



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1220
December 2020



DIRECTOR'S CORNER

Wishing everyone Happy Holidays! The center is very busy with the Gifts for Golden's program. As you can imagine, the need is great this year

with many Seniors isolated from their families. We hope to bring a little bit of happiness and holiday cheer to them. Unfortunately, we will need to cancel some of the programs following the event on December 10th for sorting and wrapping. Be sure to check your calendars or call the center for information.

We have had a change in staff, Dottie has resigned from the center. She has decided it's time to retire and we wish her well. But on the bright side she wants to volunteer by continuing to prepare our monthly luncheons.

SO she may not be here everyday but she will still be part of the center family. Thank you Dottie for your wonderful years of service.

I want to welcome Terry Savage as our new Facility Maintenance Coordinator. Terry and Stuart will now be our Maintenance team taking care of the center.

2020 has been a challenging year to say the least. The center is looking forward to 2021 with hopes of a better year. On December 31st we will be creating a time capsule of our hopes and wishes for 2021 along with our thoughts and goodbyes to 2020. The capsule will be opened at our year end party in 2021.

Best wishes,
Kim

WE GOT THIS



Gifts for Golden's 2020

Well, the gift lists have been made, checked twice (at least) and then sent to Froggy 100.3 to be entered for adoption on their FaceBook page.

As we wrote in November's newsletter we, along with Froggy 100.3 and the area senior homes, have worked out a plan to carry out this important project safely following COVID protocol.

This year's gift drop-off date will be on December 10th. The big change is that it will be done on a drive-thru basis.

Wrapping will be done over a few days with a limited number of volunteers in order to follow spacing guidelines.

This project meant so much to the 282 Seniors to whom we were able to bring a little holiday cheer last year.

So, let's make it even more special this year!!!



from the desk of

Ed Capezzuti, Senior Service Specialist

End of the Year Information

This is the last article for 2020 and I wasn't really sure how to end this very unusual year but here it goes! On the good news front, the increase in the Part B premium is less than originally thought. It will go from \$144.60 this year to \$148.50 next year and as I mentioned last month, Social Security announced an increase of 1.3% in your monthly benefit. Remember, if your Social Security increase is less than the Part B increase, your monthly check will not be less in 2021 due to Social Security rules. Also on the good news front, our friends from CDPHP have donated 6 laptops to our Center. We will be happy to loan them out to our members for their use, as well as keeping a couple here for use by our members at the Center. A big thank you to CDPHP for their generosity.

Please remember, the open enrollment period will end on December 7th. Your insurance will take effect on January 1st. If you change plans during open enrollment and find out in early 2021 (January to the end of March) that you are unhappy with your new plan, you can change plans during that period of time. Additionally, if you have EPIC (Elderly Pharmaceutical Insurance Coverage) you can change plans one time during the year.

Optional Reading

I don't know about you, but I am ready to say goodbye to 2020. In early January, we were looking forward to another exciting year with many events planned at the Center, which came to an abrupt stop in March and has continued on as of this writing. We have all had to adjust our lives and not necessarily in a good way. Who thought that wearing a mask would be an important part of our wardrobe? As we reopen the Center, we thank all of our members for their kindness, generosity and patience during this year.

Here's one way it has affected our family. As many of you know, this time of year we visit our girls in Columbus, Ohio for the Thanksgiving holiday. We also enjoy the Ohio State vs. Michigan football game, which until this year is held the Saturday after Thanksgiving at noon. With Ohio on the Governor's list of states with high Covid-19 cases, we will not be going to Ohio and our girls will not be coming home. For us, Thanksgiving will not be the same. As far as the football game goes, it will now be played December 12th in Columbus without fans. This is a big bummer as we now have to wait 2 years to the next time the "team up north" comes to town.

