



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0423  
April 2023



### DIRECTOR'S CORNER

Different ways Spring helps your Overall mental and physical health.

The age-old term "Spring Cleaning" can apply to both your home and your mind. Warmer weather allows you to open windows and get some fresh air. Take time to sort through belongings that haven't been used. You can also alleviate stress by using the revitalizing tone of Spring to renew your own mindset. Let go of negative thoughts, forgive hurts, and forget the past.

Enjoy Seasonal Foods! Fresh fruits and vegetables are more plentiful come Springtime. Seek out new recipes to best utilize these seasonal items.

Exercise! Spring offers several options to increase your physical activity. Exercising and being outdoors after a long winter can work wonders for boosting your mood and improving your mental state. Lastly come to the center and enjoy great programs with new and old friends.



**DRIVE THRU**

**FRIDAY, APRIL 28TH**

**Time: 3:30-6:00 pm**

**Menu: Spaghetti and Meatballs, Side Salad, Roll and Brownie**

**Cost: \$12.00**

**ORDERS MUST BE PLACED NO  
LATER THAN APRIL 24th**



Joan Rider  
Cheryl Rawson  
Stan Ferguson

Linda Morehouse  
Marilynn Buehler  
Virginia Pike

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*From the desk of Ed Capezzuti*

### **Medicare Savings Plan (MSP) and yes, Scams**

I am happy to say that some of our members have taken advantage and have applied for the Medicare Saving Plan (MSP). The income limit has changed again and is now \$2,280 per month for a single person and \$3,077 for a couple (These amounts include standard \$20 disregard). This program pays for the Medicare Part B premium only. The applicant must have Medicare Part A to be eligible. The application is a very simple form and could save you the part B premium, which in most cases is \$164.90 for 2023. Even if your income is a little over, apply and I am happy to help you with the application process. If you have any questions please give me a call.

### **Scams**

It wasn't too long ago that I wrote about the top 10 scams targeting seniors. Well, I'm back on track so here we go again. Before we talk again about scams let me tell you that a few months ago we decided to get rid of our landline. It seemed that the only calls we were getting on our landline were, you guessed it, scam calls. If anyone wanted to contact us they always call our cell phone and yes, the scam calls have really slowed down. I am still not sure how scammers get our cell phone numbers but I am thinking that some businesses sell the phone list to scammers so now, when a business asks for my number I give them our landline number which is no longer in service. Speaking of cell phones, I and others have received text messages from, at least they say, from amazon that my account has been locked due to unusual activity. I thought gee that's very good of them to do that but I do not have an amazon account. You can see where it's headed. In talking to one of our members about this, she told me that she has received the same text and she too does not have an amazon account. She went one step further, she also received the same notice about pay pal and FedEx. If you too received one of these text, do not open it, simply delete it.

### **April's Crafty Ladies**

#### **Craft w/Thelma**

April 20th at 1:00

Transforming a Composition  
NoteBook



#### **Acrylics with Karen**

April 27th at 1:00

Come paint something  
beautiful!



### **Mark Your Calendar!**

Our Disc Golf Tournament is  
scheduled for May 13th, 2023!

Go to [discgolfscore.com](https://discgolfscore.com) or call  
the Center at 518-793-2189  
to register!





## **Member Spotlight- April**

**Name :** Richard Bonet

**Years as a Member:** 7 years

### **What brought you to the center?**

"My mother brought me here. I was taking her to the Center as a way for her to have fun, and we used to play Bingo. I have been coming here as a member ever since."

### **What is your favorite thing to do at the Center?**

"I love playing wii bowling, entertaining people, socializing and having fun."

### **What is something about you people may not know?**

"I love extreme sports. I used to sky dive, bungee jump, scuba dive and drive race cars. My facebook has all sorts of pictures of that; including swimming with sharks."

### **What is a new skill you would like to learn?**

"I would like to get better at Ukulele, which I am practicing by being in our Centers Ukulele Band."

### **What are the words you live by?**

"Never taking anything personal, respect people, listen to their stories, and treat them the way you would want to be treated. Plan for the future, live for the present."

