



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Health Watch  
• The Theater

• Games That Engage and  
Inspire

• Upcoming Events

March 2020

### Pot O' Gold Lunch



Tuesday, March 17<sup>th</sup>

Noon

Corned Beef & Cabbage,  
Potatoes, Carrots, etc.

Special Cupcakes for dessert

Guest Speaker:

Doreen Kelly

Executive Director of Wiawaka

Cost \$8

Be Sure to Sign Up

### Basket Raffle

30+ baskets on display  
February 10<sup>th</sup> until April 18<sup>th</sup>  
Tickets 8 for \$5 or 20 For \$10  
Drawings will be held at a basket  
raffle party on, Saturday April  
18<sup>th</sup> at 1:30.

If you can't come to the center  
to look over the baskets, fill out  
the order list (in the Newsletter)  
enclose payment for the number  
of tickets you would like to  
purchase send it in to the center.  
Staff will place your tickets in  
the baskets you have selected.

Be sure to mark your calendars  
and join us for the Basket Raffle  
Party.

### Heath Watch Series *Healthy Lifestyle*

During the month of March we will  
be hosting presentations by leading  
practitioners in the Glens Falls area  
relating to maintaining a healthy  
lifestyle.

- **March 12:** Intro to the basics that  
everyone should know to maintain a  
healthy lifestyle. Exercise/ activity  
recommendation from the AMA and  
AHA and general healthy eating  
information for a balanced diet.

- **March 19:** Nutrition and exercise  
recommendations specific to prevalent  
chronic illnesses. We will cover  
arthritis, diabetes, HTN/ heart disease,  
OA/ osteoporosis.

- **March 26:** Hands-on Workshop  
Fall risk assessment and safety tips  
to avoid falls and 24-hour food diary  
recall. All programs start at 1pm.  
Please sign up in the office.  
Stay tuned for our next Health Watch  
series.

**"KEEP WATCH"**

### New Members

We would like to extend a  
warm welcome to our new  
members:

Douglas Taylor  
Berne Koube  
Kim Meade  
Peg Jasinski  
Pamela Clark  
Kathleen Briggs  
Connie Quinlan  
Mary Fitzgerald

### Volunteer Opportunities

**March 17—Pot O' Gold Lunch**  
Prepare newsletter for mailing  
Join A Committee:

Gardening  
Bazaar (Spring, Fall, Holiday)  
Crafts  
Thrift Shop  
Hospitality



# DIRECTOR'S CORNER



With spring around the corner and after a long and dark winter, you might feel inspired to make changes to enhance your health. Here are some tips :

## 1. Take Yourself in for a Tune Up

To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, and glucose and cholesterol levels checked out by your primary-care physician. In addition, if it's been a year since your eyes were tested, schedule an appointment, and see your dentist if you haven't been seen in 6 months. Finally, if you are finding it difficult to hear, especially in a crowd of people, time for a hearing test.

## 2. Put on Your Walking Shoes

There's no better way to explore the season than by walking, join our walking club. Health-wise, it's one of the best physical activities for seniors. Take an Exercise Class-In addition to walking,

signing up for a low-impact aerobics or other types of exercise class. Consider Yoga, or Tai Chi. Both are available at the center.

## 3. Get Outside and Garden

In springtime, a highlight of many seniors' lives is gardening, which brings a multitude of health benefits. For starters, tending to a garden can boost your level of Vitamin D, which can, in turn, help reduce the risk of bone problems and fractures. On an emotional and physical level, getting outside and breathing fresh air, can be as calming and relaxing as an hour of meditation.

## 4. Lighten Up Your Diet and Drink lots of Water

Many healthy fruits and veggies come into season in the spring, making it the perfect time to replace heavier winter meals with salads, light soups or other lightly cooked fare. As you age, your ability to notice thirst may decrease, so it's important to keep an eye on water intake, especially when you've been exercising outdoors in the sun.

Remember our porch is always available to sit and enjoy some springtime weather.