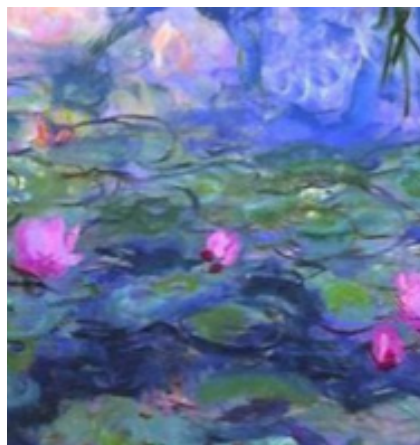
Then there is Christmas and that is to be determined. I know many of you may be in the same boat but let's not lose hope and pray 2021 brings us some normalcy.



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 the center members, non members \$10.00

Sign up is required, limited space.



Masters of the Universe

On Thursday, December 3rd, at 1:00 Karen McGinn of Starting Point Studio in South Glens Falls will be guiding us as we learn about and create in the impressionist style of Claude Monet. Take home one of his water lily paintings that YOU will paint in his style.



Calling for Volunteer Wrapping Elves!

Our hours for wrapping for Gifts for Goldens will be:

**Tuesday, December 15 & Wednesday, December 16
10am-12 and/or 1pm - 3**

**Limit 6 per time slot -
SIGN UP IS REQUIRED
Call Bev at the Center to volunteer.**



**Donna Barton
Lynn Bishop
Julie Jenne
Dodi Robinson**

A NOTE FROM DOTTIE



***Hi,
all seniors
and friends,***

*It is the season of Joy, Peace and Good
Tidings*

*May your holidays be bright with
Good Health,
Love,
and Togetherness
Trust and Obey for there is no other way*

*Happy Holidays to one and all,
Smiles, Dottie*

SUPPORT YOUR CENTER

- We continue to collect returnable bottles and redeem them for our kitchen fund.
- Amazon Smile - Do you shop on Amazon? Next time, go to smile.amazon.com, select Greater Glens Falls Senior Center of Glens Falls, NY and a percentage of your purchase will be donated to our Center by Amazon!

COVID 19



PROTOCOL



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DECEMBER 2020




<u>MONDAY</u>	<u>TUESDAY</u> 1	<u>WEDNESDAY</u> 2	<u>THURSDAY</u> 3	<u>FRIDAY</u> 4
	10:00- Craft with Steph Limit 8 1:00 - Blue Shield	1:00 -Reading w Bea Limit 12	1:00 - Masters of the Universe Limit 8	1:00 Wii Bowling
7 1:00 - Book Club Limit 12	8 11:00- Cards for Troops 1:00 - Adventure Awaits European Christmas Markets Limit 8	9 11:00 - Cards for Seniors 1:00 Christmas Family Feud	10 No Osteo ALL PROGRAMS CANCELED GIFTS FOR GOLDENS	11
14 9: 00 Osteo Gift for Golden's All Programs Canceled	15 9: 00 Osteo 10:00 Gift Wrapping- No Bingo 1:00 Gift Wrapping Limit 6 at each session	16 9: 00 Osteo 10:00 Gift Wrapping 1:00 Gift Wrapping Limit 6 at each session	17 9: 00 Osteo Gifts for Golden's Delivery No Programs	18 1:00 Wii Bowling
21 1:00 - Cooking w/Ed Limit 8	22 10:00 - Christmas Bingo 1:00 - Newsletter LIMIT 12	23 Noon - Center Closes	 HAPPY HOLIDAYS!	

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/RSVP (Available Virtually)	9:00 - OsteoBusters/RSVP (Available Virtually)	9:00 - OsteoBusters/RSVP (Available Virtually)	9:00 - OsteoBusters/RSVP (Available Virtually)	9:00 - TaiChi w/Sam (In-house & Virtually)
11:00 Line dancing w/ Ginny Allen (in-house)	10:30 - Bingo (Virtually and In-House)	WE REMAIN OPEN BY REMAINING SO, LET'S REMEMBER FROM THE MOMENT YOU COME INTO THE CENTER - MASKS ON - SAFE DISTANCE - WASH HANDS OFTEN		
				10:30 - Line Dancing In-House

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

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- COMING UP....
- Masters of the Universe continues
- Cooking w/Chef Ed
- Spectacular Drive-Thru Lunches
- Adventure Awaits:
 - ★ Jan. - Alaska - the Inside Passage
 - Feb. - The Copper Canyon, Mexico

INFORMATION YOU NEED TO KNOW

Tuesday, December 1
Time: 10:00

Join Steph as she teaches you
how to create a beautiful Christmas tree.
Sign up required!



