



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0521  
May 2021



### DIRECTOR'S CORNER

#### Spring has finally sprung!!

We tend to slow down and spend more time indoors during the winter; however, spring's arrival is an opportunity to improve our overall wellness by being active outdoors in the fresh air and sunshine. Here are some ways to reap the health benefits of a spring tune-up:

1. Get out in the garden. Gardening is an activity that promotes overall health, physical strength, fitness, and flexibility.
2. Soak up warm sunshine safely. Spending time outdoors in warm, sunny spring weather improves mood and cognition. It also protects against depression and insomnia. Wear sunscreen, a wide brim hat, and sunglasses to avoid too much sun exposure.
3. Walk outdoors in nature each day. People who exercised outdoors report feeling revitalized and energetic.
4. Lighten up your diet with spring seasonal foods. Many fresh, locally grown vegetables and fruits are available at the Farmer's Market.
5. Drink more water when exercising. Adults who drink plenty of water after being physically active outdoors avoid dehydration and reap more cognitive health benefits from exercise.

Hope these tips help you get out and enjoy the spring weather. Remember the Center is always here for you. Come in and enjoy some of the programs. Stephanie is always looking for program ideas. Let her know if there is something that interests you.

Be well and stay safe

*Kim*



## *lunch*

**Wednesday, May 5**  
**Noon to 1:30**

*Tacos with toppings on the side*  
*Spanish Rice*  
*Pina Colada Cake*

**Drive-Thru/Pick-Up**  
**Cost: \$10.00**



**It's that time again for our**  
**Annual Yard (parking lot) Sale -**

**Saturday, May 22**

**Time: 9-3**

**We will be accepting**  
**donations until May 15th.**

**PLEASE CALL AHEAD**  
**to confirm a drop off.**

**We are NOT accepting clothing,**  
**furniture, VHS items, etc.**

**Please DO NOT leave items outside.**



*from the desk of*  
**Ed Capezzuti,**

### ***EASTER WEEKEND***

As of April 1, New York State lifted its travel restrictions so it seemed like it was time to visit our girls in Columbus, Ohio. We started the 9 ½ hour drive at 6:45 am Friday, April 2. Only had to make one stop to gas up, grab a bite and change drivers. Happy to say traffic was light and we arrived sometime around 4:30. It was a quiet Friday night.

Saturday was a different story. My older daughter Chelsey has a dog, his name is Theo, but we call him “T. “T” just happened to have a birthday on the Saturday we were in town, so Chels decided it was time for a birthday party. Theo was turning 4. The party was held at her boyfriend’s house, in Dublin, Ohio. For the golfers out there, you know that’s where Jack Nicklaus’s Memorial golf tournament is held in June and, yes, there is an outside chance, really outside chance, that Kevin, her boyfriend, might get tickets for us. Time will tell! Kevin’s parents, grandmother and brother were all invited to the birthday party for “T”. I know that small gatherings are frowned upon, but everyone in attendance had at least one shot of the vaccine, and most of us had both shots. Kevin’s grandmother is 98 years old and is a remarkable lady who told me that she just bought a new car. You heard me right. She lives alone and drives herself when she needs to go someplace. The party was actually a lot of fun and it gave us a chance to meet Kevin’s family. I must admit, this was the first time that I have been to a birthday for a dog, let alone singing happy birthday to him. Oh well, it’s amazing what you do for your kids.

Easter Sunday was a special day to hang out at MK’s (our younger daughter) house which is located just outside of Columbus. The weather was fantastic, the Easter dinner was great and there are no words to describe how wonderful it was to spend a weekend with our family.

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## ***CRAFTING PROJECTS FOR THE MONTH OF MAY***

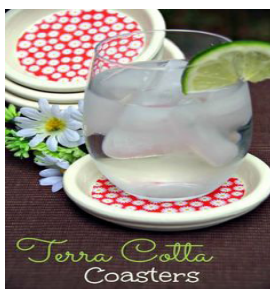
### **JEWELRY BY KAREN** **Thursday, May 6**

**We did the bracelets  
and the rings, this month  
is wire wrap earrings..  
many designs to  
choose from**



### **CRAFTING WITH STEPH** **Thursday, May 13**

**Think summer  
entertaining while  
creating these beautiful  
Terra Cotta Coasters.**



### **CRAFTING WITH THELMA** **Thursday, May 20**

***Create this beautiful  
Journal Book with Thelma.***





## **New Members:**

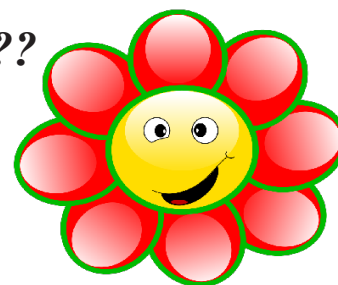
**Gayle Cohen**  
**Micheline Powell**  
**Andrew Houtman**

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## ***Are you getting that feeling you'd like to play in some dirt??***

We're putting together our gardening committee for the summer. May 28th we'll be planting the porch boxes and the small bed by the Center sign. The major responsibility for the committee is the care (mainly watering) of our plants throughout the summer.