## 2020 THEATRE OPPORTUNITIES

**CATS—Proctors, Schenectady,  
Thursday, April 30, 1:30 pm—  
Price: \$59, orchestra seating.  
Deadline for tickets: March 23**

**HELLO, DOLLY, Seagle Colony,  
Schroon Lake, Friday, August 21,  
2pm— Price: \$49.  
Deadline for tickets: June 25**

**SCHOOL PLAYS FOR 2020  
Queensbury—March 11  
“You’re a Good Man Charlie  
Brown” - 5pm ziti dinner/6pm  
play - Cost: \$5.00  
Deadline for tickets—March 6**

**South Glens Falls—March 26,  
“Damn Yankees” - 5pm ziti  
dinner/6pm play—cost- \$5.00  
Deadline for tickets—March 20**

**SPAC—SWAN LAKE  
BALLET—July 18, 2pm. Price  
\$25.  
Deadline for tickets: June 29**

**SPAC—Philadelphia  
Orchestra—Eroica—Aug 13,  
8pm, Ticket price: \$25.  
Deadline for tickets: July 28**

**LG YOUTHEATRE  
Les Miserables—July 17, 9:30am  
Ticket Price \$12**

**LG YOUTHEATRE  
Little Mermaid—July 24, 9:30am  
Ticket Price \$12**

**LG YOUTHEATRE  
Grease—July 31, 9:30 am  
Ticket Price \$12**

Tickets must be paid for at time of sign-up. There will be no tickets available after the deadline date. Many events we have limited seats. Sign up early.



# SENIOR SCENE

## Scam Season Never Seems to End

I wasn't planning on talking about scams at this time, but I have received phone calls lately from a few of our members who were concerned about calls they have received. They received calls concerning their Social Security number from someone saying that they were from Social Security. Then, on a Friday night, January 24th, to be exact, I received a call myself. The recorded message said that my social security number had some suspicious activity in southern Texas. (This may sound familiar to you, as I have had this same call twice before the January 24th call). Gee, I thought, if my social security number has had some unusual activity, shouldn't it be more of a personal call? And, if social security knew it was my social security number, shouldn't they at least know my name? So I decided to press #1, as instructed by the message, to talk to an Officer and promptly told him I knew it was a scam and hung up on him. Just FYI, after the second call I received some months ago, I did report it to Social Security and they responded in December 2019. Here's what they said: "This is not a legitimate request from the Social Security Administration. We are aware of this fraudulent attempt to obtain confidential information and have referred it to the proper authorities for investigation." So that

confirmed that it was a scam. You know that this is the year for census information. The U. S. Census Bureau is recruiting thousands of people for temporary positions, but the Better Business Bureau says to beware of scams. Scammers are posting about open census jobs Online and are then asking to be paid fees for applications and training. This is an immediate giveaway, as the posting is fake. Federal agencies never charge application fees and the Census Bureau also will not charge you for training or ask you to buy any equipment.

If you have an Amazon account or if you are receiving a shipment through FedEx be careful. You may receive an email indicating that your purchases may not be shipped until you verify some personal information. All they want to know is your credit card information, bank account, if you pay by bank card and other personal information. GUESS WHAT? It's a scam. Unless you call about your account NEVER, NEVER give anyone that information.

Additional scams are: the notice that you won the lottery, not necessarily in this country; the grandchild call that he/she is in trouble and needs money to help get out of trouble; and don't get me started on the senior dating sites.

**If you have questions on phone calls or mailings, I am available.**

**Ed Capezzuti, Senior Services Specialist**  
**Phone: 518-793-2189**



## What's Cookin', Dottie ?

**Would you like to volunteer to help with our meals?**

**Sign up in the office or tell Dottie for:**

**Setting tables**

**Serving drinks**

**Serving food and/or dessert**

**Clean up after meal**

**Wash dishes**

**We continue to collect returnable bottles to supplement our kitchen fund.**

**And we DO appreciate donations of bottled water**

**In the future, we will be serving one sugar-free dessert at our luncheons. Please let your server know if you would like one.**

**Many thanks for all you do!!**

## **ATTENTION !!! CRAFTY PEOPLE**

**On March 5, at 10, we will be having a planning session for our Craft Club. We envision different people leading specific crafts at future sessions with the aim of selling items at our spring and fall fairs. Please come whether or not you want to lead a class or just enjoy working on various crafts. Your ideas will be appreciated**



