



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0426
April 2026

Executive Director Message

We're excited to share some wonderful news—we have a new 12-passenger van! While seating will still be limited, we've doubled our capacity, making it easier for more members to participate in trips and activities. We're looking forward to getting out and about together! The Center is already busy planning summer events, so be sure to check out the latest newsletter to stay informed and sign up early.

Our Annual Basket Raffle is officially underway! We have a fantastic variety of baskets to choose from, with something for everyone. Basket lists will be mailed out soon. Tickets are 20 for \$10. Stop by the Center to purchase your tickets. If you're unable to come in, simply mail in your list, and we'll gladly place your tickets into the baskets of your choice.

Thank you for your continued support—we can't wait to see you at the Center!



Spring Banquet
Tuesday, May 5th
Noon
Cost \$20

Menu

Beef Quesadilla

With caramelized pepper and onion, cheddar jack cheese, salsa and sour cream

Chicken Quesadilla

With caramelized pepper and onion, cheddar jack cheese, salsa and sour cream.
(both are not spicy)

Mexican Chocolate Pot De Crème

Entertainment by Our Ukulele Group

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From the Desk of Ed Capezzuti

Medicaid or a Medicare Savings Program

The Medicare Rights Center has released the new income levels for various programs and I wanted to share that information with you. There are three different programs.

Program	New York gross monthly income limits		New York asset limits	
	Individuals	Couples	Individuals	Couples
QI	\$2,494	\$3,375	No limit	No limit
QMB	\$1,856	\$2,509	No limit	No limit
Medicaid	\$1,856	\$2,509	\$33,038	\$44,796

The different programs offer different benefits but they all pay the Part B premium (currently \$202.90 per month) and enroll beneficiaries into Extra Help. Extra Help keeps the cost of each medication on your plan's formulary below \$12.65, eliminates the Part D Prescription deductible, and may assist with the premium of your Part D plan.

If you qualify or think that you may qualify for any of these programs, there is a one-page application to complete and I will explain the different programs to you. Please give me a call if you have any questions 518-793-2189.



Did you know that you could rent the center for events?
Please contact Kim for more details.
518-793-2189.

Craft Sessions

Craft with Thelma
Thursday, April 16th
1:00pm



Class limited to 10

Craft with Abby
Wednesday, April 8th
1:00 pm



Paint with Karen
Thursday, April 30th
1:00 pm

Class limited to 8

EXTRA! EXTRA! READ ALL ABOUT IT!



Knitting and Crocheting Group
Wednesday, April 1st
1:00 pm

The group provides a warm and supportive space where beginners can learn the basics and experienced crafters can share their skills. It's also a great way to make friends, find inspiration, and be part of a creative community that values patience, artistry, and the joy of handmade crafts. This group will meet the first Wednesday of the month. Sign up today 518-793-2189



Fraud Prevention
Thursday, April 9th
1:00pm
Cost \$10

Join us for an important and informative presentation on Fraud Protection presented by representatives from ArrowBank. Unfortunately, scams and attempts of fraud are becoming more common, and it's important to know how to recognize and protect yourself from them.



Introduction to AI
Tuesday, April 14th
1:00 pm

The ability to spot a scam is an essential digital skill. In this lecture, we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed. We'll look at sample emails, texts, and deepfakes to see how AI contributes to the increased spread and complexity of scams. We'll also provide helpful resources for staying informed about the latest scams. Sign up is required call the center 518-793-2189



Gather and Gab
Thursday April 2nd
1:00 pm

Join us for Gather & Gab, a relaxed and welcoming time for members to come together, share stories, and chat about whatever comes to mind. We all see familiar faces every day — but do we really know one another? This is your chance to connect on a deeper level, learn something new about your neighbors, and enjoy meaningful (and sometimes wonderfully off topic!) conversations. There's no agenda, no pressure — just friendly faces, open minds, and a space where it's perfectly okay to go off on a tangent. Come as you are and be part of the conversation!