If you'd like to be a part of this project call Bev at the Center (518-793-2189). It's important you let us know of your interest ahead of time.



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***Cooking With Ed -  
Monday, May 10 - 1pm***

### **Jambalaya Pasta**

1 lb boneless skinless chicken breasts, cut into 1" pcs  
2 tbsp. plus 1 tsp. Cajun spice blend, divided  
1 tbsp. vegetable oil  
8 ounces bell peppers (red, green, yellow) cut into 1/4" strips  
1/2 med. onion, cut into 1/4" strips  
6 ounces med raw shrimp, peeled and deveined  
2 cloves garlic, minced  
1 tsp. salt  
1/4 tsp. black pepper  
1 1/2 lbs plum tomatoes (about 6) cut into 1/2" pcs.  
1 c. chicken broth  
1 pkg. (16 ounces) fresh or dried linguini, cooked until al dente  
Chopped fresh parsley

1. Combine chicken and 2 tbsp. Cajun seasoning in med. bowl, toss to coat. Heat oil in large skillet over med-high heat. Add chicken, cook and stir 3 min.  
2. Add bell peppers and onion, cook and stir 3 min. Add shrimp, garlic, remaining 1 tsp. Cajun seasoning, salt and black pepper, cook and stir 1 min.  
3. Stir in tomatoes and broth; bring to a boil. reduce heat to med-low; cook 3 min or until shrimp are pink and opaque. Serve over hot pasta, sprinkle w/parsley.



# MAY 2021



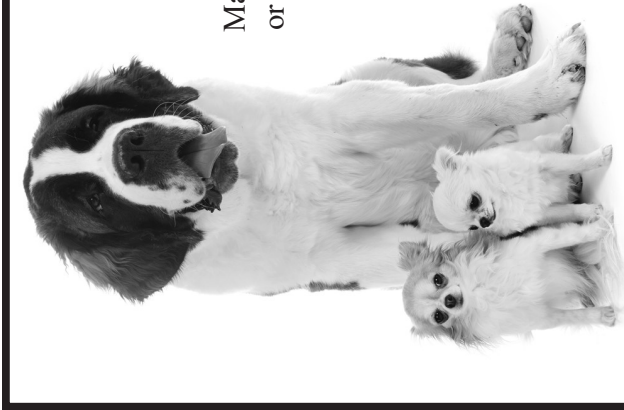
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>3</b> 1:00 - Book Club Limit 8	<b>4</b> 1:00 - Let's Chat w/Steph Limit 8	<b>5</b> Cinco de Mayo Lunch Noon - 1:30	<b>6</b> 1:00-Jewelry by Karen Limit 8	<b>7</b> 1:00 - Wii Bowling
<b>10</b> 1:00 - Cooking with Ed Limit 8 available virtually	<b>11</b> 1:00 - Charades w/Steph Limit 8	<b>12</b> 1:00 - Reading w/Bea Limit 12 available virtually	<b>13</b> 1:00 - Crafting w/ Steph Limit 8	<b>14</b> 1:00 - Wii Bowling
<b>17</b> 1:00- Adventure Awaits Copper Canyon, Mexico Limit 8	<b>18</b> Noon - Brown Bag Lunch & Special Bingo Limit 8	<b>19</b> 1:00-Family Feud Limit 8	<b>20</b> 1:00 - Craft w/Thelma Limit 8	<b>21</b> 1:00 - Wii Bowling
<b>24</b> 1:00 - Newsletter Mailing	<b>25</b> 1:00 - Corn Hole Limit 8	<b>26</b> 1:00- Game Day	<b>27</b> 1:00 - Movie The Jazz Singer	<b>28</b> 9:00 -Garden Committee 1:00 - Wii bowling
<b>31</b>  <b>MEMORIAL DAY</b>	 <div> <b>ANNUAL YARD SALE</b>  <b>SATURDAY, MAY 22, 9am - 3pm</b> </div>			

# WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/RSVP (Available Virtually)  11:00 Line dancing w/ Ginny Allen (in-house) limit 12	9:00 - OsteoBusters/RSVP (Available Virtually and In-Hoouse) -limit 12  10:30 - Bingo (Virtually and In-House)	9:00 - OsteoBusters/RSVP (Available Virtually)  10:30- GF Senior Center Bridge	9:00 - OsteoBusters/RSVP (Available Virtually and In-House) - limit 12	9:00 - TaiChi w/Sam (In-house & Virtually) limit 12  10:30 - Line Dancing In-House limit 12

For more information on 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.

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### COMING UP .....

