



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0922
September 2022



DIRECTOR'S CORNER

Fall Prevention Awareness Day is on Thursday September 22, and the start of the fall season. We all need to be paying attention to fall risk factors. It's the leading cause of injury-related ER visits. Here are some tips on fall prevention.

1. Keep Moving

Physical activity can go a long way toward fall prevention. Consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility. Tai Chi is offered Friday Morning at 9 here at the center.

2. Wear sensible shoes

Consider changing your footwear as part of your fall prevention plan. Wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

3. Remove home hazards

Take a look around your home for potential fall hazards. Clear walkways and high traffic areas of trip hazards. Secure loose rugs or remove loose rugs from your home. Store clothing, dishes, food and other necessities within easy reach.

4. Light up your living space

Keep your home brightly lit, place night lights in your bedroom, bathroom and hallways. Place a lamp within reach of your bed. Store flashlights in easy-to-find places in case of power outages.

5. Use assistive devices

Use a cane or walker to keep you steady. Other assistive devices can help. Handrails for both sides of stairways, nonslip treads for steps, and grab bars for the shower or tub. Remember fall prevention is an investment in your independence.

Lastly, I hope you join us at The Senior EXPO on Wednesday, September 21 at the Cool Insuring Arena.

KIM



To: All Members, Friends, Families, and Neighbors

On behalf of your Board of Directors I am requesting you mark your calendars to attend our first Glens Falls Senior Center "Senior EXPO". Our signature fundraising event will be at the Cool Insuring Arena-Heritage Hall with the doors opening at 1 pm. The FREE event will conclude at 7 pm on Wednesday September 21st.

We are anticipating up to seventy-five businesses to be present to answer any questions and share information. Also, we are expecting up to twenty-five not for profit organizations to join us. Each organization will share their literature and answer your questions. There will be raffle baskets and 50/50 tickets for sale with all winners drawn at the end of the day. (Winners do not need to be present as all items can be picked up at the center).

Harold

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from the desk of Ed Capezuti

Farmer's Market Coupons, Scams and What?! It's Fall?

If you haven't picked up Farmer's Market Coupons yet, it's not too late. This year the coupons total \$25 and are good until November 30. The coupons are a great way to get fresh food and save a few bucks.

Scams

Second on the top 10 list is Counterfeit Prescription Drugs. Here's what they say: "Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity. Since 2000, the FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet."

The Federal Communications Center (FCC) has been cracking down on robocalls. What brought them to the point of cracking down was the number of complaints they received on the "one final call for your auto warranty." The measures put in place by the FCC will hopefully cut down the number of annoying calls that we receive. More to follow.

What?! It's Fall?

In our area, Fall is a great time of year and as you know, there is much to look forward to: the Balloon Festival, great activities at the Senior Center, the Senior EXPO, (you won't want to miss the EXPO) cooler weather and Cooking with Ed (just kidding about that!). The flip side is that another summer has come and gone and we know what's ahead. But a look back brings pleasant memories, as Deb and I got to spend a lot of time with our daughters, Chelsey and MK. We had a great vacation, brought the girls and their boyfriends to the track, enjoyed the pool and are now looking forward to football season. We are already planning our trips to Columbus and you know that we are anxious for Thanksgiving and the match up with the Buckeyes and that "team up north." I have a funny feeling that this year the team up north may regret the trip south, but time will tell.

Ed

September's Crafty Ladies

Art w/ Karen

**Thursday September 29
1:00 pm**

Bring out your creative side and create this beautiful painting.



Crafts w/ Thelma

**Thursday September 15
1:00 pm**

Thelma will teach how to create this amazing memory book.



Donations are being accepted for the Thrift Shop. Household items, collectibles, jewelry, and decor. No clothing, linens, electronic or sports equipment. Books will be accepted for the Library.



New Members
 Joyce Noyes
 Nancy Hill
 Colleen Tarantino
 John & Dorothy Thibeau



50's & 60's Musical Variety Show
Wednesday, September 14 - 2 PM
Little Theater on the Farm

Emcee will be Judy Talbot senior member. Performing will be the Twisted Twirlers and many more. Our member Sandy Wheeler is the Producer. Cost Seniors \$7. Get your tickets now! Van transportation available.



Thrift Shop.

Business is picking up.
 Wednesdays and
 Fridays, noon - 2 needed.

Hospitality

Help to plan our events . Attend the monthly meeting on 9/6/22.



Friday, September 16- 1pm
 Jared Murphy from
 C.O.B.R.A Self Defense.



