



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Heath Fair

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1023
October 2023

DIRECTOR'S CORNER

Where did summer go? Here is some useful and fun information for the fall season.

1. Get vaccinated - Seniors are at greater risk of influenza during autumn. So before the winter sets in, consult your physician and get the required flu shots.

2. Keep yourself warm-While it may not be cold enough to pull out your sweaters and jackets, you may want to put on additional layers. Go for non-skid shoes that will keep you from falling or tripping.

3. Light up your surroundings-The key to preventing unfortunate falls and trips is to watch where you are walking, which in turn requires your living space to be well-lit.

Now some fun facts

1. The brighter the leaf colors in fall, the colder and snowier will be the winter.

2. The earlier fall color peaks, the milder will be the winter.

3. When plants that usually bloom in spring have a second bloom in fall, expect a cold winter.

4. Ground that is covered by acorns in the fall will be covered by snow throughout winter.

Happy Fall!



HALLOWEEN PARTY

OCTOBER 27, 2023 AT 12 PM
AT THE GLENS FALLS SENIOR CENTER

COSTUME CONTEST AND PRESENTATION BY
MAUREEN FROM THE CHAPMAN MUSEUM!

MENU: CREEPY QUESADILLAS WITH
SPOOKY SIDES
AND A DIRT CUP DESSERT

COST: \$10

RSVP BY OCTOBER 19TH!

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From the desk of Ed Capezzuti

Some Takeaways from the Summer and What's Ahead and the Health Fair

Every year I look forward to summer. The days are longer, the weather is warmer, and our area seems to open up with so many events. Of course, my favorites, our getaways and the visits with our girls when they come back home. Then I always end up saying: "Gee, the summer goes by so fast." Well, nothing has changed in 2023. It's now October and looking back there are wonderful memories, many of which I have written about in my newsletter articles. Despite all the rain this past summer, we did manage to do some different things and yet some things we love to do every year. We actually started our summer early, as in June we had a great kickoff to the season with a trip to Cape May, NJ. As you probably know, Cape May is one of our favorite spots and it's a great time for the entire family to get together, something we've been doing for over 30 years. WOW! Where does the time go? This year, we scheduled a trip to Boston with an opportunity to take in a Red Sox's game. Thanks to MK for promoting that trip. Locally, we enjoy "Take a Bite" and an outdoor dinner at the Docksider. We did get to play a little more golf this year than in the past, but it seems that my golf game hasn't gotten any better! Being outdoors and enjoying the scenery though, is rewarding enough. We always enjoy a day at Saratoga Race Track and occasionally have a profitable day, but they seem few and far between. As the summer wound down, we got to go to Marco Island, Florida, for a week and came back home Labor Day weekend. Chels was able to join us in Florida for a few days. With all that said, it's now October and time to prepare for the cold months ahead, but some good times ahead as well. We plan to take in an Ohio State football game this month and then there is Thanksgiving, which we always enjoy and are usually back in Columbus, Ohio visiting the girls. It's a bit early to talk about the game with the team from up north, but we will get to that at a later date.

Open Enrollment and the Health Fair

It's that time again! An opportunity to look at health plans and if you so desire, change from your current plan to another plan. To help you with these decisions, we are having our annual Health Fair on Thursday, October 12. Additionally, health insurance reps will be here to distribute information and answer your questions. Please check our newsletter to see when each rep will be back to discuss their particular plan and please feel free to join us!

October's Crafty Ladies

Crafts w/Filomena

October 19th at 1:00pm
Needle Felt Pumpkins and Owls



Acrylics w/Karen

October 26th at 1:00pm



Paint and Sip with Robin
October 10th at 5:30 pm
More details in "Program
Notes for October"





Member Spotlight-October

Name : Dan Tallon
Years as a Member: 5

What brought you to the center?

"My wife brought me to the Senior Center after she went to Tai Chi here. But I started line dancing, playing cards and doing Tai Chi too."

What is your favorite thing to do at the Center?

"I really like playing ukulele. It has been fun to play music again. I like cards too, but music has been really great."

What is something about you people may not know?

"I have a big sense of humor, some people may not love it, but I do."

What is a new skill you would like to learn?

"I have been enjoying learning how to play the ukulele and playing more songs. I used to play guitar self-taught, so learning how to read music has been good."

What are the words you live by?

"Don't take anything too serious".

Don't Miss Out on the Fun!

Follow us on Facebook at *Glens Falls Senior Citizens Center Inc.* to see highlights from programming and other neat stuff!



Did you know the Thrift Shop has it's own Facebook Marketplace Page.
Check out Sherman House and see the treasures we have listed.
Pick up is here at the Senior Center.
Tell your friends!
All proceeds go to programs



Sandy Eastman

Penny Downs

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!



Chair Yoga Is Back!

Classes every Thursday
at 10am Starting
October 5th!
Cost: \$5 Per Class

OCTOBER 2023

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 10:00-Hannaford	3 10:30-Hospitality 1:00- Book Club 1:00-Ukulele Band	4 1:00-Knitting Group 2:00-Reading with Bea	5 12:00-Shoebox Packing	6 AM Programs Only CHICKEN BBQ 3-6pm
9 CLOSED 	10 1:00-Citizens Preparedness 5:30-Paint N Sip	11 12:30-Movie and Popcorn:Hocus Pocus	12 1:00-Health Fair	13 1:00-MVP Health Care
16	17 1:00-Ukulele Band	18 1:00- Highmark Blue Shield of NENY	19 12:30-Craft with Filomena	20 1:00-Cooking with Ed
23	24 10:00-Special Bingo 1:00-Newsletter	25 1:00-CDPHP	26 1:00-Art with Karen	27 12:00-Halloween Party
30	31 1:00-Ukulele Band			

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) 10:00- Chair Yoga 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!

