



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0224
February 2024



DIRECTOR'S CORNER

2024 What the Center has planned.

With every new year comes change. The Center is growing which is wonderful. With that we need to restructure to meet the needs of the center. The Board of Directors are meeting to update the strategic plan for the center. We will be launching the Sherman House Phase 2 Building Campaign soon. Stay tuned for more information.

Do you have a voice in the Strategic planning? Of course you do! Come to Nicole's Lets Chat session on Thursday, February 1st at 1:00 and talk about what programs you would like to see at the center. The staff will be attending the session, so we will be able to answer any questions or concerns.

Looking forward to a great new year!!

VALENTINE'S DAY LUNCH

When: Wednesday, February 14th
at Noon

Menu: Pork Tenderloin, Mashed Potatoes, Vegetables and Dessert

Cost: \$10

Special Guest Speakers: Dr. Bill & Dr. Beth from Tackett Chiropractic

RSVP By February 7th

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From the desk of Ed Capezzuti
Happy New Year and a Look Ahead to 2024

First, I wish you all a very happy, healthy and safe new year!

As we start 2024, it saddens me to say that the scammers are still around. Several people I know, including myself, have received calls from a recording asking if you have Part A and Part B of Medicare. We even received a call here at the Center, which tells me they are just fishing. Actually, I have received this call three times. One time I said "no" on the Part B premium and they hung up. Another time I asked, "how did you get my phone number?" and they hung up. I do not even remember how the third call went. What they are trying to do is get personal information or get you to change plans, as that is how they make money. Please remember, we are now in the time, until March 31st, when you can change from one plan to another, if you are not happy with what you have now. If you are thinking of changing, please let me know and I can put you in touch with a reputable insurance representative.

As of this writing, Humana is still in negotiations with Albany Medical Center, but it could end up that the AMC Health Care System will no longer accept Humana Medicare Advantage Plans. As of now, if you have Humana and go to AMC or other hospitals in the AMC system for services, the AMC system will accept Humana plans until June 1st, but there have been other dates flying around. IMPORTANT: Albany Medical Health System includes Glens Falls Hospital, Saratoga Hospital and Columbia Memorial as well as AMC. If you still have a WellCare plan, now is the time to change as the hospitals listed above are no longer in their network.

As I look back on 2023 and still wonder where the time goes, it was a great year here at the Center with many fun activities and we ended the year with a fantastic party with Chris O'Neil. The Center has many fun activities planned for 2024, as well. On a personal note, both of our girls and Kenny (MK's boyfriend) made it home for the holidays and Santa apparently thought that they were on the nice list. You know what I mean!

February's Crafty Ladies

Crafts w/Nicole

February 13th at 1:00pm
Mardi Gras Masks



Crafts w/Thelma

February 15th at 1:00pm
Flow Paint Vases



Acrylics w/Karen

February 22nd at 1:00pm



EXTRA! EXTRA! READ ALL ABOUT IT!

GAME DAY AND PIN PAINTING

at the Glens Falls Senior Center

Saturday, February 10th
12 pm-3 pm

Join us for an afternoon of board games and bowling pin painting with our friends from Big Brothers Big Sisters of the Southern Adirondacks!

Refreshments will be served



RSVP by February 6th



380 Glen St Glens Falls, NY 12801



**GLENS FALLS
SENIOR CENTER**

GLENS FALLS SENIOR CENTER



VOLUNTEER

IMPORTANT

VOLUNTEER INFORMATION MEETING

Calling all current volunteers and those members interested in volunteering!

The Center will be holding a meeting to discuss volunteer opportunities at the center, as well as go over important information about each position!

Join us to learn more about how you can be a part of helping our growing center!

Current volunteer positions include:

Hospitality Committee, Greeter,
Thrift Shop, Front Desk and more!

Tuesday, February 27th at 1:00 PM

GLENS FALLS SENIOR CENTER

"SOUP"ER BOWL



FRIDAY, FEBRUARY 9TH
AT 1PM

BE A JUDGE AND PICK YOUR
FAVORITE SOUP MADE BY OUR
VERY OWN STAFF!
FOOTBALL GEAR ENCOURAGED BUT
NOT REQUIRED

RSVP BY FEBRUARY 6TH



380 GLEN ST. GLENS FALLS, NY 12801
(518)793-2189



Welcome
New Members

Dawn Vollner

Stephen Mitchell

Jane Henley

Marion M. Lanphere

Kathy Day

Jean Webster

Carol Conlin




Did You Know?



We have a selection of the books discussed in our Book Club available in our very own library! If you are interested in borrowing one, let us know!

FEBRUARY 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 1:00-Let's Chat	2 1:00-Cooking with Ed
5 10:00- Walmart	6 1:00-Ukulele Band 1:00-Book Club	7 2:00-Reading with Bea	8 1:00-Ken Tingley Presentation	9 1:00- "Soup"er Bowl Party
12	13 1:00-Craft with Nicole	14 Noon- Valentine's Day Luncheon	15 1:00- Crafting with Thelma	16 1:00-Movie & Popcorn: The Help
19 CLOSED 	20 1:00-Ukulele Band	21 1:00-Newsletter	22 1:00-Acrylics with Karen	23 1:00-Bowling @ King Pins Alley
26	27 10:00-Special Bingo 1:00-Volunteer Info Meeting	28 1:00-SAIL Computer Class	29 1:00-Chapman Museum	

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45- Let's Walk	9:00 - OsteoBusters/ RSVP (In-House & Virtually)	9:00 - OsteoBusters/ RSVP (In-House & Virtually)	9:00 - OsteoBusters/ RSVP (In-House & Virtually)	9:00-Tai Chi w/Sam (In-House & Virtually)
9:00 - OsteoBusters/ RSVP (In-House & Virtually)	10:00 - Bingo	10:00 Bridge, Scrabble	10:00- Chair Yoga	10:00 - Wii
10:00 - Line Dancing w/Ginny Allen			11:00 - GFSC Singers	10:00 - Line Dancing
12:00- Bridge				
1:00- Pinochle				

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Mark Your Calendar!

