



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0122
January 2022



DIRECTOR'S CORNER

Happy New Year, let's hope we can return to normal in 2022. As we know the winter months can be a dreary and boring season for anyone. Shorter days and poor weather conditions make it hard for us to get out and stay active. Fortunately, there are plenty of winter activities to help us keep them busy, healthy, and in high spirits.

1. Music to Their Ears-Music is the perfect way to brighten spirits, despite the dreary weather conditions in the winter. Whether enjoying a choir performance, a music class, or even a televised concert, music is the perfect activity that doesn't require going outside.

2. It's All Fun and Games-Playing a game is one of the best activities any time of year, not just winter! Games like puzzles, dominoes, cards, and more are the ideal activities for those cold winter days when we are cooped up indoors.

3. Join our Book Club -We meet the first Monday of each month at 1pm. You're welcome to join us. This month we will be discussing **The Indomitable Florence Finch**, by Robert Mrazek. Our book for February is **Winter Sisters**, by Robin Oliveria. Both a missing person thriller and a courtroom drama that appeals powerfully to the heart, this novel shows a society on the brink of change at the end of the nineteenth century. While blizzard and floods ravage Albany, NY, on the domestic front, equally strong forces are changing the lives of the women who live there.

4. Creative Crafts and Projects-Crafts and projects keep hands and minds busy! So, doing a craft is one of the best cold weather activities.

5. Let's Get Physical-Exercise classes are the best way to stay healthy and keep joints moving, no matter what the weather is like. Stay active and socialize.

6. Join us at the Center

Come enjoy some of our programs and classes. We would love to see you!

Happy New Year



*Chicken & Biscuits
Green Beans & Carrots
Chocolate Cherry Cake
Friday, January 14
Noon - 1:30
Cost: \$10.00*

**DRIVE THRU/PICK UP ONLY
ORDERS MUST BE IN BY JAN 10 !**



Nancy McGrath



**GIFTS FOR GOLDENS!!!
WE DID IT!!!!!!**

Again, this year, we experienced our amazing community stepping up to bring smiles to the faces of many seniors. **347** Seniors were adopted throughout the greater Glens Falls area.

Many, many thanks to our members and to our community for CARING.



from the desk of Ed Capezzuti

Scams and a Tough Loss

It's been a while since I have written about scams but it doesn't mean that they have gone away. Just recently, one of our members informed me that she received a call from someone telling her that her grandson had been in an accident and is now in jail. The caller then said that her grandson needed money to be released. She did not continue the call. Another member told me that she received a call from Spectrum, indicating that they could lower her monthly bill. The caller asked a lot of questions and said that he needed her bank account number in order to process the transaction. She said, "I don't give that information over the phone." He then gave her an ID number that he said was his and that it was safe. Again she said, "I don't give that information over the phone." He hung up. She then called Spectrum and they verified that the call she received was a scam. Please always be careful when you receive a call and someone is asking for details that involve your personal information or if you have caller ID and don't recognize the phone number calling, don't answer the phone.

Thanksgiving Weekend

If you read my article last month, you know that my wife and I were traveling to Columbus, Ohio to spend the holiday with our two girls, which included watching the game. On Tuesday night, my daughter MK, who is coaching the Hamilton Township High School girls' varsity basketball team, had her first game of the season. It was a good game that saw the score go back and forth several times. As hard as they played, Hamilton lost the game. Yes, it was a tough loss. On Wednesday, we, along with Kevin's family (Chelsey's boyfriend), went to Top Golf which was a blast. Top Golf is very popular in Columbus and it was packed. It's a place where you hit golf balls at targets and score points. When it's not your turn, you can enjoy some food and adult beverages in a very comfortable environment. What fun! Thanksgiving Day was a time to relax, enjoy family and friends and have a fantastic meal. Then came Black Friday. I wasn't up for that but my wife and Chelsey headed to Easton mall. They thoroughly enjoyed themselves while MK and I watched sports on TV. Saturday was game day and yes, the team from up north beat the Buckeyes for the first time in 10 years. You know what they say, there's always next year and we are already counting down the days.