- Nov. 8- Neighbors NY Presentation
- Nov. 15- Annual Meeting
- Nov. 17- Thanksgiving Drive-Thru Meal
- Nov. 29- Deck the Halls



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.

At Neighbors, it's all about you.

Neighbors NY

518-743-0030

www.NeighborsNY.com

Call today for a free consultation to discuss your options.

PROGRAM NOTES FOR OCTOBER

Every Tuesday at 8:45 **Lets Walk:** Come join us at the Betar Byway in South Glens Falls for the month of October. Reach out to JoAnn at 518-955-7400 to sign up!

October 2nd,
Monday
1:00pm
Book Club: Our book for October is Demon Copperhead, by Barbara Kingsolver. It is the WINNER OF THE 2023 PULITZER PRIZE • WINNER OF THE WOMEN'S PRIZE FOR FICTION, a New York Times "Ten Best Books of 2022" • An Oprah's Book Club Selection • An Instant New York Times Bestseller • An Instant Wall Street Journal Bestseller • A #1 Washington Post Bestseller. Set in the mountains of southern Appalachia, it will capture your heart as you read of a young boy's unforgettable journey to maturity. November's book will be Small Mercies, by Dennis LeHane

October 10th,
Tuesday
1:00pm
The Citizens Preparedness Corps: A free NYS program delivered state-wide by the American Red Cross for ages 16 and up. This program seeks to improve community resiliency on an individual and household level by teaching citizens valuable life skills on how to prepare for, respond to, and recover from any natural or man-made disaster.

October 10th,
Tuesday
5:30 pm
Enjoy an evening of fun painting and good company at our **Paint N Sip!** BYOB- please drink responsibly. MUST preregister. Cost \$20

October 11th,
Wednesday
1:00pm
Hocus Pocus is a 1993 American supernatural comedy film that follows a villainous comedic trio of witches who are inadvertently resurrected by a teenage boy in Salem, Massachusetts, on Halloween night.

October 12th,
Thursday
1:00pm
Come to our **Health Fair** to visit with representatives from 4 different insurances: MVP Healthcare, Humana, CDPHP and Highmark Blue Shield of NENY. Dates of individual insurance presentations are listed below.
MVP Health Care: October 13th at 1:00pm
Highmark Blue Shield of NENY: October 18th at 1:00pm
CDPHP: October 25th at 1:00pm

October 27th,
Friday
12:00pm
Halloween Party -Chapman Museum Sunken Vessels How many boats are at the bottom of Lake George? From the French & Indian War to the modern day, vessels have been purposefully sunk, destroyed with dynamite, and stolen from the shore. This talk will look at how underwater archaeology helps to uncover some of the mysteries at the bottom of Lake George.





Cooking With Ed

Friday, October 20th at 1:00pm

Apples and Onion Topped Chops

Prep/Total Time: 30 Minutes

Serves: 4

Ingredients

4 teaspoons canola oil, divided	4 boneless pork loin chops (5 ounces each)
3 cups sweet onion slices	1/2 cup water
2 tablespoons brown sugar	1 tablespoon cider vinegar
1 teaspoon garlic powder	1/2 teaspoon salt
1/4 to 1/2 teaspoon pepper	1/4 teaspoon dried rosemary, crushed
2 medium Granny Smith apples, peeled and sliced	

Directions

1. In a large nonstick skillet heat 2 teaspoons canola oil over medium-high heat; cook chops until browned, about 3 minutes on each side. Remove meat; set aside and keep warm.
2. In same skillet, cook and stir onion in remaining 2 teaspoons canola oil until golden brown, about 7 minutes. Add apple slices; cook and stir 3 minutes longer.
3. Combine the water, brown sugar, vinegar, garlic powder, salt, pepper and rosemary. Stir into skillet. Bring to a boil. Return meat to pan. Reduce heat; cover and cook until apples are crisp-tender, and a thermometer inserted in pork reads 145°, 6-8 minutes. Let stand 5 minutes before serving.

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.

The Pines at Glens Falls

Center for Nursing & Rehabilitation



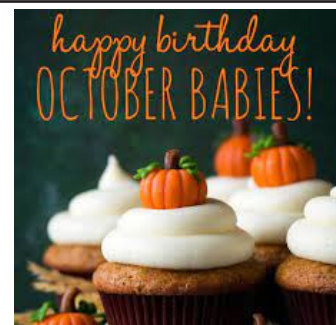
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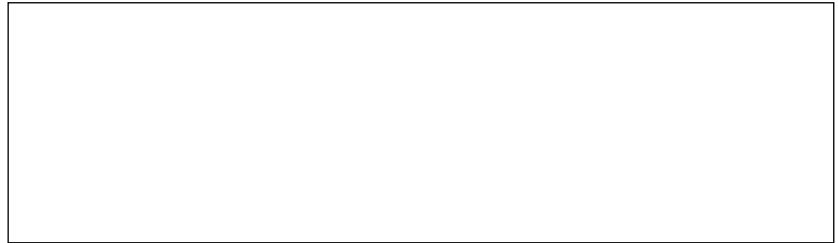


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Since 1959, the Greater Glens Falls Senior Citizens Center has been providing a variety of services and programs improving the quality of life for those 50 and over. The Center is located in the historic Sherman House at 380 Glen Street in downtown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



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bsneny.com



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Veteran or Surviving Spouse of a Veteran
call for your 360° review to
local, state and federal benefit eligibility:
Medical, disability, pension, property
tax exemption and/or other discounts?

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