



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0222
February 2022



DIRECTOR'S CORNER

We have been looking into new programs for 2022. We are excited to have the return of Chair Yoga by Tobey Gifford. (see information below). Also Coffee with a Cop, Officer John Norton will be presenting every other month. Stephanie and Bev are already looking into some exciting trips and shows for the summer of 2022. Please keep watch in the newsletter for more information as they book these events.

The center **will not** be doing the AARP taxes this year. The group has a new location, no information available at this time. We will do our best to keep you informed as to available tax sites. Tri-County United Way will provide the VITA sites. See information below.

A reminder the policy of the Glens Falls Senior Center is face coverings regardless of vaccination status. We were fortunate to receive some N95 masks from Senator Dan Stec, Warren County and the city of Glens Falls. They are available while supplies last.

We will be doing a membership drive in 2022. So tell your friends what you love about the center and invite them to visit the Center.

Looking forward to an exciting 2022!



If you're raising a grandchild, you may qualify for advance payments of the Child Tax Credit.



If you make \$58,000 or less, regardless of age, please call 1-800-211-5128 to have your taxes done for **free** by a trained professional through the Tri-County United Way VITA program.



Valentine's Day Lunch
Friday, Feb 11
Noon - 1:30
Cost: \$10.00

*An old-fashioned Pot Roast Dinner
served with Coleslaw
Cherry Cobbler for dessert*

**DRIVE THRU/PICK UP ONLY
ORDERS MUST BE IN BY FEBRUARY 3rd.**



February 24th
1 pm

Maureen Folk presents
**Glens Falls: A Small City
with a Big History**

From the establishment of the Queensbury Patent in 1762 to becoming Hometown USA, Glens Falls has been home to some major events over the last two centuries. This talk will walk through some of the key people and industries that built this small city and left a lasting impact.



Chair Yoga with Tobey

Thursdays at 10:30
Cost of Class:\$5



from the desk of Ed Capezzuti

Happy 2022

Another year over and a new one just begun. I stole that line from John Lennon's recording of Happy Christmas, but in some ways, it feels like déjà vu all over again. Yes, that was Yogi Berra who first said that. I know that at the Center, we are hoping life gets better for all because in 2022, we have many new programs planned for our members.

If all goes well, this can be a very exciting year for all of us and in some way bring back some normalcy to our lives. To continue the rest of John Lennon's words, "Let's hope it's a good one (2022) without any fears." Perhaps I made one little change with that!

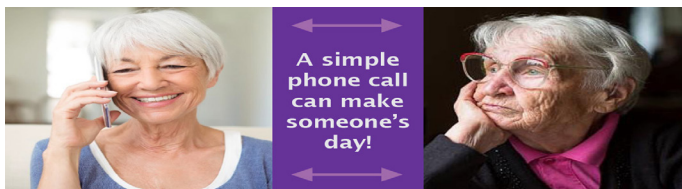
As I look forward to 2022, I will probably at some point, write about scams, as they never seem to go away and I think it's important to share the latest from the scam world. I will continue to bring you up to date with what health insurance changes there may be and of course, I will gladly help anyone who needs my assistance with whatever issue they may have.

On the lighter side, I will be continuing the Cooking with Ed program and from time to time, will let you know what's happening with my family.

So in the meantime, stay healthy, stay safe and if you need my help with anything, remember I am only a phone call away.

We're Looking for a Few Volunteers.....

To make phone contact with those of our members who for various reasons, find themselves home-bound. You would be given names and you would make the calls from your home. If you're interested, call Bev at the Center for further details.



February's Crafty Ladies

CRAFTS BY KAREN

February 3, 1:00

Painting



CRAFTING WITH THELMA

February 10, 1:00

Covered Note Pad



CRAFTING WITH STEPH

February 17, 1:00

Painting with Beads





Spinach Tortellini tomato soup

Hearty, delicious, yet quick and easy tomato soup, packed with spinach and tortellini

Prep time: 5 min. Cook Time: 25 min.