## **Basket Raffle and Open House!**

**Friday, April 14th**

**Open House at 11:00 am with our Basket Raffle Drawing starting at 1:00pm**

### **Basket Raffle Starts March 13th!**

8 Tickets for \$5

20 Tickets for \$10

This is one of our biggest fundraisers of the year!

### **Want To Help Our Center Grow?**

Our Membership and Public Relations committee are adding more members! We are looking for motivated members looking to help us expand our membership, welcome new members, and share ideas. Please reach out to Nicole if you are interested.



## **GLENS FALLS SENIOR CENTER THRIFT SHOP**

We are currently accepting donations for our Thrift Shop, Library and Yard Sale!

We do NOT accept:  
Clothes, Bedding, Toys, Shoes, VHS  
Movies, Sporting Equipment or Furniture  
Please call the center if you have any questions about donating!  
Check us out on Facebook at "Sherman House" on Marketplace.



# APRIL 2023

| <u>Monday</u>                          | <u>Tuesday</u>   | <u>Wednesday</u>  | <u>Thursday</u>  | <u>Friday</u>   |
|--|--|---|--|---|
| 3<br><br>10:00- Shopping at Aldi Plaza | 4<br><br>10:30-Hospitality Com. Meeting<br>1:00-Book Club<br>1:00-Ukulele Band | 5<br><br>1:00- Knitting Group<br>2:00- Reading with Bea | 6<br><br>1:00- Lifeline Presentation                             | 7<br><br>CENTER CLOSED AT NOON                            |
| 10                                     | 11<br><br>1:00- Cooking with Ed  | 12<br><br>10:00- NYS Museum<br>1:00-Game Day            | 13<br><br>10:00- Brunch Bunch at Ambrosia<br>2:00-Kintting Group | 14<br><br>11:00-Open House<br>1:00-Basket Rafffle Drawing |
| 17<br><br>6:00- Billiards Night        | 18<br><br>1:00- Ukulele Band   | 19<br><br>12:30-Luxury Box                              | 20<br><br>1:00- Craft with Thelma                                | 21<br><br>No Activities<br><br>AARP SHREDDING DAY         |
| 24<br><br>*NO OSTEObUSTERS*            | 25<br><br>10:00- Special Bingo<br>1:00-Newsletter                              | 26<br><br>AARP DEFENSIVE DRIVING                        | 27<br><br>1:00- Acrylics with Karen                              | 28<br><br>3:00- Spaghetti Dinner Drive-Thru               |

# WEEKLY ACTIVITIES

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

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[www.gfseniors.com](http://www.gfseniors.com) and on Facebook



## Needs Come In All Shapes and Sizes. Your Home Care Should Too.

If you are considering home care, then you have specific needs. Maybe you need assistance with light housekeeping or shopping once a week, or maybe you require help with activities like dressing and bathing every day. Whatever your needs are, we will work with you to meet them. At Neighbors, we believe in flexibility. We believe you are in charge.

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*Call today for a free consultation to discuss your options.*

### Mark Your Calendar!

- May 4th- Victorian Tea
- May 9th- Spring Banquet
- May 13th- Disc Golf Tournament
- May 19th- New Member Welcome Lunch
- May 31st- Dakota Ridge Farm
- June 3- Garage Sale
- June 9th- Chicken BBQ Drive Thru

## PROGRAM NOTES FOR APRIL

Every Tuesday, 8:45 **Let's Walk:** We are walking inside at Cool Arena. It is a \$10 fee for the whole year- pay at the arena box office. Call Jo Ann Whiting with any questions.

Tuesday, April 4 1:00 **Book Club:** Come join us as we discuss the book for April: The Last Slaveship, by Ben Raines. The incredible true story of the last ship to carry enslaved people to America, the remarkable town its survivors founded after emancipation, and the complicated legacy their descendants carry with them to this day—by the journalist who discovered the ship's remains. Our book for May will be The Daughters of Yalta, by Catherine Grace Katz And June will be The Eighty-Dollar Champion: Snowman, The Horse That Inspired a Nation by Elizabeth Letts

Wednesday, April 5 1:00 **Reading with Bea:** Join us for some fun stories read by our member, Bea!

