### **OUR SPOTLIGHT**

•Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0223 February 2023



### DIRFCTOR'S CORNER

Welcome February! I don't know if I'm starting to get cabin fever or the

winter blues. I get up, it's dark, I get home from work and it's dark. Ugh! I know we have had a mild winter so far but it's still depressing. So I thought if I'm feeling this way, what can I do to change things. So I did some research. So here are some ideas from an article in Everyday Health.

- 1. Set Your Alarm Clock and Stick to a Sleep Routine: Tempting as it might be to sleep in, it's best to stick with a regular sleep schedule which means waking up at the same times on weekdays and weekends.- I would love to sleep in on the weekends but I have a dog who is on a regular feeding and walking schedule. Some days I 'm not in the mood but she insists.
- 2. Watch some Laugh-Out-Loud Films: Experts believe that laughter actually stimulates processes in your brain that counter depressive symptoms. You can invite a few pals over to share the popcorn.
- 3. Give Yourself a Task to Accomplish: Build activities into your day. Even chores, like cleaning the floor will give you a sense of competence and accomplishment.
- 4. Don't Let Your To-Do List Get Out of Hand: Don't overwhelm yourself with lists of projects and chores just because you can't do other activities. Lastly, Come to the Senior Center enjoy activities, socialize. Before you know it we will be outside enjoying the sun and going on adventures.



Bennet Driscoll Wendy Grieser Mary Stamos Tawn Driscoll Ruth McLaughlin Linda Hathway



### SweetHeart Lunch

Tuesday, February 14th Noon

<u>Menu</u>

Pork Tenderloin Mashed Potatoes, Mixed Vegetables Strawberry Cheesecake

Glens Falls Hospital will be giving a "Heart Healthy" presentation

Cost \$12.00

Your reservation <u>MUST</u> be in by Feb 8

Many thanks to our sponsors!



Newsletter Mailing Day: We can always use your help folding, addressing and sealing the newsletter. Please call the center to sign up.

Hospitality: If you're interested in volunteering for hospitality, contact me about attending our next meeting. Attending the meetings is important to make sure our events run smoothly. Thrift Shop/Boutique: We are looking for volunteers to help run our Thrift Shop on Wednesday and Friday afternoons. If you aren't available for those times but would still like to help out, please reach out! Our volunteers are vital to the life of our Center. Thank you, thank you -Bev

### From the desk of Ed Capezzuti

### End of the Year Party, Scams and Medicare Savings Program

WOW! Did we end the year on a positive note or what? Bobby Dick and Susie Q. really know how to get a place rocking. We had a great crowd and both of my daughters planned to stop by just to say hello to everyone. If you heard about the airline problems, especially South West, MK got caught up in that mess. She ended up going back to Columbus on Thursday, the day before the party, after her original flight was canceled. Chelsey on the other hand made the party and very much enjoyed dancing and meeting everyone. If you didn't make the party, you might want to make plans for late December 2023 and join the fun. Scams: The scam callers are off and running. As of this writing, it's early January and I have already been selected for a stay at a 5 star hotel (twice), a 5-day cruise on Carnival and while driving to work, received a call from Medicare (so they said!) offering to set me up in an insurance plan. In addition, a couple of our members have shared with me that they have received calls and have been asked if they received their new Social Security card. There are no new Social Security cards and there are no plastic Social Security cards. Oh yes, callers are trying to either sell you or talk you into receiving a plastic Social Security card. They are looking for your personal information. Please hang up or even better, don't answer the phone.

<u>Medicare Savings Program</u>: Eligibility for the Medicare Savings Program (MSP) and Medicaid for New Yorkers has been expanded for 2023. Medicare Savings Programs help pay for your Part B premium and automatically enrolls you in Extra Help, the federal prescription drug cost assistance program. Below are the income limits:

<u>Program</u>	<u> Individuals</u>	<u>Couples</u>
QI (qualified individual)	\$2,127	\$2,859
Medicaid	\$1,583	\$2,126

If you think you might qualify, give me a call.

