

E-Mail Newsletter



MARCH 7, 2010

*Cohoes Multi-Service Senior
Citizens Center
Executive Director:
Keith Hornbrook
10 Cayuga Plaza
Cohoes, NY 12047*

(518) 235-2420

Fax: (518) 235-1624

www.cohoesseniorcenter.org

Email:

wecare@cohoesseniorcenter.org

HOURS OF OPERATION
Monday, Wednesday
and Friday
9:00 - 4:00

Tuesday and Thursday
9:00 - 6:30

Saturday & Sunday Closed

[*View*](#)
[*Center's Newsletters Online*](#)

[*Cohoes Community Calendar*](#)

PROJECTS OF THE WEEK

[How to Remove Stains from Tea
Cups and Coffee Mugs with Baking
Soda](#)
But Then Again
[7 Ways to Stay Calm in a Stressful
Situation](#)

Events at the Senior Center the week of March 7th

MONDAY: (03/08)

10:00 AM Senior Swim
10:00 AM Line Dancing
12:00 PM Congregate Lunch (BBQ Beef)
1:00 PM Watercolor Painting Get Together

TUESDAY: (03/09)

10:00 AM Osteoporosis Exercise
10:30 AM Hearing Clinic by appt.
12:00 PM Congregate Lunch (Chicken and Biscuits)
1:00 PM Silvertops
1 - 5 PM Computer Lab
5:00 PM Congregate Dining (Roast Turkey)
6:00 PM Diners Only Bingo

WEDNESDAY: (03/10)

9:00 AM Medicare Assistance
10:00 AM In Between Bridge
10:00 AM Senior Swim ([Cohoes Community Center](#))
11:00 AM Blood Pressure Clinic
12:00 PM Congregate Lunch (Spaghetti w/meatballs)
1:00 PM Card Playing
2:00 PM Communion Service

THURSDAY: (03/11)

9:00 AM Mah-Jongg
10-5 PM Computer Lab
12:00 PM Congregate Lunch (Kielbasa and Pierogi)
12:30 PM Ceramics
12:30 PM Bowling – Cohoes Bowling Arena
2:00 PM Classical Music Club
5:00 PM Congregate Dining (Pot Roast)

FRIDAY: (03/12)

9:00 AM AARP Tax Prep
10-3 PM Computer Lab
10:00 AM Senior Swim ([Cohoes Community Center](#))
12:00 PM Congregate Lunch (Seafood Newburgh)
12:30 PM Advanced Bridge
1:00 PM Osteoporosis Exercise

Board of Directors

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Vice-President: Loretta Saheim

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For Advertising information call

518-235-2420

Programs and services are partially funded by the Albany County Dept. for Aging and the New York State Office for Aging

I phoned my dad to tell him I had stopped smoking. He called me a quitter. - [Steven Pearl](#)

March will bring the first days of spring, and that should make everyone a little happier. I hope everyone has recovered from the storm that came to us the end of February. It impacts the Senior Center when we have bad weather too. We canceled Bistro Night with Elvis on February 25th. It has been rescheduled for April 22nd. Hopefully, we will be done with all of our snow storms by then. This month we will be having St. Patrick's Day dinner with the Silver Tops presenting their Irish Concert. It will be a corned beef and cabbage dinner with all of the normal accompaniments.

With the coming of the new season also comes a new writer to Seniors Today. David Mitola, DDS. will be contributing to the newsletter on issues related to oral and dental health. Doctor Mitola has opened a practice recently in Cohoes and comes to us with an extensive background in working with older adults and the special issues that affect them.

Spring also brings back the MVP Chair moves class. This is a chair based exercise class focused on staying limber and mobile. The class begins the third week of the month. Let's not forget the other ongoing programs at the Center. We still offer ceramics, Classical Music Club, Osteo Exercise, bridge, mah jongg and many more things for people to do and get involved. We will also be having our annual Wine Tasting this spring. The event will be towards the end of May. More Details will come out in the April Newsletter. The event will be held at the Harmony House Marketplace again this year. Last year Jane, Diane, and the other folks at Harmony House provided a casual yet elegant atmosphere with a variety of wines and some of the most delicious food you can find in the Capital Region. We expect the event this year to be equally as marvelous.