June 8 - Adventure Awaits,  
Australia

June 15 - Brown Bag Lunch  
Let's Chat

June 16 - Shoebox is back!!!

June 25- Summer's Here  
Luncheon

Don't Forget Our Crafting  
Thursdays

July 16 - Drive-Thru/Pick-Up



# INFORMATION YOU NEED TO KNOW

## **In-House RSVP/OsteoBusters is back!**

Starting this month we will be offering RSVP OsteoBusters classes both virtually and in-house.

**Monday/Wednesday Osteo Class** will be virtual only.

**Tuesday/Thursday Osteo Class** will be offered both in-house and virtually

Classes will start at 9 a.m. Bring your own bottled water.

For those attending in-house, attendance will be limited to 12

**RSVP protocol:**

Show proof of COVID vaccination.

Submit updated Medical Clearance form.

You must wear a cloth or disposable mask for the entire time.

You must sanitize your hands before class and after cleaning any fitness equipment used during class.

## **GF Senior Center Bridge is Back!!!!!!!!!!**

The games will start Wednesday May 12 at 10:30

CDC/COVID protocol will apply:

Distancing, wearing cloth or disposable masks at all times and use of disinfectant on all surfaces.

If you leave your table, you would need to re-sanitize your hands.

Disinfectant will be supplied for each table.

Bring your own beverage.

**Monday, May 3**

**Time:1:00**

**Book Club** - Today we will be discussing **Father of Lions**, by Louise Callaghan. The book for June 8 will be **The Rocket Boys**, by Homer H. Hickan, Jr. Inspired by the movie October Sky, this is a uniquely American memoir of coming of age at the dawn of the 1960's.

**Monday, May 10**

**Time:1:00**

**Cooking w/Ed** - Jambalaya Pasta recipe on page 3  
virtually or in-house - **limit 8 in-house**

**Wednesday, May 12**

**Time: 1:00**

**Reading w/Bea** - Enjoy listening, reacting to and conversing about snippets of literature, both fiction and non-fiction and everything in-between, found in newspapers or magazines during our monthly gatherings. This is offered in person and virtually. **Limited to 12 in-house**

**Thursday May 13**

**Time: 11:00**

**MaryBeth, from Cornell Co-Operative Ext.** will be in-house, presenting **"How to Grow Your Own Herbs for Cooking"**. In-house limited to 8, also available virtually.

**Time: 1:00**

**Charades!**-Now is your chance to have a hilarious, fun-filled afternoon playing Charades! Steph will be hosting. Sign up early - limited to 8

**Monday, May 17**

**Time:1:00**

**Adventure Awaits, The Copper Canyon** - Four times the size of the Grand Canyon, the pristine Copper Canyon is the highlight of this trip. Along the way, experience the enchanting traditions of Mexican culture found in the music, food and clothing of the people who have made their homes in Mexico's rugged frontier. Meet the Tarahumara Indians - people who have thrived for generations in the remote caves.

**Wednesday, May 19**  
**Time: 1:00**

**Family Fued** - Enjoy a great afternoon with our very own Stephanie Harvey playing family fued. Limit 8

**Tuesday, May 25**  
**Time: 1:00**

**Corn Hole** - Always a fun afternoon - Got to get that arm and aim ready for the summer games!

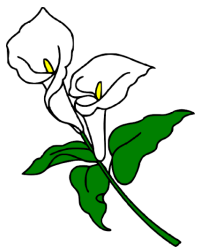
**Wednesday, May 26**  
**Time: 1:00**

**Game Day-** Mexican Train is back. Must follow all CDC Protocols.

**Thursday, May 27**  
**Time:1:00**

**Movie - The Jazz Singer** - This a 25th anniv. remastering of the Al Jolson classic. It's the story of a fifth generation cantor who struggles to find expression through his own songs in the highly competitive field of popular music while finding opposition in the highly traditional world of his family and synagogue. Starring Neil Diamond, Lucie Arnaz, Laurance Olivier. The soundtrack alone is superb.

*In Honor and Remembrance*



*Francis "Frank" Buckler  
Carol H. Cooney  
Barbara Miller*

*Our Condolences are with  
Family and Friends*



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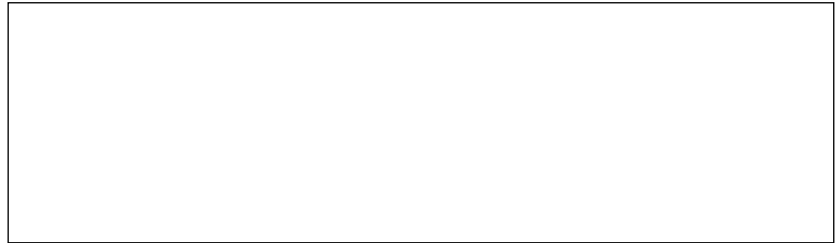


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