



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0422
April 2022

DIRECTOR'S CORNER

Spring has sprung and with that things change. I have included a note from Stephanie.

Hi Friends,
I wanted to be the first to share with you that I have accepted a position at The Warren/Hamilton Counties Office for the Aging, and will be leaving the Center April 1st.

Over the last two and a half years, I have made some of the best memories with so many of you and staff. We've gone on trips, we've danced, we've painted and crafted, we've laughed and in some cases even cried together. I will miss each and everyone of you. And perhaps our paths will cross again in new ways as I continue my career in senior services.

Sending out my love,
Stephanie Belden

Although it is hard to say goodbye, we all wish Stephanie much success in her new adventure. She has promised to stay in touch and maybe volunteer at some of our events.

Be sure to check out all the events coming up in April. We will have our annual Victorian Tea, Basket Raffle Party, Volunteer Recognition and our Spaghetti Dinner. I've been asked if we are having the Annual Spring Banquet this year and YES we are!! See the write-up in the newsletter.

Happy Spring as we move forward.
Kim



Annual Spaghetti Dinner
Friday, April 29th, 3:30 pm to 6:00pm
at Glens Falls Senior Center
Our fabulous
spaghetti & meatball dinner
garden salad and dessert!!!
Cost of ticket: \$12.00
Tickets must be purchased by April 22
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Annual Spring Banquet
Thursday, May 5th
Noon
Fort William Henry

Menu
Chicken Picatta
BBQ Brisket of Beef
Baked Lemon Haddock
All include Chef's choice of vegetable and starch
Garden Salad
NYS Style Cheesecake
Cost \$25
Entertainment Provided By
Bobby Dick and Suzie Q
Sign up by May 1
Raffles and 50/50
Don't miss this one !!
Guaranteed to be an afternoon of fun.



from the desk of Ed Capezzuti

A Flashback and an Update

On Super Bowl Sunday. long before the game and the golf match, I was full throttle on the remote looking for something to watch. Bam! I stumbled across the PBS channel and they had a rebroadcast of a 2002 Rock and Roll show from Pittsburgh. My daughter, Chelsey, was home and to my surprise she said, "I like this music. It's better than the music of today." As the show went on, there were many of the old groups, a bit older than in the 60's, but the sound was the same. Together, we really enjoyed the music and the flashback for me. Yes, Chelsey was home for a short visit but there will be more to the story in a month or two. Oh yeah! It's good.

The Update

April is upon us and Easter is just around the corner. Now you know what that means, it's time for a road trip to Columbus to visit our girls. Besides a great Easter dinner with our family and some friends, on Saturday, Easter eve, it's the Ohio State spring football game. Does that mean that football is just around the corner? No, not yet but it is always fun to go to the spring game where it's a blast. Tickets are \$7.00, which is much, much less than any regular game. We are hoping for a great year, recover from the loss to that team up north and as they say in Columbus, "Go Bucks."

Scams

I know I just wrote about scams, but here's an FYI. One of our members, who was napping at the time, was awakened by the phone ringing. The caller said they were from Social Security and that there was some strange activity with his social security number. Sound familiar? The caller asked him for his social security number. This is where one should hang up but just waking up and not thinking straight, he gave out his social security number. Lesson learned? We hope so.

April's Crafty Ladies

CRAFTING WITH THELMA

April 14, 1:00

Create your very own spring wreath



PAINTING WITH KAREN

April 28, 1:00

Create this beautiful painting with your own touch.



Laurence Deiss
Bonnie Deiss
Anne Kingsley
Kathy Goodwin



Cooking With Ed **Friday April 1st** **1pm**

Join Ed with Special Guest Chris O'Neil from Froggy 100.3 as they prepare this month's recipe, Mom's Spanish Rice. Many of you have heard Chris on the radio. You will even have a chance to taste the food to see how well they did! Guaranteed to be a lot of fun. Sign up soon.

Mom's Spanish Rice

- | | |
|---|--------------------------------|
| 1 lb lean ground beef (90%) | 1 Large Onion |
| 1 Med. Green Pepper, chopped | 1 can (15 oz) tomato sauce |
| 1 can (14 1/2 oz) no-salt added diced tomatoes, drained | |
| 1 tsp. ground cumin | 1 tsp. chili powder |
| 1/2 tsp. garlic powder | 1/4 tsp salt |
| 2 2/3 c. cooked brown rice | chopped green onions, optional |
1. In a large skillet, cook beef, onion and pepper over medium heat 6-8 min. or until beef is no longer pink and onion is tender, breaking up beef into crumbles; drain.
2. Stir in tomato sauce, tomatoes and seasonings, bring to a boil. Add rice, heat through, stirring occasionally. Garnish with green onions, if desired.

