



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0221
February 2021



DIRECTOR'S CORNER

I want to share a personal event in my life. On Friday January 8th, I woke up with a head cold. I didn't really think anything of it until I went to feed the cat. I couldn't smell the food. At that point panic hit me, I immediately went to

Urgent Care to be tested. My worse fears came true, I was COVID positive. I cried all the way home, I was perfectly fine the day before. I worried about my family and the staff at the center. After the initial shock, I called my family, staff and anyone else I had seen in the last few days. I talked to Warren County Public Health, because of the protocols that are in place at the center, the staff was at minimal risk. All of the staff was tested, and all came back negative. (Thank God) I'm fortunate to have a mild case. I felt like I had a very bad head cold. The worse part is no smell or taste. But I still can't figure out where I was exposed. Everyone I had contact with has tested negative.

I wanted to share the story to reinforce the fact that the protocols at the center kept my staff at minimal exposure risk. Also, we did the right thing by closing for two weeks following the holiday as a precaution. We decided to close until February 1st not only because of my test results but to follow what the other centers were doing with the increase of cases in our area.

Someday we will be will back to normal and able to do all the events we normally do. Until then we will continue to do events with limited seating and virtual programs. We are always looking for new programs so if you see or hear of something you are interested in contact Stephanie.

Lastly I want to thank CDPHP for supporting the center and it's mission.

Be safe and stay well
Kim

WE GOT THIS



**HEART DAY LUNCH
FRIDAY, FEBRUARY 12
drive thru- pick up only**

NOON - 2:00

**We will be serving
Baked Ham
Mashed potatoes, green beans,
Salad, Dinner Roll
and a piece of cake for dessert!**

**Sign up Required
Cost: \$10.00**

MINDFULNESS

February 8th at 1pm

Presented by Blueshield - This program teaches simple ways to incorporate mindfulness into daily life, using activities that reduce stress and increase happiness.

BlueShield Health and Wellness webinars are 45-60 minutes in length. This webinar will be presented via Webex. Directions for participants will be provided with the Webex link. Participants may join on a computer, tablet or over the phone (no video).



from the desk of

**Ed Capezzuti,
Senior Service Specialist**

Happy New Year

As 2021 starts, we find ourselves being tested for Covid-19. I am happy to say that my test was negative and I am working from home, but optimistic about the rest of the year. I have had the opportunity to talk to some of our members and they feel like we do, that we all want to get back to the Center and I know we will.

Last month, I mentioned that I would be talking to a friend of mine, a local attorney, who shared with me some true local stories about scams. It pains me to share this, but it may or may not happen to you. Here we go. Family members at times, if desperate enough, have approached loved ones and asked to borrow money from the parents or grandparents who love them. In one case, a daughter, who had a gambling problem asked her parents for help. Yes, as many of us would do, they helped. The parents took out an equity loan, gave the money to the daughter, who was going to make the payments on the loan, but she did not and now the parents have a loan they cannot afford. By the way, they haven't seen the daughter since.

Another issue may be co-signing a loan. Nothing wrong with that, but as my friend says, be careful. If a loved one is unable to qualify for a credit card or a loan on their own, his words are "be very careful."

One last word of caution, those offers of credit cards and loans that you receive in the mail, if obtained, may come back to haunt you.

There may be more as the year goes on, but in the spirit of optimism, please take care of yourself and as each day goes by, we are that much closer to getting back to normal.

If you have questions or if I can help you in some way, please give me a call at 518-793-2189.

Happy New Year!
Ed



Operation Christmas Child Update

We heard from Margaret Koechlein in sunny Florida. She reported that our Christmas Child Shoeboxes were shipped on 4 different days to Cameroon, Ukraine, Benin, Honduras and Mali. We also received a very nice thank you card from Sally Hayes. She reported that together with our partners 2284 boxes were sent out this year!



***Thursday, February 4
Art w/Karen McGinn***

**Create this easy,
and beautiful
wrap wire
bracelet**

***Space limited to 8,
sign up early***



**Crafting with Thelma
String Pull Art
Thursday February 18
1:00 pm**

**Create a beautiful painting
using a piece of string .**

**Space is limited to 8
Sign up early.**

Cornell Cooking Party

Come and join us for a fun and interactive cooking party, where we will make a simple, inexpensive, healthy, and delicious potato corn chowder. Of course, we will also talk and laugh together, from the safety of our own homes. This live zoom workshop will be hosted by Mary Beth from Cornell Cooperative Extension, and will be held at 11 AM on Thursday February 11. The link to register on zoom is: <https://cornell.zoom.us/j/66qT4uEt1u458cQT2W2oLcvEzxI5nY>

Potato Corn Chowder

This simple and easy recipe can deliver a healthy and hearty soup in just a few minutes, and can easily be adapted to a vegan or gluten-free diet. For a vegan diet, substitute vegetable broth and unsweetened plant-based milk for the chicken broth and milk. For a gluten-free diet, substitute corn starch for flour as a thickener. You can also make this more protein-rich by adding some diced bacon, ham, or even cooked chicken. Enjoy!

