter, Strawberry Shortcake, Coffee, Tea, Iced Tea and Lemonade.

Paul Slusar will provide music for toe-tapping.

There will be a share the wealth drawing.

Bring a lawn chair for added comfort.

Please make reservations and pay ahead.

Cost \$15.

2021 TRIPS

8/9/2021, Monday, GLOUCESTER, MA, lobster luncheon cruise around Gloucester Harbor. Lunch: Lobster Buffet, consisting of 1 boiled lobster, corn on the cob, and barbeque chicken.

After the cruise, on to Rockport, Ma., stroll and visit the quaint gift shops on "BEARSKIN NECK," home of Motif #1, a favorite subject for artists.

Enjoy the beauty of Cape Ann.

Bus leaves at 7:00AM, returns home 9:30PM.

Cost \$72/82

12/8//2021, Wednesday, NYC, ON YOUR OWN,

or We have a limited number of \$85 tickets for Radio City, "THE CHRISTMAS SPECTACULAR." First come, first serve.

Bus leaves 6:30am. Cost \$15/25.

Most of our favorite one-day venues (Westchester Dinner Theater) even our favorite bus company "Marsh," have either closed or have limited offerings this year due to the pandemic. It is hard to plan bus trips suitable for Seniors. If you have suggestions, please bring them up at the business meeting.

RHUBARB SALAD

4 c. diced fresh or frozen rhubarb

1 ½ c. water

½ c. sugar

1 (6-oz.) pkg. strawberry gelatin

1 c. orange juice

1 tsp. grated orange peel

1 c. sliced fresh strawberries

In a medium saucepan over med. heat, bring the rhubarb, water and sugar to a boil. Cook uncovered until rhubarb is tender, about 6-8 minutes. Remove from the heat; stir in gelatin until dissolved. Add orange juice and peel; mix well. Chill, until mixture begins to thicken. Fold in strawberries. Pour into a 2qt.bowl; chill until set. If desired, garnish with a dallop of mayonnaise, mint and strawberries. Yield 12-14 servings. (I also used this on top of ice cream).

From "Cooking with Harmony," A Collection of Our Favorite Recipes, River Valley Chorus.

MORE DID YOU KNOW?

Cows have best friends and get stressed when they are separated.

Germany has officially abolished college tuition fees, even for international students.

Humans have more empathy for dogs than they do for other humans.

In Japanese schools, students don't get any exams until they reach the fourth grade. Why? It's because the goal for the first 3 years of school is not to judge the student's ability to memorize, but to establish good manners and to develop their character. Japanese scholars teach manners first and foremost.

Swans only have one partner for their whole life. If their partner dies, they could pass away from a broken heart.

Dogs are capable of understanding up to 250 words and gestures. The average dog is as intelligent as a two-year-old child.

Tea is the most consumed drink in the whole world after water.

Source: K4KNOWLEDGE, thank you Pat Gremmler.