

Singles Outreach Services Inc.

Now in Our 41st Year

April Newsletter



This Month's Events

Monday April 1 st	Bingo 1:30
Friday April 5 th ,	Movie with Annie 7 p.m.
Saturday April 6 th	Lunch Blaze Pizza
Friday April 12 th	Titanic Potluck 6:00 p.m.
Saturday April 13 th	Lunch Whistling Kettle
Monday April 15 th	Bingo 1:30
Friday April 19 th	Controlled Chaos 7 pm.
Saturday April 20 th	Lunch Simones
Monday April 22 nd	Lunch & a Movie Noon
Friday April 26 th	Dance 7 p.m.

There's an event at S.O.S.

& Bingo is its name-o

B-I-N-G-O

That's right Join us for Bingo on Monday's April 1st, & 15th, at 1:30 p.m. For five fun-filled rounds of bingo for fun & prizes. \$4/6

A Movie with Annie

On Friday April 5th join Annie as she shows another great movie beginning at 7:00 p.m. This is a "Pay What You Wish" event.

Set Sail on the S.O.S. Titanic

Come aboard and sail with us on the S.O.S. Titanic. Departure time 6:00 p.m. on Friday April

12th. with our potluck bring a dish to pass. Then, brace yourself for a few theme-related surprises, sorry no icebergs. \$4/6 with a dish to pass, \$10 without.

Controlled Chaos Improve Comedy Troupe

Friday April 19th 7:00 p.m.



That's right! Another fun-filled spontaneous evening, with who knows what will happen. Come find out as seven gifted entertainers gather to fulfill your requests and suggestions. A night filled with fun, magic, and laughter. Who knows what will happen. \$10

Lunch & a Movie

Monday April 22nd Noon

Join friends as they gather to watch a movie bringing their brown bag lunch. No trading! Well maybe just a little. \$4/6

Wednesday Dance Lessons

Two Lessons One night

Starting in April we are offering two types of dance lessons, each lesson will be \$10.

6:00 - 7:00 Line Dancing - This will be a mix of country and soul line dancing.

7:15 - 8:15 Salsa is a Latin dance known for its unique and complex rhythms. Like the sauce it is named for, Salsa is a mixture of Cuban dances, such as mambo, and American dances, such as swing.

The music uses many instruments: trumpets, congas and bongos, just to name a few. There is nothing comparable to the Salsa rhythm.

Friday Night Dance



April 26 - 6:00-9:00 Social Club and Line Dance with Jeanette as the DJ. That's right a Friday night monthly dance beginning at 7:00 p.m. Join us in our community room and let's bring this activity back to our calendar. \$10

This month's Dining Adventures with Ann

Take us to the Jay St. Marketplace Pedestrian Way in Schenectady.

Located directly across from Proctors Theater, this area features many restaurants and shops and even an exhibition at the NY Folklore Society. There is a lot to see and experience. Plenty of free street and parking lot spaces on either side of Jay St. Walkways from the side lots to Jay. There is also a lovely little park to relax in across from City Hall called Jay Square. Your host and guide is Ann P.

On Saturday, April 13 at 1 pm we will share a yummy meal and tea at the Whistling Kettle. They feature 100 teas to choose from with your light meal.

Then on Saturday, April 20 at 1 pm we will share a meal at the award-winning Simone's Kitchen near the City Hall on Jay. They feature Mediterranean Inspired food along with specialty coffee, and more. RSVP for all at 518-452-6883

Blaze Pizza with Stephanie

A lunch dining adventure at Blaze Pizza in Stuyvesant Plaza on Saturday April 6th. at 12:00 PM. R.S.V.P. 518-308-5717 by Friday April 5.

Our Weekly Activities

This section is a recap of a few of our weekly activities to give an idea of what they are like should you be interested in learning more about them.

Tennis

Taking place on Sunday mornings beginning 10 a.m. this is a year-round activity. From Columbus Day weekend through to the Sunday prior to Mother's Day indoor Tennis is held at the Tri City Fitness. The rest of the time outdoor tennis takes place. Check page 3 for contact info.

Potluck/Games

Beginning 2:00 p.m. with a potluck meal bring a dish to pass that would serve 6-8 people. Or come without one and pay a different fee. This event sometimes offers a speaker/presenter and followed by games, all for one price.

Bingo

On the first & third Mondays at 1:30 p.m. Bingo is played. We do five rounds three game per round straight bingo, figure, and full card. Prizes are offered from a grab bag (no cash prizes). Each player gets 4 cards for the admission price.

Lunch & a Movie

Fourth Monday at noon bring your lunch and enjoy a movie.

