

Singles Outreach **Services Presents,** **New Year New events!!!**

Pinochle...



Support Group...

Friday Night Dance...

Monet Field Trip...

Monet: The Immersive Experience

Thursday, Feb. 1, 2024 -- We are planning a trip to Monet: The Monet Immersive Experience is at the Armory Studios NY. This is a 360° digital art exhibition in Schenectady that invites you to step into the world of the French painter Claude Monet, one of the greatest artistic geniuses of the nineteenth century. His range of art is amazing.

Immerse yourself in Monet's masterpieces. You'll enter a large room his home and look at his belongings and then enter his beautiful garden, crossing leaf covered bridges, before you slip into the world of Monet's moving paintings that surround you. Ann will host this event. Call 518-452-4883 for details. We will meet at our offices at 10:45 am to carpool or you can drive directly to the event and we'll meet there at 11:15 am. This will be your last chance to see this exhibition since it will be closing on Feb. 4th. We can have lunch nearby, after the event.

Pinochle

That's right you heard it here first! Join us on Friday afternoons beginning at noon for fun filled afternoons playing pinochle, beginners are welcome. This event hosted by Carole Praga. Beginning on Friday January 26th.

Dance Lessons

Wednesdays will be: West Coast Swing 2/7, 2/14, 2/21

Dance Technique and Review 2/28

Social Club-Style Dance Friday 2/23

West Coast Swing originated from Lindy Hop. Dancers danced a swingier, smoother, and more subdued form of jitterbug to Western swing music. Dean Collins, a Lindy Hop dancer, arrived in Los Angeles around 1937, and was influential in developing this style of swing dance. Laure Haile, an Arthur Murray Dance Studio National Dance Director, documented the unique style of swing dancing in 1951 using the name "Western Swing" to describe it. Arthur Murray Dance Studios developed a syllabus for West Coast Swing beginning from a closed position and the possibility of dancing in a single, double, or triple rhythm.

The term "West Coast Swing" appeared in 1961 and was used in an advertisement by ballroom dancer Skippy Blair circa 1958–1962. However, the term wasn't incorporated into mainstream swing circles until the late 1960s. Blair preferred the name because of the ambiguous meaning of "Western," usually referring to country and western, as distinguished from "West Coast," referring to California. Blair credits Jim Bannister, the Herald American newspaper editor in Downey, California, for suggesting the name.

While teenagers preferred to dance freestyle during the 1960s, adults kept swing alive. The advent of disco music in the 1970s revitalized partner dancing. By 1978, "California Swing" had developed as a variation, with styling that Blair wrote was "considered more UP, with a more Contemporary flavor."

In 1988, West Coast Swing was pronounced the Official State Dance of California. Excerpted from Wikipedia:

https://en.wikipedia.org/wiki/West_Coast_Swing

Support Group

This group is planned to meet on Monday evenings at 6:30 (Day/time subject to change based on interest). This is a group forming to discuss any issues you wish to share, and/or receive or offer advice to one another.

This is a support group where we ask what is shared in the group, stays within the group. Led by Dave F. Please give feedback if another day/time us better.

Now in our 41st year

Jana Harris - Memoriam

Jana has been a member of Singles Outreach Services since March 11th, 1989. She was very active in attending our Sunday Afternoon potlucks.

I recently recalled a phone conversation I had with Jana, she had called me a few days before Christmas in 2021, wanting to know what our organization was doing on Christmas. After my reply that nothing was taking my place, she said that she was looking for a place to go. I kept thinking about her call and decided to open the place up and have a potluck. When I called her back, she found other plans. However, the event took place with a couple members. I scheduled it for 2022/23 and it became a widely attended event. This past one on 12/25/2023 was dedicated to the memory of our member, singer, and friend Jana.

Jana is also remembered as being a talented singer. One of my fondest memories of Jana was in January/February of 2022 Jana wanted to sing at our potluck on the Sunday before St. Patrick's Day, she had five songs picked out, "My Wild Irish Rose, Too-Rah-Loo-Rah-Loo-Rah, Molly Malone, When Irish Eyes Are Smiling, and I'll Take You Home Again Kathleen".