Wednesday, December 2
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. **Limited to 12 attendees and Virtual listeners are always welcome.**

Thursday, December 3
Time: 1:00

Masters of the Universe - Karen McGinn will be leading us as we learn and create in the impressionist style of Claude Monet. **Limit 8 See page 2**

Monday, December 7
Time: 1:00

Book Club - We will be discussing The Air You Breathe, by Frances dePontes Peebles. The book for Dec. will be Passing, by Nella Larsen. The author's 1929 novella follows friends Irene Redfield and Clare Kendry, two black women who pass as white. Their anxieties about passing culminate in tragedy, revealing the powerful repercussions of hiding one's identity. Nearly a century later, Larsen's exploration of race remains urgent and relevant as ever. **Limit 12**

Tuesday, December 8
Time: 1:00

Adventure Awaits - Join us on a delightful journey to some of Europe's fascinating ancient towns to explore the tradition of the Christmas Market. Special background music is provided by The Kingston Trio bringing their beautiful folk arrangements of traditional Christmas carols. **Limit 8**

Wednesday, December 9
11:00

Cards for Seniors - limit 8

1:00

A Christmas Family Feud - limit 8

Thursday,
December 10th ,11th and 14th

Gifts for Golden's - during this period of time we will be involved with various aspects of Gifts for Golden's: gathering in, sorting, Due to COVID 19 protocols, this will be done primarily by the Center staff with a few volunteers for certain tasks.

December 15 & 16
Time - 10:00 & 1:00

Gifts for Golden's Wrapping - We will have two sessions each day. Limit to 6 per sessions

Monday, December 21
Time - 1:00

Cooking w/Ed -Ed will be creating a delicious dish of pork chops with a creamy onion sauce. Limit to 8 in house available on Facebook live .

Tuesday, December 22
Time 10:00

Christmas Bingo

Time: 1:00

Newsletter Mailing - limit 12

Monday, December 28
Time - 1:00

Crafting with Thelma - String Pull Art

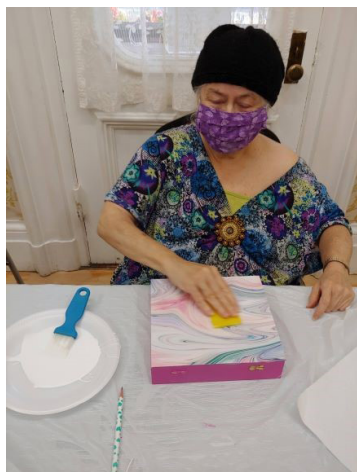


Wednesday, December 30
Time 1:00

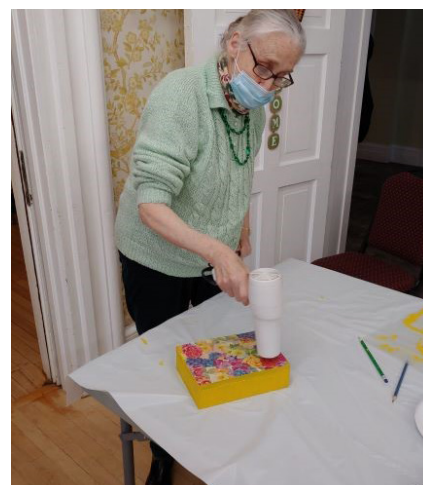
Movie: Doolittle -Storyline After his wife's death, Dr. John Dolittle (Robert Downey, Jr.) decided to hide from the world with his beloved animals. But he has to take a journey to a mysterious island to find a healing tree, which is the only medicine that can help the dying Queen Victoria (Jessie Buckley) in Buckingham Palace. **limit 12**

Thursday, December 31

Time Capsule - Join us as we create a Time Capsule. What a challenging year ! Let's hope 2021 is much better .



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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.



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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