



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Technology Classes • Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0324
March 2024

DIRECTOR'S CORNER

Happy spring ... we hope. With the spring we embrace the new beginnings of the season. Here at the center we have new beginnings to embrace. As you know we have talked about staff restructuring. I'm pleased to announce that Nicole has been promoted to Assistant Director. She will continue her duties as Activities Coordinator. In addition, welcome Charlotte Potvin as our new Driving Specialist. She will be assisting Nicole with transportation and coordinating activities.

Congratulations Nicole and Welcome Charlotte!

Additionally, we have welcomed a number of new members. Many events have a waiting list. In an effort to allow more members to access programs and events, guests are welcome to attend **one** program/event for free (Unless a cost is associated.) To attend future programming/events, a \$5 "day pass" or a membership are available. This does not include fundraising events or drive thru meals. Thank you for understanding. I would like to thank those who bring guests. It's a great way to introduce them to the center and what we have to offer.

Pot O' Gold Lunch

Friday, March 15th at Noon

Menu: Corned Beef & Cabbage,
Potatoes, Irish Soda Bread and
Dessert

Cost: \$12 for Members
\$15 for Non-Members

RSVP by March 6th



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From the desk of Ed Capezzuti

Was This a Long Cold January or is it Me?
The Cooking Show, Scams and a Deadline

I know, I know, it's upstate New York and I have lived here all my life so I shouldn't be surprised by the cold and snow. One thing that has changed is my age and maybe that is the difference. No, it is not just me, as I talked to my girls, who are out in Columbus, Ohio, and they are complaining about how cold it is in Columbus. Maybe, it's a family thing. Well, with all that said, we went to Columbus over President's Day weekend and I will write about that next month. As of this writing, we are planning on taking in the Ohio State vs. Purdue basketball game.

The Cooking Show

In January, Carrie Woerner, AssemblyWoman for the 113 district, was a guest chef and we had a blast. Carrie is very popular and it showed, as the Center has the "Cooking with Ed" show on our Facebook page and we had over 500 views. Thank you Carrie! That is a new record for the show and breaks the old record set last year with guest chef, my daughter MK, who is very popular in her own right. For that show, there were over 400 views. A HUGE thank you to all of the people who took the time to watch either one or both of those shows and for that matter, any of the cooking shows.

Scams

If you are a homeowner, this is just a friendly reminder and a word of caution. New York State sent out a notice warning people about the door-to-door people who just happen to be in the neighborhood and are looking to fix your roof, help with snow removal, fix the entry points of critters or in the Spring, fix your driveway and take care of your lawn. While some of the services may be legit, be cautious. Do not pay upfront and never give anyone your personal information. You know the old saying, better safe than sorry.

Important Deadline For Humana

If you have Humana or WellCare for your health insurance, you have until the end of March to make a change. Both of those insurance carriers do not have the Albany Med Health Care system, which includes Glens Falls Hospital and Saratoga in their network. Coverage for the AMC Med system will end April 30, 2024 I am happy to help if you have questions.

March's Crafty Ladies

Crafts w/Thelma

March 21st at 1pm
Decoupage Plates



Acrylics w/Karen

March 28th at 1pm



Welcome
New Members

Linda Cappabianca
Frank Cappabianca
Colleen Russell
Karen Stevenson

EXTRA! EXTRA! READ ALL ABOUT IT!



Join us once a month to visit local breweries, wineries and distilleries! Call Nicole at the center for more information. Please drink responsibly.



Chair Yoga

Returning on March 7th!
Every Thursday
10 am-11 am
Cost: \$5/Class



Dinner and a Show!

When: Thursday, March 14th at 5pm

Where: Queensbury High School

Cost: \$5

Enjoy dinner and a show at Queensbury High School's production of Annie!
Call the center to register.
Limited transportation available.

Basket Raffle Drawing & Open House

Friday, April 12th

Open House at 11am

Basket Raffle Drawing at 1pm

Basket Raffle starts on March 27th

8 Tickets for \$5

20 Tickets for \$10

If you would like to donate a basket, please submit the basket and a list of its contents to the center by March 22nd

(518) 793-2189

380 Glen St, Glens Falls, NY 12801

Mark Your Calendar!

Our 3rd Annual Disc Golf Tournament will be held on **Saturday, May 11th**

Register to play at discgolfscore.com or by calling Kim at the center!



GLENS FALLS SENIOR CENTER



VOLUNTEER

Want to get involved at the center?
Have an idea for a program you want to see or even run yourself?
Reach out to Nicole at coordinator@glensfallscenter.org



Looking for a place to hold an event?
The Glens Falls Senior Center is available!
Reach out to Kim for more information at 518-793-2189

MARCH 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1 1:00-Cooking with Ed
4 10:00-Market 32	5 1:00-Book Club 1:00-Ukulele Band	6 1:00-Knitting Group 2:00-Reading with Bea	7 1:00-Great MeadowFederal Credit Union	8 1:00-Feeder Canal Alliance
11	12 1:00-Get to Know Libby (Crandall)	13 1:00-Organize Senior Moves	14 1:00-Fall Prevention 5:00-Dinner and a Show	15 Noon-Pot O' Gold Lunch
18	19 1:00-Ukulele Band	20 1:00-Newsletter	21 1:00-Craft with Thelma	22 1:00-Adirondack Salt Cave Raffle Baskets Due
25 Noon-Lunch Bunch at Dave's Hot Chicken	26 1:00-M.B. Kilmer Funeral Home	27 1:00-Berkshire Bank 5:30-Brew Crew	28 1:00-Acrylics with Karen	29 CLOSE AT NOON

