



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1021  
October 2021



### DIRECTOR'S CORNER

October is a busy month for the center. With COVID numbers increasing, I'm sorry to say we have decided to cancel our

Halloween Bash at the Fort William Henry. But WE GOT THIS with a Halloween drive thru lunch.

Join us on October 27th  
for Our Halloween Luncheon

Time: noon to 2

Ghoulish Ghoulish

Skeleton Coleslaw

Witches Roll and a Zombie Dirt Cup for dessert

Cost \$10

Delivery to Senior Housing

Thank you to our Sponsor



Here are some Halloween fun facts !!

1. There's a \$1,000 fine for using or selling Silly String in Hollywood on Halloween. The prank product has been banned in Hollywood since 2004. The city ordinance calls for a maximum \$1,000 fine and/or six months in jail for "use, possession, sale or distribution of Silly String in Hollywood from 12:01 AM on October 31 to 12:00 PM on November 1."

2. Candy Corn was originally known as "chicken feed." Invented by George Renninger in the 1880s, Candy Corn was originally called "butter cream candies" and "chicken feed"

3. Halloween is the second-most commercial American holiday of the year.

Best wishes. Kim

*Jim Allen's Famous*



**FRIDAY OCTOBER 8TH**

**3:30 to 6 PM**

**COST \$12**

**TICKETS MUST BE PURCHASED BY  
OCTOBER 1ST.**

1/2 BAR-B-Q CHICKEN, BAKED POTATO,  
CABBAGE SALAD, DINNER ROLL, &  
CUPCAKE

GLENS FALLS SENIOR CENTER PARKING  
LOT - DRIVE THRU/PICK UP ONLY  
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PROCEEDS TO BENEFIT THE GLENS FALLS  
SENIOR CENTER

*We thank our sponsor:*



*Glady Fraier  
Frank Sear*



*from the desk of Ed Capezzuti*

### ***Our Summer Vacation***

We were very lucky this summer as my wife's uncle, Jim, gave us his timeshare in Marco Island, Florida, for a week in August. Now maybe Florida in August doesn't sound so good, as you might think of very hot weather and Covid-19. You are correct about the hot weather, but Marco Island is worth the trip any time of the year. His timeshare is directly on the beach and the Gulf water is absolutely fantastic. Our daughter, MK, did join us, but our other daughter, Chels, was unable to get away from work, as she was working on two important cases.

You may remember that in an earlier article I said I wasn't a morning person. Well, you can add to that - I am not a good flyer either! With that said, we did get up at 3:45 am to make our way to the Albany airport. You have to admit, that's early. Once at the airport, we found it to be absolutely packed! It was so packed that we thought we were going to miss our flight, but the staff at the airport did a great job in getting everyone through security.

Once we arrived in Florida, it was a fantastic week. The weather was great (it only rained one morning and late one night), the restaurants were great, the water was nice and warm and we did get to visit with Deb's aunt and uncle. They are wonderful people! As you can imagine, the week flew by and it was time to leave. My wife opted for the later flight out, which had a layover in Baltimore, Md. We were scheduled to leave Baltimore at 9:30 pm. As we boarded the flight, there seemed to be something wrong. Remember, I'm not a good flyer to begin with, although I have gotten much better. I no longer feel the need to memorize the safety information sheet and I no longer wear rosary beads around my neck! I have come a long way with flying. The captain came on the speaker and indicated there was a problem and that the flight would be delayed. As it turned out, it was an unruly passenger. Then everything got worse. The captain said that there was a bomb threat on our plane and all passengers had to evacuate the plane. The Baltimore police were on the scene and brought in a bomb sniffing dog. After about two hours, the plane was given the all clear. Not being a good flyer, I did ask the police officer for his thoughts about the all clear! He was totally confident the plane was safe and not to worry. Easy for him to say! We boarded again and landed safely in Albany at 12:15 am. Made it home at 2:00 am, tired but thankful for a safe trip and a great vacation!

