



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Health Watch • Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1120
November 2020

DIRECTOR'S CORNER



This has definitely been a trying year with COVID 19. So as we start the holiday season, it's so important to take care of yourself, both physically and mentally. I've recently read an article

from the Mayo Clinic reviewing ways to handle stress during the holidays. Thought I would share some of the tips:

- 1. Acknowledge your feelings.** If someone close to you has recently passed or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's ok to cry and not be happy during this time.
- 2. Reach out.** If you feel lonely or isolated, look for special events in the community that interest you. They can offer support and companionship. Always remember your Center family is here for you.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.
- 5. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- 6. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. This is one I need to work on!
- 7. Don't abandon healthy habits.** Don't let the holidays become a free-for-all.
- 8. Get plenty of sleep.** Incorporate regular physical activity into each day. Take a breather. Make some time for yourself. Take control of the holidays. Don't let the holidays become something you dread. With a little planning and some positive thinking, you can find peace and joy during the holidays.

Stay well!
Kim



Thanksgiving Lunch

Friday, November 20th

**Turkey with
dressing, mashed potatoes,
gravy, squash
cranberry sauce
For Dessert - Pumpkin Pie**

**This will be
Drive-thru/pick-up only
Delivery available
noon to two**

\$10.00

Sign up early -we have a limit of 50



**Annual Meeting
November 18th
1:30 pm**

The Board of Directors' President will present an overview of our last fiscal year. This will include the financial reports, the Executive Director's report, and the Senior Service Specialist report. There will be an election of new Board Members. The meeting will be available on Zoom and limited spacing in house. If you are unable to attend either by zoom or in house, please sign and return the included proxy.

From the desk of
Ed Capezzuti, Senior Service Specialist



What About Open Enrollment and News from Social Security?

I am in the process of receiving plan information from the insurance reps and when received, I will be happy to share it with you. In the year of Covid-19, it has been difficult to get all the information that we usually receive. On the good news front, we have been able to set up some presentations with our insurance reps. The schedule so far is as follows:

Monday, November 9: 1:00pm - Well Care/Today's Options - Cathy DeGregorio

Thursday, November 12: 1:00pm - Aetna (New to this area) - Ed Reilly

Monday, November 16: 1:00pm - CDPHP (5 star rating) - Will Lyons

Thursday, November 19: 1:00pm - United Health Care - Danielle Smith (virtually only)

As I am sure you will understand, seating for these presentations is very limited. If you would like to attend, please call the Center at 518-793-2189 to reserve a seat. The presentations will also be available on Zoom at the scheduled date and time. If you are interested in viewing by Zoom, please contact us to be emailed the invite. The center will be live streaming on our Facebook page. The video will be posted for viewing at your convenience. Please note the November 19th Presentation is a **virtual program only**.

I will keep you updated, if we are able to schedule additional presentations. Please remember, you can always contact me with any questions or concerns you may have.

Social Security News:

The Social Security Administration has just published a news release that there will be a cost-of-living adjustment (COLA) of 1.3% that will begin in January 2021. You will receive your notification by mail starting in early December about the new benefit amount. Always save this mailing from Social Security, as it may be used for other purposes. It is also projected that there will be an increase in the Part B deduction, amount to be determined, from your Social Security check. The current amount is \$144.60. No matter how it turns out, your social security check will not be less than it is currently.

Be well and stay safe,
Ed

Karen McGinn of Starting Point Studio in South Glens Falls will be guiding us as we create some truly beautiful Victorian Christmas Cards.

**Thursday, November 5th
1:30 Middle Room**



TAI CHI w/SAM

Fridays at 9 am. Sam will be having his class at the Center. It will also be available virtually.

No fee for Center members

Non-members \$10.00

Sign up required limited class size.

**Crafting with Stephanie
Tuesday December 1st
1:30**

Join Stephanie as she teaches you how to create this beautiful Christmas Tree. Sign up required.



Gifts for Golden's 2020

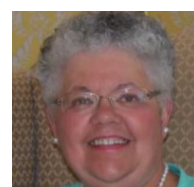
When so much in 2020 has been canceled, we are so grateful that we will be doing Gifts for Golden's. Over the last few weeks I have reached out to our partners in the senior housing units and nursing homes. They are excited to know the program will go on this year. After a meeting with our partner Adirondack Broadcasting, we have come up with a plan to continue the program in 2020. Of course we will be following all safety protocol. The program will run the same way, where you adopt a senior from the Froggy 100.3 facebook page. This year's drop off day will on December 10th. The big change in the drop off is that it will be on a drive-thru basis. Wrapping will be over a few days with a limited number of volunteers in order to follow guidelines.

Another new feature, you will be able to adopt a senior by purchasing a gift card, sending it in labeled with the seniors code. Santa's Elves will do the shopping for you. Stay tuned, the list will be posted in mid November on the Froggy100.3 Facebook page.

Last year with the great support from our community, we were able to bring a little holiday cheer to 282 Seniors. Let's make this year even more special.



A NOTE FROM DOTTIE



Hello friends,

It's the season to be thankful:

Falling leaves, sun
& winds Senior

friendships, beautiful rainbows -
all things we can be thankful for.

Vegetables are a must on my diet.
I suggest carrot cake, zucchini
bread, pumpkin pie.....

I'm wishing you Peace, Love and
Happiness on Thanksgiving. May
all the good things of the season
be yours.

