



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Heath Fair

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0124  
January 2024



### DIRECTOR'S CORNER

Happy New Year!! Looking forward to a great 2024, with new programs and events. Our first fundraiser is the Annual Kwansis Duck Race on Friday, January 26th at the Thunder Hockey game. This is an easy fundraiser for the center. Every \$5 ticket sold goes directly to the center. The more we sell the more the center will receive. Please purchase your ticket today.

What's your New Years Resolution?  
I researched some ideas for 2024, I wanted to share.

1. Workout to feel better not to be thinner.
2. Give at least one compliment a day.
3. Read a book a month.
4. Volunteer
5. Go somewhere you have never been .

My resolution is to slow down, enjoy my family and read a book a month. Life is so short. Lastly, thank you for all the prayer and well wishes for my dad. They were greatly appreciated



## Let It Snow Luncheon

at the Glens Falls Senior Center

### Friday, January 26th at Noon

**Menu:** Tossed Salad, Chicken Alfredo, and Dessert

**Cost:** \$10

**You MUST register with the center by January 18th**

380 Glen St, Glens Falls NY 12801  
518-793-2189





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Wellness.  
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*From the desk of Ed Capezzuti*

### A Bunch of Stuff

Most of this stuff is good news. Let's start with the Social Security COLA (cost of living adjustment). It's 3.2% for 2024 but on the other side of the coin, the Part B premium is increasing from \$164.90 to \$174.70. If you have not received your 2024 information from Social Security, you soon will and this is a document you need to save, as it may be needed for other benefits for seniors. Remember, it's now January and if you wish to change from one Medicare Advantage plan to another, this is the time to do it. You have until March 31st to do so. WellCare has not agreed to terms with Glen Falls Hospital, Saratoga Hospital and Albany Med. So if you still have WellCare, you may want to look around for another plan. Humana is still negotiating with Albany Med but the Humana Plan, as of this writing, has coverage with Albany Med until April 30, 2024. I will keep you informed of any changes with Humana.

You may recall that, back in August, I wrote about the hotel rates at Cape May. Well, well, low and behold, the hotels have changed their rates and restrictions back to almost 2023 levels. There is a slight increase in room rates but it is something we can live with and yes, we are going back to Cape May in June.

In keeping my word about the Ohio State football game against the team up north on Thanksgiving weekend, it is sad to say but the team up north came out on top. BUT, there is always next year!

HAPPY NEW YEAR and if I can assist you in any way, please ask.

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### January's Crafty Ladies

#### Crafts w/Thelma

January 18<sup>th</sup> at 1pm

Stencil Your Very  
Own Wooden  
Welcome Sign!

#### Acrylics w/Karen

January 25<sup>th</sup> at 1pm



#### Crafts w/Nicole

January 4<sup>th</sup> at 1pm  
Tote Bag Decorating



## A Message From Nicole

### Looking Forward To 2024

Happy New Year everyone! I hope you all had a happy and safe holiday season!

This past year (2023) has been so much fun and so busy! Here are just a few of the things we did this past year: visited a llama farm, went mini golfing, had our first ever "Soup"er Bowl Party and Chili Cook-Off (Congrats Ed!), we had paint n' sips, pie on the porch, we did some drumming, had a bunch of educational programs, went to a senior prom and so much more. Like I said, it was a busy year!

Going into the new year, there are already some exciting things planned, but I need your help. If you have something you would like us to look into for programming, my door is always open. Not only that, but keep your eyes out in the coming months for a "Let's Chat" where we will be getting together to go over some things you would like to do over the next year.

Thank you for a fun filled year, and I am looking forward to spending 2024 with all of you!

Nicole



\*Reminder- center hours and center transportation follows the Glens Falls City School District for weather related closures\*

**FOR RENT**

Looking For A Party Space?  
The Senior Center is available!

The Center is available to rent on select dates for things such as; Bridal/Wedding Showers, Baby Showers, Weddings, Birthday Parties and more!

Reach out to Kim at the Center for more details!

*Welcome*  
New Members

Michelle Hodgkins  
Virginia Mott  
Jeanie Polunci

 **THE CONKLING CENTER**

**Senior Social**  
at

**Go Play with Your Food**  
A Family Board Game Tavern

**When:** Tuesday, January 11th  
1-3pm


**Cost:** \$5

**RSVP By:**

Monday, January 8th

\*More Information On Page 6

# JANUARY 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1  CLOSED	2  10:30-Hospitality Committee 1:00- Book Club	3  1:00-Knitting Group 2:00-Reading with Bea	4  1:00-Craft with Nicole	5  1:00- Cooking with Ed
8  10:00-Hannaford	9  1:00-Ukulele Band	10  1:00-M.B. Kilmer Funeral Home	11  1:00-Go Play With Your Food-Senior Social	12  1:00- Council for Prevention WISE Program
15   Closed	16  1:00-Feeder Canal Alliance	17  1:00- Game Day	18  1:00-Craft with Thelma	19  1:00-Movie & Popcorn-"Barbie"
22	23  10:00-Special Bingo 1:00-Ukulele Band	24  1:00-Newsletter	25  1:00- Acrylics with Karen	26  Noon- Let It Snow Lunch
29	30  1:00-Tech with Crandall Library	31  1:00- Berkshire Bank		

# WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/ RSVP (In-House & Virtually)  10:00 - Line Dancing w/Ginny Allen  12:00- Bridge  1:00- Pinochle	9:00 - OsteoBusters/ RSVP (In-House & Virtually)  8:45- Let's Walk  10:00 - Bingo	9:00 - OsteoBusters/ RSVP (In-House & Virtually)  10:00 Bridge, Scrabble	9:00 - OsteoBusters/ RSVP (In-House & Virtually)  10:00- Chair Yoga  11:00 - GFSC Singers	9:00-Tai Chi w/Sam (In-House & Virtually)  10:00 - Wii  10:00 - Line Dancing

Visit us on our website:

[www.gfseniors.com](http://www.gfseniors.com) and on Facebook

## Mark Your Calendar!

- Feb. 8- Ken Tingley  
Presentation<sub>1</sub>
- Feb. 9- "Soup"er Bowl  
Party
- Feb. 14- Valentines Day  
Luncheon



## Needs Come In All Shapes and Sizes. Your Home Care Should Too.

If you are considering home care, then you have specific needs. Maybe you need assistance with light housekeeping or shopping once a week, or maybe you require help with activities like dressing and bathing every day. Whatever your needs are, we will work with you to meet them. At Neighbors, we believe in flexibility. We believe you are in charge.

