



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0623
June 2023



DIRECTOR'S CORNER

Summer is the season to travel and enjoy the great outdoors. It's important to get out of the house and spend time getting some fresh air. But, remember these 4 things before you spend any extended time outside in the hot summer elements.

1. Always Check the Forecast: Don't let the weather surprise you. Before you spend time outdoors in summer, take a look at the forecast so that you can be prepared.

2. Emphasize Hydration: Start by hydrating before an outdoor adventure begins, and then take along plenty of water.

3. Keep Sunscreen Handy: Sunburn is always painful, no matter how old you are. So apply plenty of sunscreen.

4. Know the Signs of Heat-Related Illnesses: Get to know the warning signs of heat-related illnesses like heat stroke, heat exhaustion and dehydration.

Enjoy the sunshine!!



Saturday, June 17th 9-4
Indoor/Outdoor Sale including our Thrift Shop!

We are accepting donations!

We do NOT accept:

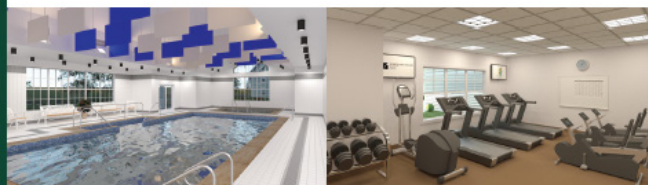
Clothes, Bedding, Shoes, Sporting Equipment or Furniture. Please call the center if you have any questions about donating!

Check us out on Facebook at "Sherman House"

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to Schedule Your Tour



State-of-the-Art Wellness Center,
Indoor Pool & Spa
Opening Spring 2023!



From the desk of Ed Capezzuti

Our Trip to Cape May, New Jersey

There are no trips to Columbus, Ohio planned for a while, but we are looking forward to our annual trip to Cape May, NJ. Cape May is a Victorian resort town that claims to be the original seaside resort. The streets are lined with magnificent Victorian homes and the town has a fantastic beach. We are going to Cape May in June, as that is when the hotel rates are reasonable and the weather is warm, even though it's ahead of the summer rush. We have been going to Cape May ever since our girls were little. In fact, Chelsey's first trip was when she was less than a year old and she is now 31. There is much to do in Cape May but most of all, we enjoy the beach. Over the years, we have stayed in many of the hotels there. The Victorian Inn was the first stop, when the girls were very young. We then moved down the road to the Montreal Inn and now we stay at the Summer Station. On many of our trips, we would include what we called "a bonus night." We would pick a different hotel and stay there one additional night. The restaurants there are wonderful and our favorite is the Mad Batter and of course we have to have breakfast at Uncle Bill's. There is a great little shopping area called the Washington Street Mall. It is closed to traffic and has great little shops. Along the way, there is the Ugly Mug restaurant, which is a must stop for some cold liquid refreshment. We have always enjoyed the arcade and miniature golf and the many memories and pictures that we have taken over the years. Now it pains me to say that it's very possible this is our last year to travel to Cape May. In the past, the hotel rates changed at the end of June and were in effect until Labor Day. Well, that has all changed. Starting this year, rates change in May and there also has been a dramatic per night increase. The Summer Station, to their credit, is honoring our reservation as we made it last year. It's hard to believe, but the room we are staying in this year, third floor ocean front, will be costing \$400 more per night over what we are paying this year. You read it right, \$400 more per night than what we are paying this year! It's just one more of those things in life that I don't understand, but the memories and fun we had over the years will always be there.

June's Crafty Ladies

Crafts w/Thelma

June 15th at 1:00

Balloon Painting



Acrylics w/Karen

June 22nd at 1:00



Welcome
New Members

Ann Bleden
Roch Uhe
Diann Martel
Gwenne Ritpon



Member Spotlight- June

Name : Ann Cummings
Years as a Member: 26

What brought you to the Center?

"I was a member of other local Senior Centers and decided to join this one because I could get transportation with the van, and really enjoyed the programs that are offered here."

What is your favorite thing to do at the Center?

"I love meeting everybody and exchanging thoughts and ideas with my friends and new people I meet."

What is something people may not know about you?

"I collect angel figures, I currently have around 105 in my collection. I even have one that moves her arms and head. They are very special to me."

What is a new skill you would like to learn?

"I would like to know how to run a computer better than I do, especially FaceBook."

What are the words you live by?

"Be kind to others and they will be kind to you."



at the



GLENS FALLS
SENIOR CENTER

Friday, June 9th
3:30pm-6:00pm

Cost: \$15

Menu: Half-Chicken, Potato,
Coleslaw, Roll and Dessert

Orders **MUST** be placed by June 1st
Drive-Thru **ONLY**

Call the Center to Order!
518-793-2189

380 Glen St., Glens Falls, NY 12801

Sponsored By:  **The Pines**
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A Night Under The Stars

Friday, July 28th 4-7 PM
at The Queensbury Senior Center


All local Senior Centers together for
one big night of fun!
More Info Coming Soon!



In Loving Memory

John Greenslade II

JUNE 2023

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 10:00- Mini Golf 1:00- Adventure Awaits	2 1:00- Craft with Nicole
5 10:00-Walmart	6 10:30- Hospitality Committee 1:00- Book Club	7 1:00-Knitting Group 2:00- Reading with Bea	8 1:00- Shoebox Workshop	9 No Programs CHICKEN BBQ
12 12:00-Lunch Bunch @ O'Toolles	13 1:00-Ukulele Band	14 1:00-Luxury Box 1:00-Game Day	15 1:00-Craft with Thelma	16 1:00-SAIL Garage Sale
19 CLOSED 	20 10:00-Special Bingo 1:00-Newsletter	21 1:00-Cooking with Ed	22 1:00-Acrylics with Karen	23 1:00-Hyde Museum
26	27 1:00-Ukulele Band	28 1:00-Chapman Museum Presentation	29 11:00-Vermont Country Store	30 1:00-Pie on the Porch

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

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www.gfseniors.com and on Facebook



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Mark Your Calendar!

