



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Health Watch • Games That Engage and Inspire

• Upcoming Events

August 2020

Well, we opened July 6th with limited programming. Due to Covid-19 protocols, we must limit the number of members who visit the Center at any one given time, so it's very important that you call and register for any program you wish to attend PRIOR to coming in. Thank you all for your understanding during this time.

IMPORTANT COVID-19 SAFETY PROTOCOLS

Please note our staff has been trained on proper protocols for COVID-19 safety, cleaning and UV sanitizing.

If you do not feel well, PLEASE STAY HOME.

1. A mask or proper face covering **MUST** be worn at all times, members are asked to bring their own. (we have some on hand if you need one)
2. 6 ft. social distancing is required
3. Everyone coming into the Center is required to have temperature taken and to answer certain questions relating to Covid 19.
4. Program attendance is limited, pre-registration is required
5. Hand washing must be done frequently.
6. Hand sanitizer will be available at the front desk and throughout the Center.
7. When applicable, paper products and recyclable utensils will be used.
8. All common areas will be properly cleaned and sanitized throughout the day and between each program by staff.
9. If you are involved in a program, please bring your own water or other beverage.

*All safety protocols are subject to change with limited notice as we are required to follow the New York State guidelines to remain in compliance. Therefore information in the newsletter could easily change after printing. We will try to keep you updated via phone, Facebook and website.

Have a question? Please call . We appreciate your patience.



Health Watch Series

DOWNSIZING !!

You may wonder what "downsizing" has to do with "health", but added stress in our lives is definitely not good for us. So, we're presenting this series in hopes the whole process will be simplified for you. It's a very individual experience - what works for one may not work for another, but we hope this series will introduce you to pros.

Aug 6 - Downsizing Seminar presented by Marla Willette from Howard Hanna

- Get prepared emotionally and physically.
- Organizing tips and suggestions
- Local Market update
- Charities and Service Recommendation

Aug 12- JDog Junk Removal -

The risks of a cluttered environment, how to manage it and the services they offer.

Aug 27- Cherie Kory from Glens Falls Housing Authority.

Moving from your home to a 600 square foot apartment. How to apply for housing in one of their several high rises.

All programs begin at 1:30pm and will be in house and virtually

"KEEP WATCH



DIRECTOR'S CORNER



On behalf of the Board of Directors and Staff, I would like to extend our appreciation for all the support we have received from our members during these uncertain times. With your support the Center will continue to provide programs and services. The Center opened on July 6th with limited programming and most programs are also virtual. It has been wonderful being back at work with my staff and seeing those who have come in for programs.

Although times are different, we all have to adjust to the new normal. Virtual meetings are a challenge for us. Sometimes the Internet lets us sign in without a problem, other days not so good. We all laugh and say "we got this"!! That's been our motto since the pandemic started!

During our staff meeting on all the new regulations and procedures, my final words were "we got this"! We had a good laugh and all agreed we got this!!

I guess I must say that way too much. The other day I was playing blocks with my 3 year old grandson, we were building a garage for his trucks - the blocks fell. He looks at me and says, "it's ok, Nana, we got this". After a laugh I told him, "You're right, buddy, we do got this". On my first trip to Hobby Lobby when they opened, I found this sign which simply says "you've totally got this". How could I not buy that it?

So if you stop by my office, the first thing you'll see is that sign.

As we all try to deal with the new normal, if you have any ideas for program or crafts, please reach out to Stephanie. This is your center and we are here for you.

Looking forward to seeing everyone again. Again thank you for your support!!!

Best Wishes
Kim

WE GOT THIS

SHOEBOXES

Margaret sends many thanks to all who kept the project going during our time in "retreat". Anyone who has completed projects can now drop them off at the Center anytime.

We are in need of school supplies: pencils, crayons, erasers, blunt tip scissors, small notepads, etc.

Also anyone who wishes to make facecloths we have the cotton yarn available

There will be two sessions in August - the 6th and 19th - both at 1:30pm

CRAFTING W/MARGARET

Yes, indeed, we will be creating art using paint and bathroom tissue rolls. August 17th at 1:30.

Yes, you read that right TP rolls!

You create your own version of the painting picture below



NEED A CHALLENGE?

ENJOY JIGSAW PUZZLES???

WANT TO GET LOST
IN A DIAGONAL MAZE
PUZZLE???

