



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Health Watch • Games That Engage and Inspire

• Upcoming Events

Monthly Issue 920
September 2020

Happy Summer to everyone! Boy, has this COVID-19 “thing” really raised havoc with our normal Center activities. I am very pleased to announce that as of the end of July, our fiscal numbers are remaining OK. Despite the flood in our Wii bowling room and the required parking lot drain work which was unexpected, we have managed to move forward. THANK YOU to all members for your donations and especially your patience during the first two months of our Center reopening. As I write this note, we are planning a yard sale and Jim Allen’s famous drive-thru chicken barbecue. Hopefully, you were able to participate in these first two fundraising events which appeared on our Facebook page and newly updated website. Also, remember to answer our “robo” calls (from area code 617), as this is another way to stay informed about Center activities. Make sure to check out our monthly calendar in each newsletter.

Speaking of fundraisers, the Glens Falls Kiwanis has once again named the Center as a recipient of their annual “Duck race” event. Due to COVID-19, they have modified this event with a \$3,000 winner along with several other prizes. We have tickets at the Center and I hope you received your letter from Kim explaining how easy it is for you to get your ticket(s). Remember, all of your support for tickets sold at the center comes back to the Center.

Also, I hope you are hungry for our annual spaghetti dinner (take-out only) which is scheduled for Thursday, Sept. 24th. Again, watch our Facebook page, website, or wait for your robo call. Tickets are available at the Center so give us a call to reserve your take-out dinner.

In closing and on behalf of your Board of Directors, as well as the entire Center staff, I extend a HUGE THANK YOU to you for your support in keeping your Home Away from Home moving forward during these very unusual times. To quote your Center staff, “WE GOT THIS.”

Harold McKinney, B.O.D. President



Kiwanis Club of Glens Falls Virtual Duck Race 2020

Win \$3,000

Online drawing

September 19th at 12:31PM

**Support the center with a chance to win
All ticket proceeds sold by the center
goes back to the center.**



It's Time for our Special Spaghetti Dinner Fundraiser September 24th

**Support our programs and enjoy
our fabulous spaghetti and
meatball dinner, served with roll,
tossed salad and dessert!!!**

**Drive thru - pick-up only
Tickets must be purchased by
Sept. 17th
Cost: \$12.**

**We will deliver to
Senior Housing location**

DIRECTOR'S CORNER



This has been a challenging summer with COVID 19 affecting everything we would normally do and look forward to during the summer months. No concerts in the park, no fireworks or parades, graduation parties, weddings and many other things. It's amazing how much these past few months have changed our way of life, even the children. I was playing with my granddaughters ages 7 and 4, we were playing with toy animals and she was the vet. I was going to my appointment with her, she says, "Stop Nana, COVID you have to sign in and I will go to your car to get your pets then call when they are ready." The next day I'm playing cars with my grandson age 3. He pulls his car up to the Walmart on his road carpet. "Nana get your mask, we need to go to Walmart." Talk about impact on our world!

Here at the center we are doing everything we can to get back to normal or should I say the new normal. We are trying to plan the remainder of 2020, which is a challenge. It looks like we won't be having any in-house luncheons at this point, but we are going to continue to schedule them for pickup or delivery to senior housing. The Staff is looking for new ideas that our members may be interested in attending. Please let them know of any ideas you have for programs. Due to protocols, our programs have limited seating and are available virtually. Osteobusters will be virtual for a bit longer until RSVP has approved classes in person at the center. Rest assured we are doing everything at the center to protect our members and staff.

As we end our weekly staff meetings,

WE GOT THIS

Operation Christmas Child Shoebox

Anyone who has completed projects can now drop them off at the Center anytime.

We are in need of school supplies:
24 pack crayons
erasers
blunt tip scissors
small notepads
boys t-shirts sizes 10 and 14

Also, anyone who wishes to make facecloths, we have the cotton yarn available.

There will be two sessions,
September 16th and 30th
at 1:30pm

Masters of the Universe

Each month learn about one of the great masters of Art. The class will allow you to try your hand at their techniques.

In September we work with Henri Matisse and recreate one of his hand painted paper cuttings, using white paper, tempera paint and wacky scissors.



Lets Travel

We tried to go to Hawaii in March but Covid changed our plans. So we thought we would try again. Join us for a virtual tour of Hawaii. Dress in your favorite Hawaiian outfit and enjoy a trip to the islands.

September 1st at 1:30pm

Special Classes

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.

Chair Yoga w/Toby - Fridays at 11:30. This will be a strictly virtual class. No fee for Center members - non-members \$5.00. Contact Toby for further information. 518-301-3291

SENIOR SCENE

Scams Yet Again

I really am sorry to spend so much time writing about scams, but I don't want any of you to be a victim. I am continually getting scam calls, so I am thinking that you are as well. Just the other day, I received a call and a recorded voice said that I had been overcharged on my National Grid bill and I was entitled to a refund. It then said to Press 1 for more information. Now I know that I was not over-charged and did not press 1 for more information. My guess was that they would ask for my name, address and bank information. Of course, the caller never did give the name of the company with which they were associated.