We would spend many afternoons together I would play the music for her to rehearse. During those sessions Jana showed great passion for her talent and the Irish songs she performed. We became closer friends during that time, a time that I will now forever cherish. To my friend I bid farewell, who will be sadly missed, but happily remembered.

The Lunar New Year

Chinese Lunar New Year is also called the Lunar New Year and changes each year. It is celebrated in all East Asian Countries This year it falls on Saturday, February 10, but we are celebrating on Friday, Feb. 9th, the day before.

Ann Parillo has had a close relationship with China over the years, having traveled to China multiple times. She'll host a Chinese Potluck dinner on Friday, February 9th at 6:00 p.m. Pick up your favorite take out to share with the group. We'll discuss Chinese traditions and enjoy our own celebration of the Year of the Dragon. If you were born in the following years, you were born in the Year of the Rabbit. 1928; 1940; 1952, 1964, 1976, 1988, 2000, 2012 & 2024, The Chinese horoscope is on a 12-year cycle. \$5 with a dish and \$10 without for all.

www.chinesenewyear.net

Kathy Gallucci - Memoriam



Long time member & friend, Kathy Gallucci (wife of our Webmaster, Sam Gallucci), recently passed away after a long illness. Kathy was a very active member, most recently I remember meeting Kathy at our Thursday event "outdoorsy Stuff". She and Sam were there for biking at round lake. They previously hosted our Chili Cook-offs. Our condolences to the family.

Valentine's Day makes us think:



How much we LOVE new members.



This month, in honor of Valentine's Day, we are offering anyone that joins as a new member between the dates of Feb. 5 through Feb. 20th will receive a special discount package with their membership. This is a onetime offer to celebrate Valentine's Day. Contact our office to receive an application or stop by.



We LOVE our Members! Honest!



To prove how much we love you all, we are going to offer you, one free event each month, for the rest of the year, to our valued members. We'll announce the event each month, in our newsletter, on the calendar page. Watch for it and take advantage of our "love for you". You'll need to show your card to take advantage of this.

This month's free event for our members is Real World featuring facilitator Floyd M. Leading the discussion on sports, Tuesday February 20th, 7:00 p.m.



Cat Lover's Discussion Group

Cats, who loves cats? Come and share your favorite feline stories.

Saturday February 17th at 1:00 p.m. here at Hanover Square a discussion group on cats will take place. Come and share your thoughts on this purr-fect topic.

Valentine's Party



Friday Feb. 2nd 7:00 p.m. we will have a finger food potluck, followed by Valentine's Bingo, Trivia & more. Bring a finger food to pass, \$4 with a dish, \$10 without.



Weekly Events

Sundays February 4, 11, 18, 25,

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

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

Mondays February 5, 12, 19, 26,

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

Tuesdays February 6, 13, 20, 27,

- Real World discussion group 7:00 pm \$4/6
- February 6, "Birds of a Feather" Bonnie
- February 13, "Love is in the Air" Terry
- February 20, "Sports" Floyd
- February 27, "TBD" Anthony
- Blessings Tavern after Real World 9 pm

Wednesdays February 7, 14, 21, 28,

- 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 "West Coast Swing" 7:00 pm \$10

Thursday February 1, 8, 15, 22, 29,

- 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 February 2, 9, 16, 23,

- **NEW EVENT!!!**
- Pinochle beginning at noon 4/6

Saturdays February 3, 10, 17, 24,

- 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

Friday February 2nd

- Valentine's Party Bring a finger food to pass enjoy friends, conversation, Valentines Bingo, Trivia, and more \$4/6 with a dish, \$10 without.

Monday February 5,

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

Thursday February 8,

- Board Meeting 10:00 am

Friday February 9,

- Chinese Lunar New Year! & potluck 6:00 pm

Monday February 12,

- Newsletter submission deadline

Wednesday February 14 – Valentine's Day

Friday February 16,

- Pay What You Want Movie Event Host Ann P. 7:00 pm (You get to pick from three).

Saturday February 17,

- Cat lovers' group 1:00 p.m. share your cat stories and experiences. \$4/6

Sunday February 18,

Melissa Blok, MSW – Presenter – Feb 18.

