



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1222
December 2022



DIRECTOR'S CORNER

We have a very busy month coming up as do all of us with the Holidays. As we all feel holiday stress, here are some ways to cope with the stress.

1. Breathe.

When you breathe deeply, you combat your body's stress response, lower your blood pressure and heart rate, and boost your immune system.

2. Exercise

Exercise reduces stress. That's partly because physical activity bumps up our production of endorphins, body chemicals that help us feel happier and more content. Find an activity that you enjoy that doesn't feel like a chore.

3. Eat mindfully.

It's easy to make impulsive food choices during the holidays, when junk food is plentiful and stress levels are high. Preventing stress eating begins with being a mindful eater. Focus on what you're eating, how it tastes and when you feel full. And don't beat yourself up if you eat more than you wanted to.

4. Sleep.

Yes, you have a lot to do. But instead of skimping on sleep, consider it one of your most important tasks. Poor sleep impairs your immune system, leaving you more vulnerable to colds and other infections.

5. Laugh.

Laughter has been shown to reduce stress, increase blood flow, improve immune response and help with relaxation and sleep. When you feel your stress building, put on a funny movie or call a friend who always makes you chuckle.

LET'S ALL ENJOY THE HOLIDAY SEASON!!

Kim



Patty Flack
Eleanor Wagner



*You are invited
to join us
for our Holiday
Victorian Tea*

*Wednesday, December 21
at 1:00*

our guest speaker will be:

Karen McGinn

Presenting

Victorian Holiday Traditions

HAPPY NEW YEAR
2023!

New Years Eve Party
Friday, December 30
1:00

Featuring
Bobby Dick & Susie Q
Sponsored By

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from the desk of Ed Capezzuti

A Quick but Awesome Weekend, Social Security and What else?? - Scams!

Oh my, where do I start? Deb and I thought that it was time for a road trip to see our girls in Ohio and take in a football game. What we did not expect was a trip to the Circleville Pumpkin Festival. MK and Kenny had the day off and thought we would enjoy this fantastic event. Neither Deb nor I had been to a pumpkin fest but it did sound like a lot of fun with plenty of food. As we were driving to Circleville, it reminded me of a great fall day driving around Hartford, Argyle or Salem. There were corn fields, livestock and beautiful farm houses. As we arrived in Circleville, we parked the car and headed for the festival along with what must have been a thousand other people. It was a beautiful fall day and the food was terrific. Here were some of the food choices: Pumpkin Coney Dogs, (absolutely outstanding), Pumpkin Coffee, Pumpkin Cupcakes, Apple Cider (how did that get in there?), Pumpkin Waffles, Pumpkin Fudge, Pumpkin Frozen Yogurt and Pumpkin Dog Treats, crunchy or soft. I'm sure you get the point. There were also rides and plenty of vendors. What a great time and then there was Game Day. We started out at 9:30 a.m., as the Bucks were playing Iowa at noon. We did arrive early to take part in a TailGate party. The weather was in the mid to high 70's, with a beautiful blue sky. Great seats, great weather and a great game, final score: Ohio State - 54, Iowa - 10. The Buckeyes are warming up for the game against that team up north and we'll be there. You may be reading about that game in the January newsletter!

Social Security Update/Scams

The Social Security Administration announced the Cost of Living Adjustment (COLA) for 2023 will be 8.7% and remember, the part B premium is reduced by \$5.20 to \$164.90. That means we should all see a nice increase in our monthly Social Security check. In late December or early January, you will receive a notice from Social Security informing you of your new monthly amount and the amount that will be deducted for the Part B premium. This is important information and a document you need to keep in a safe place, as you can use that information for SNAP benefits, HEAP benefits and proof of income. ALERT: If you receive a call from someone saying that they are from SS or Medicare and want to issue you a new plastic SS card and benefits, be aware and hang up. It's someone looking to get your personal information. There are no new plastic cards. Always feel free to hang up the phone.

December's Crafty Ladies

Craft w/Thelma

Dec 8, 1:00

Holiday Decoration



Art w/Karen

Dec. 22, 1:00

Victorian Greeting Card



Crabby Road

12-4-06



Member Spotlight- December 2022



**June Krause
Years at GFSC:**

What brought you to the Glens Falls Senior Center?

"I wanted something to do, and a way to be around people. I was looking to participate in something that would also be a way to meet new friends. Plus, going out to eat, which I don't do on my own."

What is your favorite thing to do at the Glens Falls Senior Center?

"It's a tie between two different things. I really enjoy Adventure Awaits because it's a way to see places in the world that I haven't been able to go, and it is fun when people who have been there get to share their experiences. I also really enjoy the trips we take in the van. Because I don't drive, it is nice to get out and do things."

What is something about you that people may not know?

"I played in a piano recital at the age of four. I played piano until I was about 12, when I decided that I wanted to be in the marching band, so I started playing the French Horn."

What is a new skill you would like to learn?

"I would really like to be able to call people and talk to them when they may be by themselves and need someone to talk to. I have also wanted to learn how to paint, and I have had fun learning how to do that at the center."

What are the words you live by?

"Treat others the way you would like to be treated- be respectful."



"Music is the divine way to tell beautiful, poetic things to the heart."
Pablo Casals.

The members of the Glens Falls Senior Citizen choir know the importance of music in our lives and love to share it with each other. We have the opportunity to share it with all of you on Thursday, December 1st at 11:15 when we will be presenting "Songs For The Season", to kick off the holidays. The choir consists of 26 members who sing four part harmony. Our Accompanist is John Benware. We sing year round and will resume rehearsals in January at the center. I hope you can join us on December 1st.




Newsletter Mailing we can always use your help folding, addressing and sealing the newsletter. Check your newsletter for date and time.