March 12- Get to Know Libby
(Crandall Library Reading APP)

March 15- Pot O' Gold Lunch

March 25- Basket Raffle
(Baskets on Display - Get your tickets.)

PROGRAM NOTES FOR FEBRUARY

- Every Monday at 8:45 **Let's Walk:** We are walking at the Cool Insuring Arena (\$10 Membership) Starts at 8:45 am, Call JoAnn at 518-955-7400 to sign up!
- Feb. 1, Thursday Time- 1:00pm **Let's Chat:** Is there something new you want to try for programming? Want to be a part of helping plan for 2024? Come talk to Nicole about the next year!
- Feb. 6, Tuesday Time- 1:00pm **Book Club:** Our book for February is All the Light We Cannot See, by Anthony Doerr. This is a book that draws the reader into the pages. Penned by a true word smith, the author creates a "painting" of two lives and a war that brings them together. Don't expect a fairy tale - it's not that. March's book will be Alive!, by Piers Paul.
- Feb. 8, Thursday Time- 1:00pm **Ken Tingley** will be here to present on his third book titled "The Last American Editor, Vol. 2". Come hear about a collection of the columns from his years of writing for the Post Star!
- Feb. 9, Friday Time- 1:00pm The 2nd Annual **"Soup"er Bowl Party** is here! Come be a judge to a bunch of different soups made by our very own staff and cheer on your favorite football team at the same time! Will Nicole keep the "Soup"er Bowl trophy ?
- Feb. 10, Saturday Time- 1:00pm Our friends at Big Brothers Big Sisters of the Southern Adirondacks will be here for a **Game Day and Pin Painting Party!** Enjoy an afternoon filled with fun as we play some games, and help paint bowling pins for BBBS Bowl for Kids' Sake Fundraiser!
- Feb. 16, Friday Time- 1:00pm **Movie & Popcorn:** "The Help"- An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis.
- Feb. 23, Friday Time- 1:00pm Join us for a fun afternoon of **Bowling at King Pins Alley** in South Glens Falls! Cost: \$6-12 (Payment required at the bowling alley)
- Feb. 27, Tuesday Time- 1:00pm **Volunteer Information Meeting:** Whether you are a current volunteer, or interested in becoming one. Please attend this meeting to learn about volunteer responsibilities and opportunities. We need volunteers !!
- Feb.28, Wednesday Time- 1:00pm **SAIL Computer Class:** Southern Adirondack Independent Living is proud to be hosting a FREE technology class here at the center. Bring your technology, and get ready to learn!
- Feb. 29, Thursday Time- 1:00pm We're going to the **Chapman Museum** to check out what this fantastic museum right down the road has to offer! Cost: \$4



Reminder

The Glens Falls Senior Center follows
Glens Falls CSD winter weather closures.
The center is open as usual if the schools are delayed.





Cooking With Ed

Friday, February 2nd at 1:00pm

Italian Sausage and Zucchini Soup

Prep/Total Time: 30 mins Serves: 6

Ingredients:

- | | |
|--|--------------------------------|
| 1 can (14-1/2 ounces) diced tomatoes, undrained | |
| 1 tablespoon minced fresh basil or 1 teaspoon dried basil | |
| 1 tablespoon minced fresh parsley or 1 teaspoon dried parsley flakes | |
| 1 medium zucchini, cut into 1/2-inch pieces | 1/2 pound bulk Italian sausage |
| 1 medium onion, chopped | 1 medium green pepper, chopped |
| 3 cups beef broth | 1/2 cup uncooked orzo pasta |

Directions:

1. In a large saucepan, cook sausage, onion and pepper over medium heat until sausage is no longer pink and vegetables are tender, 4-6 minutes, breaking sausage into crumbles; drain.
2. Add broth, tomatoes, basil and parsley; bring to a boil. Stir in zucchini and orzo; return to a boil. Cook, covered, until zucchini and orzo are tender, 10-12 minutes.



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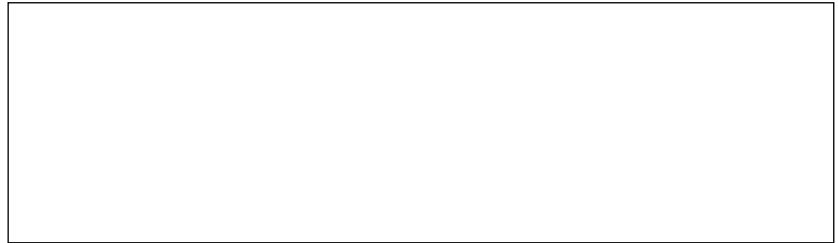


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