- Ms. Blok will join us after our Sunday Potluck on Feb. 18th to discuss both Seasonal Effective Disorder and Depression. She is from the Center of Excellence for Alzheimer's Disease (CEAD) at AMC. She reports seeing many people that are struggling with their Mental Health, especially during the winter months; both care partners and patients. The center is available for those that may need help or support for various mental health issues. Ms. Blok is the Case Manager at CEAD, The Alzheimer's Center of Albany Med.

Monday February 19,

- Bingo 1:30 pm for fun and prizes. \$4/6
- Newsletter mailing

Friday February 23,

- **Social Dance 7:00 pm** featuring DeeJay Joe Sweeney this event will off a wide array of dances, something for everyone. \$10.00

Monday February 26,

- Lunch and a Movie noon

Dining Tour of Wolf Road

Join Dave & Bonnie as they take a tour of Restaurants on Wolf Road.

Saturday Feb. 3rd Start out with The Outback Steakhouse 145 Wolf Road at 4:30 p.m.

Saturday Feb. 10th Next visit The Olive Garden at 178 Wolf Road for some Italian cuisine enjoyed in a complimentary atmosphere. 4:30 p.m.


Saturday February 17th, Next move on to the Chinese dishes of The Hong Kong Bakery & Restaurant 8 Wolf Road 4:30

Saturday February 24th End the tour with a local favorite and enjoy wings, pizza, and salad at Pizza Hut 203 Wolf Road 4:30 p.m.



February 2024 Calendar


Singles Outreach Services & Capital Region Social Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 28 Indoor Tennis 10:a.m. Potluck 2 pm Games 4 p.m.	January 29	January 30 Real World 7pm "Let it Snow!" Terri M. Snacks at Blessings at 9 pm	January 31 Bowling 6:15 pm Dance lesson 7 pm	February 1 Outdoorsy 9:30 am Mahjong noon	February 2 Pinochle noon Valentine's party 7 p.m.	February 3 Dining in the Outback 4:30 Game Night 7 pm
February 4 Indoor Tennis 10 am Potluck 2 pm Games 4 pm	February 5 BINGO 1:30 pm Support Group 6:30 pm	February 6 Real World 7 pm "Birds of a Feather" Bonnie R. Snacks at Blessings at 9 pm	February 7 Bowling 6:15 pm Dance lesson 7 pm	February 8 Outdoorsy 9:30 am Board Mtg 10 am Mahjong/games 12 Noon	February 9 Pinochle noon <u>Lunar New</u> <u>Year Event</u>	February 10 Dinner Olive Garden 4:30 Game Night 7 pm
February 11 Indoor Tennis 10 am Potluck 2 pm Games 4 pm	February 12 Newsletter Deadline Email all <u>submissions by this</u> <u>date – after that</u> <u>they will be</u> <u>included in the</u> <u>following month</u> Support Group 6:30 pm	February 13 Real World 7 pm "Love is in the Air" Terry N. Snacks at Blessings at 9 pm 	February 14 Valentine's Day Bowling 6:15 pm Dance lesson 7 pm	February 15 Outdoorsy 9:30 am Mahjong/Games 12 noon	February 16 Pinochle noon <u>Movie Night</u> <u>(a donation</u> <u>event)</u>	February 17 Cat Lover's Group 1 p.m. Dinner at Hong Kong Bakery/Rest. 4:30 Game Night 7 pm
February 18 Indoor Tennis 10 am Potluck 2 pm Speaker 2:45 p.m. Games 4 pm	February 19 Presidents Day Bingo 1:30 Newsletter Mailing Support Group 6:30 pm	February 20 Real World 7 pm "Sports" Floyd M. F.E. See Pg. 2 for details Snacks at Blessings at 9 pm	February 21 Bowling 6:15 pm Dance Lesson 7 pm	February 22 Outdoorsy 9:30 am Mahjong/Games 12 noon	February 23 Pinochle noon <u>Social</u> <u>Dance</u> <u>7:00 p.m.</u>	February 24 Dinner at Pizza Hut 4:30 Game Night 7 pm
February 25 Indoor Tennis 10 am Potluck 2 pm Games 4 pm	February 26 Lunch & a Movie noon Support Group 6:30 pm	February 27 Real World 7pm "TBD" Anthony C. Snacks at Blessings at 9 pm	February 28 Bowling 6:15 pm Dance Lesson 7 pm	February 29 Outdoorsy 9:30 am Mahjong/Games @ 12 Noon	March 1 Pinochle noon	March 2 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.

