



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

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

Monthly Issue 0225
February 2025

DIRECTOR'S CORNER

I had a few events happen at home that has kept me away from the center working at home in January. I want to thank my staff and volunteers who have kept the center going in my absence. Knowing the center is in great hands and providing the programs and services for you was a peace of mind. Thank you all so much for your support. We traditionally look at February as Heart Healthy month. So I read some articles about heart health and it was the usual stuff eat healthy, exercise, drink water, sleep 6-8 hours a night. Blah Blah.

Then I thought about my January and how important it was to have friends and the importance of socialization. It improves Mental Health-Social interactions can help reduce feelings of loneliness and isolation. Enhanced Physical Health-Group activities such as exercise classes or walking groups encourage physical activity. Emotional Support-Building friendships provides a sense of belonging and purpose, boosting self-esteem and happiness.

Where does all this happen, here at the center !!

The center offers organized events such as group outings, fitness classes, and holiday celebrations. Creative workshops, book clubs, and educational sessions encourage lifelong learning and shared interests. **Come Join our Family!**

Valentine's Day LUNCH

FRIDAY, FEBRUARY 14TH AT NOON

MENU

Pork Tenderloin, Vegetables, Mashed Potatoes, Roll and Dessert

COST

\$10 for Members/ \$12 for Guests

RSVP BY FEBRUARY 7TH

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From the Desk of Ed Capezzuti



2025, CDPHP/Albany Med and Social Security Scams

CDPHP/Albany Med

As we say good-bye to 2024, and say hello to 2025 the unknown of what the New Year will bring. Let's hope it's a year filled with peace, happiness, health and all good things. CDPHP and the Albany Med System as of this writing, there has been much concern this past year over health insurance plans, mainly, with the unknown on CDPHP and the Albany Med health care system. If you have CDPHP and many do, Albany Med System will continue to accept CDPHP until February 28, 2025. If a settlement is not worked out and the Albany Med system considers CDPHP out of network, it might be time to look at changing plans. Remember you can change plans from January 1 until March 31.

Social Security Scams

Recently, I have been reading information from the Social Security Administration concerning scams where scammers are presenting themselves as employees of Social Security. Scammers may talk to you about steps you need to take to get your COLA increase, which by the way, you have already received, a problem with your account or ask you about a new card. The scammers may sound threatening, try to pressure you to take immediate action on whatever they are calling about, including sharing personal information, demand secrecy or some other tactic. Scammers can sound very professional in an attempt to fool you. Here's what you need to keep in mind. Social Security Administration will contact you by mail if there is a problem. If you are contacted by a scammer, please let me know and I will report it to the Office of the Inspector General.

-Ed

February's Crafty Ladies

Crafts w/Thelma

Thursday, February 20th
at 1:00pm



Acrylics w/Karen

Thursday, February 27th
1:00pm



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

EXTRA! EXTRA! READ ALL ABOUT IT!

Looking to get more involved in the center? Want to be a part of planning and executing our special event? Well look no further!!

Hospitality Committee Members Needed!

We need help with prepping food, decorating, clean up, serving and more. Reach out to Nicole if you're interested. Stay tuned for the next Hospitality meeting.

Valentine Card Making Wednesday, February 12th 1:00 pm

Get creative, make Valentine's Day Cards for that special someone and for us to give out at our Valentine's Day Luncheon. Materials will be provided, but feel free to bring anything you want to use. Registration required.



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 nblanckgfseniors@gmail.com

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GLENS FALLS SENIOR CENTER

3RD ANNUAL
"SOUP"ER BOWL

FRIDAY, FEBRUARY 7TH
1:00 PM

BE A JUDGE AND PICK YOUR FAVORITE SOUP MADE BY OUR VERY OWN STAFF!
FOOTBALL GEAR ENCOURAGED BUT NOT REQUIRED!

RSVP BY FEBRUARY 4TH

380 GLEN ST
(518) 793-2189

Welcome
New Members

George VanGarderen
Janet Thomsen
Diane Roy
Peggy Blake-Kindron
Tony DiChiro




Lets Chat!

Wednesday, February 19th
at 1:00pm

Meet with Nicole to discuss past and future programming, talk about what you want to see and do and the center and get a sneak peak of what is to come!

FEBRUARY 2025

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 1:00-Aldi Plaza	4 1:00-Book Club 1:00-Ukulele	5 1:00-Knitting Group 2:00-Reading with Bea	6 1:00-Cooking with Ed	7 1:00-"Soup"er Bowl
10 1:00-Storytelling I	11 1:30-Get To Know Cloud Storage *no cardio drumming	12 1:00-Valentine's Card Making	13 1:00-Senior Fraud Prevention	14 Noon-Valentines Day Lunch *no chair yoga
17 CLOSED 	18 1:00-Ukulele	19 1:00-Let's Chat	20 1:00-Craft with Thelma	21 Noon-Saratoga Casino
24 1:00-Storytelling II	25 1:00- Newsletter	26 1:00-Movie & Popcorn	27 1:00-Acrylics with Karen	28 Noon-Lunch Bunch @ The Peppermill

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:30 - Line Dancing w/Ginny Allen 12:00- Bridge 1:00- Pinochle	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - Bingo 2:15-Cardio Drumming	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 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 - Virtual Bowling 10:30- Chair Yoga

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

Mark Your Calendar!