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## ***October's Crafty Ladies***

### ***Crafts by Stephanie***

***Thursday, October 7***

***\*\*\* 10:00 am \*\*\****

***Fall Gnome***



### ***Art With Karen***

***Thursday, October 14***

***1:00pm***

***Holidays are coming!  
Create an Air-Day Clay  
Bowl & Heart set***



### ***CRAFTING WITH THELMA***

***Thursday, October 21***

***1:00pm***

***Fall Plates***



**Turning 65?**  
**Need Medicare?**

**Thursday**  
**October 7th**  
**1:00 pm**

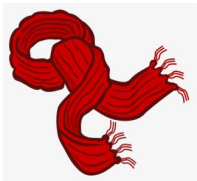
Hanna Hall, Aging Services Specialist, HIICAP Coordinator from the Office for the Aging, will present **Medicare 101**. This information is important as it explains how Medicare works and the benefits of supplementing Medicare with an Advantage Plan or a Supplemental Plan. This information is not only important for you but for someone who is new or will soon be new to Medicare. If you know someone who would benefit from this information, please encourage them to attend. Additionally, we will have insurance reps on sight to answer your questions and distribute information about their particular insurance plans. Reps will be here at noon so come early and get your questions answered before the presentation or if you prefer, see them after the presentation.

October 19th	Candy Rivera Whitehead	MVP	1:00 pm
October 20th	Megan McCormick	Humana	1:00 pm
October 22nd	Stephanie Krieger	Blue Shield	1:00 pm
October 26th	Will Lyons	CDPHP	1:00 pm
October 28th	Cathy DeGregorio	WellCare	1:00 pm
October 29th	Sibyl Masten	United Healthcare	1:00 pm



**Pumpkin Decorating Contest**

Friday, October 15th at 1:00pm  
A chance to win a \$25 Hannaford Gift Card and other prizes. Bring your creative ideas to decorate a pumpkin. Pumpkin and supplies will be provided. We will take photos and post on our facebook page for voting. Winners will be announced at our Halloween Drive Thru.



**THE RED SCARF PROGRAM**

Please consider making a scarf for a former foster child now in college. Foster Care to Success collects and distributes. The scarf should be 60 inches long and 5 to 8 inches wide. Can be knit or crochet. Mostly red but may have a small stripe or pattern contrasting. Scarves need to be dropped off to the center by December 3rd. Please contact Darlene Farenell 518-636-3117 with any questions.

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(TTY: 1-800-662-1220)





Warren/Washington

**RSVP**



# OCTOBER 2021



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>4</b> 12:00 - Bridge Club 1:00 Book Club 4:15 - GFSC Singers	<b>5</b> <u>No Bingo</u> Session 1 12:30 - 1:30 Session 2 2:00-3:00 Shoobox Packing Party	<b>6</b> 1:00 - Reading w/Bea 1:00 Mah-jongg	<b>7</b> 10:00- Crafting with Stephanie 1:00- Medicare 101	<b>1</b> Staff AED training No Activities
<b>11</b> CENTER CLOSED	<b>12</b> 1:00 - Cooking w/Ed	<b>13</b> 1:00 - Game Day 1:00 Mah-jongg	<b>14</b> 1:00 - Art w/Karen 5:00 - Sherman Garden Ceremony	<b>15</b> 1:00 - Pumpkin Decorating Contest.
<b>18</b> 12:00 - Bridge Club 4:15 - GFSC Singers	<b>19</b> 1:00 - MVP	<b>20</b> 1:00 - Humana 1:00 Mah-jongg	<b>21</b> 10:00 -Newsletter mailing 1:00 - Crafting with Thelma	<b>22</b> 1:00 - Blue Shield
<b>25</b> 12:00 - Bridge Club 4:15 - GFSC Singers	<b>26</b> 1:00 - CDPHP	<b>27</b> noon - Halloween Luncheon	<b>28</b> 1:00 - Well Care	<b>29</b> 1:00 - United Health

# WEEKLY ACTIVITIES

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

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

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



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NOV. 17 - GFSC ANNUAL MTG

NOV 19 - THANKSGIVING  
DINNER

NOV 30 - DECORATE THE  
CENTER FOR THE HOLIDAYS

DEC 9 - HOLIDAY PARTY AT  
THE QUEENSBURY HOTEL

# INFORMATION YOU NEED TO KNOW

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**Monday October 4**  
**Time: 1:00**  
**Sherman Room**

We will be discussing “ We Begin At The End” by Chris Whitaker . Our November book is “Long Way Gone”. From New York Times best-selling author Charles Martin comes a radical retelling of the prodigal son story. Cooper O’Connor thought he could make it big as a musician, but he promptly lost it all. Can he repair his relationship with the father who never stopped calling him home?