Thursday, April 6 1:00 **Lifeline Presentation:** Learn about Lifeline and the new products they have available to keep you safe at home!

Wednesday, April 12 10:00 **New York State Museum:** Join us as we go to the museum and explore the highlights New York State's significant natural and cultural diversity, past and present. Van seating is limited sign up early.

Friday, April 14 11:00 Come show your friends and family our Center at our **Open House**, starting at 11 with our **Basket Raffle Drawing** at 1!

Wednesday, April 19 12:30 Take a tour of **The Luxury Box** in Queensbury that has state of the art virtual sports and entertainment. We will also spend some time getting to try some of what they have to offer!

Friday, April 21 10:00 to 1:00 Protect yourself from identity theft, deed theft, and other scams by joining **AARP NY** for a **Free Paper Shredding Event**! Dispose of your sensitive documents securely without ever getting out of your vehicle.

### **Make A Difference**



You can make a difference! More hands make life easier and more conversations bring in new ideas.

**Newsletter Mailing Day** - we can always use more help folding, addressing and sealing the newsletter. Please call center to sign up.

**Hospitality** - this committee works mainly with the food events at the Center, prepping and serving. Call Bev, at the Center if you're interested in this.

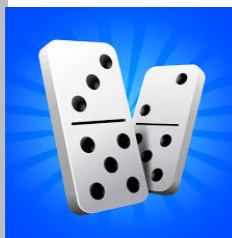
**Thrift Shop/Boutique** - We are looking for volunteers to help run our thrift shop on Tues. or Wed. afternoons . Many thanks, Bev

### **Interested In Playing Pinochle?**



Our members have started a Pinochle group that meets every Monday and on Game Days! Contact the center if you are interested!

### **Let's Play Dominoes!**



Some members are looking to start a domino group that would play every Thursday at 1:00.

If interested, contact Jean Luc at 714-278-8082.



**Cooking With Ed**  
**Tuesday, April 11th at 1:00pm**

***Creamy Spinach Chicken Dinner***  
**Prep/Total Time: 30 Minutes** **Serves: 4**

**Ingredients:**

- 1-1/2 cups uncooked penne pasta
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1/2 cup chopped onion
- 2 teaspoons olive oil
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 cup heavy whipping cream
- 10 cups coarsely chopped fresh spinach
- 2 cups shredded part-skim mozzarella cheese
- 1/8 teaspoon pepper
- Optional: crushed red pepper flakes and parmesan cheese

**Directions:**

1. Cook pasta according to package directions. Meanwhile, in a Dutch oven over medium heat, cook and stir chicken and onion in oil for 5 minutes or until chicken is no longer pink.
2. Stir in soup and cream. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, for 2 minutes. Stir in the spinach, cheese and pepper; cook for 1-2 minutes or until spinach is wilted and cheese is melted.
3. Drain pasta; add to chicken mixture and toss to coat. If desired, sprinkle with parmesan and red pepper flakes.

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*Please remember that if Glens Falls School District is closed due to weather, the Center will be closed.*

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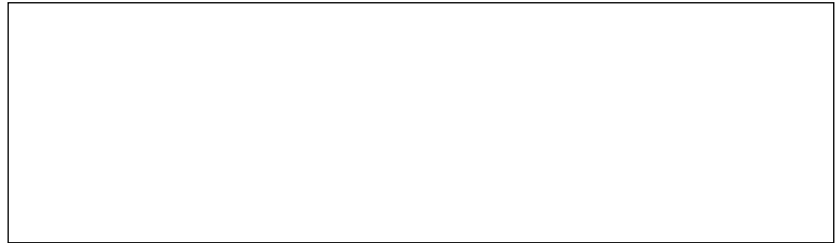


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## Improving the quality of life for seniors.

Since 1959, the Greater Glens Falls Senior Citizens Center has been providing a variety of services and programs improving the quality of life for those 50 and over. The Center is located in the historic Sherman House at 380 Glen Street in downtown Glens Falls.



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