Ingredients:

- 1 medium onion, chopped
- 1 tablespoon olive oil
- 2 cans (14-1/2 ounces each) chicken OR vegetable broth
- 3 large potatoes, peeled and cubed
- 1 can (15-1/4 ounces) whole kernel corn, drained OR around 2 cups of frozen corn kernels
- 1 cup milk (OR unsweetened plant-based), divided
- 1/3 cup all-purpose flour
- 1/2 teaspoon dried thyme (optional)
- 1/2 teaspoon garlic powder (optional)
- Salt and pepper to taste

Directions:

1. In a large saucepan, cook and stir onion in oil over medium heat until tender. Add broth and potatoes; bring to a boil.
2. Reduce heat; cover and simmer for 10-15 minutes or until potatoes are tender.
3. Stir in the corn, dried thyme and garlic powder if desired, and 1/2 cup milk.
4. In a small bowl, whisk flour and remaining milk until smooth. Stir into soup; return to a boil.
5. Cook and stir for 2-3 minutes or until thickened. Season with salt and pepper to taste.

AARP INFORMATION

The Glens Falls Senior Center is just a site for the AARP Tax Prep Program. The information we have received is the program will start February 12th. For appointments you will call the center . 518-793-2189

You will need to pick up a packet from a tote on the back porch. On your appointment day you will park in the designated area and call the number on the sign. DO NOT LEAVE YOUR CAR, a volunteer will come to your car and get your documents to be scanned.

They will return your documents and set an appointment for you to return to sign the documents. Number of appointment will be limited.

At the time of printing we don't have an appointment schedule from AARP

Crafting with Steph

February 10

1:00 pm

Fight those winter blues by thinking spring! Create a beautiful Cherry Blossom painting using a soda bottle. The class size is limited to 8. If you want to join us by zoom all you need is a canvas, pink and black paint, and a soda bottle. Call the center to sign up for either at the center or by zoom.



COVID 19



PROTOCOL



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Warren/Washington RSVP

Neighbors
Helping Neighbors



FEBRUARY 2021




<u>MONDAY</u> <u>1</u>	<u>TUESDAY</u> <u>2</u>	<u>WEDNESDAY</u> <u>3</u>	<u>THURSDAY</u> <u>4</u>	<u>FRIDAY</u> <u>5</u>
1:00 - Book Club Limit 8	1:00 - Family Feud Limit 8	1:00 - Reading W/Bea Limit 8	1:00 - Art with Karen Limit 8	1:00 - Wii Bowling
8 1:00 Mindfulness By BlueShield Virtually	9 1:00 Let's Chat Limit 8 Available Virtually	10 1:00 - Crafting W/ Steph Limit 8	11 11:00 - Cornell Coop Potato Chowder Virtual Only	12 Noon - 2:00 Heart Day Lunch
15 CENTER CLOSED	16 1:00 - Movie - "The Call of the Wild" Limit 10	17 1:00 - Adventure Awaits - Into the Copper Canyon, Mexico Limit 8	18 1:00 - Crafting W/Thelma Limit 8	19 1:00 - Wii Bowling
22 1:00 - Cooking W/Ed Limit 8	23 10:00 - Spec Bingo 1:00 - Newsletter Mailing Limit 6	24 1:00 - Songs and Their Stories with Bea Limit 6	25 1:00 - Corn Hole Limit 6	26 1:00 - Wii Bowling
<div>WE REMAIN OPEN BY REMAINING VIGILANT SO, LET'S REMEMBER FROM THE MOMENT YOU COME INTO THE CENTER - MASKS ON - SAFE DISTANCE - WASH HANDS OFTEN</div>				

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 - OsteoBusters/RSVP (Available Virtually)</p> <p>11:00 Line dancing w/ Ginny Allen (in-house)</p>	<p>9:00 - OsteoBusters/RSVP (Available Virtually)</p> <p>10:30 - Bingo (Virtually and In-House)</p>	<p>9:00 - OsteoBusters/RSVP (Available Virtually)</p>	<p>9:00 - OsteoBusters/RSVP (Available Virtually)</p>	<p>9:00 - TaiChi w/Sam (In-house & Virtually)</p> <p>10:30 - Line Dancing In-House</p>

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

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COMING UP....