518 743-9158  
Warren/Washington RSVP

**Neighbors**  
**Helping Neighbors**

## *Senior Center Library*

**Our library, which was renovated in 2019 houses more than 900 books! We have novels, mysteries, biographies, history, large print books and more. Stop on in Monday through Friday from 9-4 and borrow a book or two, no sign out required. We also welcome book donations but please no textbooks, cookbooks or computer manuals. Keep an eye on the calendar in the spring and summer for our huge book sales that will take place right here at the center.**

# MARCH 2020

ALL DAILY ACTIVITIES ARE LIST  
BELOW THE MAIN CALENDAR



GLENS FALLS  
SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1—Book Club	2 1—Feeder Canal Alliance	3 10—Hospitality Comm. 1—J Gallup Farm 1 Reading with Bea	4 10—Craft Planning Mtg 1 - Lets Chat	5 1—NYSAD Solar For All w/ Jeff Flagg
9:30—Walmart	9 Defensive Driving Noon—Lunch Bunch @ Red Lobster	10 5—Queensbury School Dinner & Play	11 1—Health Watch Healthy Life Style 101	12 1—Bingo makeup
16	17 Noon Pot 'O Gold Lunch	18 1—Newsletter	19 1—Health Watch— Nutrition and Exercise 6-8—Spring Fling	20 1—Special Bingo
23	24 1 - Cornell Cooperative Ext Cut Flower Arrangement	25 9:00—BP/BS Clinic 1—Grandma Jo	26 1—Health Watch Fall Risk and Review 5 SGF School Dinner & Play	27 1—Movie and Popcorn Judy
30	31 1—Paradise Found – Let's travel to Hawaii— experience Aloha			

# WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00—OsteoBusters/ RSVP	9:00 OsteoBusters/RSVP	9:00-OsteoBusters/RSVP	9:00-OsteoBusters/RSVP	9:00—Tai Chi w/Sam
9:00-Walking Club — Aviation Mall	10:00-Bingo	10:00-Thrift Shop	10:00-Thrift Shop	10:00—Wii Bowling Line Dancing
Noon- Glens Falls Bridge Club	10:00 Karen's Art @ SGF—2nd Tues.	10:00-Scrabble/Bridge	All day —AARP tax prep	11:00—Chair Yoga w/Toby
2:00—Thrift Shop	10-2:00-Thrift Shop	1:00 -Game Day MahJongg/Mex. Train		10-2:00 –Thrift Shop
2-5:00— Seniors @ YMCA	12:30-2- Seniors @ YMCA	All day —AARP tax prep		1:00—Billiards
				2-5:00— Seniors @ YMCA

For more information like events, membership, senior services, fitness classes details and much more

Visit our website: [www.gfseniors.com](http://www.gfseniors.com)



## 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](http://www.NeighborsNY.com)

*Call today for a free consultation to discuss your options.*

## UPCOMING EVENTS

April 18, at 1:30  
Basket Raffle Party

May 5 at noon  
Spring Banquet at  
Fort William Henry

Check the theatre page—our summer is full

# DAY TRIPS & MONTHLY ACTIVITIES

## Sign up early!

For many of our day trips, we work with a deadline to secure our event.

Please sign up early with your payment. This is especially important if you are riding in the van, as the van fills up quickly.

## Levels of Difficulty

- A** Very Easy. A leisurely pace involving minimal physical activity, such as climbing stairs and walking for short amount of time.
- B** Easy. Normal, generally flat walking for longer distances, standing, and other similar activities for average amounts of time.
- C** Moderate. Walking or physical activities for half or most of the day. Periods of standing, stairs, or uneven walking surfaces are expected.
- D** Strenuous. All or most of the day. Long periods of walking, uneven terrain, and standing. No walkers or canes allowed.

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**March 1- Monday**  
**Book Club**  
**Time 1:00**  
**Location Front Room**

We will meet to discuss *A Piece of Cake, A Memoir*, by Cupcake Brown.