Learn about situational awareness, stranger awareness, criminal intent, parking lot safety, myth-busting, survival techniques and scenarios.

Cooking With Ed

Friday, September 9, 1:00 pm
Chicken Piccata with Lemon Sauce

- | | |
|--|------------------------------------|
| 8 boneless skinless chicken breast halves
(4 ounces each) | 1/2 cup egg substitute |
| 2 tablespoons plus 1/4 cup dry white wine
or chicken broth, divided | 5 tablespoons lemon juice, divided |
| 3 garlic cloves,minced | 1/8 teaspoon hot pepper sauce |
| 1/2 cup all-purpose flour | 1/2 cup grated Parmesan cheese |
| 1/4 cup minced fresh parsley | 3 teaspoons olive oil, divided |
| 2 tablespoons butter | |

1.Flatten chicken to 1/4-in. thickness. In a shallow dish, combine the egg substitute, 2 table-
 spoons wine, 2 tablespoons lemon juice, garlic and hot pepper sauce. In another shallow dish,
 combine the flour, Parmesan cheese, parsley and salt. Coat chicken with flour mixture, dip in
 egg substitute mixture, then coat again with flour mixture.

2. In a large nonstick skillet, brown 4 chicken breast halves in 1-1/2 teaspoons oil for 3-5 min-
 utes on each side or until juices run clear. Remove and keep warm. Drain drippings. Repeat with
 remaining chicken and oil. Remove and keep warm.

3.In the same pan, melt butter. Add the remaining wine and lemon juice. Bring to a boil. Boil,
 uncovered, until sauce is reduced by a fourth. Drizzle over chicken.



Plans for the shoe box packing party (Sept 28) are coming along nicely.
 We have one more workshop on the 14th before the packing. All donations are
 appreciated. Items must be new or good as new. No used clothing is acceptable. All help is
 appreciated. It takes a lot of hands to make this project a success. Our boxes last year
 went to very poor countries in Africa and Central America. Suggestions for toys for the
 shoeboxes: marbles, balls, small cars or trucks, small animals, yoyo's, hair accessories, small
 dolls, card games. Donations for shipping can be made to the office.

Thank you, everyone, for your continued support.

SEPTEMBER 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 1:00-Max's Ukulele Band & Ice Cream Social	2 am programs only CLOSE AT NOON
5 CLOSED LABOR DAY	6 10:30- Hospitality Committee 1:00 - Book Club	7 11:00- AeroSpace Museum - tour 1:00 - Reading w/Bea	8 1:00-Centers Health Care "GO" Program	9 1:00-Cooking w/ Ed
12 10:00 - Walmart	13 1:00 - Shuffle Board with Nicole.	14 1:00-Shoebox workshop 1:00-Game Day 2:00 - Little Theatre on the Farm	15 10:30-FaceBook Marketplace 101 1:00-Crafts w/Thelma	16 1:00-Self Defense/ Personal Safety
19 noon - Lunch Bunch - Bogeys	20 10:00 - Special Bingo 1:00- Adventure Awaits	21 SENIOR EXPO	22 9:00am -3:00pm AARP DEFENSIVE DRIVING	23 1:00 - Newsletter
26 6 pm -8 pm -Billiards Nite	27 12:00 - Lunch & movie	28 NO BRIDGE/ SCRABBLE noon-Shoebox Packing	29 1:00 - Art w/Karen	30 1:00 - Myth Busters

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - Line dancing w/Ginny Allen 12:00 - Bridge Club	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 8:30 - Let's Walk 10:00 - Bingo	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - 12:00- Bridge, Scrabble	9:00 - OsteoBusters/ RSVP (In-House & Virtually)	9:00-Tai Chi w/Sam (In-house & Virtually) 10:00 - Wii Bowling 10:00 - Line Dancing

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

- Looking Forward to.....
- Oct - Brisket Cook-Out TBA
 - Oct 17 - Christmas Tree Shop, Colonie Ctr.
 - Oct 21 - Leaf Peeping Drive
 - Oct 25 - MiSci Museum, Schenectady, NY
 - Oct 28 - Halloween Party



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SPECIAL PROGRAMMING DURING AUGUST

Every Tuesday, 8:30 For the month of September, we meet at Bike Path across the Street from Family Dollar On Dix Avenue. Family Dollar will allow us to park in the parking lot. If it's a light rain, bring umbrellas; if pouring, we will cancel. Questions? call JoAnn Whiting, 518-955-7400.

Van transportation is available.