First Tuesday Book Club
Tuesday, April 7th
1:00 pm

Hamnet is a 2020 historical fiction novel by Maggie O'Farrell that reimagines the life and death of William Shakespeare's son, Hamnet, who died at age 11 in 1596, and explores the profound grief of his parents, Agnes Hathaway and William Shakespeare. The book focuses on the family's life in Stratford-upon-Avon, the plague that took Hamnet, and how his death may have inspired Shakespeare's play Hamlet, giving a voice to a historically overlooked tragedy.



Chapman Museum Presents
Storytown USA to Six Flags Great Escape
Wednesday, April 15th
1:00 pm

Beginning in 1954 as Story town USA and evolving into The Great Escape, this local gem has woven itself into the fabric of countless childhoods over seven decades. Through a nostalgic lens, this talk explores the visionary founder behind the park's inception, the evolution of its iconic attractions, and the enduring magic that has captivated generation after generation.



Shopping Trips -
Monday, April 6th - 9:30 am
Aldi
Monday, April 20th - 9:30 am
Walmart

APRIL 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 1:00 Gather and Gab 1:00 - 3:00 Knitting and Crocheting Group	2 1:00- Gather and Gab	3 Close at noon
6 9:30 Aldi 10:00 Golden Games	7 1:00- Ukulele Band 2:15 Cardio Drumming	8 1:00-Crafting with Abby	9 1:00-Fraud Prevention ArrowBank	10 1:00 Cooking With Ed
13 10-3 Golden Games	14 1:00 Intro to AL 1:00 Membership Meeting	15 1:00 Storytown to Great Escape Presentation by the Chapman Museum	16 1:00-Craft with Thelma	17 1:00 - Basket Raffle Party
20 9:30 - Walmart 11:30-Brigde	21 1:00- Ukulele Band 1:00- Gmail Tips and Tricks	22 Noon- Volunteer Recognition Lunch	23 Defensive Driving	24 1:00-Victorian Tea
27 11:30 Bridge	28 2:15 Cardio Drumming	29 2:00: Pressed Flower Picture Class at Creative Jam Art Studio Cost \$35.00	30 1:00 Art with Karen	

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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9:00 - OsteoBusters/
RSVP
(In-House & Virtually)
10:00 - Bingo
2:15-Cardio Drumming

10:00 Bridge, Scrabble

9:00 - OsteoBusters/
RSVP
(In-House & Virtually)
11:00 - Encore Singing
Group

9:00-Tai Chi w/Sam
(In-House & Virtually)
10:00 - Wii Bowling

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

Mark Your Calendar!

THE GOLDEN GIRLS GAME SHOW
Wood Theater
Saturday, April 18th
2:00 pm



Sophia Petrillo has gone missing! Your favorite pals and confidants Dorothy, Blanche, and Rose must travel down the road and back again across America to find her. The hip old grannies take you on a musical journey through The Golden Girls' favorite game shows! Put on your trivia caps because lucky audience members will become contestants, interacting directly with your bosom buddies, while competing to become the next #TokenSophia. Grab That Dough! Love Connection! Jeopardy Dream Sequences! Oh My! Toto, we're not in Miami anymore, sugar.

May 5th: Spring Banquet at Fort William Henry
May 9th : Annual Disc Golf Tournament Fundraiser
Crandall Park
May 13th: Beginner Tech Class: Lesson 1.
May 29th: Jim Allen's Famous Chicken BBQ
Fundraiser!

Shredding Event
Friday, May 1st
10-12:30
Drive thru

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Basket Raffle Party
Friday, April 17th
1:00pm

Join us for a fun and exciting Basket Raffle Drawing Party! This is your chance to gather with friends and watch the staff pull the winning tickets for our annual Basket Raffle Fundraiser. Pictures and descriptions of each basket will also be posted on our Facebook page if you would like to preview them online. Be sure to stop by, check out the baskets, get your tickets, and join us for the excitement as we draw the winning tickets! Refreshment will be served.
Sign up now 518-793-2189



