



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

- Technology Classes
- Games That Engage and Inspire

- Upcoming Events

Monthly Issue 0126  
January 2026

### Executive Director Message

As we look ahead to 2026, our Senior Center is excited to offer a wide range of programs that support healthy aging, lifelong learning, and social connection for adults age 50 and better. The coming year will include recreational and wellness activities such as fitness, movement, and balance programs designed for all ability levels. Educational opportunities will continue through guest speakers, workshops, and classes focused on topics like technology, creative arts, and more.

Social programs and events will remain a vital part of our mission, providing opportunities to build friendships and stay connected, game days, celebrations, and group outings. We will also expand health-focused programs, including educational sessions and partnerships with local providers to support overall well-being.

Our 2026 programs are shaped by member input, and we encourage everyone to share ideas, try new activities, and stay engaged. We look forward to another year of connection, learning, and fun at the Senior Center.

Happy New Year!!



### Lunch

Friday, January 23rd, Noon  
Cost \$15.00

Let's beat those winter blues with a nice hot lunch from none other than Jim Allen! But wait — not chicken this time. We're enjoying his famous pulled pork served on a ciabatta roll, along with mac & cheese and coleslaw.

Warm up with a great meal and even better company!

Reserve your spot by January 13th.



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## From the Desk of Ed Capezzuti

### As We Close Out 2025

Just in case you hadn't heard, there's some good news for 2026: Social Security benefits will increase by 2.8%. That's the positive side. On the flip side, the Medicare Part B premium will increase from \$185.00 in 2025 to \$202.90 in 2026, an increase of \$17.90. Please remember that help is available through the Medicare Savings Program (MSP). Qualified individuals may have their Part B premium paid for them. If your total monthly income is \$2,446 or less for an individual or \$3,299 or less for a couple, you may qualify. The application is a simple one-page form, and I'd be happy to help you complete and submit it. If you think you may qualify or have questions, please feel free to call me at 518-793-2189.

### Something That I Have To Mention

If you've read my articles before, you know that Deb and I usually travel to Columbus for Thanksgiving to visit our girls—and of course, attend the football game between the OSU Buckeyes and "the team up north." The last few years have been a bit painful.

This year, our girls came home instead, and we enjoyed a wonderful Thanksgiving with the whole family. Then came Saturday's game—and finally, 2025 was the year of redemption! The Buckeyes won 27-9, a long-awaited victory that sent them to the Big Ten playoff game against Indiana. While that game didn't turn out the way we hoped, as of this writing, OSU is heading to the college playoffs. More to follow!

### In Closing

I hope you all have a fantastic year and if I can assist you in any way, please contact me.

**HAPPY NEW YEAR!**



Did you know that you could rent the center for events?  
Please contact Kim for more details.  
518-793-2189.

### Craft Sessions

#### Craft with Thelma

Thursday, January 29th  
1:00pm

A Snowman Craft  
no picture available

Class limited to 10

#### Paint with Karen

Thursday, January 22nd  
1:00 pm

Class limited to 8



**CENTERS  
HEALTH  
CARE**

# EXTRA! EXTRA! READ ALL ABOUT IT!

## Trip and Activity Guide

**Level 1 Very Easy.** A leisurely pace involving minimal physical activity, such as climbing stairs and walking for a short amount of time.

**Level 2 Easy.** Normal, generally flat walking for longer distances, standing, and other similar activities for average amounts of time.

**Level 3 Moderate.** Walking or physical activities for half or most of the day. Periods of standing, stairs, or uneven walking surfaces are expected.

**Level 4 Strenuous.** All or most of the day. Long periods of walking, uneven terrain, and standing. No walkers or canes allowed.



Lunch Bunch  
Tuesday, January 6th  
noon

Join us for our next Lunch Bunch trip to Uncle Mario's Garage, located at 1066 State Route 9, Queensbury, NY 12804. Enjoy a great meal, relaxed atmosphere, and good company with friends from the Center.

Sign up at the front desk—we will need to make reservations - van space is limited!



