



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0321  
March 2021



### DIRECTOR'S CORNER

After talking to some friends and family, I discovered I'm not alone dealing with the boredom of the COVID 19 isolation or the winter

blues. You are not alone either. While I was quarantined with COVID, I took out a box I had taken from my dad's house with pictures and items from my grandparents. As I was going through the box, I found diaries from my grandmother and my great grandfather. So for days I was reading them. I read the love story of my grandparents. This was amazing, they were married 55 years before they passed. I learned so much about them I had no idea about. There were also stories from when my parents were married, when my brother and I were born. I had no idea my 4 ft 11 in grandmother played basketball. I read journals from 1906 & 1908 from my great grandfather. I learned how hard it was for them. He took a job whenever and where ever he could to support his family. I read of the day my grandfather was born in 1908. All of this got me thinking, how I wish I had asked my grandmother about her Indian heritage, the great depression, the pandemic 100 years ago. So my advice to you while being home and isolated, write down some important things in your life, start a journal or a video journal using your computer. It will mean so much to your family and friends in time. Also I'm working with a girl scout troop and they would like to be pen pals with some of our members. Since I became the Director, I have always wanted to get our members involved with our youth. There is so much to be shared between the two groups, more to come on this. If there is anything you need from us please call, we are here for you.

Stay safe,  
Kim

**WE GOT THIS**



### POT O' GOLD LUNCH

**Wednesday  
March 17**

Drive-thru/Pick-up  
Noon to 1:30

#### **CORNER BEEF & CABBAGE**

includes mashed potatoes,  
carrots, Irish Soda Bread  
and a very special cupcake  
for dessert

Sign up early!

Cost: \$10.00

**ORDER BY MARCH 11**



*New member  
Sandi Rhodes*

### COMPUTER LOAN PROGRAM

We have laptop computers available to loan out to our members. If you are interested in having one please contact Ed at the center. 518-793-2189. There is a short form to fill out and you can borrow the computer for six months. Following the six months if you need the computer longer we can file for an extension. We have 6 available to loan out. These computers were donated to us by





*from the desk of*  
**Ed Capezzuti,**

### **My Birthday Present was a Trip to Albany**

Ok, you're probably thinking, "Oh, wow, what a great gift! Ed must be easily pleased." While that might be true, please hear me out. As we all know, the COVID-19 vaccine has made it's way to New York State and many of us are trying to find out.....

"Where can I sign up? How can I get the vaccine? How come I didn't know they were giving vaccine shots at Hannaford?" My wife, bless her soul, has spent what seems like hours surfing the net on the State site to see where she could sign me up. There were times at a Plattsburg site and by the time she asked me if I wanted to go to Plattsburg, the available times were filled. Then I heard that SUNY Albany was giving shots on February 3rd and was I available? By the time I said yes, those available times filled, but there were times available on Feb 4th -that works for me! Woops, those times also filled. What now??? A good friend of mine, who asked me about those dates asked me if I wanted her to sign me up. I said, "PLEASE!" As it turns out, there were over 200 available times on, you guessed it, Feb 5th, my birthday. By the time we answered all the questions and provided the necessary information, within half an hour the openings were filled. Strange as this may sound, I felt like I had hit the Lottery, in some weird way, I did.

And now, the rest of the story.....

On February 5, the day of my appointment, my wife says, "You don't want to look out the window." Now, you know that's not good, but it was only 7 am and I was not leaving for Albany until around 10:00 am. Yes, it was snowing. The good news is that by 10-ish, it was fine and the roads were clear. When you have an appointment, you are sent directions which make it easy to get there unless you happen to make a wrong turn. Now, I say that because once I arrived on the SUNY Albany campus, I turned left instead of right. I gave myself a nice tour of the campus and did find a police officer who was kind enough to steer me in the right direction. Once there, parking was easy and I made my way to the tent along with what seemed like hundreds of other people. I found the process to be well organized and painless (no pun intended). They had everything computerized and sectioned -first shot to the left and second shot to the right. Check-in was simple, my temp was taken, they asked the time of my appointment, checked me off and I moved to the next station. I was given a form to complete and bring to the next station where they reviewed the form. I proceeded to the next station. Keep in mind that there were many people there so it was not uncommon to wait in line at every station. I was then called to a spot where after answering some questions, I received my vaccine. I then went to the observation area for 15 minutes and if all was well, I could leave. It's funny, but I did feel a sense of relief after getting the vaccine. I must say, the workers there were always cleaning surfaces, very helpful and friendly.

Now I get to do it all over again on February 26 for my second shot and, as nice as the campus is, I don't think I will tour it again.

