



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

- Technology Classes
- Games That Engage and Inspire
- Upcoming Events

Monthly Issue 1224
December 2024

DIRECTOR'S CORNER

An exciting time of year. The center is hustling with decorating the Sherman House, Holiday banquet and our biggest program, Gifts for Golden's. Unfortunately, the holidays can also present a sense of loss, stress, and depression. The grief from the loss of a loved one can be felt more deeply during the holidays. There can also be a sense of loss of family traditions. This can impact your emotional well-being, loneliness and depression can surface with physical symptoms. It is important to pay close attention to your physical and emotional health.

Stay connected during the holidays-Find social activities you can participate in, whether it's with family, friends, church, or our senior center.

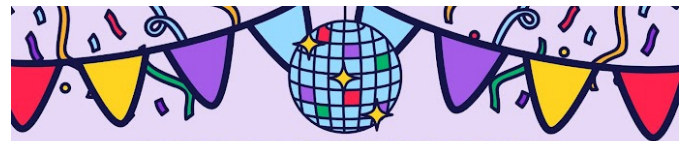
Take care of yourself-Some basic self-care can do us all a world of good especially if the holidays are stressful. Exercising and simply moving can relieve stress and depression.

Try to eat healthy and stay hydrated- Enjoy your favorite food in moderation even though you would love seconds and drink lots of water.

Plan Relaxing Activities- Plan time for simple, relaxing activities like listening to holiday music, reading a book, or assembling a gingerbread house. This can help us to avoid feeling overwhelmed and instead enjoy peaceful moments throughout the season.

If you need anything, don't hesitate to call the center.

Happy Holidays from your Center family .



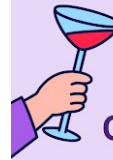
GLENS FALLS SENIOR CENTER

END OF YEAR PARTY

TUESDAY, DECEMBER 31ST

AT 1:00PM

Enjoy an afternoon with friends,
food and music as we ring in the
new year!



Cost: Free

Call the center to register by
December 23rd

380 GLEN ST, GLENS FALLS, NY 12801
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From the desk of Ed Capezzuti

Our Thanksgiving Trip to Columbus, Social Security info and Scams



Our Thanksgiving Trip

It's funny how fast time goes by. It's another Thanksgiving weekend and that means a trip to Columbus, Ohio and a chance to spend time with our girls. I have a funny feeling that this trip is going to be special for a couple of reasons and you may be reading about that in the next newsletter. On the docket, is an Ohio State basketball game on Friday and of course, the OSU and the "team up north" football game on Saturday. We are hoping that it is not a repeat of the last 3 years.

Social Security Part B

As the government, announced a short time ago, the cost of living increase for Social Security for 2025 will be 2.5% increase. I am now hearing that the part B premium will increase from \$174.70 to \$185.00. You know that old saying, "the Lord giveth and the Lord taketh away" or is that "the Government giveth and the Government taketh away"?!

Scams

One of our members visited me the other day and gave me a less than professional notice that she received in the mail, allegedly from Spectrum. It read: "We are currently experiencing difficulties in processing your payment. We have identified the issue, and it appears to be originating from your card. This issue is consistently being denied or rejected by the bank. We kindly request that you update your payment information in order to continue utilizing our services." It then goes on with instructions on how to update her information. The document was signed "Sincerely, Spectrum". She was very smart and contacted Spectrum directly and guess what??? Her account was up to date with no issues. If you get one of these notices, you know what to do with it. FILE IT IN THE WASTE BASKET!

December's Crafty Ladies

Crafts w/Thelma

Acrylics w/Karen

Check Back In January! Thursday, Dec. 26th at 1:00pm



Welcome
New Members

Sue Ladd
Felicia Pirrone
Peter Erwin
Edward & Dolores Bell
Mary Ellen More

EXTRA! EXTRA! READ ALL ABOUT IT!



Want to get involved at the center?
Have an idea for a program you want to see or even run yourself?
We are looking for Hospitality/Special Event Volunteers!
Reach out to Nicole at
nblanckgfseniors@gmail.com



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



We Are In Need Of Wrapping Supplies!

Have extra wrapping paper, gift bags, tape, tissue paper laying around? Bring it in to the center to help us wrap presents for this years Gifts for Goldens!



GIFT WRAPPING

We are looking for volunteers to help us wrap our Gifts for Goldens gifts on the following dates!

Monday, December 16th 10am-2pm
Tuesday, December 17th 10am-2pm
Wednesday, December 18th 10am-2pm

Volunteer "shifts" available 10-12 and 12-2 every day!

Call the center to register!



GFSC

Gift Certificates Available!

If you or someone you know is looking for the perfect holiday gift, then look no further! The Glens Falls Senior Center has Gift Certificates available for purchase! Gift certificates can be used for programming, membership fees, luncheons and more! Visit the front office to get yours today!



DECEMBER 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 Noon-Deck the Halls (with lunch) *no bridge	3 1:00-Book Club	4 1:00-Knitting Group 2:00-Reading w Bea	5 1:00-Cooking with Ed	6 Noon-Holiday Banquet (No Programs)
9 10:00-Hannaford	10 2:00-Shopping on Amazon *no cardio drumming	11 1:00-Victorian Tea *Morning programs end at 11:30	12 Gifts for Goldens Drop Off (No Programs)	13 Staff Sorting Day (No Programs)
16	17	18	19 1:00-Cookie Decorating with Ugly Sweater Contest.	20 1:00-Movie and Popcorn
23 CLOSE AT NOON *no bridge	24 CLOSED	25 CLOSED	26 1:00-Acrylics w Karen	27 1:00-Newsletter
30	31 1:00-End of year Party *no cardio drumming	Christmas!		