### February's Crafty Ladies

<u>Craft w/Thelma</u> February 16 at 1:00



Art w/Karen
Feb 23 at 1:00





Katherine Ramsey
Jane Sennett
Pauline Aguado
Irene Longtin
Sarah Usher



### Member Spotlight- February

Name: Marcia Clark Years as a Member: 13

### What brought you to the center?

"Ten years ago, I wanted my mom to join the center, so I signed up to bring her as my guest, and I haven't left since!"

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

"I really enjoy membership ambassadorship. Being able to meet new members, chatting with them and welcoming them to the center is something I really enjoy."

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

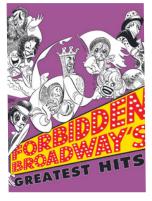
"I have a collection of Eagles, Llamas, and Hot-Air Balloons. And I love Horses and Deer."

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

"I would like to learn pool and woodworking because I have always had a respect and admiration for Seniors and wish to learn new ways to keep them and myself active."

### What are the words you live by?

"Do unto others as you would have them do unto you."



### <u>Forbidden Broadway: Greatest Hits</u> <u>At the Wood Theatre, February 9th at 7:30</u>

Tickets: \$30

Reservations with payment must be in by end of the day on February 6th. Experience Broadway's greatest hits in this hilarious, loving, and endlessly entertaining tribute to some of the theater's most cherished stars and songwriters. The show parodies Broadway Musicals including Chicago, Phantom, Fiddler, and many others, with wit, charm, and hysterical lyrics. This world-renowned show will be a hit among seasoned theatergoers and newcomers alike. This musical is your one-stop ticket to non-stop laughs!



### Shrek the Musical

Where: Queensbury High School
When: Thursday, March 9th
Dinner served at 5:00
Show starts at 6:00
Cost \$5

### Reservations with payment must be in by March 7th

**Dinner Menu:** Pasta with Tossed Salad, Garlic Bread, Beverage, and Cookies

The students always do a fantastic job, you don't want to miss out!

# FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 2:00 - Reading w/ Bea	2 10:00 Chair Yoga Noon - Lunch bunch @Talk of the Town	3 1:00-Billiards & Wii Games
6 NO BRIDGE 10:00- Shopping Walmart	7 10:30-Hospitality Comm. 1:00- Book Club 1:00- Uke Band	8 1:00-Bowling at King Pin Alley, S.G.F. 1:00- Game Day	9 10:00 Chair Yoga 1:00-Adventure Awaits 7:30-Forbidden Broadway at The Wood	1:00 -"Soup"er Bowl Party
13 NO BRIDGE 1:00-Movie & Popcorn: "Where the Crawdads Sing"	14 NO BINGO Noon-Sweetheart Lunch	15 1:00- Game Day 1:00- Knitting & Crocheting Group	16 10:00 Chair Yoga 1:00-Crafting w/ Thelma	17 1:00-Glens Falls Historian Wayne Wright
20 CENTER CLOSED	21 1:00-Special Bingo 1:00- Uke Band	22 1:00 - Newsletter	23 10:00 Chair Yoga 1:00-Art w/Karen	24 1:00-Cooking with Ed

# WEEKLY ACTIVITIES

FRIDAY

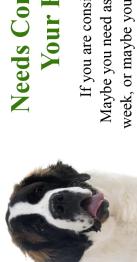
THURSDAY

WEDNESDAY

TUESDAY

MONDAY

9:00 - OsteoBusters/ 9:00 - OsteoBusters/ 9:00 - OsteoBusters/ 9:00 - OsteoBusters/ 9:00-Tai Chi w/Sam RSVP RSVP (In-House & Virtually)	8:45- Let's Walk 10:00 Bridge, Scrabble 11:00 - GFSC Singers 10:00 - Bingo	Visit us on our website:
9:00 - OsteoBusters/ RSVP (In-House & Virtually)	10:00 - Line Dancing w/Ginny Allen	



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

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www.NeighborsNY.com

Call today for a free consultation to discuss your options.