If you have any questions about the process, please call me at the Center - 518-793-2189

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## **CRAFTING PROJECTS FOR THE MONTH OF MARCH**



### **JEWELRY WITH KAREN MARCH 4 - 1:00 PM**

Karen will teach us how to create this beautiful wire wrapped pendent.



### **Crafting with Steph March 8 - 1:00 pm**

Be creative and design your own earrings using embroidery floss. Choose from a variety of colors.



### **Crafting with Thelma March 18 - 1:00 pm**

Think Spring Decorations We will be creating beautiful spring plates with fabric and decoupage.

**SIGN UP IS REQUIRED FOR THESE CLASSES**



**Having trouble sleeping ??  
Join us for the following programs  
Shown Virtually Only**

**On March 2, Blue Shield presents: Secrets of a Good Night's Sleep.** Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Approx. 60 million Americans experience insomnia each year. Join us as we discuss the basics of sleep and learn to identify "sleep stealers"

**On March 11, Cornell Cooperative Extension present: Fostering Healthy Sleeping Habits** Maintaining healthy sleeping habits are extremely important to keep your immune system functioning well, to continue to maintain healthy cognitive functioning, and keep a positive emotional and mental state. Join Cornell Cooperative Extension educator Mary Beth as she talks about some strategies that you can use to foster healthy sleeping habits.

**To register please contact Stephanie Belden at the Greater Glens Falls Senior Center.**



#### **TAX UPDATE**

**FOR TAX INFORMATION  
CALL THE AARP TAX  
COORDINATOR  
518-222-5573**

**PLEASE FOLLOW INFORMATION ON THE  
SIGNS IN THE PARKING LOT.  
THE CENTER STAFF IS NOT  
SCHEDULING APPOINTMENTS**

**FOLLOW ALL COVID 19 PROTOCOLS  
MASKS REQUIRED**

#### **In Honor and Remembrance**

*Adele Tresten*

*Maria Scarpellino*

*Helen Rose Seaman*

*Jane Junjulas*

*Marian Day*

*Theodore Turner, Jr.*

*Glenda Floyd*

*Marie Wynne-Roberts Hughes*

*Our condolences are with family and friends*



518 743-9158  
f Warren/Washington RSVP

**Neighbors  
Helping Neighbors**

#### **COVID 19**



**PROTOCOL**



# MARCH 2021



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>1</u> 1:00 - Book Club Limit 8	<u>2</u> 1:00 - Blue Shield - Secrets of a Good Night's Sleep - virtual	<u>3</u> 1:00 - Reading w/Bea Limit 12 Available Virtually	<u>4</u> 1:00 - Art w/Karen Limit 8	<u>5</u> 1:00 - Wii Bowling
<u>8</u> 1:00 - Craft w/Steph Limit 8	<u>9</u> 1:00 Corn Hole	<u>10</u> 1:00 - Adventure Awaits Limit 8	<u>11</u> 1:00 - Cornell Ext. Healthy Speeping Habits Virtual only	<u>12</u> 1:00 - Wii Bowling
<u>15</u> 1:00 - Cooking w/Ed Limit 8	<u>16</u> 1:00 - Celtic Woman in Concert - Ancient Land Limit 10	<u>17</u> Noon to 2:00 - Pot O' Gold Lunch Drive thru/pick up only	<u>18</u> 1:00- Crafting w/ Thelma Limit 8	<u>19</u> 1:00 - Wii Bowling
<u>22</u> 1:00 Tea & Crumpets with Stephanie Limit 8 available virtually	<u>23</u> 1:00 - Newsletter Mailing Limit 6	<u>24</u> 10:30 - Songs and Their Stories Limit 8 1:00 -Colon Cancer Awareness	<u>25</u> 1:00 - Jeopardy Limit 8	<u>26</u> 1:00 Wii Bowling
<u>29</u> 1:00 - Special Bingo	<u>30</u> 1:00 Folk Dancing w/Margaret Limit 8	<u>31</u> 1:00 - Movie- Shadow in the Coulds Limit 10		

# 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 &amp; Virtually)</p> <p>10:30 - Line Dancing In-House</p>

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

Visit our website: [www.gfseniors.com](http://www.gfseniors.com)



## Needs Come In All Shapes and Sizes. Your Home Care Should Too.

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*Call today for a free consultation to discuss your options.*

### COMING UP Soon ....

#### Adventure Awaits:

April - Our Magnificent Planet  
- our once-in-a-lifetime itinerary  
explores marvels, both natural and  
man made, of our planet

