



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Crafts and  
Cooking with Ed

• Program That Engage and  
Inspire

• Upcoming Events

Monthly Issue 1020  
October 2020

### Message from the Board President

**HOORAY!** We have successfully reached the end of our fiscal year (Sept. 30) with a reasonable amount of funds to begin our 2020-21 budget cycle. This was not accomplished without the continued/extra support of our members. **THANK YOU!** I also extend appreciation to Center staff for their participation in the July-Sept. Employee Payroll Reduction Plan (EPRP) which generated payroll savings. As you can imagine, the "COVID-19" March-Sept. budget period was only successful with EVERYONE'S cooperation, ideas and extra efforts.

We now begin our 2020-21 budget along with the continuing COVID-19 restrictions. As I write this note, I am hoping our Glens Falls Kiwanis Duck Race event was a success, as we owe a heartfelt thank you to the Kiwanis for allowing the Center to be one of their annual Duck Race funds recipients. Also, I say thank you to the Duck Race anonymous donor. The extra free tickets were a big success! Additionally, I hope our annual Spaghetti Dinner (take-out style) was as beneficial as our recent Chicken Barbecue, which was a big success. A special **THANKS** is once again extended to staff and my fellow Board of Directors for all of their assistance at these fundraising events.

Everyone should have received their annual dues letter in the past month. On behalf of the Board of Directors, I wish the annual dues could have remained at \$20. but with prices increasing in today's economy, that was not possible. As stated in your dues letter, this increase amount is less than a dollar a month and will allow the Center to partially offset the rising costs to maintain our building and pay our expenses in a timely matter. We will continue to create fundraising opportunities for everyone to participate in and support our Center. It is our hope that we will be allowed to begin attending outside events using our van to transport members. However, as you know, we **MUST** follow all COVID-19 protocols which means no more than 3 members at one time in the van. (Boo!)

In closing, I again say **THANKS** to everyone for your support! Also, a reminder that our annual membership meeting scheduled for Wednesday, Nov. 18th, will be very restricted regarding members attending (due to COVID-19 protocols), so please call the Center to reserve your seat. I hope that anyone who is not able to attend will notify the Center with your **PROXY** votes regarding our annual required agenda matters of business.

Thank you,

Harold McKinney, President - Board of Directors



It's ooey and  
It's gooey

Mysterious and spooky  
Altogether yummy!

Our very own Goolash  
Lunch including dinner roll,  
cabbage salad  
Ooo Sooo Spooky Cupcakes!

October 30th

Drive-Thru- Pick-Up only

Cost: \$8.00

Sign up early - Limited to 50



**Turning 65?**  
Need Medicare?

If you are turning 65 or if you know someone who is turning 65, join us for our Medicare 101 session on October 13 at 1:00pm. Hanna Hall from the Office of the Aging will explain how to sign up for Medicare and how Medicare benefits work. It will be an interesting session with important information and a must for anyone who is 65 or turning 65 on their next birthday.

# DIRECTOR'S CORNER



Happy Fall

I would like to thank all our members for your support during these tough times. Your support has helped the Center survive financially. I'm working on additional funding sources, as we have said in the past, if you have any ideas for fundraising please let me know.

What's the rest of 2020 look like for the Center? We have decided to continue our monthly luncheon on a drive-thru basis and delivery to those who need it. Also each luncheon will have one lucky winner of a door prize. Our first will be our Halloween Luncheon. Watch the newsletter for information on the upcoming Thanksgiving luncheon with Dottie's wonderful turkey. As for the Christmas Banquet we have canceled for this year due to COVID. Staff will be creating a special Christmas drive-thru luncheon. The year end party will be held in-house with limited seating and available virtually. Stephanie will be the DJ and hopefully we can encourage Ryan to attend for some added fun. As far as cards and other games, as soon as the staff can figure out a way to play while following the protocols we will start them up. Stephanie and Bev have already been working on the schedule through the end of the year. They have some exciting programs planned which will be available in-house and virtually. Be sure to watch for more information in the newsletter, website and social media.

We understand this has been a very challenging year, the Center is always here for you. Please, if you need anything, let us know.

Stay safe and best wishes

Kim

ALWAYS REMEMBER

**WE GOT THIS**



## Operation Christmas Child Shoebox

October 8 will be our Shoebox packing day. It will be done a little differently this year due to the COVID19 restrictions. We will be packing in two sessions. Please sign up for either  
Session 1-12:30-1:30  
Session 2 -2:00 - 3:00.  
Limited to 12 persons  
at each session.  
Masks and distancing will be carefully followed.

## Masters of the Universe

Presentation by Karen McGinn

Since we had to cancel last month's presentation, we are rescheduling. On October 1 we will explore the artistry of Henri Matisse and recreate one of his hand painted paper cuttings, using white paper, tempera paint and wacky scissors. Please sign up ahead of time if you would like to attend.