- March 14- Pot O' Gold Lunch
- March 24- Basket Raffle Start
- April 11- Open House and Basket Raffle

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PROGRAM NOTES FOR FEBRUARY

Tuesday, Feb. 4th
Time- 1:00 pm

Book Club: February's reading for the First Tuesday Book Club is *Winter Garden*, by Kristin Hannah. "Nina and Meredith sit spellbound at their mother's bedside, listening to a story that spans more than sixty years and moves from the terrors of war town Leningrad under siege to modern-day Alaska". March's read will be *Dreams of Freedom*, by Marilyn Higgins. Come join us - *Winter Garden* sounds like the fodder for a very interesting discussion.

Friday, Feb. 7th
Time- 1:00

"Soup"er Bowl: Join us for an afternoon of trying soups made by your very own staff members and vote on your favorite! The winner will get the championship trophy! Registration required.
Cost: Free to Members/\$5 for Guests

Monday, Feb. 10th
Monday, Feb. 24th
Time- 1:00 pm

Storytelling I & II: An expanded version of the classic folktale "Stone Soup", this storytelling will answer many of the unanswered questions from how you might have heard it before.

Tuesday, Feb 11th
Time- 1:00pm

Get To Know Cloud Storage: In this lecture, you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers. Cost: Free

Thursday, Feb. 13th
Time-1:00pm

Senior Fraud: Join Paul from Arrow Bank as he explains what senior fraud is, how to look out for it, and what to do if you think you might have fallen victim to it. Cost: Free

Friday, Feb. 21st
Time-12:00pm

Saratoga Casino: Test your luck with a trip to the casino! Lunch is available to purchase at the casino. Limited transportation available.
Cost: \$4

Wednesday, Feb. 26th
Time-1:00pm

Movie & Popcorn: *Mother's Instinct (2024)*-Alice and Celine live a traditional lifestyle with successful husbands and sons of the same age. Life's perfect harmony is suddenly shattered after a tragic accident. Guilt, suspicion and paranoia combine to unravel their sisterly bond. Rated R. Run Time- 1 hr 34 mins. 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.



Cooking with Ed

Honey-Garlic Glazed Salmon

Thursday, February 6th at 1:00pm

Time: 20 Mins Serves: 4

Ingredients:

- | | |
|---|------------------------------|
| 1/3 cup honey | 1/4 cup low-sodium soy sauce |
| 2 Tbsp. lemon juice | 1 tsp. red pepper flakes |
| 3 Tbsp. extra-virgin olive oil, divided | Kosher Salt |
| Freshly ground black pepper | 3 cloves garlic, minced |
| 1 lemon, sliced into rounds | |
| 4 6-oz. salmon fillets, patted dry with a paper towel | |

Directions:

1. In a medium bowl, whisk together honey, soy sauce, lemon juice and red pepper flakes.
2. In a large skillet over medium-high heat, heat two tablespoons oil. When oil is hot but not smoking, add salmon skin-side down and season with salt and pepper. Cook salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil.
3. Add garlic to the skillet and cook until fragrant, 1 minute. Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.
4. Garnish with sliced lemon and serve.



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.



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or 1-888-519-4455 (TTY/TDD: 711)



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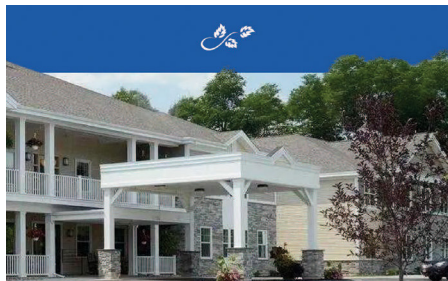
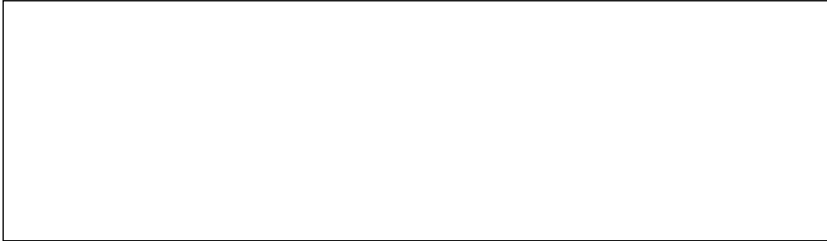


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