Last week, while at work, I received a call for an extended warranty on my car. I thought that I would play along with this one. First question, What kind of car did I have? Answer: Cadillac. (I do not own a Cadillac.) Next question, what year? Answer: 2018. Next question, What model? I almost got stuck here, as I did not know the names of the Cadillac models. The caller was kind enough to start listing the models and I decided on an Eldorado. Before she could ask any more questions, I said let me ask you a question. My question: What city are you in? You probably know that when you receive a call, the city from which the caller is in, appears on your phone. This call was from Johnsonville, NY. Johnsonville is a hamlet located between Pittstown and Schaghticoke in Rensselaer County. She replied, "That is a great question and one that our specialist can answer." I said "I am asking you." Again she said, "That is a question our specialist can answer." I said "Okay then, let me ask you this, what country are you in?" Some scam calls are from countries outside the United States. She hung up on me.

I am sharing these stories with you in the hope that you will be on the alert, should you receive one of these calls. From time to time, I do have members call me when they receive a call because these calls can sound so convincing. I received a call from a member who had just received a call from someone saying that her social security number showed inappropriate activity. She said she hung up on them. She did the right thing. I have received that type of call as well and did write about it in an early article. Please always be careful and feel free to give me a call here at the Center 518-793-2189, if you have any concerns.

Ed Capezzuti
Senior Services Specialist



NOTE FROM DOTTIE



Hello, dear friends,

Hope you all had a wonderful summer, enjoying what you like doing. Summer's going fast, fall will be appearing soon.

I think it's apple time.

Here's some apple thoughts:

Who's an apple's favorite relative???

ans. Granny

What's an apple's favorite restaurant??

ans. Applebee's

What do you get if you cross an apple with a shellfish???

ans. A crabapple

And don't forget - an apple a day keeps the doctor away.

Be Happy,
Stay Healthy,
Dottie.



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SEPTEMBER 2020



| <u>MONDAY</u> | <u>TUESDAY</u> 1 | <u>WEDNESDAY</u> 2 | <u>THURSDAY</u> 3 | <u>FRIDAY</u> 4 |
|---|--|---|--|---|
| | 1:30 - Let's Travel To the Land of Aloha | 1:30pm - Reading with Bea (available virtually) | 1:30 - MASTERS OF THE UNIVERSE Limit 8 | 1:30 - Wii Bowling (middle, living room) |
| 7 CLOSED FOR LABOR DAY | 8 1:30 - Root Beer Float space limited | 9 1:30 - Fall into Health | 10 Noon - Sunny Day Bring Your Own Lunch | 14 1:00 - Wii Bowling (middle, living room) |
| 14 1:30 - Book Club | 15 1:30 - Corn Hole | 16 1:30pm - Shoebox | 17 1:30 Music with Ryan & Mary Hay Limited Seating | 18 1:30 - Wii Bowling (middle, living room) |
| 21 1:30 - Cooking W/Ed | 22 1:00 - Movie - "Judy" Limit 12 | 23 1:00 - Newsletter Limited to 12 | 24 Osteo virtually No other activities 3:30-6:00 - Spaghetti Dinner - Drive Thru Pick Up only | 25 1:30 - Wii Bowling (middle, living room) |
| 28 1:30 - Crafting w/ Steph Cost \$3.00 | 29 1:30 Family Feud | 30 9:00 - BP/BS Clinic 1:30 - Shoebox | | |

WEEKLY ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <div>9:00 - OsteoBusters/RSVP (Available Virtually)</div> <div>11:00 Line dancing w/ Ginny Allen (in-house)</div> | <div>9:00 - OsteoBusters/RSVP (Available Virtually)</div> <div>10:30 - Bingo (Available Virtually and In-House)</div> | <div>9:00 - OsteoBusters/ RSVP (Available Virtually)</div> | <div>9:00 - OsteoBusters/ RSVP (Available Virtually)</div> | <div>9:00 - TaiChi w/Sam (available in-house and virtually) (see page 6)</div> <div>10:30 - Line Dancing - In- House</div> <div>11:30 - Chair Yoga w/Toby (see page 6)</div> |

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

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“There are all these moments you think you won’t survive. And then you survive.”

— David Levithan

Just like our little Petunia on our sidewalk. Always choose hope.

