



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1121  
November 2021



### DIRECTOR'S CORNER

We have a very busy month and lots of events and programs coming up in December.

A little late but I would like to introduce an addition to staff, Gail Infante. Gail is our new Administrative Assistant. Gail worked many years at the Glens Falls Hospital. Many of you may know her or have already met her. If not please stop in the office and welcome her to the Center. As you know Bea has chosen to continue helping in the office as a volunteer.

**Next up: Our annual meeting is  
November 17, 1:30pm**

We look forward to going over the annual report, financials with our membership and nomination of new board members. Light refreshments will be served. This meeting will be presented in person and on Zoom. Call to register and we will send the link if you prefer Zoom. If you are unable to attend, please stop by the center to sign a proxy vote.

We are a recipient of the Annual Kiwanis Duck Race. You will be receiving information on how the race will be conducted and buy tickets. Every \$5 ticket we sell goes back to the Center.

I would like to welcome to our Center family  
**Irene Fischer**

Lastly, Save the Date for the Holiday Party: December 9th at the Queensbury Hotel. Enclosed is a flyer with information. Be sure to register by calling the center. I have been to meetings and events at the Queensbury Hotel, they have COVID 19 Protocols in place. If you have questions or concerns contact me directly.

Be well, Kim



**Friday, November 19  
noon to 1:30  
Cost: \$10.00**

**Turkey w/Dressing  
Mashed Potatoes, Gravy,  
Squash, Cranberry Sauce  
Pumpkin Pie**

**Pre Order Only**

**This will be**

**Drive-Thru/Pick-Up only**

**Delivery Available to Senior Housing**

## COVID 19 Information



**November 10th  
1:00pm**

Dan Durkee, Senior Community Health Educator from Warren County Public Health will be here at the Center to present important COVID-19 information including things we can all do to remain safe and healthy this Holiday season, testing, vaccines and boosters, as well as answer any questions you may have regarding COVID-19. We will be holding this program in person as well as on Zoom for those who would prefer. If you would like to attend via Zoom please contact Stephanie Belden at the Center so she can send you a link prior to the program. Call the center to register 518-793-2189.



*from the desk of Ed Capezzuti*

## **Medicare**

As I am sure you know, it's open enrollment time for Medicare. You have until December 7th to join a plan or change your plan. The Center's Health Fair on October 7th was well attended, which may be a sign that people are looking at new plans or reassurance that the plan they are currently in is the right plan for them. If you change plans, your new plan will take effect on January 1, 2022.

If you do change plans and then feel that another plan would better meet your needs, a new rule was introduced a couple of years ago to provide you the opportunity to change from one Medicare Advantage plan to another Advantage plan in the months of January, February and March. If it all sounds confusing, I am here to help you.

## **Columbus Day Weekend**

It has been some time since my wife and I made the trip to Columbus to visit our girls and take in an Ohio State football game. Actually, the last football game I attended was the Ohio State win over arch rival Michigan in 2018. By the way, Ohio State won that game 62-39. It's a new season and fans can now attend games so we decided to attend the Maryland-Ohio State game on Saturday. The weather was perfect, 79 degrees, sunny and no wind. It was great that Deb and I, along with our two girls and their boyfriends, could all attend. Ohio State won the game but the highlight was that Chelsey and her boyfriend Kevin bought tickets for a raffle and won an OSU football signed by Archie Griffin, the only two-time Heisman Trophy winner. The Heisman Trophy is presented to the best college player of the year. He won in 1974 and 1975. Chelsey and Kevin gave me the football, which I am proudly displaying in my office at the Center. If you are interested in seeing the football, please feel free to stop by and take a look. That wasn't the end of the weekend. On Sunday, with the weather in the high 70's, my other daughter, MK, her boyfriend Kenny, and I, played a round of golf. It wasn't my best round but it was a beautiful day and I'm not sure if I have ever played golf in October. The weekend was still not over. Sunday afternoon, we attended the Italian Festival and had a fantastic time. There was much to see at the Festival and as you can imagine, the food was outstanding. Then, Monday rolled around and it was time to come back to reality, but what an unbelievable weekend!

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## **November's Crafty Ladies**

### **Crafts by Karen**

**Thursday, Nov. 4, 1:00**



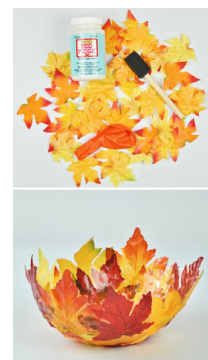
### **Crafting with Thelma**

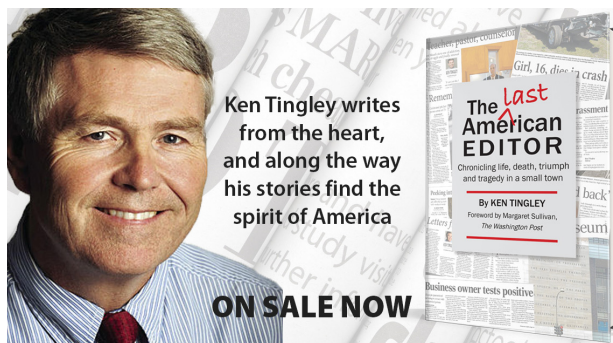
**Thursday, Nov. 11, 1:00**  
**Decoupage Holiday Plate**  
**Makes a perfect Holiday Gift**



