



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0424  
April 2024

### DIRECTOR'S CORNER

Spring is here, I hope. Have you been feeling sluggish this winter season? I know I have. Use this spring to rejuvenate your health and wellness. Here are some spring health tips to help get you back on track.

**1. Spend Time Outdoors Daily-** Take advantage of the warmer weather by spending time outdoors daily. Spending time outdoors in the sun is a great way to soak up vitamin D, improve your mood and cognition.

**2. Plate Up with Seasonal Foods-** An excellent time to change up your menu. Take advantage of seasonal foods that are available in your grocery store or farmer's market.

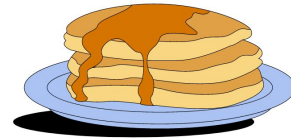
**3. Take in More Water-** As you increase your activity level, it's important to increase your water intake. Drinking plenty of water throughout the day, including after exercise or other physical activities.

**4. Reschedule Missed Doctor Appointments-** Reschedule any doctor appointments you may have cancelled due to poor weather. Spring is a great time to give yourself a tune-up.

Nicole and Charlotte are planning some great trips and events for the summer months. Stay tuned.



## PANCAKE BREAKFAST DRIVE-THRU



**Saturday, April 6th 8am-11am**

Pancakes, Breakfast Potatoes,  
and Sausage Links

**Cost: \$10**

Tickets **MUST** be purchased by  
April 1st

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## *From the desk of Ed Capezzuti*

### *Our Trip to Columbus and New Scams*

On Friday, February 16, as the snow was falling in Queensbury, we headed out to Columbus, Ohio to visit our girls and hoped that the weather would not hinder our trip. We do happen to travel through the snow belt of Syracuse, Buffalo and Erie. It was hard to believe, snow was not the problem. The wind was the problem, as we did see two accidents on the way out. Both involved trucks that transport cars from one location to another. Apparently, the wind was strong enough in each case, to blow a couple of cars off the trucks and when they hit the ground, it wasn't pretty. Other than that, there was no snow in Buffalo. "That's correct", there was more snow in Queensbury than in Syracuse, Buffalo and Erie. When we did get close to Columbus, the snow started and Columbus did get 5 to 8 inches of snow. Snow is a real problem in Columbus, as they don't get that much and do not plow the roads. It was a mess. On Saturday, it was time to shop. My wife loves shopping in the Columbus area. She and MK made a day of it. Oh boy, did they make a day of it! Chelsey and I stayed at her condo, as she needed some minor repairs done. All in all, a good day for everyone. Sunday was the Ohio State vs. Purdue men's basketball game. Purdue went into the game as #2 in the country and a 9.5-point favorite. I was surprised it was only 9.5-points, as Ohio State lost 9 of their last 11 games and had just fired their head coach. Oh my, miracles do happen! Ohio State played the game of their lives and beat the Boilermakers 73-69. What a scene, as fans stormed the court. On Monday, we headed back home with clear skies and no wind.

### **Two Different Scams**

One of our members shared with me that her sister received a check for over \$8,000, which stated it was from Publisher's Clearing House, with information saying that she won \$750,000, which would be paid later. She was a bit surprised and suspicious. She was so suspicious that she called Publisher's Clearing House and guess what? Publisher's Clearing House told her that it was a scam and they always deliver in person with a BIG check and roses for the winners. Never do they just send a check. Good for her, as it turns out she was a winner after all by not falling for that scam. Remember, if it sounds too good to be true, it probably is. Another one of our members called and said that she received a call from someone using the phone number of a doctor's office from Irongate Family Practice. I am not quite sure how they can use those numbers, but just because a familiar number may show up on your caller ID, doesn't mean it is that office or company. The person asked for her Medicare information to send out a new card. She was very aware that new cards were not being sent out and did **not** give out her personal information. Good for her and she was correct. There are no new cards. Be careful when you get a call and the person on the other end of the phone is asking for personal information.

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## *April's Crafty Ladies*

### **Crafts w/Filomena**

Thursday, April 18th-1:00pm  
**Felting Spring Chickens**



### **Acrylics w/Karen**

Thursday, April 25th-1:00pm



*Welcome*  
New Members

Darlene Kelly  
Michael Kelly  
Julia Stearns



# EXTRA! EXTRA! READ ALL ABOUT IT!



## BASKET RAFFLE AND OPEN HOUSE



**Friday, April 12th**

**Open House at 11am**

**Basket Raffle Drawing at 1pm**

**Baskets go on display on March 25th!**

Tickets are 8 for \$5 or 20 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



## Spring Victorian Tea

**Wednesday, April 17th at 1:00pm**

**Cost:** \$5 for Members  
\$10 for Non-Members

Enjoy an afternoon of delicious tea, finger sandwiches and friends as we step back in time to a Victorian Era Tea Party  
Feel free to dress the part!

**Call the Center to Register!**



380 Glen St  
Glens Falls, NY 12801  
518-538-4877



## Mark Your Calendar!

# Garage Sale

**Saturday, June 15th**

**Our Thrift Shop is accepting donations!**

We do NOT accept the following:  
Clothes, Toys, and Large Furniture

If you have any questions about donations,  
please reach out to us at the center!

## Mark Your Calendar!

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

Register to play at [discgolfscene.com](http://discgolfscene.com)  
or by calling Kim at the center!



