



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

•Cooking with Ed

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0823
August 2023



DIRECTOR'S CORNER

Can't believe it's August already. Take advantage of the fun events we have planned for the rest of the summer. In

September I hope you can join us for our second Senior EXPO on Wednesday, September 13th, noon-6 at the Queensbury Hotel. There will be a number of vendors with information on the needs and concerns of our senior community and their families.

I want to address some concerns we are having with our transportation program. As you know Nicole is very busy with transports, which is a wonderful problem to have. If you have scheduled a pick up and are unable to make it please call the center and leave a message if we are not open. Also, since we are on a tight schedule we cannot wait for you more than 5 minutes. If you are not out there we will call but after 5 minutes we need to leave. As a result you will need to reschedule your transportation. Lastly if we arrive and you decide you don't want to go and have not contacted the center and if this is a continuous habit your van privilege may be revoked. Lastly, in our transportation policy it states you must be able to get in and out of the van unassisted. For everyone's safety we are there to help, we just cannot physically assist in loading the van. Thank you for understanding.

Enjoy the rest of the summer!

PICNIC



August Picnic

Wednesday, August 9th

Noon

Cost \$5

At the Glens Falls Senior Center

Enjoy an afternoon with friends and additionally we will be hosting a Corn Hole Tournament sign up your 2 person team if you would like to compete by August 4th

Picnic registration by 8/4
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From the desk of Ed Capezzuti

Our Cape May Vacation and the Cookbook

To say we had a blast on our Cape May vacation would be a gross understatement! When we first arrived, it was a bit cloudy, not a good beach day, but we had to do a bit of grocery shopping anyway. Chelsey had to drive in from Columbus, Ohio and would arrive later. On Tuesday morning, we were up early as we had a photo shoot on Sunset Beach near the lighthouse in Cape May. This was my Father's Day present from my two girls. It was a perfect morning, a nice light breeze, beautiful sun and a warm temperature. It was so fun and now we will have beautiful pictures, professionally taken, to always remind us of the great times in Cape May. That day, along with the rest of the week, were all nice beach days and we took full advantage of the weather. We went to all of our regular restaurants, the Mad Batter, 410 Bank Street and a new one, appropriately named Exit 0 and of course, breakfast at Uncle Bill's. We also did some shopping at the Washington Street Mall and of course had to visit the arcade. In the June newsletter, I mentioned how the hotel rates were changing to the point where visiting Cape May could be out of our price range. Interestingly enough, as we were checking out along with ten other families, the clerk said that there were only two families checking in that day. Gee! I wonder if the new rates had anything to do with that and lo and behold, the clerk told us that they were rethinking the new policy on their rates. Interesting!!! The trip home was a different story. On the New Jersey Parkway, it was raining so hard that we were traveling at a speed of 30 miles per hour and a number of cars had pulled over, as it was raining so hard. I guess that would not have been a very good beach day.

Cookbook

As I am sure you know, I have a cooking show every month and in the past, I mentioned that we were working on a cookbook. Guess what? The cookbooks are in and ready to sell! The cookbook has 26 recipes, all ones that we made on a hot plate at the cooking show (with some minor exceptions). The cookbook is a fundraiser for our Center and will help support our events. Cost of the cookbook is \$20 and if you like, it can even be signed. To get your book, you only have to contact the Center. Please stop in or give us a call at 518-793-2189.

August's Crafty Ladies

Crafts w/Thelma

August 17th at 1:00

Ink and Alcohol Coasters



Acrylics w/Karen

August 24th at 1:00



Welcome
New Members

Florence Blanchard
Deborah Groh
Catherine Frusher
Mary Hundertmark



Member Spotlight- August

Name : Jean Bengtson
Years as a Member: 1.5 Years

What brought you to the Center?

"I was told by some people that I should go to the Center, so I decided to try it, and I am so glad that I did."

What is your favorite thing to do at the Center?

"My favorite thing is the Cooking with Ed show. It is fun, Ed is a good cook, and we get some great recipes out of it!"

What is something people may not know about you?

"I am a garage sale addict. I go with my daughters. When we hear of one nearby, we are off to it."

What is a new skill you would like to learn?

"I would like to learn the ukulele. It looks like fun. I am thinking about joining the Ukulele Band here at the Center."

What are the words you live by?

"One day at a time."

Cooking with Ed Cookbook Fundraiser!

A cookbook made by our very own, Ed Capezzuti is available to purchase at the Center for \$20. The book includes 26 recipes and is a fundraiser for the Center. And who knows, maybe you could even get it signed by the author!



FOR RENT

Looking For A Party Space?

The Senior Center is available!
The Center is available to rent on select dates for events such as; Bridal/Wedding Showers, Baby Showers, Weddings, Birthday Parties and more!
Reach out to Kim at the Center for more details!
(518)793-2189

We are collecting aluminum can tabs to help support Shriner's Hospital Transportation Service! Collect your tabs and bring them into Nicole to help a great cause!