### **Crafting with Stephanie**

**Thursday, Nov. 18, 1:00**  
**Decoupage Fabric Fall Leaf Bowl**





## KEN TINGLEY AT THE SENIOR CENTER

**Tuesday, November 9th  
1 pm**

Former Post-Star editor Ken Tingley, who worked at The Post-Star for 32 years, retired in July 2020 after 21 years as editor and 11 years as sports editor. Tingley just recently published the book "The Last American Editor," which is a collection of 83 columns that were originally published in The Post-Star. Tingley's book was classified as a #1 "Best Seller" and a #1 "Hot New Release" on Amazon last month. "Ken Tingley not only writes from the heart, but he writes about the hearts of others," wrote Cleveland Plain Dealer columnist Terry Pluto. "He tells great stories for those who live in his unique part of the world. Buy his book. Put it on the table next to your bed. When you've had a hard day, open it up: You can turn almost to any page and feel your heart restored."

Tingley will talk about his time as editor of The Post-Star, the future of newspapers as well as the content of his new book. The book is available around the region at the following locations: Chapman Museum in Glens Falls; Warren County Historical Society, Ace Hardware and The Silo in Queensbury; McKernon Gallery in Hudson Falls; Lake George Historical Society, the Lake George Steamboat Company gift store in Lake George; Maple Tree Books in Warrensburg; Trees Adirondack Gifts, The Sagamore, Bolton Landing; Battenkill Books in Cambridge; Northshire Books in Saratoga Springs; Book House at Stuyvesant Plaza in Albany; Friar Tuck Newsroom at the Albany-Rensselaer Train Station in Troy.



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the family and friends of:***

***David Fitch  
Jack Signorelli  
Paul Pontiff***

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# NOVEMBER 2021



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>1</b> 12:00 - Bridge Club 1:00 - Book Club 4:15 - GFSC Singers	<b>2</b> 1:00 - Turkey Trivia	<b>3</b> 1:00 - Reading w/Bea 1:00 - MahJongg	<b>4</b> 1 - Crafting w/Karen	<b>5</b> 1- Cooking w/Ed Live & on FB
<b>8</b> 12:00 - Bridge Club 4:15 - GFSC Singers	<b>9</b> 1:00 - Ken Tingley and his new book "The Last American Editor"	<b>10</b> 1:00 - Warren County Public Health Dan Durkee 1:00 - MahJongg	<b>11</b> 1:00 - Crafting w/ Thelma	<b>12</b> noon - 2:00 Veteran's Day Recognition Lunch
<b>15</b> 12:00 - Bridge Club 4:15 - GFSC Singers	<b>16</b> 1:00 - Adventure Awaits/Cornell Cooperative Go to Paris	<b>17</b> 1:00 - Annual Mtg.	<b>18</b> 1:00 - Crafting w/ Stephanie	<b>19</b> noon - 2:00 - Thanksgiving Luncheon
<b>22</b> 12:00 - Bridge Club 4:15 - GFSC Singers	<b>23</b> 1:00 - Newsletter Mailing	<b>24</b> 1:00 - Game Day 1:00 - MahJongg		<b>26</b> CENTER CLOSED
<b>29</b> 12:00 - Bridge Club 4:15 - GFSC Singers	<b>30</b> 1:00 - Deck the Halls!			



# WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 - OsteoBusters/RSVP (In-House &amp; Virtually)</p> <p>10:30 Line dancing w/ Ginny Allen (In-house)</p>	<p>9:00 - OsteoBusters/RSVP ( In-House &amp; Virtually)</p> <p>10:30 - Bingo</p>	<p>9:00 - OsteoBusters/RSVP (In-House &amp; Virtually)</p> <p>10:15 - 12:15 - Bridge, Scrabble</p>	<p>9:00 - OsteoBusters/RSVP (In-House &amp; Virtually)</p>	<p>9:00 - Tai Chi w/Sam (In-house &amp; Virtually)</p> <p>10:00 - Wii Bowling</p> <p>10:30 - Line Dancing In-House</p>

For more information on events, membership, senior services,  
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**DEC 9 - HOLIDAY  
CELEBRATION AT THE  
QUEENSBURY**

**DEC 10 - GIFTS FOR  
GOLDENS**

# INFORMATION YOU NEED TO KNOW

**Monday, Nov. 1**  
**Time: 1:00 pm**

**Book Club** -Join us the first Monday of every month. It's the place to be for great conversation. This month we will be discussing "Long Way Gone", by Charles Martin. Our book for December will be "A Single Thread", by Tracy Chevalier. Set in the 1930s, Chevalier's new novel follows a woman whose fiance died in World War I and who finds a sense of community among the guild of needlewomen embroidering kneelers for the pews at one of Britain's great cathedrals. —New York Times Book Review.