The book for April will be *Eleanor Oliphant is Completely Fine*, by Gail Honeyman. This is the smart, warm, and uplifting story of an out-of-the-ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey as she realizes. The only way to survive is to open your heart.

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**March 3- Tuesday**  
**Feeder Canal Alliance**  
**Time 1:00**  
**Location Middle Room**

Member Marcia Clark has arranged this program to raise awareness of The Feeder Canal Alliance. The Feeder Canal Alliance was created in 1987 to save and preserve the seven-mile Feeder Canal, the last remaining original canal in New York State for future generations. This now-recognized National Historic Place creates recreational opportunities for visitors and locals alike while providing a glimpse into the past.

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**March 4 -Wednesday**  
**Time 1:00**  
**Location Middle Room**

Need an easier way to prepare a good, home-cooked meal?

J. Gallup Farm in Warrensburg will be presenting their Co-op Delivery Service. Individual fully cooked, frozen meals are delivered monthly in microwave containers

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**March 6 -Friday**  
**Time 1:00**  
**Location Middle Room**

NYSAD—Solar for all w/Jeff Flagg - Solar for All is a New York State utility bill assistance program. New York State is funding solar farms to benefit homeowners and renters who may not be able to access solar (clean energy). Through Solar for All, eligible New Yorkers can get the benefits of clean energy while lowering their energy costs.

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**March 10- Tuesday**  
**Time Noon**  
**Location Red Lobster**

Lunch Bunch at Red Lobster. Get together for good food and good conversation.

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March 18, Wednesday  
Time: 1:00  
Location Middle Room

We'll be getting our newsletter ready for mailing  
Come join us for a time of connecting with friends and the work of our Center.

March 19, Thursday  
Time: 1:00  
Location Middle Room

**SPRING FLING DANCE- ITS' THE ROARING 20'S**  
Put on your roaring 20's attire and come on out to enjoy a great evening of fun.  
Want to do the Charleston ?

March 24, Tuesday  
Time: 1:00  
Location Middle Room

**Cut Flower Arrangements with Cornell Ext- Create a beautiful fresh cut flower bouquet to take home and put into your favorite vase. \$15 per person.**

March 25 Wednesday  
Time 1:00  
Location Middle Room

Soups and stews are wonderful when cooking for one, two, or a family. Grandma Jo will talk about prepping them ahead; converting recipes from slow cooker or stove top to Instant Pot; and freezing and reheating them. Learn about freezer meals, take home a couple of recipes that show cooking in both a slow cooker and an Instant Pot, and sample a vegetarian chili cooked in an Instant Pot.

March 27 Friday  
Time 1:00  
Location Middle Room

**JUDY** starring Renee Zellweger, the movie portrays Judy Garland hustling in Swinging London after she successfully secures a five-week engagement in Talk of the Town. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, Sidney Luft, in court for custody of their children. Despite this period of her life being tumultuous, Garland is able to find love once again -- this time in the arms of Mickey Deans.

March 31 Tuesday  
Time 1:00  
Location Middle Room

And so we find ourselves at the final stop in our tour of exotic ports—Paradise—The Land of Aloha. Hopefully we will take you beyond the Hawaii known to tourists to a glimpse of ohana. We do hope you have enjoyed our travels.

It is with sadness we note the passing of  
**Margaret (Peggy) Reid and Patrick J. Spina, Jr.**  
Our thoughts are with family and friends.



### *The Choice Is Yours*

*You have many options to consider for your recovery after hospitalization.*

*Choose what's best for you!*

Choose The Pines for 5-Star Quality Care!

To learn more about the [medical and rehabilitation services](#) on our short-term unit, call The Pines at 518-793-5163.

170 Warren Street | Glens Falls, NY 12801  
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**Check Calendar for Special Closings  
And Remember  
If Glens Falls Schools Are Closed Due To Bad Weather  
So Are We.**



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## Improving the quality of life for seniors.

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 55 and over. The Center is located in the historic Sherman House at 380 Glen Street in downtown Glens Falls.



Tri-County  
United Way

Member Agency