Volunteer Recognition Lunch
Wednesday April 22nd
Noon

Menu:
Lasagna
Garden Salad
Italian Bread
Desserts

Each year, the Glens Falls Senior Center takes time to celebrate a very special group of people, our incredible volunteers. Our volunteers play an essential role in the daily operations of the center. From greeting members and assisting at the front desk, helping run the thrift shop, and stepping in whenever an extra set of hands is needed, they are always willing to lend their support. Their dedication helps ensure that the center runs smoothly and continues to serve our community in the best way possible. Their generosity, patience, and willingness to help others make a difference every single day. Today we celebrate and honor each and every one of you for the time and heart you give to the Glens Falls Senior Center. We truly could not do it without you.
Sign up required 518-793-2189
Sponsored by



Victorian Tea
Friday, April 24th
1:00pm

Step back in time and join us for an elegant Victorian Tea at the Center! Enjoy an afternoon of charm, conversation, and classic tradition as we celebrate the grace and beauty of the Victorian era. Guests will be treated to a delightful selection of teas, accompanied by an assortment of finger sandwiches, freshly baked scones, and sweet treats. Feel free to embrace the spirit of the occasion by dressing in your finest Victorian-inspired attire—hats, gloves, and lace are warmly encouraged (but not required)! This special event is a wonderful opportunity to relax, socialize, and experience a timeless tradition in a welcoming and friendly atmosphere. The Chapman museum will present "A Melon for Your Table: The Legacy of the Victorian Garden"

Call to reserve your spot 518-793-2189



Pressed Flower Picture Class at
Creative Jam Art Studio
Wednesday April 29th
1:00 pm
Cost \$35

Join us for a beautiful and creative afternoon at the Creative Jam Art Studio for a hands-on Pressed Flower Picture Class. In this class, you will learn how to press your own flowers while exploring different styles and techniques. You'll discover what types of flowers work best for pressing and how to preserve them to create stunning designs. Participants will also learn helpful design tips and guidance on arranging flowers to create a balanced and beautiful composition. At the end of the class, you will take home your very own pressed flower picture, a personalized creation made by you! It will be a 2 hour class.
Sign up now, space is limited.

COOKING WITH ED

Friday, April 10th

1:00 pm

Scalloped Potatoes and Ham Skillet

- 2 cups cubed ham
- 1lb small red potatoes thinly sliced (about 1 1/2 cups)
- 1 cup thinly sliced celery
- 1 cup thinly sliced carrots
- 1/2 cup chopped onions
- 1/3 cup water
- 3 cups skim milk
- 1/4 cup all - purpose flour
- 1/8 teaspoon pepper

Directions

1. Spray large nonstick skillet with nonstick cooking spray. Heat over medium heat until hot. Add ham, potatoes, celery, carrots, onion and water. Cook until bubbly. Reduce heat to medium low, cover and cook 5 to 8 minutes or until vegetables are tender, stirring once.
2. Meanwhile, in medium bowl, combine milk, flour and pepper, blend well. Add to skillet, cook and stir over medium heat until bubbly and thickened .

Sign Up Required call 518-793-2189



Shake and Paint
Thursday April 30th
1:00pm

Toasted Marshmallow Peep Shake.

- 5 scoops of high-quality vanilla ice cream.
 - 2 tablespoons of whole milk
 - 10 Toasted Peeps, plus more for Garnish
 - A can of Marshmallow Fluff
 - Sprinkle for Garnish
1. With a small spatula spread a thin layer of marshmallow fluff around the top and outside of the glass and sprinkle it with sprinkles and set aside.
 2. On a foiled lined baking pan spray with oil or butter and toast peeps on broiler, keep an eye on them they do brown quickly.
 3. Just as marshmallows come out of the oven, add your ice cream to the blender, combine toasted peeps and blend together. Add a few corresponding drops of food color to match your peep you will be using for a garnish.
 4. Add milkshake into glass that was set aside from step 1 and add a Peep for garnish and ENJOY!



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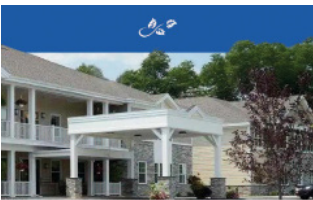

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