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 518-743-0030  
[www.NeighborsNY.com](http://www.NeighborsNY.com)

Call today for a free consultation to discuss your options.

## PROGRAM NOTES FOR JANUARY

Every MONDAY at 8:45 **Lets Walk:** Come join us at the Cool Insuring Arena (\$10 Membership Required) Reach out to JoAnn at 518-955-7400 to sign up!

Tuesday, Jan. 2  
Time: 1:00pm Are you a reader? Do you have a pile of books you're working on? Well, you're welcome here in **Book Club!** We will spend time in the book previously chosen for this month (and if you haven't read it, that's ok) share what is in your own stash yet to be read, and discuss what we will read next! The book for January is *On the Hippie Trail*, by Rick Steves. February book is: *All the Light We Cannot See*, by Anthony Doerr.

Wednesday, Jan. 3  
Time: 1:00pm Join our **Knitting/Crocheting Group** to learn a new skill, help others, chat, and finish those projects you have been working on!

Wednesday, Jan. 10  
Time: 1:00pm **M.B. Kilmer Funeral Home** will be at the center to discuss the services they offer as well as some information on planning ahead.

Thursday, Jan. 11  
Time: 1-3pm **Go Play With Your Food-Senior Social:** A new, family board game tavern offering over 650 new and classic board games to choose from. Don't let the Winter hold you back from socializing and having fun! Come play games, drink, eat, and have a great time with old and new friends. Food can be purchased separately. RSVP by January 8th. Cost: \$5

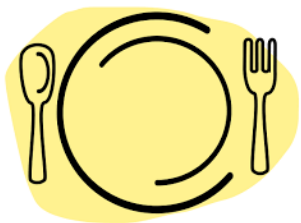
Friday, Jan. 12  
Time: 1:00pm The **Wellness Initiative for Senior Education (WISE) Program** celebrates healthy aging and educates older adults on a variety of topics including safe medication use, the aging process, communicating effectively with healthcare providers, and strategies for making healthy lifestyle choices.

Tuesday, Jan. 16  
Time: 1:00pm Pattie from the **Feeder Canal Alliance** will be there to do a presentation on the feeder canal and programs they offer. You're not going to want to miss out!

Friday, Jan. 19  
Time: 1:00pm **Movie & Popcorn:** Based on the eponymous fashion dolls by Mattel, is the first live-action Barbie film after numerous computer-animated films and specials. The film stars Margot Robbie as the title character and Ryan Gosling as Ken, and follows the pair on a journey of self-discovery following an existential crisis.

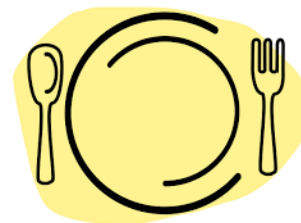
Tuesday, Jan. 30  
Time: 1:00pm **Exploring and Downloading Apps (Tech with Crandall):** During this hands-on workshop, you'll learn how to search for and download apps to your smartphone. Whether you have an iPhone or an Android phone, we'll explore both app stores and cover some helpful considerations for choosing apps. You'll also learn how to uninstall apps and how to adjust some important app settings. Pre-requisites: Participants should bring their smartphone to class.

Wednesday, Jan. 31  
Time: 1:00pm Come and learn about the the benefits of banking with **Berkshire Bank!**



# Cooking With Ed

with Special Guest  
**Carrie Woerner**



Friday, January 5th at 1:00pm

*Mystery Recipe Available On Day Of Show!*

## Chair Yoga Is Back!



Classes every Thursday at 10am

Cost: \$5 Per Class

Call the Center to Register



**Our Wii Bowling Group Is  
Looking For More Players!**

Come try some virtual bowling every Friday at  
10 am in our GFSC Virtual Bowling Alley! Call  
the Center to learn more and register.



*In Loving Memory*

Mary Hundertmark

**The Pines  
at Glens Falls**

Center for Nursing & Rehabilitation



Warren/Washington

**RSVP**

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For information, call (518) 641-3400  
or 1-888-519-4455 (TTY/TDD: 711)

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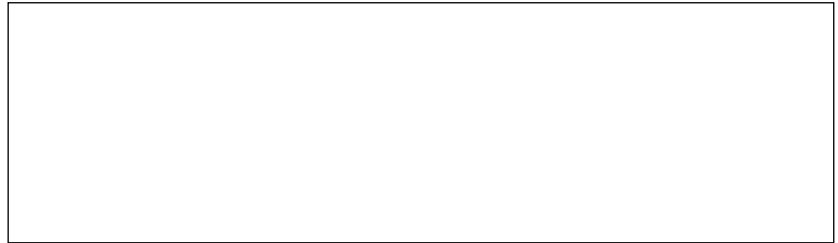


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## Improving the quality of life for seniors.

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 50 and over. The Center is located in the historic Sherman House at 380 Glen Street in downtown Glens Falls.



1-877-258-7453 (TTY 711)

bsneny.com



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