Now in our 41st Year!!!**My Turn at Bat, Your Turn at Bat 2024**

by Miss Carla Page



I do believe that the most exciting times of my life will happen this year, in 2024. It's not just having what you want, it's wanting what you have; we do have infinite possibilities. I know I often write about optimistic topics. I take a lot of time putting my articles together. Stay with me, please.

Our turn at bat: Picture this long, wooden stick that we are holding in both hands. Step up to the plate of life, ready for the pitcher to throw the ball. History, like music, is something that you make. Here comes that ball towards me, it's moving really fast, whizzing through the air, right at me. Traveling straight ahead in my direction. I had been waiting for this, my "aha!" moment. My confident dignity softly shouts "Clobber that ball and slam it right passed the park and right into orbit!"

My turn at bat, your turn at bat. We are co-creating with our bats to accomplish a positive outcome. This article is dedicated to some great sluggers of all time. Babe Ruth, Hank Aaron, Reggie Jackson, Sammy Sosa, Lou Gehring, Joe DiMaggio, Willie Mays, and Mickey Mantle. Your turn at bat in 2024. Hit it! I'm proud of you! Endless love!

Why is there a Leap Year?**Annie's Corner**

For three years, if you were to count all the days in a calendar from January to December, you'd count 365 days. But every fourth year, February has 29 days instead of 28. So, there are 366 days in that fourth year. This is called a leap year. But, do we really need one? To explain: First, we have to know what a solar year is. It takes approximately 365.25 days for the Earth to orbit our Sun; that's called a solar year. But, to make up for that partial day (.25), we add one day to our calendar year every four years. We've actually added six hours every year and we can't continue doing that.

That's why we have a leap year. We have to fit that day in every four years. If we didn't, we'd eventually be celebrating the 4th of July in the winter. (continued next column)

More time definitions:

A year: the amount of time it takes a planet to orbit the sun one time.

A day (24 hours): the amount of time it takes a planet to finish one rotation on its axis.

Curiosity: Mars has more leap years than regular years since a year on Mars is 668 Martian days. (No, I didn't figure it out, I just found this obscure fact).

Born on Feb 29th? You have a choice. You can celebrate on Feb. 28 or Mar 1 when there isn't a leap year. Special offer. If you are born on Feb 29th and are celebrating your birthday this year, join us for either our Thursday (Feb 29th) or Friday (Mar 1) event for free. Just show us your driver's license.

Coming in March
Real World Topics

- ❖ March 5, "TBA" Bonnie R.
- ❖ March 12, "Not Yet" Anne K.
- ❖ March 19, "What's New in the News?" Floyd M.
- ❖ March 26, "The Ides of March" Joan S.

Don "The Soul Man" Hyman
Celebrates Women's History Month

Friday March 22nd 7:00 pm
Best of the Best Ladies of Song

Singers in all genres from jazz to folk to rock to British invasion to Motown have had a profound effect on the music industry.

In this show we feature tributes to artists like Judy Garland, Barbara Streisand, Aretha Franklin, Dusty Springfield, Dionne Warwick, Grace Slick, Joan Baez and more.

Work in Progress for April

Getting a date set for Controlled Chaos to return once again to perform. So much fun!

Looking further ahead

Looking at dates in June to schedule another tour of Homes in Saratoga, this time focusing on the historic homes in the city.

Activities for Singles
February 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)

**Coming up in February
Friday Night
Chinese New Year Party
With Take-out Potluck
Valentines Party**

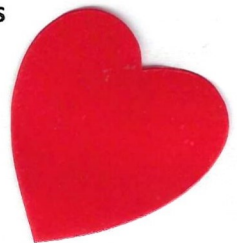
**PLACE
STAMP
HERE**

February 2024 Activities for Singles

www.SinglesOutreach.org
SOS@SinglesOutreach.org



If you are a paid member!
**Look for your free event this
month – it's noted in this
newsletter.**



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