



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0721
July 2021



DIRECTOR'S CORNER

WOW!!

We finally can see your faces. The restrictions have been lifted in many cases for vaccinated individuals. Please understand we have adjusted our policy to meet the new restrictions. We will require masks for unvaccinated individuals in the center. The Staff will continue to check you into the center so we know what program you are here for. No more COVID questions! In time, we will go back to signing in on the computer. Masks will also be required in the van until the restrictions on public transportation are lifted. The center staff will continue to clean and sanitize after events. Lastly, wearing a mask is a personal choice.

The center activities will slowly return to normal capacity. We want to continue to provide a safe environment for our members. As the restriction continue to be lifted

WE GOT THIS!!

Enjoy the summer and be safe

Kim

**Reminder during July and August
the Center will close at noon on Fridays
Except July 16th our Chicken BBQ**



Judie Larkin
Linda Mitchell
Denise McLaughlin
Janet Orsini
Roberta Winne
Nancy Pasanen

Jim Allen's Famous



Friday July 16 th

Time: 3:30 - 6:30pm

Cost: 12.00

**Drive -Thru Pick up
PRE-ORDER ONLY**

We will deliver to Senior Housing

**TICKETS MUST BE PURCHASED
BY JULY 8th**

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**DON'T MISS OUR
PORCH BOOK SALE
Monday July 12th
10am-3pm**

**Hardcover \$1
Soft cover \$.50
Fill a Bag for \$3**

from the desk of Ed Capezzuti



OMG!!! You might recall that I mentioned in the May newsletter, that there was an “outside chance,” a really outside chance, that Kevin (Chelsey’s boyfriend), might get tickets for us to the Memorial Golf Tournament in Dublin, Ohio. Wishes do come true.

I’m not really a morning person but on Thursday, June 3rd, I was up at 5:00am and headed to Albany airport. The best route that day took me to Orlando, Florida and then to Columbus, Ohio. Yes, Orlando, which seems like an unusual way to get there, but it worked. Friday, June 4th, we headed to the golf course. There were a number of players I was hoping to see and as we entered the course on hole 14, three of the players I wanted to see were there getting ready to tee off. I took this as a sign that it was going to be a good day. As you can imagine, we walked all day and followed these amazing players around. The course is very, very hilly and over the course of the week, I did get my exercise. If you ever watched a tournament on TV, then you know how it goes. So I am sharing some of the unusual events at the tournament:

1. The cicadas, those insects that appear every 17 years, love Dublin. Each day we were dodging them, swiping them off our clothes and listening to their mating call all day long until sunset. I never quite got used to that. The cicadas are bigger than I thought and much noisier than I expected. But in another week or two, we won’t see them again until 2038.
2. On Saturday (another very hot day with the cicadas singing in the background), as the golfers finished their round, the defending champ, Jon Rahm, walked off the 18th green with a six-stroke lead. Then, he was greeted seconds later by a doctor and was told that he tested positive for Covid-19 and must withdraw from the tournament. He had to be tested every day, as he was exposed the week before and up until Saturday, he tested negative. By the way, the winner’s share of the prize money was \$1.6 million. I guess it just shows how important it is to be vaccinated.
3. On the final day, we thought it would be best to just pick a spot and stay there for the day, as we just couldn’t think about walking up and down those hills one more day. We parked ourselves near the 18th green knowing that each golfer had to end up there. The Goodyear blimp was there hovering as well. With Jon Rahm out of the tournament, it left 3 players now in contention. As time went on, it came down to two players vying for the lead and we were only steps away as the last pairing, the two leaders, made their way to the final green. Just before they were ready to putt, and looking toward the blimp, we could see the sudden downpour headed our way. The blimp could barely be seen so we knew what would happen minutes later. Oh yeah, it came down in buckets. None of the thousands of fans ran for shelter, including us. We were soaked (and I mean soaked!) but we stood right there not wanting to miss the finale. The leaders were still tied and after the rain, had to play the 18th hole again and the tie was broken. Great tournament with family and friends and I would do it all over again, if given the chance!

