



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0125
January 2025

DIRECTOR'S CORNER

We all experience the "January Blues" It often follows the festive season and is influenced by factors like:

- Post-holiday letdown: After the excitement of the holidays, January can feel dull in comparison.
- Cold weather: For those in colder climates, winter can lead to less sunlight, which may affect mood.

How to beat the January blues!

1. **Get Active:** Exercise releases endorphins, which can boost mood. Join the fun at a class at the center. We have Osetobuster, Chair Yoga, Cardio Drumming, and Tai Chi.
2. **Stay Social:** Spend time with friends or family to combat isolation. Join us for fun events at the center. Check your newsletter.
3. **Soak Up Natural Light:** Even brief exposure to daylight can help.
4. **Plan Something Fun:** Having something to look forward to can boost motivation. Join us for the Let it Snow Lunch on January 24th.
5. **Seek Support:** Talk to a friend or family member. The staff at the center is always available to support you. Reach out.

Looking forward to a great 2025!

LET IT SNOW *Luncheon*

FRIDAY, JANUARY 24TH AT NOON

MENU

Chicken Pot Pie, Dinner Roll, and Dessert

COST

\$10 for Members/ \$12 for Non Members

PRESENTATION BY



RSVP BY FRIDAY, JANUARY 17TH

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From the desk of Ed Capezzuti

Thanksgiving Weekend in Columbus

Deb and I left for Columbus, Ohio on Friday, November 22, as we had tickets to the Ohio State vs Indiana football game on that Saturday. Going into the game, Ohio State was ranked #2 and Indiana #5. Indiana was ranked #5, as the Hoosiers were 10-0. It figured to be a great game and it was, with OSU winning 38-15. Let's skip right to the Thanksgiving holiday. We had a great meal and a great time at MK's, as Kenny's (MK's boyfriend) parents joined us. It was great to see them, as it had been a couple of years since our last visit with them. Black Friday actually started on Wednesday and we took full advantage on Wednesday. So that made Friday a good day to relax and get ready for "the game" on Saturday. "The game" is a BIG thing in Columbus, and everyone thought: this is the year. It has been 3 years that the team up north (Michigan) has gotten the better of the Buckeyes but this was it, the Bucks year. On Saturday, which by the way was bitter cold, we left for the noon kick off at 9 am. Tailgating is a very big deal and almost mandatory for football games. The "shoe", as that is what the football stadium at Ohio State is called, had 106,000 fans there to watch the game. Ohio State was a 21 point favorite to win the game and on paper looked much better than the 7 & 5 M team. As it turns out, there isn't much to say about the game. Ohio State was out played, out coached and out everything. Another loss for the Bucks. At the end of the game, the team up north thought it was a good idea to plant an M flag at mid field. The Buckeyes had a different idea and all H___ broke loose! There must have been 50 police on the field and they had to use pepper spray to break up the mess. Not a pretty ending to say the least. Now for the ride home on Sunday. Our regular route home was closed due to the lake effect snow in the Erie, PA, and Buffalo area so we took an alternate route that took us through Pennsylvania. Started out fine, no snow, bright sun and was only going to add one hour to our regular trip home. That was all true until an ESP light came on in the car. We then needed to take an exit and get to an auto store to buy what we needed to clear up the problem. We did that and only lost half an hour on the trip. We were back on the road and decided to stop at a DQ for lunch. Lunch was great but when we got back in the car, the battery was dead. We called AAA and they came within the hour. Charged and back on the road, now we lost 2 hours on our trip home. It felt good to get going again and we vowed not to stop the rest of the trip. We then ran into bumper-to-bumper traffic, came to a stop and lost another half an hour. Left MK's at 8:30 am and arrived home at 9:00pm. It was a long day but felt great to finally get home. I said to Deb, "I think we spent more time in Pennsylvania than Joe Biden did!"

December's Crafty Ladies

Crafts w/Thelma
 January 16th at 1:00pm
 Mystery Craft



Acrylics w/Karen
 January 23rd at 1:00pm



Looking for a place to hold an event?
 The Glens Falls Senior Center is available!
 Reach out to Kim for more information
 at 518-793-2189

EXTRA! EXTRA! READ ALL ABOUT IT!