March and April also bring tax season to a close. We are nearly booked for all appointments through to April 15th. If you still need to get your taxes done, you should act now to call and schedule an appointment. You can call 235-2420 or call AARP to look for sites that are still available in your area.

Spring also brings a new menu for meals and dinners at the Senior Center. We have added some new items and changed some current menu items based on your recommendations and feedback. If you have any suggestion for the next menu, please contact us. You can call us at 235-2420 or email us at ldufty@cohoesseniorcenter.org. Please remember that menu items must be able to be prepared from low sodium and low fat ingredients in accordance with the Older Americans Act nutritional standards.

Enjoy the new season. Come see us at the Senior Center.

Be well,

Keith Hornbrook
Executive Director

CENTER'S TRANSPORTATION

The Center offers transportation to seniors 60 and older who lives in Albany County. If you need transportation you can call MTM instead of the Center, Their phone number is 1-866-208-7357. They will schedule an appointment for you. Center transportation services are funded all or in part by the Albany County Department for Aging and the NYS Office of Aging

ENTERTAINMENT BOOKS FUNDRAISER

The Center, as a fundraiser, will be selling the entertainment books again this year. The cost of the book is \$30.00. Give it as a gift for Christmas, birthdays, anniversaries, or treat yourself and help the Center at the same time. Entertainment books are available for almost anywhere you want to go.

They also, have area restaurants, movie theaters, fast food restaurants, car washes, bakeries, etc. Come in or call to reserve a book at 235-2420.

Walmart Wednesdays Wednesday's 12:30 to 2:30

The Senior Center bus will be going to Walmart every Wednesday picking up at Cayuga Plaza, Ogden Mills, Columbia Crest, and Waterside Way. The bus will leave Cayuga Plaza at 2:30 picking up at each location and picking back up at the Super Walmart in Clifton Park at 2:30. If you would like to go please call MTM at 1-866-208-7357 and ask for a 2:30 pick up going to Walmart in Clifton Park, 1549 Rt 9, Halfmoon, NY 12065

RESPIRE VOLUNTEERS NEEDED

Are you interested in helping others? Can you spare an hour per day to visit with someone else and maybe help someone in need make a bed, do dishes, or vacuum? Call Steve at the Senior Center. 518-235-2420.

AARP Income Tax Preparation February, March, April 2010 Fridays Only from 9AM – 2PM By Appointment Only

The service is available to people of all ages with low to middle income with special attention to those over 60 years old. You must bring with you the following items:

1. Any tax packets received in the mail
2. 2009 Tax Returns
3. Social Security Card
4. W2 Wage Statements
5. 1099's Received (Interest, Etc.)
6. Form SSA – 1099
7. All Tax Related Statements

Call the Cohoes Senior Center for an appointment at 518 – 235-2420.
Membership's Corner

Easter basket raffle

The seniors are having an Easter basket raffle as a fundraiser. It will have all the makings for an Easter Dinner, and they will start selling chances the first of March. In the mean time they are asking for donations of items to put in the basket. They need the following: POTATOES, CANNED VEGETABLES, ROLLS, COFFEE, TEA, SUGAR, CANDY, SOME KIND OF DESSERT, AND MONETARY DONATIONS FOR THE GIFT CARD.

ST. PATRICK'S DINNER WITH THE SILVERTOPS

**Tuesday, March 10, 2010
5:00 PM**

**Suggested Donation: \$3.00 for
60+**

Our own Silvertops will be singing some great Irish songs. Come and have a great corned beef & cabbage dinner and sing some Irish songs with the Silvertops.