Hospitality If you're interested in volunteering for hospitality you either need to attend our monthly meeting or contact Bev at the Center. We are currently making plans for our traditional Holiday Victorian Tea.

Thrift Shop We're still looking for volunteers for certain time slots in the Thrift Shop/Boutique. Right now Friday afternoon is open.

Our volunteers are vital to the life of our Center. Thank you, thank you.

DECEMBER 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 11:15- Holiday Concert GFSC Singers 1:30 - Cookie Decorating	2 Noon - Holiday Banquet, Queensbury Hotel
5 10:00 - Shopping Price Chopper	6 10:30 Hospitality 1:00 - Book Club	7 2:00-Reading w Bea	8 1:00- Crafting w/ Thelma 5:30 - Holiday Lights, Greenwich	9 NO PROGRAMS -- GIFTS FOR GOLDENS DROP OFF
12  Sorting Day	13 NO PROGRAMS GIFTS FOR GOLDENS WRAPPING 10:00 - 12:00 AND 1:00 - 3:00	14	15	16 Regular Am Programs 1:00 - Elf Games
19 6:00 - 8:00 Pool Nite	20 10:00- Special Bingo 1:00 - Newsletter	21 1:00- Victorian Tea	22 1:00- Painting w/ Karen	23 CENTER CLOSSES AT NOON
26 CENTER CLOSED	27 1:00 - Ukulele Interest Mtg.	28 1:00 - Game Day	29 1:00 - Shuffle Board	30 1:00 - New Year's Party w/Bobby Dick and Susie Q

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - Line dancing w/Ginny Allen 12:00 - Bridge Club	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 9:15 - Let's Walk 10:00 - Bingo	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - 12:00- Bridge, Scrabble	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 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

UP COMING EVENTS

January 5 - Let's Chat

January 6 - Paint & Sip

January 17 - Ken Tingley

January 20 - Let it Snow
Lunch

January 27 - Rural Soul
Drumming workshop



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SPECIAL PROGRAMMING DURING DECEMBER

Every Tuesday, 9:00



Walking Club-We are going "inside" at Cool Arena. It is \$10.00 - one time fee. Pay at Cool Arena box office. Your payment is good for one year. We will be walking there all winter. Questions? call JoAnn Whiting, 518-955-7400 Van transportation is available.

First Tuesday
Time: 1:00

Book Club -

Dec.6- Where the Crawdads Sing, Delia Owens

Jan.3- The Lincoln Highway, Amor Towles

Feb.7- City of Refugees, Susan Hartman

Thursday, December 1

Time: 11:15

Holiday Concert-Come enjoy a special holiday concert presented by our very own GFSC Singers.

Time: 1:30

Cookie Decorating -Bring out your inner creative self for cookie decorating. Promises to be loads of fun.

Thursday, December 8

Time: 1:00

Crafting With Thelma- See page 2

5:30

Holiday Lights -Holiday Lighted Nights flicker on at the Washington County Fairgrounds starting on Nov. 25, for its second year of drive-thru holiday cheer. We will drive thru, close to two miles of large-scale holiday light displays, from Santa Clauses to North Pole scenes.

Friday, December 9

Today is the kick-off for our annual Gifts for Goldens. Froggy Radio will be broadcasting from the Center and people from the community will bring in the gifts they purchased for the seniors they "adopted".



ATTENTION!!

ALL GIFT WRAPPING ELVES

Limber up your fingers
and set aside some time during
the week of Dec 13-15

We will be wrapping 10:00 - 12:00 and 1:00 - 3:00

Pick your time(s) and come on in
Santa's sleigh is all set to be filled with gifts ---

GIFTS FOR GOLDENS



Friday, December 16
Time: 1:00

Our a.m. programs return.

Elf Games-Come in for a fun time playing "Elf Games"

Monday, December 19
Time: 6:00 - 8:00

Pool Nite - Join us for a fun night playing pool. Refreshments will be served.

Tuesday, December 20
Time: 10:00

Special Bingo - Join us for a fun night playing bingo with twist. Refreshments will be served.

1:00

Newsletter- Help us put together the newsletter for mailing.

Wednesday, December 21
Time: 1:00

Holiday Victorian Tea -Today we enjoy a lovely tradition with our Holiday Victorian Tea. We will be serving special tea-time treats and decadent desserts and, of course, tea from our china cups. So, come - relax...gather with friends...enjoy the pleasure of good food and good company.

Thursday, December 22
Time: 1:00

Painting With Karen- See page 2

Tuesday, December 27
Time: 1:00

Ukulele Interest Meeting -For those who have shown interest or want to learn to play the Ukulele . We are looking to start a ukulele group in January .

Friday, December 30
Time: 1:00

Year End Party -Join Bobby Dick and Suzie Q as they help us celebrate 2023. Refreshments will be served.



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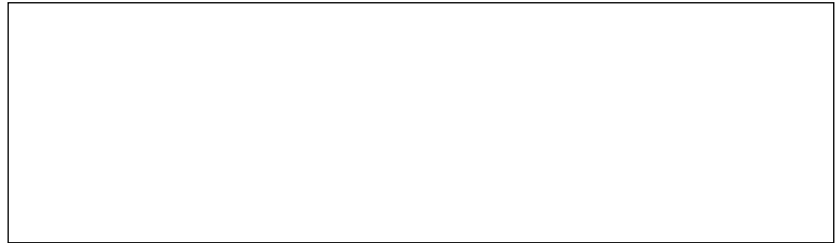


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Since 1959, the Greater Glens Falls Senior Citizens Center has been providing a variety of services and programs improving the quality of life for those 50 and over. The Center is located in the historic Sherman House at 380 Glen Street in downtown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



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call for your 360° review to
local, state and federal benefit eligibility:
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