Solve the mysterious garden labyrinth and "Escape from Eden"

It's a 515 piece, 19.5 X 17.5 diagonally cut puzzle (it comes with hints to get you started)

See Bev at the Center

SENIOR SCENE

Insurance Phone Calls, Farmer's Market Coupons and We're Back

Just the other day, I received a phone call from a gentleman who said he was from a group insurance company and was calling about my insurance coverage. He indicated that he had my insurance information and he wanted to talk about it. I am very happy with my insurance coverage and I told him that the information he had was incorrect, he then hung up on me. That phone call got me thinking and I talked to my friends at the Office for the Aging. They indicated that some of their clients had signed up for some insurance coverage through a phone call, similar to what I experienced. Later, they were able to assist their clients in canceling the coverage for which they had signed up. These "cold calls" are often misleading, sound good, and the salesperson on the other end is only interested in having you sign up for something you may not need. That is how they make their money. The facts they give you are sometimes twisted and you may think you are getting something in addition to what you already have. Then, when it is too late, you find out that is not the case. PLEASE remember, do not give your Medicare number or your Social Security number to anyone you do not trust. My advice is, if you receive one of these insurance calls, either hang up or get the name of the individual and the name of the company and then, call me at (518-793-2189).

The Farmer's Market Coupons are here and ready for distribution. As in the past, you will have to fill out a form. To be eligible, you must be 60 years of age or older, with a monthly income of \$1,968 or lower for one person, \$2,658 for a two-person household, or \$3,349 for a three-person household and have not received SFMNP (Senior Farmer's Market Nutrition Program) from any other location this year. Please call ahead and make an appointment to pick up your coupons, as everything is different this year due to Covid-19.

The Center is open again and it's good to be back. Things are different but we are doing everything we need to do in order to be safe and keep you safe, when you are here. Don't lose hope, as hope is what keeps us going.

Ed Capezzuti,
Senior Services
Specialist



NOTE FROM DOTTIE



Happiness Recipe

1 cup of good thoughts
1 cup of kind deeds
1 cup of consideration for others
2 cups of well-beaten thoughts
3 cups of forgiveness
Mix thoroughly, add tears of joy and sympathy
Fold in 4 cups of prayer
Blend in warmth of human kindness
Serve with a smile.

Remember our drive-thru Chicken Bar-B-Q on Aug. 21st at our Senior Center parking lot. (take-out only) Our staff and board members will be serving Jim's favorite BBQ Chicken. Come support our Center and enjoy a delicious dinner. Have a safe and healthy summer.

Smiles,
Dottie.



518 743-9158
f Warren/Washington RSVP

Neighbors
Helping Neighbors



AUGUST 2020




<u>MONDAY</u> 3	<u>TUESDAY</u> 4	<u>WEDNESDAY</u> 5	<u>THURSDAY</u> 6	<u>FRIDAY</u> 7
1:30pm - Book Club (information page 6)	1:30 Shoebox	1:30pm - Reading W/ Bea	1:30 - Health-Watch - De-Clutter	1:30 - Wii Bowling (middle, living room)
10 1:30 - Cooking W/Ed virtual	11 1:30 - Corn Hole Game	12 1:30 - Pie on the Porch Reservation required see page 6	13 1:30 - Health Watch - JDog Junk Removal	14 1:30 - Wii Bowling (middle, living room)
17 1:30 - Crafting w/ Margaret - Paint w/ bathroom tissue rolls	18 1:30 - Family Feud	19 1:30pm - Shoebox	20 noon - Wiawaka Lunch (see page 6)	21 1:30 - Wii Bowling (middle, living room)
24	25 1:30 - Newsletter Mailing (limited to 6)	26 9am - BP/BS Clinic 1:30 - Crafting w/ Steph	27 1:30 - Health Watch - Cherie Kory, GF Housing Authority	28 1:30 - Wii Bowling (middle, living room)
31				

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/ RSVP (Available Virtually) 11:00 Line dancing	9:00 - OsteoBusters/ RSVP (Available Virtually) 10:30 - Bingo (Available Virtually and In-House)	9:00 - OsteoBusters/ RSVP (Available Virtu- ally)	9:00 - OsteoBusters/ RSVP (Available Vir- tually)	9:00 - TaiChi w/Sam (available in-house and virtually) (see page 6) 10:30 - Line Dancing - in house 11:30 - Chair Yoga w/ Toby (see page 6)

