



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0523
May 2023



DIRECTOR'S CORNER

Welcome May! There's lots to celebrate this May. Along with the flowers, there is Mother's Day, Cinco de Mayo, Memorial Day, and the Kentucky Derby. The national observance month honoring older Americans, "May is Older Americans Month." When Older Americans Month was established in 1963, a meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month." One Way to celebrate Older American Month is to stay in touch with friends and loved ones, or even reconnect with people you haven't seen in years, through social media platforms like Facebook, Twitter, and Instagram. Celebrate you !! Join us at our Spring Banquet on May 9th.



Spring Banquet at Fort William Henry

Tuesday, May 9th at Noon

Menu:

Chicken Picatta,
House Salad, Chef Choice Vegetables, Roll,
3 layer Lemon Creme Cake

Cost: \$25 per person

Entertainment by our very own Ukulele
Band!

Must Register with the Center by May 2nd!

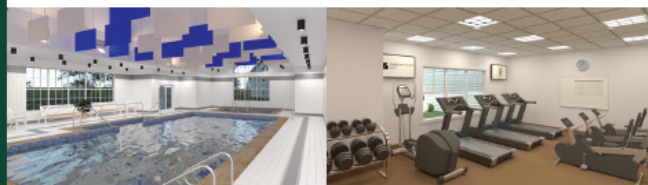
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From the desk of Ed Capezzuti

The "Cooking with Ed" Program

You may recall that it was in 2020 when the cooking show started. Yes, that was the year of the pandemic, our Center closed for a short time and when we reopened, our Director, Kim, came up with unique ways for the staff to keep in touch with our members. In addition to having us call to check on our members, it was important to provide our members with programs they could enjoy from home by watching on our Facebook page or on Zoom. As a result, "Cooking with Ed" was born. In the very first show, I remember that I decided to cook one of my favorites ...a hot dog sauce recipe that I found on the Internet. At the time, Steph was here and she and I were in the kitchen preparing the sauce. It was a live presentation on our Facebook and Steph's husband and my daughter MK were the only ones watching. BUT it was on the Center's Facebook to view later and I am happy to say people tuned in. It was decided to keep the cooking show going and here we are three years later. We have graduated to the middle room and now have a live audience and at times an invited guest to help out. We continue on Facebook as well. The views on our Facebook page have been pretty good. Then, one day, one of our members said that the Center should put a cookbook together with all the recipes that have been made. I got thinking about that and thought it might be possible but the recipes are not mine and have come from a variety of sources. The sources include but not limited to, Taste of Home, Southern Living magazine, a cook book Santa gave me one Christmas, Northern Italian Cook Book and the internet just to name a few. Hmmm, what if we gave credit where credit is due and work on a cook book to sell and raise money for our Center? Well, we are moving ahead with that idea. We decided that we could list 23-25 recipes, ones that were cooked on a single burner and hopefully enjoyed by those who were here or those who tried the recipe at home. We have no release date yet but I will keep you posted. In the meantime, the "Cooking with Ed" will continue and please feel free to join us in person.

May's Crafty Ladies

Crafts w/Thelma
May 18th at 1:00



Acrylics w/Karen
May 25th at 1:00



Welcome
New Members

Carol Madeiros
Katie Gaiser
Michelle Vasta
Lawrence Glasheen



Member Spotlight- May

Name : Theresa Case

Years as a Member: 6 Months

What brought you to the center?

"I went to the Senior EXPO last September, and everyone at the Senior Center table was so nice, and they helped convince me to join because I was looking for something to do. The Hospitality Committee also sparked my interest."

What is your favorite thing to do at the Center?

"I really enjoy working with my Hospitality Committee teammates on the luncheons."

What is something about you people may not know?

"I am an avid dog walker, and gardening is my favorite hobby. I also have a husband, named John." (Theresa's dog, Sassy is included in her picture)

What is a new skill you would like to learn?

"I would like to learn how to do some woodworking. Things like birdhouses."

What are the words you live by?

"You never get a second chance at a first impression."

Please join us in welcoming Theresa as our newest Staff Member!!



Disc Golf Tournament

Saturday, May 13th 8:00 am

Open to all skill levels with a Novice
Session starting at 8am!

Doubles Tournament Round One at 10:30,
with Round Two at 1:30!

50/50 and Basket Raffles will also be
available!

Register now at www.discgolfscene.com or
by calling Kim at the Center!



Victorian Tea

Thursday, May 4th
at 1:00

Join us as we step back in time to the Victorian Era . Our hospitality committee will serve a variety of teas, finger sandwiches and cookies. We will have a Victorian hat contest so bring out your best hat! Our Member Karen McGinn will present the History of Glens Falls.

Must register by Tuesday, May 2nd

New Member Welcome Lunch **Friday, May 19th at Noon**


Join us for lunch to welcome our new members and to make some new friends! Kim will be doing a presentation on our very own, Augustus Sherman, and the history of our beautiful building!