## 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.



"EVERY LEAF SPEAKS BLISS  
TO ME, FLUTTERING FROM  
THE AUTUMN TREE"...  
EMILY BRONTE

# SENIOR SCENE

## **This has been a very unusual year, which has created a challenge for our Annual Health Fair**

As many of you know, October is the month in which we hold our annual Health Fair. We talk about Medicare and the insurance reps are here to answer your questions. After the one-day presentation, we then invite each rep back to spend a day here to present details on their particular plan and again have your questions answered. In the past, many of you have attended both the Health Fair and the insurance presentations. Unfortunately, due to Covid-19, we are unable to have our Annual Health Fair as we know it. Our plan, at this time, is to present Medicare 101 on October 13th and not have the insurance reps here. Attendance will be limited and those who do not attend will be able to watch the presentation on our Facebook page. Each rep will still be invited to the Center, at some time during open enrollment, to present their plan and answer your questions. We will have limited seating and, again, you can watch the presentations on our Facebook page. It is not as we hoped it would be, but yes, this has truly been an unusual year. Remember, open enrollment is October 15th thru December 7th. Open enrollment is a time for you to decide to stay with your current plan or change plans. It's important for us to provide you with enough information about each plan so that you have the plan that is most affordable for you and provides you with the coverage that you need. Going forward, as we set up times for the insurance reps to present their plan, we will contact you via a robo call (remember it's a 617 area code) and we will also post dates and times on our Facebook page and on our website. As always, please feel free to contact me here at the Center (518-793-2189) or stop in with any questions or concerns that you may have.

We are approaching HEAP (Home Energy Assistance Program) season. If you received a HEAP benefit last year, you will soon be receiving your recertification information. If you are interested in HEAP and have not had it in the past, the enrollment opens November 2. HEAP helps low-income people pay the cost of heating their homes. Gross monthly income eligibility is \$2,610 (1 person household), \$3,413 (2 person household), \$4,216 (3 person household). When completing your application or if you have questions about HEAP, please give me a call or stop by.

Ed Capezzuti,  
Senior Services Specialist



## *NOTE FROM DOTTIE*



Welcome to fall  
..colorful leaves  
...pumpkins  
.....cool, crisp  
mornings

**Why do pumpkins sit on  
people's porches?**

**They have no hands to knock  
on the door**

**What did the pumpkin say to  
it's carver?....  
Cut-it-out**

**Why was the Jack-O-Lantern  
so forgetful?...  
Because he was empty-headed**

**Why are Jack-O-Lanterns  
so smart?...  
A candle makes them bright**

**What did the ghost  
serve for dessert?...  
I Scream**

**Have a fun-filled Halloween,**

**Dottie**



**Neighbors  
Helping Neighbors**



# OCTOBER 2020



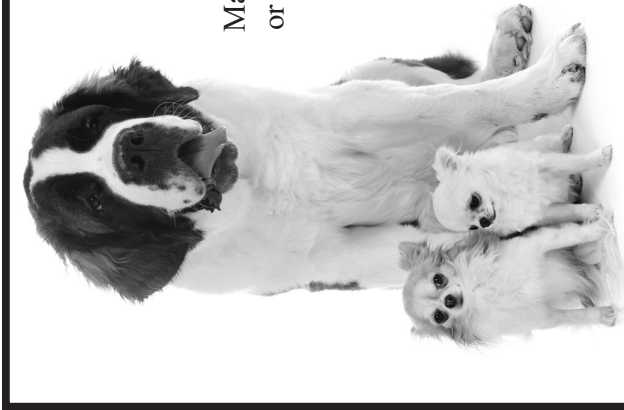
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			<b>1</b> 1:30 - MASTERS OF THE UNIVERSE Limit 8	<b>2</b> 1:00 - Wii Bowling (middle, living room)
<b>5</b> 1:30 - Book Club	<b>6</b> 1:30 - Halloween Trivial Pursuit	<b>7</b> 1:30 - Reading With Bea	<b>8</b> ShoeBox Packing 12:30-1:30 or 2:00-3:00	<b>9</b> 1:00 - Wii Bowling (middle, living room)
<b>12</b> Center Closed Columbus Day	<b>13</b> 1:00 - Medicare 101	<b>14</b> 1:30 - Stephanie - Cornell Cooperative Ext: Sugar, Sugar, Sugar!!!	<b>15</b> 1:30 - Crafting w/Steph	<b>16</b> 1:00 - Wii Bowling (middle, living room)
<b>19</b> 1:30 - Cooking W/Ed	<b>20</b> 1:00 - Newsletter mailing Limited to 12	<b>21</b> 1:30 - Crafting w/Thelma	<b>22</b> 1:00 - Movie - Hocus Pocus	<b>23</b> 1:00 - Wii Bowling (middle, living room)
<b>26</b> 1:30 - Family Feud with Stephanie	<b>27</b> 1:30 - Margaret Brink - Folk Music and Dancing	<b>28</b> 1:30 - Let's Travel...Back to Salem, Mass., 1692-93	<b>29</b> 1:30 - Special Halloween Bingo	<b>30</b> Starting at noon - Halloween Lunch Limit 50

# WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/RSVP (Available Virtually)  11:00 Line dancing w/ Ginny Allen (In-house)	9:00 - OsteoBusters/RSVP (Available Virtually)  10:30 - Bingo (Virtually and In-House)	9:00 - OsteoBusters/RSVP (Available Virtually)	9:00 - OsteoBusters/RSVP (Available Virtually)	9:00 - TaiChi w/Sam (In-house & Virtually)  10:30 - Line Dancing In-House

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

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### COMING UP.....