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

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UPCOMING EVENTS

Duck Race tentatively planned for
Sept...More info to follow

Sept 25 - Spaghetti Dinner
watch for details

OCT. 27, HALLOWEEN
MONSTER BASH & COSTUME
PARTY
at Ft. William Henry, Lake
George

INFORMATION YOU NEED TO KNOW

Monday August 3 -

Book Club

1:30

Location Middle Room

August's book to discuss is In The Midst of Winter, by Isabel Allende. The book for September is The Code Girls, by Liza Mundy. Recruited by the U.S. Army and Navy from small towns and elite colleges, more than ten thousand women served as codebreakers during World War II. While their brothers and boyfriends took up arms, these women moved to Washington and learned the meticulous work of code-breaking. Their efforts shortened the war, saved countless lives, and gave them access to careers previously denied to them. A strict vow of secrecy nearly erased their efforts from history; now, through dazzling research and interviews with surviving code girls, bestselling author Liza Mundy brings to life this riveting and vital story of American courage, service, and scientific accomplishment.

**Tuesday August 4th &
Wednesday August 19th
Shoebbox Workshop**

1:30

Location Middle Room

Please join us to make items for the Operation Christmas Child Shoe boxes.

Monday August 10

Cooking with Ed

1:30

Location Middle Room

We will be preparing Chicken w/Creamy Sun-Dried Tomatoes - a quick meal that you will truly love.

Tuesday August 11

Corn Hole Game

1:30

**Location Outside or Middle
Room**

Come have some fun playing corn hole. Teams of two compete with each other. Guaranteed laughter! Beware of Ed, he is a former champion player at the mall tournaments.

Wednesday August 12

Pie on the Porch

Join us for a delightful piece of pie on the porch. We will social distance, you can bring your own chair. If the porch gets full we will have space on the lawn to have a visit with a friend. We are limited to 10 on the porch and 10 on the lawn. Cost is \$3.00 A reservation is required.

Tuesday August 18

Family Feud 1:30

Location Middle Room

Join your host-the wild and crazy Stephanie Belden - for a guaranteed afternoon of fun. Create your own team of 4 or we will place you on a team. Reserve your spot - we are limited to 4 teams. All will be social distanced.

Thursday August 20

**Lunch at Wiawaka
noon**

Our annual trip to beautiful Wiawaka for lunch. The cost for lunch and tour is \$20. If you would like to spend the day there the cost is \$30 for a day pass, lunch and tour. If you would like to spend some time on the dock, please bring your own folding chair.

Wednesday August 26

**1:30 - Crafting w/Steph
Middle room & virtual**

We will be doing Mason Jar Luminaries. There will be a \$5.00 charge and the class will be limited to 8. Join Steph as she shows you how to transform ordinary mason jars into beautiful glowing luminaries that will brighten your home.

TAI CHI w/SAM - Fridays at 9 am. Sam will be having his class at the Center. It will also be available virtually - no fee for Center members - non-members \$10.00. sign up required limited class size.

Chair Yoga w/Toby - Fridays at 11:30. This will be held virtually only - no fee for Center members - non-members \$5.00. Contact Toby for further information.

GLENS FALLS SENIOR CENTER SUMMER 2020

A F I C E C R E A M C S R I H
F I F S M I L E S L R H E N U
F C R O W D L E S S A O S O M
T A W C N O H U G S F E E P I
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C H O M L N T V O B S O V C I
S H V T E C D Y M R R X A N T
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A O N K A K H B I R K C I F V
C D S Q R T A W B Q H E K N V
D R I V E T H R U Q H I T W G

WORDS

AIR CONDITIONING
RESERVATIONS
WELCOME BACK
FARMERS MARKET
NO THEATER
CHICKEN BBQ
NO PICNICS
DRIVETHRU
ICE CREAM
WIAWAKA
CORNHOLE
SHOEBOX
HUMIDITY
CROWDLESS
CRAFTS
NO SPAC
NO HUGS
SMILES
FLOOD
HOT

It is with sadness we note the passing of members:

Norma Dixon

Diane Harris

John Jacob Kessler

JoAnn McIntosh

Michael VanValkenburg

Dorothy Weller

Our thoughts are with family and friends



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



CARING FOR OUR COMMUNITY

We know we can accomplish greater change together than we ever could alone. That's why we support Glens Falls Senior Center and other organizations working hard to shape a healthy future for the Capital Region.



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