Support Group

Mondays 6:30 p.m. group meets to discuss issues concerning them at the moment. Come and discuss anything or simply observe.

Real World

Tuesdays at 7:00 p.m. A discussion group begins, Topic is usually announced in the newsletter. Some weeks may be trivia, brain teasers, or activities based on the choice of that week's facilitator. Have a favorite hobby or interest volunteer to lead a discussion.

Bowling

Wednesdays 6:15 p.m. at Sportsman Bowl in Schenectady. September through April we host a league hi-low's & Banquet. May – August we have open bowling each week. Guests are also invited to bowl with the league as an open bowler to bowl with us without the weekly commitment.

Dance Lessons

Two lessons being offered one at 6:00 p.m. & the other at 7:15 p.m. A different dance being taught each month.

Outdoorsy Stuff

Thursday mornings walks hiking and biking taking place on different trails each week. Sites chosen from several surrounding counties participate at your own pace as the group spans out. Those interested will decide on a place for lunch after. A year-round event walking around a mall can be done in case of bad weather

Mahjong

Classic game played for fun and socializing. Beginners welcome Thursdays at noon

Golf

Tee time Friday a.m. enjoy a round of golf usually April – October.

Pinochle

Game played on Fridays at noon.

Game Night

Saturdays at 7:00 p.m. join us for games, cards, etc. Some favorites Yahtzee, dominos, scrabble. Bring a game that you like to play and we'll give it a go.

Now in our 41st year!!!**Weekly Events****Sundays April 7,14,21,28**

- Outdoor tennis, 10:00 am contact Dan at 518-629-0088 for details
- Potluck dinner 2:00 pm
- Darts/cards/games 4:00 pm

Attend Potluck, Games, for one price. \$4/6

Mondays April 1,8,15,22,29

- **NEW EVENT!!!** - Support group 6:30

Tuesdays April 2,9,16,23,30

- Real World discussion group 7:00 pm \$4/6
- April 2 X (Not-ex) Questions Dave S.
- April 9, "Thoughts of Our Pets" Carla P.
- April 16, "What's New in The News?" Dave C.
- April 23, "Income Tax" Jerry D.
- April 30, Topic to be announced: Maria
- Blessings Tavern after Real World 9 pm

Wednesdays April 3,10,17,24

- Open bowling 6:15 at Sportsman Bowl 1652 Crane St Rotterdam \$10.00 includes 3 games and shoes. Contact Judy at 518-374-0765 for information.
- Social Dance Lessons "Line Dancing" 6:00 pm \$10 followed by Salsa dance lessons at 7:15 \$10

Thursday April 4.11.18.25,

- Outdoorsy stuff 9:30 am Enjoy walking and/or biking with a great group of friends followed by a lunch at a place chosen by the group. Contact John at vabchpop@aol.com for details. A different location each week get on the email list today!
- Mahjong -- come and share the fun. Noon \$4/6

Fridays April 5,12,19,26,

- **NEW EVENT!!!** Pinochle beginning at noon 4/6
- Dance at our office on the fourth Friday each month at 7:00 p.m. beginning in April.

Saturdays April 6,13,20,27,

- Game Night 7:00 pm enjoy an evening of games/cards with friends. Got a game you want to play bring it along. \$4/6

Special Events**Monday April 1st,**

- Bingo beginning at 1:30 play five rounds for fun and prizes. \$4/6

Friday April 5th,

- Movie with Annie 7:00 p.m. Pay what you wish event.

Saturday April 6th

- Lunch at Blaze Pizza at Stuyvesant Plaza on Western Ave. at noon R.S.V.P. Stephanie 518-308-5717

Thursday April 11th,

- Beginning at 10:00 a.m. will be our monthly Board Meeting open to membership.

Friday April 12th,

- Titanic Potluck Party 6:00 p.m. \$4/6 with a dish, \$10 without.

Saturday April 13th,

- At 1 pm we will share a yummy meal and tea at the Whistling Kettle. They feature 100 teas to choose from with your meal. They even feature a gluten free chocolate cake.

Monday April 15th,

- Bingo beginning at 1:30 play five rounds for fun and prizes. \$4/6

Wednesday April 17th,

- Hi-low night for league bowlers 6:15

Friday April 19th,

- Come and enjoy Controlled Chaos as they improvise & create a comedy show for you to enjoy based on your suggestions begins at 7:00 p.m. \$10

Saturday April 20th,

- At 1 pm we will share a meal at the award-winning Simone's Kitchen near the City Hall on Jay. They feature Mediterranean Inspired food along with specialty coffee, and more.