Pumpkin Spice
and Everything Nice,
Dottie



Marie Edmonds
Angelo Gigante
Joyce Woodward



518 743-9158
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Helping Neighbors

COVID 19




PROTOCOL



NOVEMBER 2020




<u>Monday</u> 2	<u>Tuesday</u> 3	<u>Wednesday</u> 4	<u>Thursday</u> 5	<u>Friday</u> 6
1:30 - Book Club Limit 12	1:30 - Cards for Troops Limit 12	11:00- Cornell Coop Ext In-House & Virtual Limit 8	1:30 - Victorian Christmas Cards Limit 8	1:00 - Wii Bowling (middle, living room)
9 1:00 - WellCare/Today's Option Presentation Limit 12	10 1:30 - Downsizing w/ Marcia Limit 12	11 1:30 - Reading w/Bea Limit 12	12 1:00 - AETNA Presentation Limit 12	13 1:00 - Wii Bowling (middle, living room)
16 1:00 - CDPHP Presentation Limit 12	17 1:30 - Adventure Awaits - Alaska Limit 8	18 1:00 - Annual Meeting - In-house (limited) and Virtual	19 1:00 - United Health Virtually Only Limit 12	20 The only program offered today is TaiChi Starting noon - Our Thanksgiving Take-Out Lunch - menu front page
23 1:00 - Newsletter Mailing Limit 12	24 1:30 - Movie - Rocket Man Limit 12	25 1:30 - Cider/Donuts and Music w/Bea Limit 8	26 	27 CENTER CLOSED
30 1:00- Center Decorating for the Holidays	<div>Don't Forget!</div> <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 NEXT MONTH

Masters of the Universe continues

Cooking w/Chef Ed

Spectacular Drive-Thru Lunches

Gifts for Goldens

Adventure Awaits:

- Dec. -Riverboat Cruise to the Christmas Markets of Europe
- * Jan. -Alaska - the Inside Passage
- Feb. - The Copper Canyon, Mexico

INFORMATION YOU NEED TO KNOW

Monday, November 2
Time: 1:30
Location : Middle Room

Book Club: We will be discussing **The Innocent** by David Baldacci. Our Dec. book will be **The Air You Breathe**, by Frances dePontes Peebles. An absolute masterpiece...beautifully rendered...**The Air You Breathe** manages to weave together the delicious tales of interpersonal relationships with the art of music making, while never losing sight of its reader/audience...Peebles is a master at sustaining dramatic tension, a wizard with intrigue and language, and a skilled curator of intimacy and queerness, and the high-stakes nature of subsisting off art—altogether a masterful book, sure to enthrall from beginning to end.

Tuesday, November 3
Time: 1:30
Location : Middle Room

Cards for Troops - Eight people are welcome to sign holiday cards to put into care packages for Operation Adopt-A-Soldier. Donation items for the boxes and greeting cards are always being accepted. Sign up ASAP

Wednesday November 4
Time: 1:30
Location : Middle Room

Cornell Cooperative -If you have ever wondered about what to do with leftover turkey, then come and for a workshop with MaryBeth from Cornell Coop. Ext. We will make healthy and delicious turkey pot pie soup together!

Thursday, November 5
Time: 1:30
Location : Middle Room

Crafting w/Karen see page 2

Monday, November 9
Time 1:00
Location: Middle Room

Well Care/Today's Option - A rep will be at the Center to discuss the 2021 plans and answer any questions you may have. In-house and Virtual - Space is limited - sign up

Tuesday, November 10
1:30
Middle Room

Downsizing W/Marcia - Do you have a houseful of stuff? Why is it so hard to part with your possessions? Come find out the keys to downsizing. Limited seating, so sign up is a must.

Thursday, November 12
Time 1:00
Location: Middle Room

AETNA - A rep will be at the Center to present the 2021 plans and answer your questions. In-House and Virtual. Sign up required.

Monday, November 16
Time 1:00
Location: Middle Room

CDPHP -A rep will be at the Center to present the 2021 plans and answer your questions. In-House and Virtual. Sign up required.

Tuesday, November 17
Time 1:00
Location: Middle Room

Adventure Awaits - We're Off to Alaska! Its mountains are breathtaking. Its characters, colorful. Alaska's beauty is...staggering. Experience the beauty of The Land of the Midnight Sun.

Wednesday, November 18
Time 1:30
Location: Middle Room

Annual Business Meeting -In-House (limited) and Virtual

Thursday, November 19
Time 1:00
Location: Middle Room

United Health Care - A rep will be at the Center to discuss and to answer any questions you may have. In-House and Virtual. Sign up required.

Monday, November 23
Time 1:00
Location: Middle Room

Newsletter Mailing - Join with us as we prepare our newsletter for mailing and just enjoy getting back together. You must sign up - space is limited.

Tuesday, November 24
Time: 1:30
Location : Middle Room

Movie "Rocket Man" This one-of-a-kind musical biopic depicts the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll. **Sign up required limited seating.**

Wednesday, November 25
Time: 1:30
Location : Middle Room

Cider/Donuts and Music w/Bea - Let's take a musical stroll down memory lane with songs reminding us of the changing seasons. We'll gently sing, appropriately spaced, about Weather and the Spirit of the upcoming year-end Holiday Season. No vocal experience necessary, but don't forget to bring your warm hearts and a community spirit! Lyrics will be provided and a yummy tummy-warming snack will help us along.

Making Gnomes



Shoeboxes, Shoeboxes,



150 boxes
ready to go!!!



It is with sadness we note the passing of members:



James Harney
Jane Wilshere
Virginia (Ginny) Ransom

Our thoughts are with family and friends


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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.



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