July’s Crafty Ladies

JEWELRY BY KAREN

Thursday, July 1, 1:00

Wire Wrap Bracelet



CRAFTING WITH STEPH

Thursday, July 8, 1:00

Suncatcher



CRAFTING WITH KIM

**There will be no
Crafting w/Thelma in July**

**Enjoy your well deserved
time-away, Thelma.**

See you in August!

Notes from the Inside

Working at the Glens Falls Senior Center is akin to an Ant Colony. Every ant carries much more than their own weight. I'm sure you have had pleasant chats with the staff, here and there, and the appearance of calm and welcome pervades the halls of our gracious home. However, it actually takes much more effort than meets the eye, to keep the Center hospitable and functioning as a crucial non-profit entity.

To illustrate what I mean, I will outline some of the responsibilities of each ant that I've had the privilege of observing, (It's an incomplete list): One of the colony members carries out intensive gardening, plumbing, electrician work, woodwork, general lifting, transfer and transporting of supplies, kitchen assistance, transportation assistance and general repairs, assisted by another helpful member. Another, assists with newsletter design, contacts sponsors and advertisers, coordinates and supervises volunteer participation, monitors general supplies, assists with seasonal decorations, heads the take-out lunch preparation, assists with the monitoring of incoming visitors and assists with program planning, in addition to recording daily attendance on our computer system. Yet another colony member contacts venues, agencies and presenters, and heads the planning of the yearly calendar of Center activity, in addition to daily transportation services for members. The next colony member assists our regional community residents with legal, housing, medical and general services for seniors and helps to monitor and thwart the daily onslaught of elder abuse by scammers, in addition to informing and alerting our members monthly, in a newsletter column. Last but not least, is the colony member that represents the entire membership and staff in our community, and is in constant contact with and writing grant applications to government and philanthropic entities willing to contribute to the continued existence, upkeep, expansion and development of our organization, in addition to designing and writing for the newsletter. It is not unheard of for this ant to have broom or mop in hand, cleaning and ordering and re-ordering the spaces within these walls, as other colony members do. Every colony member assists with the set-up and breakdown of tents, tables, chairs, visual and audio equipment for the varied activities, in addition to actually hosting or presenting some of the programs, and climbs and descends the five levels of the house, very often.

I'm the least physically fit person on staff. I give the impression that I'm spry and ready to bounce up and down at the drop of a hat. In fact, it's the only exercise I get during the week, and I'm grateful for it. I will miss being a bona fide colony member on a weekly basis, but I'm NOT disappearing. For economic and health reasons, I have asked to assist voluntarily at the Center, rescinding the title of Administrative Assistant. It is a beautiful, mutually beneficial arrangement, and I couldn't have more respect for this wonderful staff, and the Center members who appreciate what we do, together.

Sincerely,
Beatriz Roman




518 743-9158
f Warren/Washington RSVP

Neighbors
Helping Neighbors



JULY 2021



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			1 1:00 - Crafting w/ Karen Limit 10	2 Morning Activities closing at noon
5  HAPPY <i>4th</i> of july	6 1:00 - Corn Hole	7 1:00 - Reading w/Bea Limit 15	8 1:00 - Crafting w/ Steph Limit 10	9 Morning Activities closing at noon
12 12:00 - Bridge 1:00 - Ice Cream Search - King's Dairy	13 1:00 - Folk Dance w/Margaret	14 1:00 - Game Day see page 6	15 11:00 Cornell Coop Ext. - "Fruit Salsa" 1:00 - Front Porch Chat	16 Morning Activities CHICKEN BAR-B-Q see cover page
19 12:00 - Bridge 1:00 - Ice Cream Search - Dairy Haus	20 1:00 - Newsletter	21 1:00- Shoebox	22 12:00 - Lunch at Wiawaka	23 Morning Activities closing at noon
26 1:00 - Ice Cream Search - The Ice Cream Man	27 1:00 - Movie	28 1:00 - Game Day see page 6	29 1:00 - Special Bingo	30 Morning Activities closing at noon