Welcome New Members

Susan Dornan
Peggy Schou
Stephen Winchell
Carol Diebold

Mary Ellen Martin
Beatrice Winchell
Linda Nichols
Patty Darah



Hyde Museum Trip

Thursday January 9th 1:00 pm

The Hyde Collection offers works of American and European art that span almost 6,000 years. Museum founders Louis and Charlotte Hyde acquired the majority of objects during a fifty-year period of avid and highly informed collecting. Many of these works are displayed in Hyde House, the founders' former home. The permanent collection consists of more than 5,000 objects, comprising paintings, works on paper, sculpture, and decorative arts, including furniture and textiles. We will enjoy a docent tour through the museum. A treasure in our community. Register to attend, limited seating in the van.



Color & Chill

Thursday January 2nd
1:00 pm

Join us as we enjoy some quiet time after all the holiday hustle and bustle. Nothing more relaxing than coloring and enjoying a cup of hot chocolate and treats with friends. Reserve your spot by calling the center.



In 2025 we will be celebrating
our Members Birthdays
Quarterly

If your birthday or a friends birthday is in the months of January, February, or March, come celebrate you on Friday, January 10th 1:00pm We will have birthday cake and refreshments. All are welcome to come. Be sure to sign up at the center.



It's Back

Thursday, January 30th noon
Meet us at the Golden Corral for an enjoyable afternoon with friends . Please register we have to give a count of attendees . Limited seating in the van.





Want to get involved at the center? Have an idea for a program you want to see or even run yourself? We are looking for Hospitality/Special Event Volunteers! Reach out to Nicole at nblanckgfseniors@gmail.com



Chair Yoga with Sheila returns
Fridays, 10:30 am
Sign up required.

Great way to get fit in the new year.

JANUARY 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 CLOSED 	2 1:00-Color & Chill	3 1:00-Cooking with Ed
6 10:00-Walmart	7 1:00-Book Club 1:00- Ukulele 2:00- Cardio Drumming	8 1:00-Knitting Group 2:00-Reading with Bea	9 1:00-Hyde Museum	10 1:00-Birthday Party
13	14 1:00-Resizing 2:00- Cardio Drumming	15 1:00-Movie & Popcorn	16 1:00-Craft with Thelma	17 1:00-Bowling King Pin Alley
20 CLOSED Martin Luther King Jr. Day  I HAVE A DREAM	21 1:00-Intro to Smartphone Photography	22 1:00-Newsletter	23 1:00-Acrylics with Karen	24 *no chair yoga Noon-Let It Snow Lunch
27	28 1:00- Ukulele 2:00- Cardio Drumming	29 1:00-GFH Hearing Center	30 Noon-Lunch Bunch @ Golden Corral	31

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45- Let's Walk	9:00 - OsteoBusters/ RSVP (In-House & Virtually)	9:00 - OsteoBusters/ RSVP (In-House & Virtually)	9:00 - OsteoBusters/ RSVP (In-House & Virtually)	9:00-Tai Chi w/Sam (In-House & Virtually)
9:00 - OsteoBusters/ RSVP (In-House & Virtually)	10:00 - Bingo	10:00 Bridge, Scrabble	11:00 - GFSC Singers	10:00 - Virtual Bowling
10:30 - Line Dancing w/Ginny Allen	2:15-Cardio Drumming			10:30- Chair Yoga
12:00- Bridge				
1:00- Pinochle				

Visit us on our website:
www.gfseniors.com and on Facebook

Mark Your Calendar!

- Feb. 7 - "Soup"er Bowl Competition
- Feb. 14- Valentine's Day Luncheon



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PROGRAM NOTES FOR JANUARY

Every Tuesday at 9:00am **Let's Walk:** Join us at the Cool Insuring Arena! A pass is required for a one-time \$10 fee. Walking will be here all Winter/ Call JoAnn at 518-955-7400 to sign up!

Thursday, Jan. 2 Time-1:00pm **Color & Chill:** It is exactly what it sounds like! Kick back and relax while you color a picture of your choosing and chat with friends old and new.

Tuesday, Jan. 7 Time- 1:00pm **Book Club:** January's book is *The Berry Pickers*, by Amanda Peters. This is a story about one family, the mystery surrounding a missing child, and it is also the story of a time, a place, a people and the very real societal impacts they face. Looking ahead, the book for February is *Winter Garden*, by Kristin Hannah and March's read will be *Dreams of Freedom*, Marilyn Higgins. And remember, even if you haven't read the selection for any month, come anyway. We have great conversations and are known to go down a rabbit hole once in a while.