Serves 8

- | | |
|---|----------------------------------|
| 2 tbsp olive oil | 1 tbsp butter |
| 1 yellow onion - chopped | 3 cloves garlic - finely chopped |
| 2 - 14.5 oz cans Italian Diced Tomatoes | 4 c. Vegetable sauce |
| w/Basil, Garlic and Oregano | 1 pkg. (12 oz) frozen tortellini |
| 4 c. tomato/spaghetti sauce | 1 bag (10 oz) fresh baby spinach |
| Salt and Pepper to taste | |

1. Combine olive oil and butter in a large soup pot; place over medium heat and cook until butter is melted.
2. Add onions; cook for 2 minutes, or until translucent.
3. Add garlic and continue to cook for 2 minutes, stirring occasionally.
4. Set heat to medium-high and stir in diced tomatoes and tomato sauce; bring to a boil.
5. Add vegetable broth; bring to a boil
6. Add frozen tortellini and spinach. Season with salt and fresh ground pepper.
7. Continue to cook over medium-high heat, stirring occasionally, for 10 minutes, or until tortellini is tender and soup is heated through.
8. Remove from heat and let it stand 5 minutes.

Taste for seasoning and adjust accordingly. Serve.....Enjoy

Thank you Volunteers

A big shout of thanks to the ladies who knit or crocheted red scarves for the former foster children now in college. Between the Glens Falls Senior Center and my church, I collected 23 scarves. The scarves were sent to Foster Care to Success in Cleveland, are put into care packages for the students. The students and I appreciate your caring and kindness!

Darlene Farenell



RSVP Needs Medical Transportation Drivers!

Warren/Washington Retired Senior Volunteer Program (RSVP), is a vital part of our community, matching senior citizens aged 55 and older with important volunteer opportunities. The subsequent connections benefit our community and the individual served, as well as the volunteers themselves.

Currently, RSVP is in critical need of volunteer medical transportation drivers. Normal reduction, in combination with the challenges of the pandemic, have resulted in a smaller volunteer base for this important program, whilst RSVP is seeing an increasing need for this service in our community.

These days, many elderly people live alone, without family nearby to help. Volunteers with RSVP's Medical Transportation program provide these individuals with safe and reliable transportation, and their willingness to help gives peace of mind to those who need it most.

This is a flexible commitment that works around your schedule. You determine the amount of time that is best for you. RSVP conducts an orientation for drivers and provides on-going assistance and support for all volunteers. Mileage reimbursement is available, and any income made will not interfere with social security benefits, although many donate their time. If you enjoy driving and are interested in making a real difference in your community, contact RSVP by telephone at 518-793-3136, or email at transportation@warrenwashingtonrsvp.org.



Warren/Washington

RSVP

Lead with Experience

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Warren/Washington RSVP

Neighbors

Helping Neighbors

FEBRUARY 2022



<u>Monday</u>	<u>Tuesday</u> 1	<u>Wednesday</u> 2	<u>Thursday</u> 3	<u>Friday</u> 4
	10:30 - Folk Dance 1:00 - Book Club	1:00 - Reading w/Bea	10:30 -Chair Yoga 1:00 - Craft w/Karen	1:00 - Cooking w/Ed
7 12:00 -Bridge Club 4:15-GFSC Singers	8 10:00 - Walmart Trip 1:00 - Adventure Awaits	9 1:00 - Game Day	10 10:30 -Chair Yoga 1:00 - Craft w/Thelma	11 Valentine's Day Lunch noon - 1:30 Drive-thru/Pick-up
14 12:00 - Bridge Club 4:15 - GFSC Singers	15 10:30 - Bingo 1:00 Corn Hole Game	16 1:00 - Jeopardy	17 10:30 -Chair Yoga 1:00 - Craft w/Steph	18 1:00 - Movie "Respect"
21 Center Closed President's Day	22 10:30 - Folk Dance 1:00 - Newsletter Mailing	23 1:00 - Game Day	24 10:30 -Chair Yoga 1:00 - History of Glens Falls	25 1:00 - Special Bingo
28 12:00 - Bridge Club 4:15 - GFSC Singers				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 - OsteoBusters/RSVP (In-House & Virtually)</p> <p>10:30 Line dancing w/ Ginny Allen (In-house)</p>	<p>9:00 - OsteoBusters/RSVP (In-House & Virtually)</p>	<p>9:00 - OsteoBusters/RSVP (In-House & Virtually)</p> <p>10:15 - 12:15 - Bridge, Scrabble</p>	<p>9:00 - OsteoBusters/RSVP (In-House & Virtually)</p>	<p>9:00 - Tai Chi w/Sam (In-house & Virtually)</p> <p>10:00 - Wii</p> <p>10:30 - Line Dancing In-House</p>
<p>Remember: If Glens Falls Schools are closed due to inclement weather, so is the Senior Center</p> <p>Visit our website: www.gfseniors.com and on FaceBook</p>				