AUGUST 2023

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	1 10:30- Hospitality 1:00- Book Club 1:00-Knitting Group	2 1:00- Cornhole game 2:00- Reading with Bea	3 1:00- Cooking with Ed	4 CLOSE AT NOON
7 1:00- The Ice Cream Man (Greenwich)	8 1:00- Ukulele Band 5:00 Trivia Night	9 NO PROGRAMS 12:00- Picnic at GFSC	10 12:00- U.S.S. Slater Tour	11 CLOSE AT NOON
14 1:00- Dairy Haus (Saratoga)	15 1:00- EPIC Presentation	16 1:00- Shoebox Workshop	17 1:00- Craft with Thelma	18 CLOSE AT NOON
21 1:00- Twin Scoops (Hudson Falls)	22 1:00- Ukulele Band	23 1:00- Dorset 1:00- Game Day	24 1:00- Acrylics with Karen 1:00- Newsletter	25 CLOSE AT NOON
28 1:00-Winners Gourmet Ice Cream (Fort Edward)	29 1:00- SUNY ADK Continuing Education	30 NO PROGRAMS AARP Defensive Driving	31 10:00- Shopping and Cracker Barrel	

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - Line Dancing w/Ginny Allen 12:00- Bridge 1:00- Pinochle	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 8:45- Let's Walk 10:00 - Bingo	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 Bridge, Scrabble	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 11:00 - GFSC Singers	9:00-Tai Chi w/Sam (In-House & Virtually) 10:00 - Wii 10:00 - Line Dancing

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

Mark Your Calendar!

- Sept. 13- Senior EXPO at the Queensbury Hotel
- Sept. 21 - Balloon Festival at Crandall Park
- Oct. 12- Health Fair



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

If you are considering home care, then you have specific needs. Maybe you need assistance with light housekeeping or shopping once a week, or maybe you require help with activities like dressing and bathing every day. Whatever your needs are, we will work with you to meet them. At Neighbors, we believe in flexibility. We believe you are in charge.

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PROGRAM NOTES FOR AUGUST

Every Tuesday
Time: 8:30

Let's Walk: We are walking outside! Meet at parking lot on Glenwood and Quaker (across from Sprinkles) Call JoAnn at 518-955-7400 to sign up!

August 1st, Tuesday
Time: 1:00pm

Book Club: In August we will be discussing *The Four Winds*, by Kristin Hannah. "Prepare to go on a journey. The story of Elsa and her family will sweep you up on its wings and plunge you to the depths of feeling. This novel is crucial for our times: although set during the Great Depression and the terrible dust bowls, it holds up a mirror to our current world and asks us to look and to understand deeply. It is a story of migration, poverty, prejudice - it shines a light on a crisis that is all too real in today's world. Yet, it is also a story of love, family, unbreakable bonds, bravery and hope. I will never forget the characters, what they endured and how they hoped and loved. I feel that I will be forever touched by them. I loved this book so much!" --Christy Lefteri, author of *The Bookkeeper of Aleppo*

August 8th, Tuesday
Time: 5-6:30 pm

Come have some fun and test your knowledge at **Trivia Night!** There will be a first place prize and refreshments will be served.

August 10th, Thursday
Time: 11:00 am

Aboard **USS SLATER** you'll get to walk in the footsteps of heroes. The ship is restored to exactly how it looked in 1945, you'll be transported back in time and learn of the Greatest Generation in the fight for their lives. Cost \$10. (Level D)

August 15th, Tuesday
Time: 1:00

Join us for a presentation by Michele Shultis on the Elderly Pharmaceutical Insurance Coverage (**EPIC**) Program. Learn important information, and get the chance to ask questions!

August 29th, Tuesday
Time: 1:00 pm

SUNY ADK Continuing Education is coming to the center to present on the programs they have available to help you learn and grow. Don't miss out!



Come join Osteobusters!

Available Monday-Thursday at 9am in person and on-line!

The program consists of exercises designed to improve balance, muscle strength and posture, and to encourage participation in weight-bearing activities.

Reach out to the Center for more information on how to join.

Book Club Sneak Peak!

September: Dakota by Kathleen Norris

October: Demon Copperfield by Barbara Kingsolver





Cooking With Ed

Thursday, August 3rd at 1:00pm

Gnocchi Alfredo

Prep/Total Time: 25 Minutes

Serves: 5

Ingredients:

2 pounds potato gnocchi
1-1/2 cups whole milk
Dash ground nutmeg
1 tablespoon plus 1-1/2 teaspoons all-purpose flour
Minced fresh parsley, optional

3 tablespoons butter, divided
1/2 cup grated Parmesan cheese
1/2 pound sliced baby portobello mushrooms

Directions:

1. Cook gnocchi according to package directions; drain. Meanwhile, in a small saucepan, melt 1 tablespoon butter. Stir in flour until smooth; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened. Remove from heat; stir in cheese and nutmeg until blended. Keep warm.
2. In a large heavy skillet, melt remaining butter over medium heat. Heat 5-7 minutes or until golden brown, stirring constantly. Immediately add mushrooms and gnocchi; cook and stir 4-5 minutes or until mushrooms are tender and gnocchi are lightly browned. Serve with sauce. If desired, sprinkle with parsley.

Levels of Difficulty for Activities

Level A - Very Easy - A leisurely pace involving 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 for half to most of the day. Periods of standing, stairs, or uneven walking surfaces are expected.

Level D - Strenuous - All or most of the day walking, uneven terrain, standing, no walkers or canes allowed.

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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)

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call for your 360° review to
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