

Singles Outreach Services Inc. March 2023 Newsletter

Singles Outreach Services Inc. Features, activities, & events, for March 2023

- Friday March 3rd -Don "The Soul man Hyman" in concert 7:00 p.m.
- Saturday March 4th Dinner at The Olive Garden 4:30 p.m.
- Friday March 10th – Blues Brothers 7:00 p.m
- Wednesday March 15th "Are You Lucky?" Find out with Ann at rivers 4:00 p.m.
- Thursday March 16th "Would You Marry Yourself?"
- Friday March 17th St. Patricks Day Party 6:00 p.m.
- Friday March 24th Dessert Social 7:00 p.m.
- Saturday March 25th Afternoon concert 2:00 p.m. Deb Fish \$ Dan Kirsner
- Friday March 31st Personal Pan Pizza Party 6:00 p.m.

Weekly Events/Activities

Sundays March 5, 12, 19, 26

- Indoor tennis 10:00 & 11:30 am contact Dan at 518-629-0088 for details
- Potluck dinner 2:00 p.m. \$4/6
- Darts/cards/games 4:00 p.m. Attend Potluck, Games, for one price. \$4/6

Tuesdays March 7, 14, 21, 28,

- Real World discussion 7:00 p.m.
- March 7, "Superlatives Carol P.
- March 14, "Comedy" Russ
- March 21, "Age Limit" Dave S.
- March 28, "Volunteering Why do we do it?" Geli
- Blessings for snacks 9:00 p.m.



Wednesdays March 1, 8, 15, 22, 29,

- Bowling League and open bowling 6:15 at spare time lanes Route 2 Latham \$15.00 includes 3 games and shoes. Contact Judy at 518-374-0765 for more information

Thursdays March 2, 9, 16, 23, 30,

- Outdoorsy Stuff 9:30 a.m. 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

Saturdays March 4, 11, 18, 25,

- Game Night beginning at 7:00 p.m. Come and play your favorite card, and/or Board game. Got a favorite game bring it in to play \$4/6

Singles Outreach Services Inc. March 2023 Newsletter

Special Features

Thursday March 2nd

- Board Meeting 10:00 a.m. open to all

Friday March 3,

- Don "The Soul Man Hyman in concert 7:00 p.m. Join Don for an evening of music, comedy, and stories .as he pays tribute to artists who passed away in 2022. \$10

Saturday March 4th Olive Garden

- Join Dave and Bonnie at 4:30 for dinner at the Olive Garden 178 Wolfe Road

Monday March 6th

- Bingo 1:30 p.m. for fun and prizes \$4/6

Friday March 10 7:00 p.m.

Musical Movie Night with The Blues Brothers

A Pay What You Will Event

- This movie is not the usual Broadway Musical but non-the-less, it's a great musical. It features so many great musicians throughout the film: here are a few of them -- Ray Charles, Cab Calloway, Aretha Franklin, Steve Cropper, Tom Malone and James Brown along with many more. The movie features Dan Ackroyd and John Belushi in their iconic roll as the "Blues Brothers". This is a comedy with lots of toe-tapping memorable music. You'll find out why they are "on a mission from God". Join us to relive this great 1960s film. This is a Pay What You Will event.

Wednesday March 15, 2023 at 4 pm

Are you Lucky?

Is there a Pot of Gold at the end of your Rainbow?

- Join us for dinner and a field trip to the Rivers Casino in Schenectady with Ann as your host. Meet at the elevators/lobby outside of the casino (accessible from the free parking garage). We can decide when to gather for dinner and which place to eat. There are four places to eat at the casino. Dukes (upscale); Flipt (burgers & more); Mian (Asian) and Johnny's (Italian). If you have never been to a casino, we'll give you a guided tour. Maybe you'll have the luck of the Irish!

Thursday March 16th "WOULD YOU MARRY YOURSELF?"

- Most people spend a lot of time and energy thinking about, relationships, and finances. I'm not going to talk about finances. When it comes to relationships however , people often feel regretful or cheated either because they feel unhappy or dissatisfied in their relationship Or they lament the fact that they do not have a relationship, period. Sometimes ,they wonder how come their partner is not more (fill in

Singles Outreach Services Inc. March 2023 Newsletter

the blank) or not less (fill in the blank) Some people compare their relationship to those of their friends ,co-workers, famous couples from history or celebrities they read about in the media. Is there such a thing as an ideal or perfect relationship? I think perfect relationships may be few and far between, yet, if we do not have clarity about who we are and what we want, need, and deserve, we are going to be navigating our relationship quest in the dark. Our chances of finding a more perfect union are less likely. If we aren't willing to make a commitment to ourselves, how can we recognize if someone is more or less perfect than someone else? There is so much emphasis on the other person's external form rather than his or her internal essence. And there is very little emphasis on what we may

contribute to a relationship. Have you ever thought about whether you are good partnership material? And do you have a set of criteria that are true dealbreakers? Deal breakers are requirements that you will not discard at the drop of a hat, just because someone you have met or are dating looks or sounds like the partner of your dreams or fantasy.