In Loving Memory

Bobby Dick
Doris Underwood
Sheila Blais

MAY 2023

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 10:00- Hannaford	2 10:30-Hosp. Com. 1:00- Book Club 1:00- Ukulele Band	3 1:00- Knitting Group	4 1:00- Spring Victorian Tea	5 1:00- Cooking with Ed
8	9 Spring Banquet @ Ft. William Henry- Noon	10 1:30- Disc Golf Practice	11 11:15- GFSC Concert 1:30- Senior Seminar Show	12 1:00- Alzheimers Caregiver Support Presentation
15 12:00- Lunch Bunch at The Tavern	16 1:00- The Pines Presents: Cooking for One	17 1:00- Movie & Popcorn: 80 for Brady	18 1:00- Craft with Thelma	19 12:00- New Member Welcome Lunch
22	23 10:00- Special Bingo 1:00- Newsletter	24 12:30- Walk Through Glens Falls 1:00- Game Day	25 1:00- Acrylics with Karen	26 1:00- Adventure Awaits
29 CENTER CLOSED 	30 1:00- Ukulele Band	31 1:00- Dakota Ridge Farm 1:00- Game Day		

WEEKLY ACTIVITIES

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

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Mark Your Calendar!

June 3 - Garage Sale

June 9 - Chicken BBQ
Drive-Thru

June 12 - Lunch Bunch
O'Toole's

June 29 - Vermont Country
Store

June 30 - Pie on the Porch

Mondays in July - Ice Cream!

PROGRAM NOTES FOR MAY

Every Tuesday at 8:45 **Let's Walk:** We are walking outside, at the Betar Byway in SGF (behind Sorrentino's Deli) Starts at 8:45 am, Call JoAnn at 518-955-7400 to sign up!

Thursday, May 2nd at 1:00 Ready for a new perspective on your world? There is always good conversation at our **Book Club:** The Daughters of Yalta, by Catherine Grace Katz. The Churchills, Roosevelts and Harrimans: the untold story of the three intelligent and glorious young women who accompanied their famous fathers to the Yalta Conference in February 1945, and of the conference's fateful reverberations in the waning days of WWII. June's book is The Eighty Dollar Champion: Snowman, The Horse That Inspired a Nation, by Elizabeth Letts.

Thursday, May 11 Time: 1:30 **Senior Seminar Show:** at the Wood Theatre "We will tell our story by celebrating States, Cities, Towns, our Beautiful Land through jazz and blues, folk and American music, song, dance and comedy generated from our roots."

Friday, May 12 Time: 1:00 Listen to a presentation by the Alzheimer's Association on tips for taking care of yourself, while being a caregiver for someone else.

Tuesday, May 16 Time: 1:00 Join us for an informative presentation by The Pines on **Cooking for One.** Learn to make a weeks worth of meals with just a rotisserie chicken.

Wednesday, May 17 Time: 1:00 **Movie and Popcorn:** 80 FOR BRADY is inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl to see their hero Tom Brady play.

Wednesday, May 24 Time: 12:30 **Walk Through Glens Falls** and check out all of the businesses and sights our city has to offer! (Level B)

Friday, May 26 Time 1:00 **Adventure Awaits:** Did you ever think of traveling to Iceland & Greenland? Well, that is just where we'll be "going". We'll experience the volcanic landscapes of Iceland and the frozen wilderness of Greenland with many intriguing visits along the way.

Wednesday, May 31 Time: 1:00 Join us on a trip to **Dakota Ridge Farm** to get a tour of their property and meet some of their animals, including Llamas! (Level C)

Make A Difference



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

Newsletter Mailing Day - we can always use more help folding, addressing and sealing the newsletter. Please call the center to sign up.

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

We are currently accepting donations for our Thrift Shop, Library and Yard Sale!

We do NOT accept:

Clothes, Bedding, Toys, Shoes, Sporting Equipment or Furniture. Please call the center if you have any questions about donating! Check us out on Facebook at "Sherman House"

Want To Help Our Center Grow?

Our Membership and Public Relations committee are adding more members! We are looking for motivated center members looking to help us expand our membership, welcome new members, and share ideas. Please reach out to Nicole if you are interested.



Cooking With Ed

Friday, May 5th at 1:00

Penne alla Vodka

Prep/Total Time: 30 Minutes

Serves: 6

Ingredients:

1 package (16 ounces) penne pasta	1/2 cup heavy whipping cream
1/2 teaspoon crushed red pepper flakes	1/2 cup shredded Parmesan cheese
3 tablespoons butter	1/2 teaspoon salt
2 garlic cloves, minced	1/4 cup vodka
1 can (28 ounces) whole plum tomatoes, drained and chopped	
4 ounces thinly sliced prosciutto, cut into strips	

Directions:

1. Cook pasta according to package directions.
2. Meanwhile, in a large skillet, heat butter over medium-high heat. Add garlic; cook and stir 1 minute. Add prosciutto; cook 2 minutes longer. Stir in tomatoes, vodka, salt and pepper flakes. Bring to a boil. Reduce heat; simmer, uncovered, 5 minutes. Stir in cream; cook 2-3 minutes longer, stirring occasionally.
3. Drain pasta. Add pasta and cheese to sauce; toss to combine.

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.



Warren/Washington

RSVP

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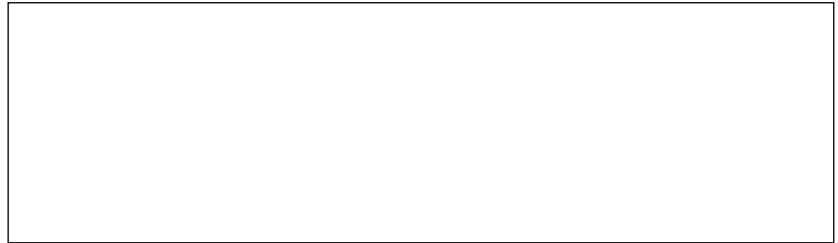


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