Masters of the Universe continues

Cooking w/Chef Ed

Spectacular Drive-Thru Lunches

Adventure Awaits

- Alaska
- Riverboat Cruise to the Christmas Markets of Europe
- The Copper Canyon, Mexico

Keep watch in The Spotlight, On FaceBook and the Website.



# INFORMATION YOU NEED TO KNOW

**Thursday, October 1**  
**Time: 1:30**  
**Location : Middle Room**

**Masters of the Universe** -Be a part of this exciting new series during which we will be looking at the works of various masters of the art world and then create a master-piece of our own. See page 2 for detailed information.

**Monday, October 5**  
**Time: 1:30**  
**Location : Middle Room**

**Book Club:** We will be discussing Shall We Tell The President?, by Jeffrey Archer. November's book will be The Innocent by David Baldacci. America's best hitman was hired to kill--but when a D.C. government operation goes horribly wrong, he must rescue a teenage runaway and investigate her parents' murders in this #1 New York Times bestselling thriller. It begins with a hit gone wrong. Robie is dispatched to eliminate a target unusually close to home in Washington, D.C. But something about this mission doesn't seem right to Robie, and he does the unthinkable. He refuses to pull the trigger. Now, Robie becomes a target himself and is on the run.

**Tuesday, October 6**  
**Time: 1:30**  
**Location : Middle Room**

**Halloween Trivial Pursuit-** Have an afternoon of fun playing Halloween Trivial Pursuit w/Stephanie.

**Thursday, October 8**  
**Time: 12:30-1:30 or**  
**2:00-3:00**

**Shoebox Packing - See Page 2 for details**

**Tuesday, October 13**  
**Time: 1:30**  
**Location : Middle Room**

**Medicare 101** - find details in Ed's column and on the front page  
virtual and in-house (limited)

**Wednesday October 14**  
**Time: 1:30**  
**Location : Middle Room**

**Sugar, Sugar, Sugar-** Stephanie from Cornell Cooperative Ext. will be presenting a discussion of sugar sweetened beverages. We will be discussing the difference between natural and added sugar. Snacks and recipes will be provided.

**Thursday, October 15**  
**Time: 1:30**  
**Location : Middle Room**

**Crafting w/Steph-** Join us for a creative afternoon of fun. We will be creating a beautiful fall center piece with wine glasses as shown in the picture. Space is limited to 8, reserve your spot.



**Monday, October 19**  
**Time: 1:30**  
**Location : Middle Room**

**Cooking w/Ed** - Our master Chef will be preparing an entree of Fettuccine Alfredo w/bacon bits and scallions. It will be available virtually as well as in-house. Space is limited, reserve your spot today.

**Wednesday, October 21**  
**Time: 1:30**  
**Location : Middle Room**

**Crafting w/Thelma** - Thelma from Starting Point Studio will be leading us as we transform cigar boxes into treasure boxes.

**Thursday, October 22**  
**Time: 1:30**  
**Location : Middle Room**

**Hocus Pocus.** Enjoy the fun as three outlandishly wild witches return from 17th Century Salem for a night of zany fun and comic chaos. A little Halloween surprise from center staff. Don't miss the fun. Limit 12

**Tuesday, October 27**  
**Time: 1:30**  
**Location : Middle Room**

**Folk Art Music and Dance-** Margaret Brink "Come join in moving to international folk dance music! We will get acquainted, do some warm ups and be socially distanced. The music will be Israeli, American and European." Limit 8

Wednesday, October 28  
Time: 1:30  
Location : Middle Room

Let's Travel...Back to 1692 -Come hear the tale of Salem, Massachusetts...if you dare.....  
Reserve your spot. Limit 8

## HALLOWEEN 2020

H Y B R O O M S T I C K G S J  
M A J S P Q B W U L Z X H K R  
C T U A J I C V E P Z B O E B  
P G R N C F S O A P G A S L N  
L O T I T K J P S P J T T E E  
O B Q H C E O P O T P S P T Y  
C L G B O K D L U O U L B O E  
A I G C M C O H A M K M E N B  
N N O O W H U R O N P Y E S A  
D K B V I A C S T U T K K S L  
Y S L I T Y R Z P R S E I P L  
C C I D C R E J E O E E R N S  
O A N Q H I E B O K C A H N S  
R R S O E D P C O X B U T G S  
N Y P E S E Y F X B L W S X O

### WORD LIST

HAUNTED HOUSE  
CREEPY  
WITCHES  
APPLES  
HAYRIDES  
JACK O LANTERNS  
HOCUS POCUS  
GOBLINS  
COSTUMES  
SKELETON  
BATS  
EYEBALLS  
TRICK OR TREAT  
BROOM  
COVID  
SCARY  
PUMPKIN  
SPOOKY  
CANDY CORN  
GHOST

It is with sadness we note the passing of members:



Jane C. Patten  
Karen Prouty

Our thoughts are with family and friends

  
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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 55 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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