INFORMATION YOU NEED TO KNOW

| | |
|--|---|
| Thursday, September 3 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 masterpiece of our own. See page 2 for detailed information. |
| Tuesday, September 8 Time: 1:30 Location Middle Room | Sing a long and Root Beer Floats -Join us for a refreshing Root Beer Float and a sing along with our very own Bea Roman. Don't miss out on this wonderful afternoon reserve your spot. |
| Wednesday, September 9 Time: 1:30 Location Middle Room | Fall into Health- Marybeth, from Cornell Cooperative Extension will be giving a presentation on: General how to keep immune system healthy (with snacks, of course!). |
| Thursday, September 10- Time - Noon Location - Outside | Sunny Day Bring Your Own Lunch- Bring your lunch, lawn chair and enjoy a time of good fellowship on our lawn beneath our beautiful shade trees. |
| Monday, September 14 Time 1:30 Location Middle Room | Book Club -September's book to discuss is <u>The Code Girls</u> , by Liza Mundy. The book for October is Shall We Tell the President, by Jeffrey Archer. After years of great sacrifice and deep personal tragedy, Florentyna Kanes has finally become the first woman president in America. But on the very day that she is sworn into office, powerful forces are already in motion to take her life. |
| Tuesday September 15 Time 1:30 Location Outside or Middle Room | Corn Hole Game -Come have some fun playing corn hole. Teams of two compete with each other. Guaranteed laughter! Beware of Ed, he is a former champion player at the mall tournaments. |
| Wednesday, Sept. 16 & 30 Time 1:30 Location : Middle Room | Shoebox Workshop -We will be having two Shoebox workshops this month. Come for an afternoon of worthwhile activity and good conversation. |
| Thursday, Sept. 17 Time 1:30 Location : Middle Room | Music with Ryan and Mary Hay -Enjoy an afternoon of music with Ryan Hay (our summer intern in 2019)and his sister Mary Hay. Both are graduates of St. Michael's college majoring in music and drama. |
| Monday, September 21 Time 1:30 Location Middle Room or Facebook | Cooking with Ed -Our resident chef is at it again! Chef Ed will be preparing Scallops w/Caper Pan Sauce - (yummy) Watch on Facebook or reserve a spot, space is limited. |
| Tuesday, September 22 Time 1:00 Location: Middle Room | Movie - "Judy" - Set in late 1968 and early 1969, the movie portrays Judy Garland hustling in Swinging London after she successfully secures a five-week engagement in Talk of the Town. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, Sidney Luft, in court for custody of their children. Despite this period of her life being tumultuous, Garland is able to find love once again -- this time in the arms of Mickey Deans. |
| Tuesday, September 29 Time 1:30 Location: Middle Room | Family Feud -Join one of the two teams competing at the game of Family Feud. Guaranteed to be a fun afternoon filled with lots of laughter and fun. |

Wednesday, September 30
Time 1:30
Middle Room & Virtual

Crafting w/Steph -We'll be making "Mop Gnomes". Join the fun in making these lovable creatures. Take everyday items and turn them into the cutest gift or decoration for your home. Cost \$3.00

Welcome Fall

VOAXZDLI WALPJ EJBPGHZRQSUF CRWRP
HAKUSOHMTS QVJCZHNNXNTGZS XQIAIU
AHKYKRRAMHV KXLPUGACWOCLNIXCWMM
ECNOYIDHYKHAKBEAXJGRWDQPWDWLB P
PWKTDP AKCBHCNP S A X O A D I A E M M A E Q D K
SBCY A O U S P O A D D I B Q V H F Y P S P V L M K Q T I
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CAGUPACEPHTNLXQV NQSPBTPAQTAACS
OZAVARCGEKO BMSFKUSTCXWLXIFAQBE
UQDGGTIHOI IORATAEUCQFXQJORCGZC
HGAMHMDMAPONLSZBULAAPANDACOLIH
JFYXEREUWYVQSB OEAQZORH IAYBRVTV
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ZWJHIVSANOPMDDQCQVKY WENROATYCV
BOGZDFWVVB JBLEOWEBKROZQBONAGMF
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FXBFNFHIMATWXM AFQHODJFGCEHSINY
SEZXNCOERQTRKUHFFAOFGYBK KFA XRE
JHQHEAE OETKETMLUPWSUFGMTZWRIRE
SPJGRHHVTHWGRSOTYEV TIE XOHJFWGD
WKXDHL MJEBNQKSBXXNEBEJESHICVOY
RYJQDRXWRVA INWOCUNZKIRECHSCSZW
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RAKING
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MUMS
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SPAGHETTI DINNER
APPLE PICKING
SCHOOL BUS
HAY BAILS
LEAVES
HAY RIDE
BACK TO SCHOOL
SCARECROWS
SWEATERS
CORN MAZE
ACORNS

It is with sadness we note the passing of members:

Edward Bartholomew, Jr.
Jacqueline Buchanan
Marion Hornicek
Mary Lou Winchip
Thomas J. Wade, Sr.

Our thoughts are with family and friends



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CARING FOR OUR COMMUNITY

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