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 - OsteoBusters/RSVP (Available 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 (Available 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>10:30 - Line Dancing In-House</p>

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

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Mark Your Calendar
UPCOMING EVENTS

Aug 10 - Lunch Bunch
Kelly's Roots

Aug 17- Cornhole
Tournament

Aug 18- Shoebox Workshop

Aug 19 - Farewell Summer
Drive-thru "Picnic"

Sept 16 - Spaghetti Dinner
Fund Raiser

INFORMATION YOU NEED TO KNOW

July 14 & July 28
Time: 1:00

Game Days - You choose your game, organize it and let us know what you would like to do. We need to know ahead of time in order to have a spot for you.

Wednesdays
Time 10:15 - 12:15

Bridge and Scrabble - We are opening up this time slot for both Bridge and Scrabble.

Thursday, July 1
Time: 1:00

Art and Crafts w/Karen -- create your very own - one of a kind - wire wrap bracelet
Limit 8 See page 2

Wednesday, July 7
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 15**

Thursday, July 8
Time: 1:00

Crafting w/Steph - Easy Handmade Suncatchers
These gorgeous suncatchers are easy to create and make beautiful handmade gifts! **Limit 8 See Page 2**

Monday, July 12
Time: 1:00

Great American Ice Cream Search - Today we will be visiting King's Dairy in Schuylerville, NY. Rides in van are limited - you must sign up early!

Tuesday, July 13
Time: 1:00

Folk Dancing w/Margaret - Enjoy an afternoon trying out some new steps as Margaret guides us through folk dancing.

Limit 10

Thursday, July 15
Time: 11:00 am

Cornell Co-op Ext. brings us "Fruit Salsa" - Salsa is not just for veggies! Come and join us as we make - and sample - some delicious fruit salsa. We will also learn about different fruits (and, yes, veggies!) that can be included in salsa. Recipes will be provided. **Limit 10**

Time: 1:00

Front Porch Chat- Enjoy some friendly conversation and express your thoughts on programs. Give us your ideas, while enjoying a glass of ice tea and a snack.

Monday, July 19
Time: 1:00

Great American Ice Cream Search - Dairy Haus, Saratoga, is our choice for today.

Wednesday, July 21
Time: 1:00

Shoebox - Join us as we prepare items to be sent out in ShoeBoxes in the Fall.

Thursday, July 22
Time - noon

Lunch at Wiawaka - Enjoy a special afternoon starting out w/lunch and then a quiet, relaxing time on the east shore of Lake George. Remember, riding in the Center van is limited.

Monday, July 26
Time: 1:00

The Great American Ice Cream Search - The Ice Cream Man, Greenwich, is our choice for today.

Tuesday, July 27
Time: 1:00

Movie- News of the World - Five years after the end of the Civil War, Captain Jefferson Kyle Kidd (Tom Hanks), a widower and veteran of three wars, now moves from town to town as a non-fiction storyteller, sharing the news of presidents and queens, glorious feuds, devastating catastrophes, and gripping adventures from the far reaches of the globe. In the plains of Texas, he crosses with Johanna (Helena Zengel, System Crasher), a 10-year-old taken by the Kiowa tribe six years earlier and raised as one of their own. Johanna, hostile to a world she's never experienced, is being returned to her biological aunt and uncle against her will. Kidd agrees to deliver the child where the law says she belongs. As they travel hundreds of miles into the unforgiving wilderness, the two will face tremendous challenges of both human and natural forces as they search for a place both can call home.

Thursday, July 29
Time: 1:00

Special Bingo- Enjoy a fun afternoon playing bingo with a twist and win a variety of prizes.

Reminder please call to reserve you spot in programs
Registration is required.

In Honor and Remembrance

***Mikiko Kurosaka
Alfeo Feit
Veronica Fuller
Marjorie Hodson
JoAnne Marie Kelly***



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