January's Crafty Ladies

CRAFTS BY KAREN

January 6, 1:00 pm
Create a Boo-Boo Bunny



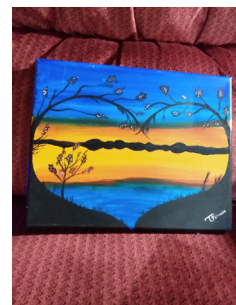
CRAFTING WITH STEPH

January 13, 1:00 pm
Flow Paint with
a Sink Strainer



CRAFTING WITH THELMA

January 20, 1:00 pm





The holidays are over and our thoughts turn to the winter ahead. Our part of this world is sleeping, awaiting the spring.

We consider what we have adapted to, what we have accomplished, what we have learned and thru it all we have continued to CARE. May we never forget to care..... Ponder the words from "The Rose":

Just remember in the winter,
Far beneath the bitter snows,
Lies the seed that with the sun's love,
In the spring becomes
The Rose



It is with sincere
condolences we note the
passing of

Richard Saunders



Cooking with Ed
Friday, January 7
1:00 pm
Maque Choux w/Sausage

Maque choux is a quintessential cajun dish, originating when the local Native Americans taught the arriving French Creoles how to use corn. Maque Choux is an Indian word meaning a spicy smothered corn dish. Early settlers, the Acadians from Canada, were introduced to corn by the resident Indian tribes. This recipe serves 4.

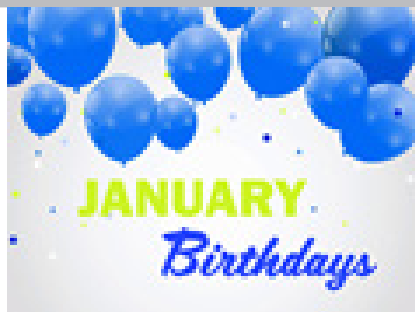
2 tbsp. unsalted butter	1 tbsp. chopped fresh thyme
8 oz andouille sausage, diced	2 1/2 tsp kosher salt
3 c. corn kernels	3 med garlic cloves, minced
7 oz fresh okra, sliced (about 2 cups)	1 c. heavy cream
1 med. red bell pepper, chopped	1/2 tsp cayenne pepper
1 med. onion	1/2 tsp black pepper

Melt butter in a large skillet over medium-high. Add andouille sausage. Cook stirring occasionally, until lightly browned, 6 to 8 minutes. Add corn, okra, bell pepper, onion, thyme, salt and garlic. Cook, stirring occasionally, until vegetables are softened, 6 to 8 min. Add cream and cayenne; bring mixture to a boil over medium-high. Reduce heat to medium. Simmer, stirring occasionally, until slightly thickened, 5 to 6 minutes. Stir in black pepper. Divide among 4 bowls.



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Neighbors
Helping Neighbors



Game Day
Wednesday
January 12 & 26
1:00pm
Join us for Tri Omino
and Mexican Train .

JANUARY 2022



<u>Monday</u> 3	<u>Tuesday</u> 4	<u>Wednesday</u> 5	<u>Thursday</u> 6	<u>Friday</u> 7
12:00 - Bridge Club 1:00 - Book Club 4:15 - GFSC Singers	1:00 - Undecorating Party	1:00 - Reading w/Bea	1:00 - Crafts w/Karen	1:00 - Cooking w/Ed
10 12:00 - Bridge Club 4:15 - GFSC Singers	11 1:00 - Adventure Awaits: The Flavors of Italy	12 1:00 - Game Day	13 1:00 - Crafts w/Steph	14 Noon-Let It Snow Lunch
17 Center Closed MLK Day	18 1:00 - Family Feud	19 1:00 - Movie & Popcorn "Call of the Wild"	20 1:00 - Crafts w/ Thelma	21 1:00 - Newsletter
24 12:00 - Bridge Club 4:15 - GFSC Singers	25 1:00 - FaceBook Marketplace Workshop	26 1:00 - Game Day	27 1:00 - Fitness & Dessert	28 1:00 - Special Bingo

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/RSVP (In-House & Virtually) 10:30 Line dancing w/ Ginny Allen (In-house)	9:00 - OsteoBusters/RSVP (In-House & Virtually) 10:30 - Bingo	9:00 - OsteoBusters/RSVP (In-House & Virtually) 10:15 - 12:15 - Bridge, Scrabble	9:00 - OsteoBusters/RSVP (In-House & Virtually) 9:00 - Tai Chi w/Sam (In-house & Virtually) 10:00 - Wii 10:30 - Line Dancing In-House	