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45- Let's Walk</p> <p>9:00 - OsteoBusters/RSVP (In-House & Virtually)</p> <p>10:00 - Line Dancing w/Ginny Allen</p> <p>12:00- Bridge</p> <p>1:00- Pinochle</p>	<p>9:00 - OsteoBusters/RSVP (In-House & Virtually)</p> <p>10:00 - Bingo</p>	<p>9:00 - OsteoBusters/RSVP (In-House & Virtually)</p> <p>10:00 Bridge, Scrabble</p>	<p>9:00 - OsteoBusters/RSVP (In-House & Virtually)</p> <p>10:00- Chair Yoga</p> <p>11:00 - GFSC Singers</p>	<p>9:00-Tai Chi w/Sam (In-House & Virtually)</p> <p>10:00 - Wii</p> <p>10:00 - Line Dancing</p>
<p>*Reminder*</p> <p>The Glens Falls Senior Center will be closed when the Glens Falls School District is closed due to weather. (this does not include delays)</p>				

Visit us on our website:
www.gfseniors.com and on Facebook

Mark Your Calendar!

- April 6-Pancake Breakfast Drive-Thru
- April 10- GFH Hearing Center Presentation
- April 12-Basket Raffle and Open House
- April 19- AARP Shredding Day
- April 26-Volunteer Recognition Day



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PROGRAM NOTES FOR MARCH

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!

Tuesday, March 5th Sorry you missed our Feb. **Book Club** We had a good discussion and we all
Time-1:00pm agreed that the book for February, "All The Light We Cannot See" was
now a favorite. There is a copy in the Center library. Our read for March
will be "Alive!" by Piers Paul Read. It's a difficult read - a difficult subject
- a true story of survival.
April - "The Boys in the Boat", by Daniel James Brown
May - "The General and Julia", by Jon Clinch

Thursday, March 7th **Great Meadow Federal Credit Union** will be here to discuss their
Time- 1:00pm services including loan refinancing, retirement funds and much more!

Friday, March 8th Pattie, Director of the **Feeder Canal Alliance** will be here to discuss
Time- 1:00pm the Feeder Canal Alliance, their exciting lineup of 2024 programs, and
updates on FCA's work to preserve and improve the historic Feeder Canal
& Towpath Trail for diverse residents, visitors and tourists.

Tuesday, March 12th This introductory session on how to use **Libby** by Overdrive will cover
Time-1:00pm installing the Libby App, searching and browsing the collection, and
borrowing eBooks and audiobooks. You will need to bring your library card
and the device you plan to use with Libby.

Wed., March 13 **Organize Senior Moves** will be here to do a presentation on organizing and
Time-1:00pm and downsizing. Don't miss out on this informative afternoon!

Thursday, March 14 During this presentation on **Fall Prevention**, you will be provided needed
Time-1:00pm facts and statistics about seniors and falls, tips to minimize or prevent
falls, a quick assessment to see if you are a high risk and what could
happen if a fall was to occur. As well as bringing necessary information to
help keep you safe, the team will be bringing goodies to share and will make
sure there is plenty of time to ask any questions you may have about fall
prevention. Stay safe and see you then!

Friday, March 22 **Adirondack Salt Cave:** During a typical session, clients will relax in lounge
Time- 1:00pm chairs while soothing music plays and aerosolized dry salt is dispersed into
the room. Regular and consistent Halotherapy, in combination with your
fitness routine, may improve oxygen circulation and increase the overall
sense of well being. Cost: \$20 (Members Only)

Tuesday, March 26 **M.B. Kilmer Funeral Home** will be at the center to discuss the services
Time-1:00pm they offer as well as some information on planning ahead. Come and learn.

Wed., March 27
Time-1:00 pm Come and learn about the the benefits of banking with **Berkshire Bank!**



Cooking With Ed with Special Guest Joan Tarantino

Friday, March 1st at 1:00pm

Easy Goulash

Prep/Total Time: 35 Mins

Serves: 10

Ingredients:

1 tbsp olive oil
1 green bell pepper, diced
3 tsp garlic, minced
2 15 oz cans petite diced tomatoes
3 tbsp Worcestershire Sauce
2 tbsp Italian Seasoning
2 cups macaroni noodles, uncooked

1 cup onion, diced
2 lbs. ground beef, lean
2 15 oz cans tomato sauce
3 cups beef broth
2 tsp seasoned salt
3 bay leaves
1 cup cheddar cheese, shredded

Directions:

1. Add olive oil to large pot over medium-high heat. Add in the onion, bell pepper and ground beef then cook until beef is no longer pink. Drain any excess fat and return pot to stove top. Add in garlic and stir until fragrant (about 30 seconds).
2. Pour in the tomato sauce, diced tomatoes, beef broth, Worcestershire sauce, seasoned salt, Italian seasoning, bay leaves and dried macaroni noodles. Stir and bring mixture to a boil. Reduce heat to a light boil and stir occasionally until the pasta is tender, about 20 minutes.
3. Remove the bay leaves and stir in the cheddar cheese just before serving. Enjoy!



IN LOVING ♥
Memory

Ruth Kouba
Rosaria Trunzi



Warren/Washington

RSVP

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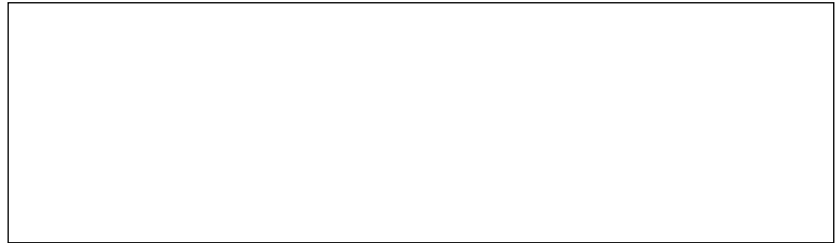


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