First Tuesday Book Club  
Tuesday, January 6th  
1:00 pm

The First Tuesday Book Club welcomes all who find adventure in an opened book. We'll take a few minutes to discuss our Dec. book Christmas Bells and then go into our Jan. selection: Don't Let's Go to the Dogs Tonight, by Alexandra Fuller. This is an amazing book in which Fuller tells the story of her life growing up in a brutal war-ridden Rhodesia in the 70's - sounds dark, but, it's a true story of a precocious little girl living her life to the fullest.

February's selection is Between Shades of Grey, by Ruta Sepetys

Come join us whether you've read the selection - the conversation is always interesting.



Knitting and Crocheting Group  
Wednesday, January 7th  
1:00pm

The group provides a warm and supportive space where beginners can learn the basics and experienced crafters can share their skills. It's also a great way to make friends, find inspiration, and be part of a creative community that values patience, artistry, and the joy of handmade crafts. This group will meet the first Wednesday of the month. Sign up today 518-793-2189



Trivia at the Center  
Wednesday, January 7th  
1:00pm

We sure do love trivia! Join us for a fun afternoon of laughs, friendly competition, and maybe even learning something new along the way. Come play—you never know what you might learn!

Be sure to sign up!



Movie and Popcorn  
Thursday January 8th  
1:00pm  
Nonnas

As he grieves the death of his mother, Joe Scaravella reminisces about his childhood in 1970s Brooklyn when his mother Maria and Nonna would be in the kitchen cooking for friends and family. He remembers what they taught him and recreates all of the dishes they used to make. Joe's best friend Bruno and his wife Stella express concern for him over dinner and encourage him to use his mother's life insurance money to do something good for himself. After seeing a closed restaurant, he decides that he wants to open a restaurant there, call it Enoteca Maria after his mother, and the key feature will be that the kitchen is staffed by Nonnas, so that the food reminds people of their childhood. Despite resistance from Staten Island locals, Joe proceeds with his plan.

# JANUARY 2026

# WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00- Bridge	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - Bingo 2:15-Cardio Drumming	10:00 Bridge, Scrabble	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 11:00 - Encore Singing Group	9:00- Tai Chi w/ Sam (In-House & Virtually) 10:00 - Wii Bowling

Visit us on our website:  
[www.gfseniors.com](http://www.gfseniors.com) and on Facebook

REMINDER, WHEN THE GLENS FALLS  
SCHOOLS CLOSE DUE TO WEATHER,  
WE ARE CLOSED !!!

Mark Your Calendar!

Feb 5- Cards with Barb  
Feb 6 -Souper Bowl  
Feb 12- Moreau Lake Nature  
Presentation with  
Craft  
Feb 13- Valentine lunch  
Feb 25-Titanic: An Immersive  
Voyage Cost\$40

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- Laundry and More...



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Shopping Trips -  
 Monday, January 5th - 9:30 am  
 Market 32  
 Monday, January 29th - 9:30 am  
 Walmart



**Aging in Place**  
 Thursday, January 13th  
 1:00 pm

Aging in Place Presentation, come learn about what Aging in Place has to offer from transportation, light chores, social and recreational activities and access to resources and referrals. Aging in Place's mission is helping people who wish to remain living in their own homes and communities as they grow older — safely, comfortably, and with dignity.



**Roger Island Tour**  
 Wednesday January 14 th  
 1:00 pm  
 Cost \$10

Tour of Rogers Island. (completely inside, not a lot of walking) The Rogers Island Visitors Center is your gateway to the past: exhibits cover Native American history, colonial forts, military life, and archaeological finds all in our backyard.



*Happy Birthday*

**Birthday Party**  
 Friday, January 16th  
 1:00 pm

Join us for a fun and festive afternoon as we honor all our members with birthdays from January through March, and don't worry — you don't need to have a birthday between January and March to attend! Come help us celebrate, enjoy the fun, and share in the sweetness.