Debra Gugig-Bauer, CRC the founder of CATALYSTS FOR CHANGE – CONSULTING AND TRAINING ASSOCIATES is a coach, professional speaker and a “catalyst for change” who has conducted countless personal growth and professional training programs on a variety of topics including co-dependency and ACOA (Adult Children of Addiction) relationship issues. Join Debra as she unpacks this intriguing topic and invites you to engage in a lively and meaningful discussion about the pitfalls, mysteries, and potential joys of relationships.

Friday March 17th St. Patricks Day Party

- Beginning at 6:00 p.m. Bring an Irish dish to share, and partake in the “Wearin of the Green”. A prize for the best green outfit. Try your hand at a wee bit of Irish trivia \$5 with a dish to pass, \$10 without.

Monday March 20th

- Bingo 1:30 for fun and Prizes \$4/6

Friday March 24th Dessert Social

- Join us at 7:00 p.m. for desserts friends and conversation maybe even games. \$5 with a dessert, \$10 without.

Saturday March 25th Afternoon Concert

- Come on over at 2:00 p.m. and enjoy the talents of Debbie Fish and Dan Kirsner as they bring you a blend of country and songs of the fifties and sixties, Concert runs 2:00 – 4:00. \$10

Friday March 31, Personal Pan Pizza Party

- Join Dave and Bonnie at 5:30 p.m. at the Pizza hut 203 Wolfe Road Albany for a dining adventure. How we order will depend on the group that comes, if people want additions such as wings or salads we were thinking everyone gets a personal pan pizza and do separate checks. Should the group only want pizza we can order a couple of pizzas and split the check.

March 2023 Calendar

Speakers and much, much more!
Singles Outreach Services & Capital Region Social Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 26 Indoor Tennis 10:30/11:30 Potluck 2 pm Games 4 pm	February 27	February 28 Real World Covid Scott Blessings at 9 pm	March 1 League & Open bowling 6:15 pm	March 2 Outdoorsy 9:30 am Bd. Meeting 10 am Mahjong noon	March 3 "Don The Soul Man Hyman" 7 pm	March 4 Olive Garden 4:30 Game Night 7 pm
March 5 Indoor Tennis 10 & 11:30 am Potluck 2 pm Games 4 pm	March 6 BINGO 1:30 pm	March 7 Real World 7 pm "Superlatives Carol P Blessings at 9 pm	March 8 League & Open bowling 6:15 pm	March 9 Outdoorsy 9:30 am Mahjong/Games 12 Noon	March 10 Blues Brothers Musical 7 pm	March 11 Game Night 7 pm
March 12 Indoor Tennis 10:30/11:30 Potluck 2 pm Games 4 pm	March 13 Newsletter Deadline <u>Email all</u> <u>submissions by this</u> <u>date</u>	March 14 Real World 7 pm :Comedy: Russ Blessings at 9 pm	March 15 Casino 4 pm League & Open bowling 6:15 pm	March 16 Outdoorsy 9:30 am Mahjong/Games 12 noon Debra Bauer 7:00 pm	March 17 St. Patty's Party 6 pm	March 18 Game Night 7 pm
March 19 Indoor Tennis 10:30/11:30 Potluck 2 pm Games 4 pm	March 20 Bingo 1:30 Newsletter Mailing	March 21 Real World 7 pm "Age Limit: Dave S. Blessings at 9 pm	March 22 League & Open bowling 6:15 pm	March 23 Outdoorsy 9:30 am Mahjong/Games 12 noon	March 24 Dessert Social 7pm	March 25 Deb Fish & Dan Kirsner in concert 2:00 p.m. Game Night 7 pm
March 26 Indoor Tennis 10 & 11:30 am Potluck 2 pm Games 4 pm	March 27 Lunch & A Movie Noon	March 28 Real World 7 pm Volunteering Geli Blessings at 9 pm	March 29 League & Open bowling 6:15 pm	March 30 Outdoorsy 9:30 am Board Mtg.10 am Mahjong/Games @ 12 Noon	March 31 Pizza Hut 5:30 p.m.	April 1 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 518-530-7440 for the latest information.