Gifts for Goldens Wrapping

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	11:00 - GFSC Singers	10:00 - Virtual Bowling
10:30 - Line Dancing w/Ginny Allen	2:15-Cardio Drumming			
12:00- Bridge				
1:00- Pinochle				

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

Mark Your Calendar!

Jan 10: January-April
 Birthday Party

Jan 24: Let It Snow Lunch

Feb 7 - "Soup"er Bowl Party



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PROGRAM NOTES FOR DECEMBER

Every Tuesday at 9:00am **Let's Walk:** Join us at the Cool Insuring Arena! A pass is required for a one-time \$10 fee. Walking will be here all Winter/ Call JoAnn at 518-955-7400 to sign up!

Monday, Dec 2
Time- Noon **Deck the Halls (With Lunch!):** Help us decorate the center for the holiday season! Lunch will be served. Pre-registration for lunch is required. Cost: \$2

Tuesday, Dec 3
Time- 1:00pm **Book Club:** Come join us in December as we "find Dickens". In addition to "A Christmas Carol", Charles Dickens wrote so many wonderful, Victorian tales of the Holiday season. So, find that treasure in prose, or that glimpse into the early life of Dickens causing him to put pen to paper, or a look into his world that still exists in part. Find Dickens and come share. Our book for January will be *The Berry Pickers*, by Amanda Peters; February's book will be *Winter Garden*, Kristin Hannah; and March will be *Dreams of Freedom*, Marilyn Higgins.

Tuesday, Dec 10
Time-2:00 **Shopping on Amazon:** This program will provide a general introduction to shopping on the popular website Amazon.com. You'll learn how to search for products, compare prices, and evaluate product reviews. You'll also learn about Amazon's shipping options, as well as its app for your smartphone and/or tablet. Cost: Free

Wednesday, Dec 11
Time-1:00 **Victorian Tea:** Transport yourself back to the Victorian Era as we celebrate the upcoming holiday season with a Victorian themed tea. Enjoy tea, finger sandwiches and dessert. Cost \$5 for Members, \$8 for Guests.

Thursday, Dec 19
Time-1:00 **Cookie Decorating:** Get creative and satisfy your sweet tooth decorating cookies! Supplies will be provided. Cost: Free for Members/ \$5 for Guests

Friday, Dec 20
Time- 1:00pm **Movie and Popcorn:** *Noelle (2019)*- Santa's daughter must take over the family business when her father retires and her brother, who is supposed to inherit the Santa role, gets cold feet.
(Run Time- 1hr 40min) Cost: Free for Members/ \$5 for Guests

Reminder

Registration for all programming is required unless specifically stated. This is necessary for program set-up and in the event of program cancellation.

WINTER WEATHER UPDATE



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 and Special Guest Carrie Woerner



Scallops with Caper Pan Sauce

Thursday, December 5th at 1:00pm

Time: 14 Mins Serves: 2

Ingredients:

12 large sea scallops
freshly ground black pepper, to taste
1 tablespoon olive oil
1 clove garlic, minced
1/2 cup white wine, such as Sauvignon Blanc

Kosher salt, to taste
1/2 stick unsalted butter, divided
2 shallots, minced
1/4 cup capers, drained and rinsed

Directions:

1. Season the scallops on both sides with salt and pepper.
 2. In a large skillet, melt together 1 tablespoon butter and the olive oil over high heat. When the butter has melted, add the scallops to the pan and sear, flipping once halfway through, until golden brown on both sides and nearly opaque all the way through, 3-4 minutes total. Divide the scallops between 2 plates and return the skillet to medium-high heat.
 3. Melt 2 tablespoons butter in the skillet. Add the shallots and garlic. Cook, stirring, until softened and lightly browned, about 2 minutes.
 4. Stir in the capers and cook until fragrant, about 1 minute. Pour in the wine and cook, stirring, until slightly reduced, about 3 minutes.
- Remove the skillet from the heat and add the remaining tablespoon of butter, swirling the pan until it melts into the sauce. Season the sauce with salt and pepper, then spoon over the scallops. Serve hot.



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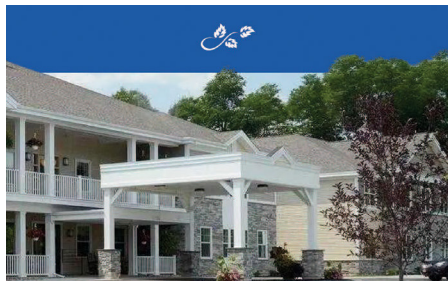
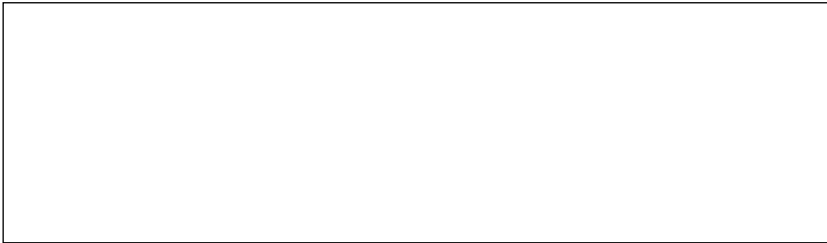


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Improving the quality of life for seniors.

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