More fantastic lunches

Chef Ed's fabulous entrees

Crafting w/Stephanie, and Karen  
and Thelma



# INFORMATION YOU NEED TO KNOW

**Monday, March 1**  
**Time: 1:00**

Today, we will be discussing **Say Nothing**, by Patrick Keefe. The book for March will be **The Giver of Stars**, by JoJo Moyes. This is a celebration of love, but also of reading, of knowledge, of female friendship, of the beauty of our most rural corners, and our enduring American grit: the kind of true grit that can be found in the hills of Kentucky and on the pages of this inspiring book.  
**Limit 8**

**Tuesday, March 2**  
**Time: 1:00**

**Blue Shield presents: Secrets of a Good Night's Sleep.** Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Approx. 60 million Americans experience insomnia each year. Join us virtually as we discuss the basics of sleep and learn to identify "sleep stealers"

**Wednesday, March 3**  
**Time: 1:00**

**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. **Limited to 12 in-house.**

**Thursday, March 4**  
**Time: 1:00**

**Karen's Art** - Today we'll be making a beautiful pendant for our chains. Be sure to sign up. see page 2  
**Limit 8**

**Monday, March 8**  
**Time: 1:00**

**Craft w/Steph** - Come learn how to make tassel earrings with Stephanie. Tassel earrings are so easy to make, really fun, and you can make them in any and every color combination! The possibilities are endless!

**Tuesday, March 9**  
**Time: 1:00**

**Corn Hole** - Lets get ready for summer tournaments. Join us in a few games of cornhole.

**Wednesday, March 10**  
**Time: 1:00**

**Adventure Awaits:** Set sail on a dream cruise around the Americas. No ocean liners for this crew, as we set sail in a variety of ships of the seas. We will visit more than 20 countries, islands and interesting locations including Nova Scotia, the Mayan Ruins of Guatemala, the Panama Canal, Big Sur and Alaska.  
**Limit 8**

**Thursday, March 11**  
**Time: 1:00**

**Cornell Coop Ext - Fostering Healthy Sleeping Habits**  
Virtual only See write-up Page 3

**Monday, March 15**  
**Time: 1:00**

**Cooking w/Ed** - Filet Mignon Piedmont-Style - easy to prepare, yummy to taste. **Available in-house (limit 8) or virtually**

**Tuesday, March 16**  
**Time 1:00**

**Multi-platinum, international music sensation, Celtic Woman, return with Ancient Land, a spectacular new concert filmed against the stunning backdrop of Johnstown Castle in Wexford, Ireland. Filmed on a magical Irish evening on castle grounds, this lavish production showcases the musical artistry of Celtic Woman. Limit 10**

Thursday, March 18  
Time: 1:00

**Craft w/Thelma** Come on in, we'll be making lovely spring plates  
**Limit 8**

Monday, March 22  
Time: 1:00

**Tea and Crumpets** Come join for a spot of tea and a crumpet. We will share ideas and thoughts . Just an afternoon of conversation and fun. As you can guess Stephanie will go all out with decorative cups and maybe even a Victorian hat. You can join the fun on Zoom with your favorite tea and crumpet.  
**Limit 8 in house- no limit on Zoom !! Must sign up to receive the link.**

Wednesday, March 24  
Time: 10:30

**Songs and Their Stories** - Let's take a musical stroll down memory lane with Bea as we explore 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. **Limit 8**

Time 1:00

**Colon Cancer Awareness and Screening Options-** This is a virtual program to raise awareness and to discuss all screening options. Sign up for this important information. A link will be sent out.

Thursday, March 25  
Time: 1:00

**Jeopardy** Join our very own Stephanie Trebek, she has created a challenging game of Jeopardy. Who will be the winner?? Prizes **Limit 8**

Monday, March 29  
Time: 1:00

**Special Bingo** -Join Stephanie for an afternoon of fun playing Bingo and winning prizes.

Tuesday, March 30  
Time 1:00

**Folk Dancing w/Margaret B.**  
**Limit 8**

Wednesday, March 31  
Time: 1:00

**Movie - Shadow in the Clouds** Maude Garrett is a World War 11 pilot on a secret mission. She boards a plane of an all-male crew, who immediately doubt her true intentions the moment they see her. As suspicion against her mounts, the crew decides to detain her inside the plane's gun turret until they figure out what her deal truly is. As this happens, two threats come into Maude's view: a Japanese fighter plane, and a mysterious shadow in the clouds.



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## Improving the quality of life for seniors.

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.



**BlueShield  
of Northeastern New York**

**bsneny.com**

BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and Blue Shield Association.



**ARE YOU ELIGIBLE???**



**Veteran or Surviving Spouse of a Veteran**

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

*Medical, disability, pension, property tax exemptions,  
and/or other discounts?*

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