Thursday- Sept 1 **Max's Ukulele Band & Ice Cream Social**-We will enjoy an ice cream social followed by a time of music presented by Max McDonnell, Kingsbury Seniors, and their Ukulele Band. Sit back and listen to music.
Time:1:00

Tuesday, Sept.6 **Book Club**- Sept - West With Giraffes, Linda Rutledge
Time:1:00 Oct - The Fountains of Silence, Ruta Sepetys
Nov - The Good Shepherd, C.S. Forester
We will also be live-streaming the movie Greyhound in November.
Dec. - Where the Crawdads Sing, Delia Owens

Wednesday, Sept 7 **Welcome to the NYS Aerosciences Museum**. - Experience the aviation history of NYS all in one place. Visit our Agneta Airpark w/over 20 restored historical aircraft. Come along as we "Fly Thru History" Cost \$12 Level of Difficulty - B
Time: 11:00

Time: 1:00 **Reading with Bea** -Enjoy variety readings of plays, poems, & short stories.

Thursday, Sept 8 **Centers Health Care "GO" Program**- They will introduces a new approach to the recovery and rehabilitation experience. GO (short for Good Outcomes) was designed to improve clinical outcomes with an improved patient experience. Get stronger with advanced rehab technology and skilled healthcare professional.
Time:1:00

Friday, Sept 9 **Cooking W/Ed**-Join us as Ed prepares Chicken Piccata with Lemon Sauce. See Page 3 for information.
Time:1:00

Monday, Sept 12 **Walmart Trip** - Van will take members to Walmart for shopping. Must sign up call 518-793-2189
Time:10:00

Tuesday, Sept 13 **Shuffleboard** - Join us for an afternoon of fun playing Shuffleboard. Refreshments will be served. Sign up now.
Time: 1:00

Wednesday, Sept 14 **Shoe Box Workshop** - See page 3 for information
Time: 1:00

Time: 2:00 **Little Theatre on the Farm** - See page 3 for information

Thursday, Sept 15 **Facebook Marketplace 101** - Learn how to turn your treasures into cash. Sign up for this informative program !!
Time: 10:30

Friday, Sept 16
Time: 1:00

Self Defense and Personal Safety - See page 3 for information.

Monday, Sept 19
Time: Noon

Lunch Bunch at Bogeys, 31 Cronin Rd, Queensbury, NY 12804.
As usual separate checks. Please sign up ahead as we need to let the restaurant know in advance how many are coming.

Tuesday, Sept 20
Time: 1:00

Adventure Awaits- not just an armchair trip, set your mind to ADVENTURE as we explore "Kingdoms of the Sky". Be awed by spectacular photography, be amazed at the extraordinary animals and remarkable people who make their home on the mountain ranges of the world - the Himalayas and the Andes. 1hr 45 min.

Monday, Sept 26
Time: 6-8 pm

Come join us in our newly renovated billiards room for an evening of friendly competition. Equipment is available to use. Event open to members and their guests, but must register with the Center ahead of time so we can plan refreshments.

Tuesday, Sept 27
Time- Noon

Lunch & Movie -We will be serving a light lunch @ noon followed by a movie - "Night at the Museum". It's the story of a newly recruited security guard of the Museum of National History who discovers that an ancient curse has caused animals and exhibits to come to life at night.
Cost: \$8.00

Friday, Sept 30
Time- 1:00

Mythbusters-Have you ever wondered if some of the myths you've grown up hearing are true? The Mythbusters are putting them to the test! Join us to discuss a popular myth and watch an episode of "Mythbusters" to see if it's true! Light refreshments will be served.

Levels of Difficulty for GFSC Trips

Level A - Very Easy - A leisurely pace, this trip involves minimal physical activity, such as climbing stairs and walking for short amounts of time.

Level B - Easy - Normal, generally flat walking for longer distances, standing and other similar activities.

Level C - Moderate - Walking or physical activities half to most of the day. Periods of standing, stairs, or uneven walking surfaces are expected.



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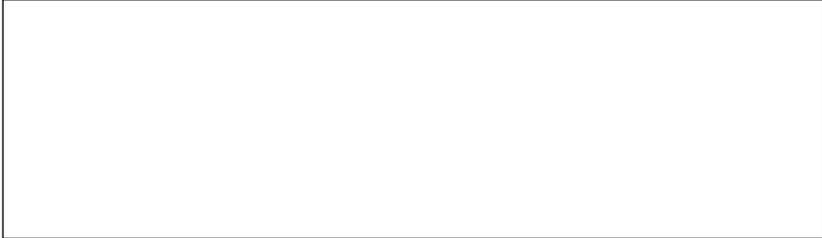


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