Buen provecho



Victorian Tea
Tuesday, April 19th
1 pm
Cost: \$5.00

Come join us IN the Center as we step back in time! Enjoy our very special Victorian Tea, including Fancy Tea Sandwiches and Sweets. Wear your special Victorian Hat for our annual Hat Contest, prizes for first, second and third. Special guest Karen McGinn will present traditions and habits of that bygone era. Dress up if you'd like (not necessary). Sign up early. Space is limited.

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The Glens Falls Senior Center
Inaugural Disc Golf
Tournament.
May 7th
Crandall Park

We will have two sessions. The morning session is a beginner session including a free learning instruction by Jaiman Hume. If you know someone interested in playing. The link for more information and registration is **dgscene.com/GFSCbeginners**

The afternoon session will be the advanced group. If you know someone who would love to play, the link for the afternoon group information and registration is **dgscene.com/GFSCdoubles**
Each group will have prizes for 1st, 2nd, & 3rd.

NATIONAL VOLUNTEERS WEEK
APRIL 18-24

We sincerely thank all our volunteers.



Join us on
April 21 at 1pm
As we recognize
our Volunteers.
Refreshments will be served.

APRIL 2022

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|--|---|--|---|---|
| | | | | 1 1:00 - Cooking w/Ed |
| 4 12:00 -Bridge Club 4:00-GFSC Singers | 5 10:00 - ALDI's 1:00 - Book Club | 6 1:00 - Reading w/Bea | 7 1:00 - Victorian Hat Pin w/Filomina | 8 1:00-Doreen Kelly - Wiawaka |
| 11 12:00 - Bridge Club 4:00 - GFSC Singers | 12 1:00 - Adv. Awaits - The Greek Islands | 13 1:00 - Basket Raffle Drawing Party | 14 1:00 Crafting w/ Thelma | 15 Am programs CLOSES AT NOON |
| 18 12:00 - Bridge Club 4:00 - GFSC Singers | 19 1:00 - Victorian Tea | 20 1:00 - Game Day | 21 1:00- Volunteer Recognition | 22 1:00 - Cornell Co-op Ext. - Composting |
| 25 12:00 - Bridge Club 4:00 - GFSC Singers | 26 10:30- Market Place 1:00 - Newsletter | 27 1:00-Movie & Popcorn Ghost Buster Afterlife | 28 1:00- Painting w/Karen | 29 Spaghetti Dinner Fundraiser 3:00 - 6:00 no P.M. programs |

WEEKLY ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - Walking Club 10:30 Line dancing w/ Ginny Allen (In-house) | 9:00 - OsteoBusters/ RSVP (In-House & Virtually) | 9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - 12:00- Bridge, Scrabble | 9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:30 - Chair Yoga | 9:00-Tai Chi w/Sam (In-house & Virtually) 10:00 - Wii 10:30 - Line Dancing In-House |

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- May 6 Cooking with Ed
- May 10 Van to Price Chopper
- May 11 SAIL Program
- May 12 Karen's Art
- May 17 Lunch Bunch
- May 18 Meet Mayor Bill Collins
- May 19 Crafting with Thelma
- May 27 Special Bingo

SPECIAL PROGRAMMING DURING APRIL

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| April 1, Friday Time: 1:00 | Cooking w/Ed: Join Ed with special guest Chris O'Neil as they create Mom's Spanish Rice. Page 3 |
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| April 5, Tuesday Time: 1:00 | Book Club- <i>Haven't read the designated book?...no problem come join us anyway. There's always good discussion. We are readers, we acknowledge you may not like what I read...I may not like what you read...Our aim is to select a variety of books - you'll get to read books you wouldn't ordinarily choose. Getting outside of your comfort zone could be interesting.</i> |
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April - Dead Man's Bridge,- Robert Mrazek