Tuesday, Jan. 14 Time- 1:00pm **Resizing:** Resizing is more than just decluttering or downsizing; it's about making your living space work better for a new chapter of your life. Learn how to reclaim your space according to your current lifestyle. Cost: Free for Members/ \$5 for Guests

Wednesday, Jan. 15 Time- 1:00pm **Movie and Popcorn:** *Twisters (2024)*-Kate Carter, a retired tornado-chaser and meteorologist, is persuaded to return to Oklahoma to work with a new team and new technologies. Rated PG-13 (Run Time- 2hr 2min) Cost: Free for Members/ \$5 for Guests

Friday, Jan. 17 Time-1:00pm **Bowling Adventure** -Looking for a great time? Grab your friends and join us for an unforgettable bowling adventure at Kingpin Alley! Whether you're a pro or just rolling for fun, there's something for everyone!

Wednesday Jan. 29 Time-1:00pm **GFH Hearing Center:** The Hearing Center at Glens Falls Hospital will be here to talk about hearing aids and the different kinds available to you. They will also be conducting free hearing screenings! **Registration required.**

Friday, Jan. 31 Time-1:00pm **Cornhole:** Escape the winter blues and join us for indoor fun with one of summer's favorite games—cornhole! Whether you're a seasoned pro or a first-time player, this event promises plenty of fun, laughter, and friendly competition.



WINTER WEATHER UPDATE

The Glens Falls Senior Center follows Glens Falls CSD winter weather closures. The center is open as usual if the schools are delayed.



Reminder

Registration for all programming is required unless specifically stated. This is necessary for program set-up and in the event of program cancellation.



Cooking with Ed

Friday, January 3rd at 1:00pm

Time: 30 minutes Serves:4



SAUSAGE-TOMATO COCONUT CURRY

Ingredients:

2 tbsp Olive Oil	1 package (12oz) fully cooked roasted garlic sausage link
1 medium Onion	1 can (14.5oz) fire-roasted tomatoes, undrained
2 tbsp red curry paste	1 garlic clove
1 can(13.66 oz) coconut milk	2 c chopped fresh spinach
1/4 tsp salt	1/8 tsp pepper
3 c hot cooked rice	

Directions:

1. In a large skillet, heat oil over medium heat. Add sausage and onion: cook and stir until onion is tender and sausage is browned, 3-5 minutes. Add curry paste and garlic: cook 1 minute longer.
2. Stir in tomatoes and coconut milk. Bring to a boil; reduce heat, Simmer, uncovered until sauce thickens ,7-10 minutes. Add spinach, salt and pepper, cook and stir until spinach begins to wilt. Serve with rice.



Crandall Library Presents
Introduction to Phone Photography
 Tuesday, January 21st 1:00pm



Interested in learning more about your smartphone camera? In this lecture, we'll discuss common camera icons on Android and iPhone devices, simple editing tools, managing and sharing your photos, and editing date and location details on your phone. We'll also go over how to check your camera settings so that it can scan QR codes.



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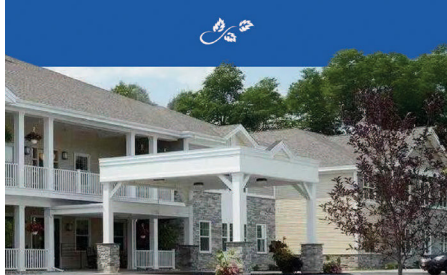
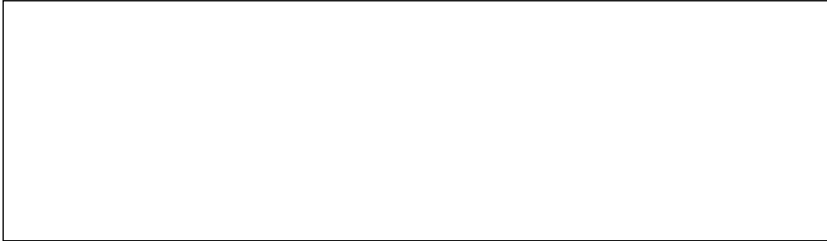


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