Remember: If Glens Falls Schools are closed due to inclement weather, so is the Senior Center

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UPCOMING EVENTS

Feb 11 - Valentine's Day Lunch

Basket Raffle In March

May 5- Spring Banquet
Fort William Henry

INFORMATION YOU NEED TO KNOW

Wednesday, January 5 Time: 1:00pm Middle Room	Reading w/Bea - Enjoy listening, reacting to and conversing about snippets of literature, both fiction and non-fiction and everything in-between, found in newspapers or magazines during our monthly gatherings. This is offered in person and virtually.
Thursday, January 6 Time: 1:00pm Middle Room	Karen's Art - Let's make a Boo Boo Bunny. The bunny you will make will turn sad faces into funny. Do not unwrap or unfold, just put an ice cube into the shell and make the boo boo well. See page 2
Friday, January 7 Time: 1:00pm Middle Room	Cooking With Ed - Join us as our resident chef prepares Maque Choux w/Sausage. The program is presented at the center where you will have the opportunity to taste this delicious dish and also on FaceBook live.
Tuesday, January 11 Time: 1:00pm Middle Room	Adventure Awaits - We'll be exploring the beauty of Tuscany with a special visit to Florence. We will experience the flavors of the region thru its art and cuisine.
Thursday, Jan 13 Time: 1:00pm Middle Room	Crafting w/Steph - Create a unique Flow Painting using a kitchen sink strainer. See page 2.
Friday, January 14 noon	noon to 2:00 - <u>Let it Snow Lunch</u> See front page Reservations are required.
Tuesday, January 18 Time: 1:00pm Middle Room	Family Feud - Enjoy an exciting afternoon with our own Stephanie Harvey hosting Family Feud.
Wednesday, January 19 Time: 1:00pm Middle Room	Movie and Popcorn -The Call of the Wild, starring Harrison Ford, is a vibrant story of Buck, a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world.
Thursday, January 20 Time: 1:00 pm Middle Room	Crafting w/Thelma - See page 2
Friday, January 21 Time: 1:00 pm Middle Room	Newsletter - Join with us as we prepare our Spotlight for mailing. An opportunity for some good conversation and laugh as we help the Center prepare the newsletter mailing.

Tuesday, January 25
Time: 1:00pm
Middle Room

Learn Facebook Marketplace -We all have items we would like to sell. Join Stephanie as she teaches us how to use FaceBook marketplace. Posting items you want to sell and how to set up a pickup.

Wednesday, January 26
Time: 1:00 pm
Middle Room

Game Day- Bring some friends and enjoy an afternoon of playing the game of your choice.

Thursday, January 27
Time: 1:00 pm
Middle Room

Fitness & Desserts - See below.

Friday, January 28
Time: 1:00 pm
Middle Room

Special Bingo- Come join us for an afternoon of guaranteed fun and win some prizes. We will play bingo in a unique way with different configurations.

Fitness & Desserts
January 27th at 1:00pm



Join Kendra Vickers RD, CDN, MS-Wellness Coordinator from The Glen at Highland Meadows as she leads us through her strengthening and lengthening class. Get ready to move through seated exercise designed to increase flexibility, balance and range of movement. This class is suitable for all fitness levels. And then after that we will all enjoy a delicious dessert. This program will have limited seating so please call ahead to reserve your seat.



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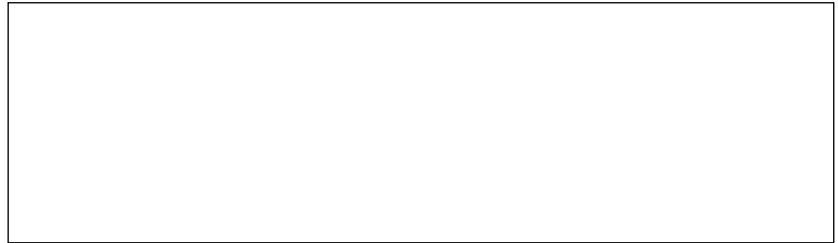


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Improving the quality of life for seniors.

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.



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