The Ides of March Explained

Annie's Corner

The Ides of March is the 74th day in the Roman Calendar (corresponding to Mar. 15). The Romans did not number each day of the month from the first to the last day. Instead, they

counted back from three fixed points of the month. They were named "Nones" (5th & 7th);

"Ides" (13th for most months but the 15th for Mar, May, Jul and Oct); and the "Kalends" (1st of the following month). (And you think that you have trouble remembering how many days there are in each month!). Originally, the ides were supposed to be determined by the full moon

(lunar origin for the Roman Calendar). The Ides were sacred to Jupiter, the Roman's Supreme Deity and there were also religious ceremonies surrounding Mar. 15.

Beware of the Ides of March! Now, what about Julius Caesar? The assassination of Caesar took place in 44 BC when he was stabbed to death in the Senate. Brutus and Cassius were the leaders of the 60 conspirators who planned his death. (If you read Shakespeare, they you know all of this already!) Interestingly, a "seer" warned Caesar that he would be assassinated on the

Ides of March but Caesar ignored his warning "Beware of the Ides of March". That event

triggered a civil war that would result in the rise of his adopted son of Octavian a/k/a Augustus Caesar. (See video "Augustus: The First Emperor" available on the web various sources)

Maybe that's why the IRS changed the filing date from March 15 (Beware of the Ides of March) to April 15. I cannot confirm this but it does give one pause to ponder. Happy Tax Day on April 15.

Twenty Three part 2

By Miss Carla Page

People who would never miss this, people who respect support and follow me. People from all over showed up, Even a internationally known clothing designer from Africa living in Harlem, New York city, put on a fabulous fashion show, showcasing his original designs which featured local models. The late Mayor Frank Duci presented me with a key to the city, he really blessed me with that over the years, he became one of my dearest friends until the day he died.

It was mighty devine to be pubically appreciated especially for what I do best and comes so natural to me loving all people and helping everybody through my television, radio, entertaining, mentoring, bringing people together, touching lives through out reach and community service. Reach out and touch somebody's hand make the world a better place, I know you can.

I have a necklace with the number 23 on it. Ive been saving it to wear this year, me and 2023 what a perfect combination. Joy and glee in 2023 love, health, prosperity, and much happiness to you.

By the way my dear late parents were married on September 23, how about that ? and my extra special ceremony in 1993 was held right up the street from where I grew up as a little girl, I really came full circle. Looking forward to being all I can be in 2023 (Thanks again to Joe for videotaping).

You & Me

By Ed Bardon

The path of life has many roads,
Some we know where they go,
Other we are somewhat in the dark,
That is how our relationship.
Came to be,

In the beginning, it was just friends,
You and me

Time went on and as is,
The mystery of life things changed,
Now there was a changed,
Feeling between us that,
Drew us together,

Now it was no longer friends,
Now we had become lovers,
Just as some mountains are too high
Ever to be climbed
So was our relationship,
We tried and tried but it was not to be,
I tried to go through the motions,
I knew they were a lie,
If I had to be honest
I would have just ended it said good-bye,
No, I lied to you and myself on and on
That is why we are still here today,
In my heart I know it's true
I need to admit to both of us
We are through,

Activities for Singles
March 2023 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)

Check out all our February Events
Speakers & Concerts
Parties
Pay What You Will Event – Movie
“Chicago”

PLACE
STAMP
HERE

March 2023 Activities for Singles

www.SinglesOutreach.org

A NYS Non-Profit Corporation – Est. 1985



Coming up in April
Ed Salvo in Concert
Free event

Directions: 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.

Membership Form for Singles Outreach Services Inc --- Annual Dues \$30 – Make Checks payable to Singles Outreach -
- Mail to: 435 N. Karner Road Box 301, Albany NY 12205

Check one: ___ New Member or ___ Renewal Member Number if renewal _____

Print Name Clearly: _____ Phone # _____

Street Address: _____ Apt. _____ City: _____ State _____ Zip _____

Email Address – print clearly: _____ Date: _____

You will receive Weekly Activities Updates emailed to this address.

Please place your signature below signifying that you are one of the following: not currently married, divorced, single, legally separated or

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; **Treasurer:** Scott Stewart; **Asst. Treasurer** Luella Dozois; **Additional Board Members:** Joyce Ringermacher, Loretta Raymond, 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:** Luella Dozois **Member Communication and PR:** Ann Parillo; **Newsletter** Dave Freeman, **Weekly Updates:** Scott Stewart; **Outdoor Activities:** John Feret; **Real World:** Maria Immediato; **Programming:** Bonnie Russell, **Tennis:** Dan Streever & John A’Gati, **Facilities & Mahjong** Pat Clarke.