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MARCH 17 - "POT O' GOLD"
LUNCH

MARCH 28 TO APRIL 13
BASKET RAFFLE -

APRIL 19 - VICTORIAN TEA

APRIL 29 - SPAGHETTI
DINNER

SPECIAL PROGRAMMING

Tuesday, February 1 Time: 1 pm Front Room	Our Book Club will be meeting on the first Tuesday of the month. We will be discussing February's book: <u>Winter Sisters</u> , by Robin Oliveria. The book for March will be: <u>Neither Here Nor There</u> , by Bill Bryson. In the early seventies, Bill Bryson backpacked across Europe—in search of enlightenment, beer, and women. He was accompanied by an unforgettable sidekick named Stephen Katz (who will be gloriously familiar to readers of Bryson's <i>A Walk in the Woods</i>). Twenty years later, he decided to retrace his journey. The result is the affectionate and riotously funny <i>Neither Here Nor There</i> .
Wednesday, February 2 Time: 1 pm Middle Room	Reading with 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.
Thursday, February 3 Time: 1 pm Middle Room	Art With Karen -Join us as we paint a beautiful picture. See page 2
Friday, February 4 Time: 1 pm Middle Room	Cooking with Ed - The perfect time to sit down and enjoy warm, hearty soup, compliments of Chef Ed. Available virtually as well as in person.
Tuesday, February 8 Time: 10 am 1 pm Middle Room	Walmart Trip -We will resume our trips to Walmart for shopping . Adventure Awaits -We will be exploring the flavors and the art of Tuscany with a special emphasis on the beautiful city of Florence. While in Florence, we will visit the Duomo and journey to the Chianti district, the loveliest country in all of Italy. We welcome comments and often our "trips" bring back wonderful memories.
Wednesday, Feb. 9 & 23 Time: 1 pm Middle Room	Game Day -Come enjoy an afternoon of fun playing games of your choice.
Thursday, February 10 Time: 1 pm Middle Room	Art With Thelma -Join us as we create a beautiful notebook. See page 2
Tuesday, February 15 Time 10:30am 1 pm Middle Room	Bingo -Come join us for fun and laughter while playing a game of bingo. Corn Hole Game -Fun continues in the afternoon as we play a couple games of Corn Hole.
Wednesday, February 16 Time: 1 pm Middle Room	Jeopardy - Let see who will be the Champion of the centers Jeopardy Game hosted by our very own Stephanie.

Thursday, February 17
Time: 1 pm
Middle Room

Crafting with Steph- Come create a beautiful painting with a beaded necklace. See page 2

Friday, February 18
Time: 1 pm
Middle Room

Movie and Popcorn- We will be showing the movie RESPECT starring Jennifer Hudson. Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international super stardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.

Tuesday, February 22
Time: 10 am

Folk Dancing - Join Margaret Brink as she shows us some folk dance moves. Guaranteed fun.

1 pm
Middle Room

Newsletter Mailing- Help us prepare the monthly newsletter.

Thursday, February 24
Time: 1 pm
Middle Room

The Chapman Museum-Maureen Folk will present Glens Falls: A Small City with a Big History. See page 3

Friday, February 25
Time: 1 pm
Middle Room

Special Bingo-Join us for an afternoon of fun and laughter playing bingo with fun configurations. Win a variety of prizes.



Our thoughts and prayers to the family's of our members:
Ann Granger
Kathy Sphan



Visit our new Book Club on the first Tuesday of the month .
Available in person and virtually



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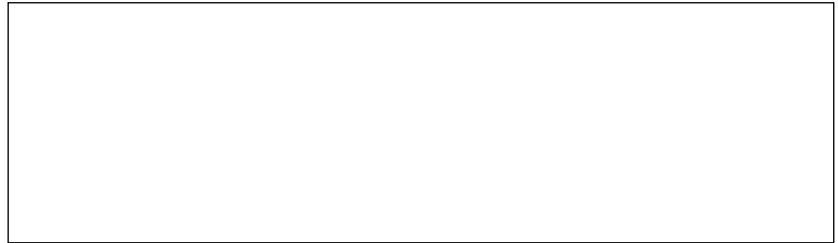


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1-877-258-7453 (TTY 711)

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