Monday April 22,

- Bring your own lunch and enjoy lunch & a movie

Wednesday April 24th,

- Bowling league banquet

Friday April 26th,**Dance!! Dance!! Dance!!**

- That's right a Friday night monthly dance beginning at 7:00 p.m. Join us in our community room and let's bring this activity back to our calendar. \$10

April 2024 Calendar



Singles Outreach Services & Capital Region Social Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 31 Indoor Tennis 10 am Easter Potluck 2 pm Games 4 p.m.	April 1, Bingo 1:30 pm Support Group 6:30 pm	April 2 Real World 7pm "X (Not-ex) Questions" Dave C. Snacks at Blessings at 9 pm	April 3 Bowling 6:15 pm Dance lessons 6 & 7:15 pm	April 4 Outdoorsy 9:30 am Mahjong noon	April 5 Pinochle noon Movie Night 7 pm	April 6 Blaze Pizza @ noon Host: Stephanie Game Night 7 pm
April 7 Indoor Tennis 10 am Potluck 2 pm Games 4 pm	April 8 Support Group 6:30 pm	April 9 Real World 7pm "Thoughts of Our Pets" Carla P. Snacks at Blessings at 9 pm	April 10 Bowling 6:15 pm Dance lessons 6 & 7:15 pm	April 11 Outdoorsy 9:30 am Board Mtg 10 am Mahjong/games 12 Noon	April 12 Pinochle noon <u>Titanic</u> <u>Party 7 pm</u>	April 13 Whistling Kettle 1 pm Host: Ann P Game Night 7 pm
April 14 Indoor Tennis 10 am Potluck 2 pm Games 4 pm	April 15 Bingo 1:30 pm Support Group 6:30 pm Newsletter deadline	April 16 Real World 7pm "What's New in The News?" Dave C. Snacks at Blessings at 9 pm	April 17 Bowling Hi-lows 6:15 pm Dance lessons 6 & 7:15 pm	April 18 Outdoorsy 9:30 am Mahjong/Games 12 noon	April 19 Pinochle noon Controlled Caos 7 pm.	April 20 Simones Kitchen 1 pm Host: Ann P Game Night 7 pm
April 21 Indoor Tennis 10 am Potluck 2 pm Games 4 pm	April 22 Lunch & a Movie Noon Newsletter Mailing Support Group 6:30 pm	April 23 Real World 7 pm "Income Tax" Jerry D. Snacks at Blessings at 9 pm	April 24 Bowling Banquet Dance lessons 6 & 7:15 pm	April 25 Outdoorsy 9:30 am Mahjong/Games 12 noon	April 26 Pinochle noon Dance 7:00 p.m.	April 27 Game Night 7 pm
April 28 Indoor Tennis 10 am Potluck 2 pm Games 4 pm	April 29 Support Group 6:30 pm	April 30 Real World 7pm Maria Snacks at Blessings at 9 pm	May 1 Bowling 6:15 pm Dance lessons 6 & 7:15 pm	May 2 Outdoorsy 9:30 am Mahjong/Games @ 12 Noon	May 3 Pinochle noon	May 4 Game Night 7 pm

Special Note: In case of inclement weather, you can check our Facebook page for updates as well as watching your inbox for an email or you can call 518-941-2586 for the latest information.

Remember to RSVP for all Dining Adventures as a courtesy to the Host.

He Dies Slowly

He dies slowly
Who doesn't travel,
doesn't read,
doesn't listen to music,
doesn't know how to find favor in his eyes.

He dies slowly
Who becomes a slave of habit,
Wandering down the same roads every day,
Who never changes the landmarks of his life,
Who never dares to change the color of his clothes,
Or never talks to a stranger.

He dies slowly
Who avoids passion,
And its whirlwind of emotions,
Those emotions which make the eyes sparkle,
And undo broken hearts.

He dies slowly
Who doesn't change his course,
When he is unhappy
At work or in love,
Who never takes risks
And never tries to make his dreams come true,
Who never once in life
Avoided reasonable advice.

Live Now! Take a risk today! Act Immediately!
Don't let yourself die slowly!
Don't deny yourself happiness!

~ Pablo Neruda♥ - Chilean Poet-Diplomat who was
awarded the Nobel Prize for Literature in 1971

Laugh Out Loud: My Lips are Sealed

By Miss Carla Page

Person One: Do you want to know a secret? Do you
promise not to tell?

Person Two: Yes – sure. You know me. My lips are
sealed. Your secrets are safe with me.

Person Three: Remember the old saying "It's just
between you and me." I won't tell anyone usually means
"I'll just tell everyone!" ☺ .