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

**FOR RENT**

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

# APRIL 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>1</b>	<b>2</b> 1:00-Book Club 1:00-Ukulele Band	<b>3</b> 1:00-Knitting Group 2:00-Reading with Bea	<b>4</b> 1:00-RAM Clinic Presentation	<b>5</b> 1:00-Cooking with Ed
<b>8</b> 10:00-Hannaford	<b>9</b> 2:30-Protecting Your Personal Info Online	<b>10</b> 12:30-GFH Hearing Center	<b>11</b> 1:00-Adventure Awaits	<b>12</b> 11:00-Open House 1:00-Basket Raffle Drawing
<b>15</b>	<b>16</b> 1:00-Ukulele Band	<b>17</b> 1:00-Victorian Tea	<b>18</b> 1:00-Craft with Filomena	<b>19</b> <b>NO PROGRAMS</b> AARP Shredding Day 10-1
<b>22</b> Noon-Lunch Bunch @ Cooper's Cave	<b>23</b> 1:00-Newsletter	<b>24</b> 1:00-Wilton Mall 5:30-Brew Crew @ Slickfin Brewery	<b>25</b> 1:00-Acrylics with Karen	<b>26</b> 1:00-Volunteer Recognition Day
<b>29</b>	<b>30</b> 1:00-Ukulele Band			

# 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				

Visit us on our website:

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

Mark Your Calendar!

- May 3- GFSC 65th Birthday Party
- May 11- Disc Golf Tourney
- May 14- Spring Banquet
- June 15- Garage Sale



## 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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## PROGRAM NOTES FOR APRIL

- Every Monday at 8:45 **Let's Walk:** We are walking at the Betar Byway behind Sorrentino's in SGF. Starts at 8:45 am, Call JoAnn at 518-955-7400 to sign up!
- Tuesday, April 2  
Time- 1:00pm **Book Club:** This month we will be discussing The Boys in The Boat, by Daniel James Brown. Beautifully written, this is the stirring story of nine working-class boys from the American West who beat all odds at the 1936 Olympics. It's a heartfelt blending of human struggle and a historical snapshot of a time not to be forgotten.  
Our book for May is The General and Julia, by Jon Clinch  
Our book for June is Before We Were Yours, by Lisa Wingate
- Thursday, April 4  
Time- 1:00 pm **A RAM (Remote Area Medical) Clinic** representative will be here to explain what RAM is, and teach you about ways that you can get involved.
- Tuesday, April 9  
Time-2:30 pm **Protecting Your Information Online:** Covering the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK — or not — to share your personal information online. This Senior Planet from AARP class is being offered through the Senior Planet licensing program.
- Wednesday, April 10  
Time- 1:00pm The **Glens Falls Hospital Hearing Center** will be here to do a presentation on how hearing loss can affect memory, and will also be doing some hearing screenings!
- Thursday, April 11  
Time- 1:00pm **Adventure Awaits:** Remember Sinatra and his delightful singing: "come fly with me, let's fly, let's fly away"? Well...we're not Frankie, BUT, we're inviting you to come "fly away" with us to Ireland. Sit back and relax as we let our imaginations soar above magical, mystical Emerald Isle.
- Friday, April 19  
Time- 10:00am AARP will be hosting a **Shredding Day** here at GFSC-bring your documents that you would like to shred, drive through, and their volunteers will take care of the rest!
- Monday, April 22  
Time-Noon **Lunch Bunch:** We're going to Martha's! Yes, they have lunch, and what a great chance to get dessert right after!
- Wednesday, April 24  
Time- 1:00pm We are going to **Wilton Mall** to do some shopping! (Limited van space available.)
- Wednesday, April 24  
Time- 5:30 pm **Brew Crew** is going to Slick Fin Brewing Co. in Fort Edward! As always, limited transportation for members is available. Please drink responsibly.
- Friday, April 26  
Time- 1:00 We are hosting a **Volunteer Recognition Ceremony** to celebrate all of our wonderful volunteers who help make our Center great!



### SAVE THE DATE

**September 25th, 2024**

Keep an eye out in our newsletter and on social media for more information coming soon!



## Cooking With Ed

Friday, April 5th at 1:00pm

### *Pasta with Chicken and Tai Sweet Sauce*

Prep/Total Time: 25 Minutes

#### Ingredients:

8 oz. Penne pasta  
One Green pepper chopped  
Medium onion chopped  
1-cup Tai sweet chili sauce  
Salt and pepper to taste

$\frac{1}{2}$  cup olive oil-add more as needed  
One Red pepper chopped  
1 1/2 cup cooked chicken  
4 tbsp. sesame ginger marinade

#### Directions:

1. Cook pasta according to package
2. Heat olive oil in a nonstick fry pan
3. When oil is heated, add green pepper, red pepper and onion. Cook until vegetables are soft. (about 10 minutes) stir while vegetables are cooking
4. Add one cup of the Tai sweet chili sauce
5. Add the ginger marinade
6. Add chicken stir until mixed
7. When sauce is heated add the pasta, stir gently to coat pasta. Heat for 2-3 minutes and serve.



#### 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  
[coordinatorgfseniors@gmail.com](mailto:coordinatorgfseniors@gmail.com)



Warren/Washington

RSVP

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## Improving the quality of life for seniors.

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