**Getting to Know Social Media**  
 Tuesday January 20th  
 1:00 pm

Join us as Crandall Library presents Getting Started with Social Media. Bring all your questions and concerns.  
 Please note there will be No cardio-drumming



**Homemade Bagel and Cream Cheese Making**  
 Wednesday, January 21st  
 11:00 am  
 Cost \$10

Get ready for a deliciously fun kitchen adventure! Join us as Cornell Cooperative Extension leads a hands-on workshop where we'll learn how to make fresh, homemade bagels and creamy, dreamy cream cheese from scratch. You'll mix, shape, boil, bake — and of course, taste-test your creations! It's a cozy, lighthearted class perfect for food lovers, curious cooks, and anyone who enjoys trying something new. Come roll up your sleeves, learn a new skill, and enjoy a warm, fresh bagel made by you!



**Hyde Museum**  
 Thursday, January 22nd  
 noon  
 cost \$10

The Hyde Museum Tour, Join us for a delightful, guided tour of The Hyde Collection, one of Glens Falls' true artistic treasures. We'll wander through beautiful galleries, explore world-class exhibits, and enjoy the charm of this historic museum and mansion. From timeless masterpieces to modern works, there's something for everyone — whether you're an art lover, a history buff, or simply looking for an inspiring afternoon. Call to reserve your spot 518-793-2189



**Kingpin's Bowling**  
 Wednesday, January 28th  
 noon  
 cost \$20

Get ready to roll! Join us for an afternoon of strikes, spares, and plenty of laughs at Kingpinsin Bowling Alley. Your outing includes: Two full hours of bowling, Shoe rentals, delicious pizza and refreshing soda. Whether you're a seasoned bowler or just in it for fun (and the snacks!), this is a great chance to enjoy good company and have a great time.

Be sure to register- call the Center.



## COOKING WITH ED

Friday, January 9th

1:00 pm



### Marry Me Chicken

(9- to 10-oz.) boneless, skinless chicken breasts  
Kosher salt, to taste  
Ground black pepper, to taste  
1/2 cup all-purpose flour  
6 tbsp. salted butter, divided  
2 tbsp. vegetable oil  
2/3 cup dry-packed sun-dried tomatoes, sliced  
1 cup heavy cream  
Flat leaf parsley, finely chopped, for serving

1/2 small yellow onion, finely diced (about 1/2 cup)  
4 garlic cloves, grated or minced  
1/4 tsp. crushed red pepper  
2 tbsp. tomato paste  
1/2 cup dry white wine  
2 cups chicken broth  
1/2 tsp. Italian seasoning  
1/2 cup freshly grated parmesan, plus more for serving

1. Prepare the chicken breasts: Starting from the thickest end, slice each chicken breast in half horizontally to end up with a total of 8 cutlets. Season both sides of the chicken with salt and pepper, to taste.
2. Spread the flour in a shallow dish. Working with 1 cutlet at a time, dredge the chicken in flour, shaking gently to remove the excess and transfer to a plate.
3. Heat a large skillet over medium-high heat. Add 2 tablespoons butter and 1 tablespoon oil, and let the butter melt. Once the foam has subsided, add the first 4 cutlets to the pan, and cook until golden brown, 4 to 5 minutes per side. Transfer to a clean plate and repeat the process with 2 tablespoons butter, 1 tablespoon oil, and the remaining 4 cutlets. (Do not wipe out the pan between batches unless flour is burning). Reduce the heat to medium-low.
4. In the same skillet, melt the remaining 2 tablespoons butter. Add the onion, and cook until it is translucent, about 2 minutes. Add the garlic, red pepper flakes, and tomato paste to the pan. Stir and cook until the garlic is fragrant and the tomato paste has turned darker in color, 1 minute. Pour in the wine to deglaze the pan, scraping up any brown bits. Let the wine reduce by half, about 2 minutes.
5. Stir in the chicken stock, sun-dried tomatoes, and Italian seasoning, and bring to a simmer. Once the sauce is simmering, add the chicken and any accumulated juices back into the pan; cook for 5 minutes. (The sauce should be thickened slightly.) Stir in the cream and parmesan, and let simmer for 5 minutes more to make sure the chicken is tender and all the flavors have melded.
6. Top with parsley and extra parmesan, and serve alongside mashed potatoes or any short cut pasta you like.

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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.



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