May - The Wedding, Nicholas Sparks

June - Dark Sky , C.J. Box

July - The Lincoln Highway - Amor Towles

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| April 6, Wednesday Time: 1:00 | Reading with Bea- <i>Enjoy listening, reacting to and conversing about snippets of literature, both fiction and non-fiction and everything in-between, found in newspapers or magazines during our monthly gatherings. This is offered in person and virtually.</i> |
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| April 7, Thursday Time: 1:00 | Victorian Hat Pin w/Filomina - <i>Participants will create 2 hat pins using new and vintage beads. A short lecture on the history of hat pins is given. Participants should feel free to bring any special personal beads to incorporate into their hat pin. Class fee: \$5.00</i> |
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| April 8, Friday Time: 1:00 | Wiawaka - <i>Doreen, Executive Director of Wiawaka will introduce us to the 119th season of this historic retreat on the shores of Lake George. Wiawaka is the oldest continuously operating women's retreat center in the country.</i> |
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| April 12, Tuesday Time: 1:00 | Adventure Awaits - The Greek Islands - <i>Come away with us as we visit 12 of the most beautiful "Jewels of the Aegean Sea" length - 1 hr. Enjoy some refreshment as well.</i> |
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| April 13, Wednesday Time: 1:00 | Basket Raffle Drawing Party - <i>We'll be drawing the basket tickets - will your name be on one????????????</i> |
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| April 14, Thursday Time: 1:00 | Crafting w/Thelma - <i>Have a great afternoon as we create a beautiful spring wreath. See information page 2.</i> |
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| April 19, Tuesday Time: 1:00 | Victorian Tea - <i>Step back in time and enjoy a Victorian Tea Party. Information on Page 3.</i> |
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April 21, Thursday
Time: 1:00

Volunteer Recognition- Join us as we recognize our volunteers for all the hard work they have done to make our center a success. Refreshments will be served.

April 22, Friday
Time: 1:00

Join Rebecca Devaney, Community Horticulture Coordinator with Cornell Cooperative Extension of Warren County this Earth Day, for her workshop on composting. This workshop will demonstrate how composting keeps excess food waste out of landfills, creating nutritious organic material that our plants love. We will cover the basics of composting containers, the items we should and should not compost, and touch on how to compost indoors with worms.

April 26, Tuesday
Time: 1:00

Market Place - Darlene Hayes will be presenting a workshop on how to maneuver your way through Market Place.

April 27, Wednesday
Time: 1:00

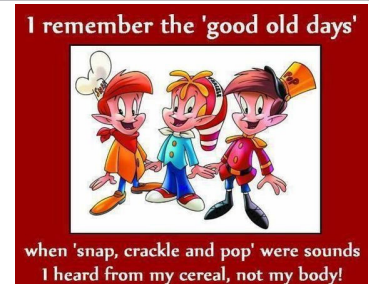
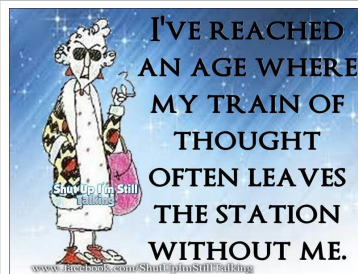
Movie & Popcorn - Ghostbusters Afterlife - Here it is - the next chapter in the original Ghostbusters universe. In *Ghostbusters: Afterlife*, when a single mom and her two kids arrive in a small town, they begin to discover their connection to the original Ghostbusters and the secret legacy their grandfather, an original Ghostbuster, left behind.

April 28, Thursday
Time 1:00

Painting w/Karen - Learn new painting techniques and create a beautiful painting to display or give as a gift. See page 2 for information.



Our condolences to the
friends and family of
Magdalena Donovan
Viola P. Matteson
Doris Webster



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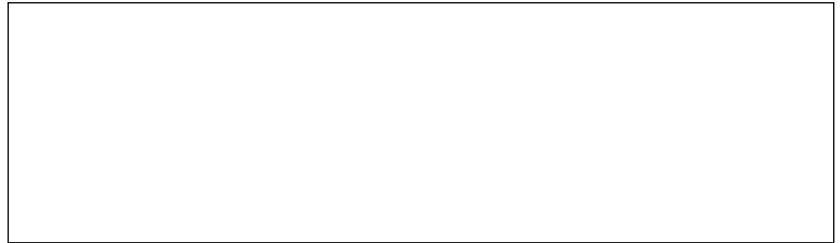


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