When people want to love you, let them love all of you.

Total Solar Eclipse - Annie's Corner Nature's Most Awesome Experience

For a Total Solar Eclipse (TSE) to occur, the Sun, Moon and Earth must be in a direct line. To see the TSE, you are in the Moon's shadow when it hits Earth. First, the sky will darken, like twilight. Then the Sun's corona, outer atmosphere of the Sun, will appear. The eyes must be protected with special glasses when watching this spectacle. Only when the Moon is completely blocking the sun can they be removed. Watching this memorable experience withing protection can damage your eyes and even for a short time may damage them permanently including blindness. In essence, it "cooks" your eyes. The rarity of this occurrence makes it so fascinating. A TSE of

the sun appears just once every 375 years. This event is visible from somewhere on earth about every 18 months but many of these events are only seen from remote locations. For any given place, for example where you live, a TSE appears just once each 375 years on average. In NYC, the last TSE was in 1925 and Chicago has not seen a TSE in 100 years. Interestingly enough, the city of Los Angeles has not seen one in 1,565 years. In Tucson, the last TSE was in the year 797.

On April 8 of this year, we are fortunate to have the TSE pass us. In the Northeast it will appear between 2:04 and 2:14 pm. Totality begins between 3:18 & 3:26 pm. Maximum between 3:20 and 3:27 pm. Ends between 3:22 & 3:29 pm Partial ends between 4:32 & 4:37 pm. The reason for the range is that I am taking figures from Buffalo (lowest) to Burlington (highest) and creating the range at this writing.



Summer trip ideas



AS the summer season approaches, we would like to add some day trips to our calendar. We would like to appeal to you our membership for ideas. Some place you have visited that you feel other members would enjoy. Perhaps a place you want to visit, but didn't want to go alone?

Please contact our office 518-452-6883 with your ideas. Thanks.

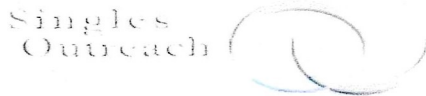
Activities for Singles
April 2024 Newsletter
518-452-6883

Singles Outreach Services Inc.
Hanover Square Bldg.
435 New Karner Road Box 301,
Albany, NY 12205
Community Room located at
Hanover Square (Hill Entrance)

April Highlights
April 5th Movie
April 12th Titanic Party
April 19th Controlled Chaos
April 26th, Monthly Dance

PLACE
STAMP
HERE

April 2024 Activities for Singles



Reminder that Membership cards are sent out the last week of the month. Watch your mail.



Directions to our Community Room and Office

From 2W of Northway, go West on Central Ave. for 1.7 mi, turn right on New Karner Rd. (Rt. 155 – Rite Aid on corner)) for 0.6 mi. Hanover Square is on the right, set back from the road. Middle door on right side of bldg. is labeled “Hill St.” entrance. In lobby, left door on ground floor.

How to Join Us

You are invited to join Singles Outreach Services, Inc. We are a not-for-profit corporation that provides activities for unattached people. Please join us at one of our events as a guest (small charge). We can provide you with a membership form to complete. One year is only \$30, which helps us support our mission and our office and community room. You will also receive a monthly calendar by email (provide and email) or as printed copy in your mailbox without an email. Providing an email allows us to send you a weekly update, which provides you with last minute changes or updates on existing calendar events.

Volunteers Always Needed! Do you have time to host an event or an idea for an event to be held in our community room? If so, please contact us we are always looking for new idea.

Singles Outreach Officers: **President:** David Freeman; **1st Vice President** Esther Miklic; **2nd Vice President:** Gerald Boileau; **Secretary:** Pat Clarke; **Notetaker:** Ann Parillo; **Acting Treasurer** Judy DesChamps; **Asst. Treasurer** Luella Dozois; **Programming:** Bonnie Lee Russell, **Advisors** Jerry Durovic, Maria Immediato, Ann Parillo and Joan Slingerland. **Executive Director** Ann Parillo. **Heading up the following activities:** **Bowling:** Judy DesChamps; **Game Night:** Luella Dozois & Dave Freeman, **Memberships:** Ann Parillo; **Communication and PR:** Ann Parillo; **Marketing** Debra Gugig-Bauer **Newsletter** Dave Freeman, **Weekly Updates:** Ann Parillo; **Outdoor Activities:** John Feret; **Real World:** Maria Immediato; **Programming:** Bonnie Russell, **Tennis:** Dan Streever, **Facilities & Mahjong** Pat Clarke; **Golf:** Martha Zibro; **Camping:** Pam Bristol & Peggy Lindgren; **Pinochle:** Carole Praga