July 13- Picnic- Location
TBD

July 19- Wiawaka Lunch and
Tour

July 28- Senior Prom

Mondays in July- Ice Cream!

PROGRAM NOTES FOR JUNE

Every Tuesday at 8:45 **Let's Walk:** We are walking outside, at the bottom of Murray St. hill. Starts at 8:30 am, Call JoAnn at 518-955-7400 to sign up! Level C

Thursday, June 1st at 10:00 We are going **mini golfing!** Transportation is available, payment will be due at the mini golf course. Location TBD based on weather/opening dates. Level C

Thursday, June 1st at 2:00 **Adventure Awaits:** Produced by Reader's Digest, our adventure this month goes under the category of "DID YOU KNOW?"..Did you know that just a hop over the border - then head due north up the eastern coast of Canada and it hits you - the wild Labrador coast and the breathtakingly beautiful wilderness! Come along with us as we explore vistas of unparalleled beauty and a wealth of wildlife along Canada's Eastern Coast.

Tuesday, June 6th at 1:00 **Book Club:** For June, we'll be discussing The Eighty Dollar Champion, Snowman, by Elizabeth Letts. The is the dramatic and inspiring story of a man and his horse, an unlikely duo whose rise to stardom in the sport of show jumping captivated the nation. In July, our Book Club selection is: The Long Divorce, by Edmund Crispin - a master of whodunits. First published in Great Britain in 1951, it is the tale of a peaceful and prosperous village with a very unpleasant problem - namely, murder! Come join the discussion.

Wednesday, June 14th at 1:00 Join us at the **Luxury Box** in Queensbury for a tour of their facility and some time getting to test out all of their games and sports simulators. \$5-Level A

Friday, June 16th at 1:00 Let's go find some hidden treasure at the **SAIL Garage Sale!** Limited van space available- 71 Glenwood Ave, Queensbury, NY (Southern Adirondack Independent Living) Level A

Friday, June 23rd at 1:00 Come explore the Hyde Museum, right around the corner from us! Exhibits have been newly added! \$10-Level B

Wednesday, June 28th at 1:00 The Chapman Museum Presents: Next Stop, Freedom: The Underground Railroad in the Adirondacks. As slavery continued in many states in the early 1800s, a national effort to safely bring freedom seekers to Canada began. This talk will explore the role the greater Glens Falls region played in this effort and the legacy of the local Underground Railroad.

Make A Difference



You can make a difference! More hands make life easier and more conversations bring in new ideas.

Hospitality - this committee works mainly with the food events at the Center, prepping and serving. Call me, Bev, at the Center if you're interested in this.

Thrift shop/Boutique - We are looking for volunteers to help run our thrift shop on afternoons, Tues. Wed, Fri. If these times don't work for you, give us a call. Many thanks, Bev

FOR RENT

**Looking For A Party Space?
The Senior Center is available!**

The Center is available to rent on select dates for things 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



Cooking With Ed And Special Guest: MK Capezzuti!

Wednesday, June 21st at 1:00

Shrimp and Sausage Skillet Corn

Prep/Total Time: 30 Minutes

Serves: 4

Ingredients:

3 Tablespoons Unsalted Butter	4 Oz. Cream Cheese, softened
1/2 Cup Half and Half	1 Teaspoon Black Pepper
1-3/4 Teaspoon Kosher Salt, divided	1 Teaspoon Olive Oil
8 Oz. Hickory Smoked Sausage-cut into 1/4 inch slices	
1 pound medium-sized, peeled, deveined raw shrimp	
1 Tablespoon Chopped, fresh parsley	
1 Cup chopped sweet onion (from 1 small onion)	
6 Cups fresh corn kernels (from about 8 large ears)	

Directions:

1. Melt butter in large skillet over medium-high. Add corn and onion; cook, stirring occasionally until tender (about 8 minutes). Stir in cream cheese, half and half, pepper, and 1 teaspoon of salt, cook, stirring occasionally until cream cheese melts (2 minutes). Stir in chives, remove from heat and cover to keep warm
2. Heat oil in separate large skillet over medium-high. Add sausage, cook, stirring until browned (6 minutes). Drain on paper towels, reserve drippings in pan. Sprinkle shrimp with remaining salt. Add to pan, cook over medium-high, stirring occasionally until shrimp turn pink (3 minutes). Serve corn topped with sausage, parsley, shrimp and chives.

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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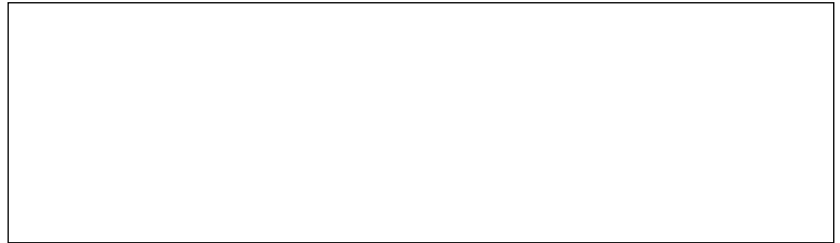


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Since 1959, the Greater Glens Falls Senior Citizens Center has been providing a variety of services and programs improving the quality of life for those 50 and over. The Center is located in the historic Sherman House at 380 Glen Street in downtown Glens Falls.



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