**Wednesday, Nov. 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. Offered in person and virtually.

**Thursday, Nov. 4**  
**Time: 1:00 pm**

**Art with Karen** - As the holiday season begins we will be making clay ornaments. See page 2.

**Tuesday, Nov. 9**  
**Time: 1:00 pm**

**Ken Tingley** - See page 3 for a complete write-up.

**Wednesday, Nov. 10**  
**Time: 1:00 pm**

**Warren County Public Health**- Dan Durkee will talk to us about the number of COVID 19 cases, how to understand the reports, and answer our questions. See page 1

**Thursday, Nov. 11**  
**Time: 1:00 pm**

**Crafting with Thelma** - As the holiday season begins we will be making holiday plates. See page 2.

**Tuesday, Nov. 16**  
**Time: 1:00 pm**

**Adventure Awaits/ Cornell Cooperative** - This program combines the two, we will travel to Paris and Marybeth from Cornell Cooperative will teach us to prepare some French cuisine. See page 7

**Wednesday, Nov. 17**  
**Time: 1:00 pm**

**Annual Meeting**- Our Annual meeting of the membership reviews annual reports, financials, and our Centers goals.

**Thursday, Nov. 18**  
**Time: 10:00 am**

**EPIC**-Michele Shulths presents EPIC, a plan for New York State seniors which will help pay for prescription drug costs. Come find out how EPIC can help you.

**Time: 1:00 pm**

**Crafting with Stephanie** - Join Stephanie as she makes a beautiful decoupage Fabric Fall Leaf Bowl that will surely make your Thanksgiving table unique and special!! See page 2

**Tuesday, Nov. 23**  
**Time: 1:00 pm**

**Newsletter Mailing**- Many hands make light work, join us as we prepare the newsletter for mailing. The more the merrier!!!

**Wednesday Nov. 24**  
**Time: 1:00 pm**

**Game Day**- Join us for an afternoon of fun. Play the game of your choice.

Tuesday, Nov. 30  
Time: 1:00 pm

Decorate the Center - Join us as we bring the Holiday season to the Sherman House.

**Reminder! Please call to reserve your spot in programs. Pre-Registration is required.**



***Cooking with Ed***  
***November 5***  
***1:00 pm***

**Ed's Chicken Sausage and Two-Grain Skillet**

- 2 tbsp olive oil
- 1pkg. (12 oz) fully cooked chicken apple sausage links, cut into 1/2 " slices
- 1 can (14 oz) chicken broth
- 1 c instant brown rice
- 1/2 c uncooked quinoa
- 1 red bell pepper, cut into thin strips
- 1 stalk celery, sliced diagonally
- 1 1/2 tsp curry powder or 1 tsp. turmeric
- 1/2 c thawed frozen peas
- 1/4 c finely chopped green onion

1. Heat oil in large skillet over medium-high heat. Add sausage, cook 3 minutes or until edges are browned, stirring occasionally.
2. Stir in broth, rice, quinoa, bell pepper, celery and curry powder; bring to a boil. Reduce heat to low, cover and cook 12 minutes or until liquid is absorbed.
3. Remove from heat; stir in peas. Let stand 5 min before serving. Sprinkle with green onions.



**Join us In Paris**  
**Tuesday, November 16 1:00pm**

**Adventure Awaits partners with Cornell Cooperative.**

Marybeth will create delicious crepes and we will tour Paris.

**Homemade Crepes**

Crepes are great for appetizers or the entree! You can spice them up or make them into a sweet treat. Looking into this recipe, I found many salty, savory concoctions as well as sweet chocolate-y ones!

**Ingredients:**

- 1 cup all-purpose flour
- 2 large eggs
- 1 Tbsp granulated sugar
- 4 tsp kosher salt
- 1 1/2 cup whole milk
- 1 Tbsp butter
- Any fillings you enjoy!

**Directions**

1. Whisk together flour, sugar, and salt until well combined. Create a well with this mixture and fill with eggs. Slowly add milk while whisking with each addition. Once you have created your batter, let stand at room temperature for 15-20 minutes or until the top is slightly bubbly.
2. In a skillet, melt butter over medium heat. Pour 1/4 cup of batter into the pan, making sure it is evenly covered.
3. Cook for 2 minutes, flip and cook for one more minute. Repeat until batter is all used.
4. Serve with your favorite fillings and enjoy!

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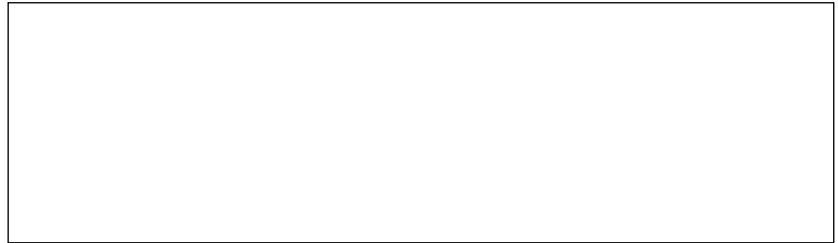


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