Reservations can be made Friday, March 12th, Monday, March 15th and Tuesday, March 16th until 11:00AM for Tuesday evenings meal.

The congregate dining program is provided by the Albany County Department for Aging and the NYS Office of Aging. Entertainment and decorations are paid for by the Cohoes Senior Center.

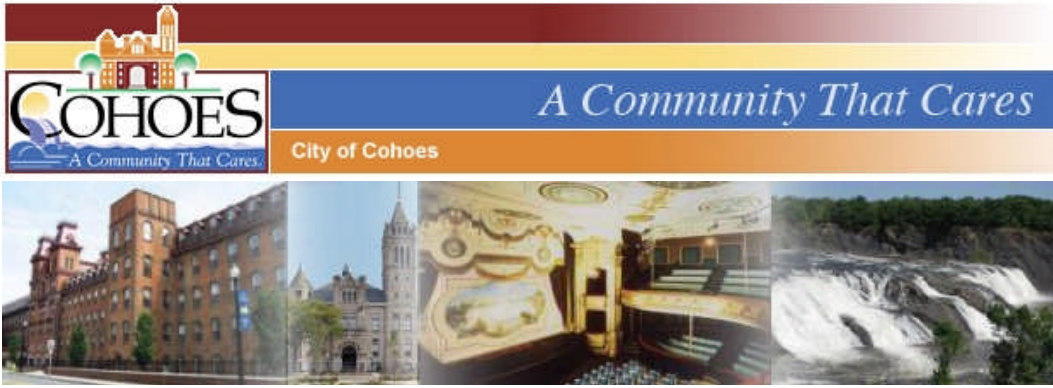
Bistro

**Bistro Night (rescheduled from
February)Thursday, April 22,
20105:00 PM
Suggested Donation: \$3 for 60+**

Elvis Presley impersonator, Don Romines will be the entertainment for Bistro night. There will be dinner music and Elvis will perform from 6-7PM.

Volunteers will be serving Beef stew with dumplings. Beautiful decorations by Myrtle. You will need to call on Wednesday, April 21st after 9:00AM for reservations. Please do not leave a message with your name on the voice mail, we cannot accept names that way.

The congregate dining program is provided by the Albany County Department for Aging and the NYS Office of Aging. Entertainment and decorations are paid for by the Cohoes Senior Center.



2010 Census – Take 10 Minutes for 10 Questions

In March 2010, more than 130 million addresses will receive a 2010 Census form by mail or hand delivery. The 2010 Census will document the changes in our nation since the last decennial census in 2000 and will tell us how we've evolved as a country. Census data affects how more than \$400 billion in federal funding is distributed to tribal, state and local governments and as a result will frame the future of our country and our community for the next 10 years.

The City of Cohoes has been working diligently over the past three years to make sure that each and every parcel eligible for the census is included in the count. We've identified many streets and neighborhoods that were not included in the last census and with the assistance of technology we are comfortable that every parcel eligible will receive a 2010 Census form. Now it is up to the residents to do their part and complete the forms and be sure to return them.

Understandably, in this day and age there may be questions about the 2010 Census that come to mind. Here's what you should know about the 2010 Census:

It's easy. One of the shortest census forms in history, the 2010 Census form asks 10 questions and takes about 10 minutes to complete. The individual in whose name the housing unit is rented or owned should complete the form on behalf of every person living there, both relatives and nonrelatives.

It's important. Census data is used to reapportion seats in Congress and ensure proper district representation in state and local governments. Information from the census helps determine locations for child-care and senior centers, new roads, hospitals, schools and community centers. Locally to the City of Cohoes the 2010 Census plays a large role in our second largest revenue source – sales tax. Annually we receive over 30% of our sales tax revenue (>\$4.7 million/yr) which is based on our population as compared to other communities in Albany County. Over the last 60 years, our population has dropped over 30% and whereas I

believe we have slowed down that decline these last five years, it is critically important that we maximize our piece of that sales tax revenue pie.