Adventure Awaits:

- Scenic Cruises of the World

St. Patrick's Day Lunch.

Chef Ed's fabulous entrees

Crafting with Stephanie

INFORMATION YOU NEED TO KNOW

Monday, February 1
Time: 1:00

Today, we will be discussing **The Island of Sea Women**, by Lisa See. The book for March will be **Say Nothing**, by Patrick Keefe. Patrick Radden Keefe's gripping account of the Troubles is equal parts true-crime, history, and tragedy. Keefe's incisive reporting reveals the hidden costs of the Troubles, illuminating both the terrible toll of the conflict, and how it continues to reverberate today.
Limit 12

Tuesday, February 2
Time: 1:00 pm

Family Feud -Join our very own Stephine Harvey as she host the Glens Falls Senior Center Family Feud. Guaranteed to be an afternoon of fun and laughs.
Limit 8

Wednesday, February 3
Time: 1:00 pm

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 in-house - also available virtually**

Thursday, February 4
Time: 1:00 pm

Karen's Art -Wouldn't you like to make a very simple, very pretty wire wrap bracelet? Come on in and Karen McGinn will show you how. **Limit 8**

Monday, February 8
Time: 1:00 pm

MINDFULNESS -Presented by Blueshield - This program teaches simple ways to incorporate mindfulness into daily life, using activities that reduce stress and increase happiness. BlueShield Health and Wellness webinars are 45-60 minutes in length. This webinar will be presented via Webex. Directions for participants will be provided with the Webex link. Participants may join on a computer, tablet or over the phone (no video). **Limit 6 in house**

Tuesday, February 9
Time: 1:00 pm

Lets Chat- Let's Chat session, both in house (limited) and via Zoom. We can use this time to discuss future programming, go over our COVID protocols, answer any questions you may have about the Center and how we are navigating this pandemic OR just to catch up and see some familiar faces. **Limit 8 in house or join by Zoom, we will email the link**

Wednesday, February 10
Time: 1:00 pm

Crafting w/Stephanie- Join Stephanie as she shows us how to create a beautiful cherry blossom painting w/a soda bottle.
Limit 8

Thursday, February 11
Time: 11:00 am

Cornell Cooking Party -Doesn't a bowl of potato corn chowder sound just right? Presented by Cornell Coop Ext., Virtually Only See page 3. Sign up and we will email you the link to the program.

Friday, February 12
Noon - 2:00

Heart Day Lunch - Drive-Thru/Pick-Up only
Must sign up

Tuesday, February 16
Time: 1:00pm

We're presenting for your enjoyment the latest movie version of that well-known tale - "**The Call of the Wild**", written by Jack London, starring Harrison Ford and Buck. Buck, a St. Bernard/Scotch Collie dog, must fight tooth and claw for survival after being kidnapped from his comfortable home in California. He is forced to become a sled dog in the unforgiving wilderness of Yukon, Canada, during the 1890 Klondike Gold Rush. **Limit 12**

Wednesday, February 17
Time: 1:00 pm

Adventure Awaits - We'll be traveling by train into the vast Copper Canyon of Mexico.

Thursday, February 18
Time: 1:00 pm

Crafting with Thelma-Thelma will be introducing us to String Pull Art. Come on in and create a truly beautiful piece of art from your own imagination. **Limit 8**

Monday, February 22
Time: 1:00 pm

Cooking with Ed-Chef Ed will be preparing his very own pork chops in onion sauce for your enjoyment. **Limited to 8 in-house - also available virtually**

Tuesday, February 23
Time: 1:00 pm

Newsletter Mailing-Join us for an afternoon of conversation and friendship as we prepare our newsletter for mailing. **Limited 8**

Wednesday, February 24
Time: 1:00pm

Songs and Their Stories with Bea- Let's take a musical stroll down memory lane through popular songs and their stories. We sing gently while appropriately spaced and masked. Bring your warm hearts and community spirit! Lyrics and song background information will be provided for you. **Limit 8**

Thursday, February 25
Time: 1:00 pm

IT'S CORN HOLE TIME!

Limit 8

It is with sadness we note the passing of members:

Harold Blondin

Helen Mohr

Joan Caples

Eleanor Stockman

Robert Brennan



Our thoughts are with family and friends



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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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