### Mark Your Calendar!

March 9 - QHS Dinner & Play: <u>Shrek, the Musical</u> March 9-"A Man Called Otto" Book Club and Lunch/Movie

March 13 - Apr 14: Basket Raffle

March 14 - Winter Sowing With Sondra March 17 - Pot of Gold Lunch

### PROGRAM NOTES FOR FEBRUARY

Every Tuesday, 8:45	<u>Let's Walk:</u> 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.
Wednesday, Feb. 1st at 1:00	Reading with Bea: Come listen to some great stories read by our member, Bea
Thursday, Feb. 2nd at Noon	<u>Lunch Bunch</u> will meet at noon at The Talk of the Town. Come join us for a time of good food and good conversation. Separate checks will be available. Please sign up in advance so we can let the restaurant know how many to expect.
Tuesday, Feb. 7th at 1:00	Book Club: Feb. 7- <u>City of Refugees</u> , by Susan Hartman March 7 - <u>A Man Called Otto</u> , by Fredrik Backman
Thursday, Feb. 9th at 1:00	<u>Adventure Awaits</u> takes us to the third mountain range in our series "Kingdoms of the Sky" - The Andes. Come along as we explore hidden worlds in the longest mountain range on our planet.
Friday, Feb. 10th at 1:00	It's " <u>Soup"er Bowl Time!!!</u> Our staff provides the soups and you are the judges! Help us decide the first ever "Soup"er Bowl Champion.
Monday, Feb. 13th at 1:00	Movie & Popcorn: Based upon the novel by Delia Owens- "Where the Crawdads Sing" follows a woman who raised herself in the marshes of the deep south becomes the suspect for the murder of a man whom she was once involved.
Wed., Feb. 15th at 1:00	<u>Game Day:</u> For games you get a group together and call us to let us know how many tables you will be needing. <u>Knitting &amp; Crocheting:</u> Come learn, share and create with friends. All skill levels welcome.
Fri., Feb. 17th at 1:00	Come learn a bit more about the history of the town with a presentation by Wayne Wright, Glens Falls Historian



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

We do NOT accept: Clothes, Bedding, Toys, Shoes, 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!

### Want To Help Our Center Grow?

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



Chair Yoga will be returning to The Glens Falls Senior Center! MVP Healthcare is sponsoring a 4-week session of Chair Yoga starting February 2nd. The class is FREE and will be held on Thursdays at 10am!



Cooking With Ed
Friday, Feb 24, 1:00
Hawaiian Pork Chops
TOTAL TIME: Prep/Total Time: 30 min.
YIELD: 4 servings

### Ingredients:

4 boneless pork loin chops (3/4 inch thick, 4 oz. ea.) 1/4 tsp. Salt 1/4 tsp pepper

3 tsp. Canola oil, divided 1/3 c chopped green pepper

1/3 c Thinly sliced onion 1 can (14-1/2 oz) reduced-sodium beef broth

1 can (8 oz) unsweetened pineapple chunks, undrained
1/4 c. Ketchup
2 tbsp brown sugar
1 tbsp. Cider vinegar
2 tbsp cornstarch

3 tbsp Cold water Hot cooked rice, optional

### Directions:

- 1. Sprinkle pork chops with salt and pepper. Heat 2 tsp. of oil in a large nonstick skillet over medium heat. Cook pork chops until lightly browned, 3-4 minutes on each side.
- 2. In the same skillet, saute green pepper and onion in remaining 1 tsp. of oil until almost tender, about 2 minutes. Stir in broth, pineapple, ketchup, brown sugar and vinegar. Bring to a boil. Return pork to the pan. Reduce heat; cover and simmer until a thermometer reads 145, 5-7 min. Remove and keep warm.
- 3. Combine cornstarch and water until smooth; stir into skillet. Bring to a boil; cook and stir until thickened, 1-2 minutes. Serve with pork and, if desired, rice.

Enjoy!

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







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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.



1-877-258-7453 (TTY 711) bsneny.com



ARE YOU ELIGIBLE???



Veteran or Surviving Spouse of a Veteran call for your 360° review to local, state and federal benefit eligibilty: Medical, disability, pension, property tax exemption and/or other discounts?

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