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**Tuesday, October 5**  
**Time: 1:00**  
**Middle Room**

**10:00 - 3:00** Come one - Come all to our Operation Christmas Child Shoebox Packing Party. Help us pack the shoeboxes for a special child. We will be packing in two shifts 12:30 to 1:30 and 2-3 like last year. Please register for this program .

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**Wednesday, October 6**  
**Time: 1:00**  
**Middle Room**

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.

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**Thursday, October 7**  
**Time 10:00**

Crafting with Stephanie - See page 2

**Time: 1:00**  
**Middle Room**

Medicare 101.- Hanna Hall, Aging Services Specialist, Office of the Aging, will present a review of Medicare .

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**Tuesday, October 12**  
**Time: 1:00**  
**Middle Room**

Cooking With Ed -Join Ed as he prepares Pasta Campagnola. See the recipe on the next page.

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**Wednesday, October 13**  
**Time: 1:00**  
**Middle Room**

Game Day - 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.

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**Thursday, October 14**  
**Time: 1:00**  
**Middle Room**

Art w/Karen (see page 2)

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**Friday, Oct 15**  
**Time: 1:00**  
**Middle Room**

Pumpkin Decorating Contest - Be creative and decorate your pumpkin. We will post pictures of each pumpkin on our Facebook page for you to vote on. We will have prizes for 1st, 2nd, and 3rd. Winners will be announced at our Halloween drive thru lunch.

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**Thursday, October 21**  
**Time 10:00**

Newsletter - we’ll be preparing the newsletter for mailing. Come on in - Good company

**Time: 1:00**  
**Middle Room**

Crafting with Thelma page 2

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Wednesday, October 27

Time: 1:00

Drive thru

Halloween Bash - see details on page 1

***Reminder! Pre registration is required for all programs.  
It helps us to know the attendance numbers.***



**Cooking with Ed  
Tuesday  
October 12th  
1:00 PM**

3 TSP Olive Oil  
8 ounces Italian Sausage  
casing removed  
1 medium onion Finely Chopped  
1 red bell pepper cut into strips  
2 cloves of garlic - minced  
1/3 c of dry white wine  
1 can (28 ounces) crushed tomatoes  
1 can (8 ounce) tomato sauce  
4 Tbsp chopped basil  
1/2 tsp salt  
1/4 tsp black pepper  
1/8 tsp red pepper flakes  
1 package uncooked rigatoni  
1/4 c grated Romano cheese  
1 pkg (4 ounces) goat cheese  
cut crosswise into 8 pieces.

### **Pasta Campagnola**

1. Heat oil in Dutch oven over medium heat. Break sausage into 1/2 inch pieces: add to Dutch oven. Cook about 5 minutes or until browned, stirring occasionally. Add onion and bell pepper, cook and stir 5 minutes or until vegetables are softened. Add garlic; cook and stir 1 minute.
2. Stir in wine: cook 5 minutes or until most of liquid has evaporated. Stir in tomatoes, tomato sauce, 2 Tbsp of basil, along with salt, black pepper and red pepper flakes; bring to a boil. Reduce heat to medium-low; cook 20 minutes or until sauce has thickened slightly.
3. Add hot cooked pasta, Romano cheese and remaining 2 Tbsp of basil to the sauce: stir gently to coat. Cook until heated through.
4. Top each serving with 1 or 2 slices of goat cheese, garnish with additional basil.



***Our Sincere Condolences are with  
the family and friends of:***

***Roberta Ann Converse  
Marie "Margaret" Mulcahy***

  
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