It's safe. By law, the U.S. Census Bureau cannot share respondents' answers with anyone, including other federal agencies and law enforcement entities. All Census Bureau employees take an oath of nondisclosure and are sworn for life to protect the confidentiality of the data. The penalty for unlawful disclosure is a fine of up to \$250,000 or imprisonment of up to five years, or both.

Finally, the most efficient way to respond to the 2010 Census is to complete the form as soon as it arrives and return it in the postage-paid return envelope. Census workers will visit households that do not return forms to take the count in person.

As mentioned above, there are many reasons why the 2010 Census is important. Please set aside 10 minutes this coming month to fill out the 2010 Census. Your community is depending on you.

John T. McDonald III
Mayor

Summer Employment Opportunities With the City of Cohoes

The City of Cohoes Human Services Department will be accepting applications for summer employment beginning March 15. You must be 15 years of age to apply. Jobs available include park attendants, lifeguards and beautification workers. All applicants must provide their working papers. Lifeguards must provide updated Lifeguard and CPR certificates. All applications must be submitted to the:

Human Services Department
97 Mohawk St.
Cohoes NY 12047
Email: dlagace@ci.cohoes.ny.us
518-233-2116
Fax: 518-237-0072

You can pick up your application at the Human Services Department or applications are available online at www.cohoes.ci.ny.us. Deadline for applications is April 30 to be considered for 2010 summer employment. Decisions for employment will be finalized by the end of May.

The Annual Easter Egg Hunt

Saturday, March 27 at 10:00AM
at
George Street Park

Inclement Weather: The Easter Egg Hunt will be held at the Cohoes Community Center.

Three separate egg hunts, by age category will be offered to any interested children from the Cohoes Community!

The age groups are as follows:
Ages 4 and Under
Ages 5 to 8
Ages 9 to 12

All children hunt in their respective age-group for candy filled eggs and special recognition awards will be given to one hunter in each category who finds the "Golden Egg." Please be prepared, wear boots and warm clothes! Come out for some family fun and a special visit from the Easter Bunny!

Sponsored by:

Human Services Department
Lansing St. Neighborhood Watch
The Mayoral Foundation
Department of Public Works
Uniform Fire Fighters of Cohoes Local 2562
Cohoes City Common Council

Movie Night!

March 19, 2010

Featuring:

Cloudy With a Chance of Meatballs



Rated PG

**Showtime at 6:30pm
Cohoes Middle School**

Sponsored by:

City of Cohoes
Cohoes Youth Advisory Board
Cohoes Kiwanis Club
Office of Children & Family Services (OCFS)



WEBSITE OF THE WEEK

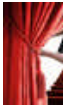


www.senior.com

Our Mission is to provide an environment where our members and visitors can communicate with family and friends, research information relevant to their daily lives, share stories and experiences and purchase items safely.

EXPERT ADVICE

15 Memorable Movie Quotes



The most unforgettable lines are guaranteed to trigger happy memories

[Remember these? »](#)

COLUMNS

The 21 Most Intriguing Grandparents



Find out how these individuals entertain, amaze, and inspire us every day

[Who made our list »](#)

EXPERT ADVICE

When Life Isn't Picture Perfect



Life's harshest realities often fall on a grandparent to explain — and to help the family cope

[How to deal with addiction »](#)

[When a parent goes to jail »](#)

PHOTO CONTESTS

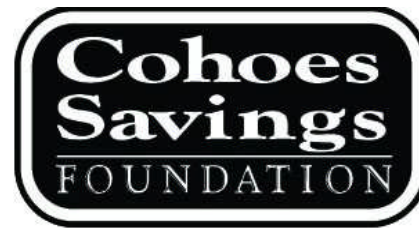
Does Your Grandchild Make Funny Faces?



Submit their pics to the Funny Faces Photo Contest and vote for your favorites

[Enter for a chance to win »](#)

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www.seniorwholehealth.com

