



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Technology Classes • Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0724  
July 2024

### DIRECTOR'S CORNER

Welcome to Summer. I'm writing this while we are under a heat advisory for the next few days. SO it's a good time to remind everyone, too much heat is not safe for anyone. It is important to be cautious and get relief quickly when you are overheated. Here are some things you can do.

1. Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages.
2. Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
3. Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find someplace you can be active while staying cool indoors.
4. If you must go outside, try to limit your time out and avoid crowded places. Avoid being outside when the sun is the hottest 11am-2pm.
5. Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses.

**Glens Falls Senior Center**  
***New Member Welcome Picnic***  
at Moreau Lake State Park

**Wednesday, July 24th at Noon**

**Cost:** \$5 for Members  
\$8 for Guests  
**RSVP By:** July 12th

This picnic is to celebrate new members, but open to ALL GFSC Members

Free entry into Moreau Lake

**(518)793-2189**



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*From the desk of Ed Capezzuti*



### **The Memorial Tournament, Cape May and Back to Reality**

It was a bit of a rocky start, as when I was sitting in the Albany airport, I received a call from my daughter MK. She said that my flight out of Baltimore had been delayed and instead of arriving in Columbus at 11:00 pm it was now arriving at 2:00 am. That meant sitting in the Baltimore airport for several hours with the possibility that the flight could be delayed again. I decided it was in my best interest to change my flight and book a flight the next morning and drove back home. It was now Thursday and I would arrive in Columbus at 10:30 am then on to the golf tournament. The Memorial Tournament draws some of the best golfers in the world but that was not the highlight of the week. The highlight was on Friday, when fans had an opportunity to sink a putt and win a prize. The putt itself was about a 15 footer. Of course, we had to take a chance. As luck would have it, if you made the putt you then got to play kinko, which is dropping a round disc down a board and you win the prize where the disc lands. Sit down for this one! I made the putt, dropped the disc and won two VIP passes and two gift bags. MK and I made our way to the VIP tent high above and overlooking the 14th green. The VIP area included unlimited food and beverages all day, plus the gift bags. In the gift bags were a golf shirt, which was selling for \$105, a sleeve of golf balls, a hat, tees and a waterproof speaker, which sells for approximately \$70. Yes, it was a very good day! On Sunday, it was off to Cape May. As you probably know, Cape May is one of our favorite places and we have many great memories from our many vacations there. The weather was fantastic and the restaurants were great. The beach itself is worth the trip, it's just beautiful. Unbelievably, we have made reservations for next summer and even harder to believe, is that the price did not go up! Reality hit us on Friday, as we made our way back home and on Sunday, we had the family together to celebrate Father's Day.

### **SCAMS**

Recently, I spoke with Warren County Sheriff Jim LaFarr about scams in our area. He told me that his department has received numerous calls from residents in our area about scams and he indicated some calls came too late as residents paid out money and received nothing in return. Please remember **DO NOT GIVE OUT YOUR PERSONAL INFORMATION TO ANYONE YOU DO NOT KNOW**. Scammers can be very convincing and believable, but do not be fooled.

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### July's Crafty Ladies

Crafts w/Thelma

Thursday, July 18th at 1:00pm Button Garden



Acrylics w/Karen

Thursday, July 25th at 1:00



*Welcome*  
New Members

Nhung Luong  
Thomas Luong  
Jack Harvey  
Gladys Mondalvo

# EXTRA! EXTRA! READ ALL ABOUT IT!

## Cardio Drumming Tuesdays at 2:15



Interested in a low impact exercise class with music and fun?  
Bring some water and comfortable clothes!

**Registration Required**



• 2024 •

SEP 25

at the Queensbury Hotel  
88 Ridge St  
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Check our website or visit us on Facebook  
for more details coming soon!

380 Glen St. Glens Falls, NY 12801  
www.gfseniors.com  
(518)793-2189

**FOR RENT**

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

## Dorset Theatre Festival



**Wednesday, August 7th at 2pm**

**Cost: \$56/Person**

This one-woman tour-de-force play takes Vance through the heights of hilarity, heartbreak, and most of all, her love/hate relationship with the one and only Lucille Ball. It's about the woman we all think we knew, but whose real life couldn't have been more unlike the unassuming, housecoat wearing Ethel, perpetual sidekick to the star.

**RSVP By July 12th**

\*limited tickets and transportation are available

## **NEW MERCH!**

The Glens Falls Senior Center  
Merchandise Fundraiser is LIVE!



**Want to represent your center everywhere you go? Now is your time! Get some GFSC Merch for you and your family!**

Orders can be made using the order form included in the newsletter or at [hallwear.com](http://hallwear.com)

**All orders must be placed with payment by 7/14/2024**

# JULY 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>1</b> 10:00-Walmart 2:00-Southy's Ice Cream	<b>2</b> 1:00-Book Club	<b>3</b> 10:00-LG Floating Classroom 2:00-Reading with Bea	<b>4</b> CENTER CLOSED  <b>FOURTH OF JULY</b>	<b>5</b> CENTER CLOSED
<b>8</b> 1:00-Dairy Haus	<b>9</b> 1:00-Intro to Streaming and Smart TVs	<b>10</b> 1:00-Dutch Apple Cruise (Rescheduled)	<b>11</b> 1:00-Cooking with Ed	<b>12</b> CLOSE AT NOON
<b>15</b> 1:00-Rob & Deb's Frozen Dreams	<b>16</b> 1:00-Cornhole	<b>17</b> 1:00-Movie & Popcorn	<b>18</b> 1:00-Craft with Thelma	<b>19</b> CLOSE AT NOON
<b>22</b> 1:00-16 Handles Frozen Yogurt	<b>23</b> 1:00-History of The Great Escape (Chapman Museum)	<b>24</b> No Programs Noon-July Picnic Moreau Lake	<b>25</b> 1:00-Newsletter 1:00-Acrylics with Karen	<b>26</b> CLOSE AT NOON
<b>29</b> 1:00-King Brothers Dairy	<b>30</b> 1:00-Pool Noodle Volleyball	<b>31</b> 1:00-Pie on the Porch		

# 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		10:00 - Wii
10:00 - Line Dancing w/Ginny Allen	2:15-Cardio Drumming		11:00 - GFSC Singers	10:00 - Line Dancing
12:00- Bridge				
1:00- Pinochle				

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

**Mark Your Calendar!**

Aug 7 - Dorset Theatre Festival. See page 3

Aug 14- Summer Picnic at GFSC

Aug 21-Lunch and Tour at Wiawaka



**Needs Come In All Shapes and Sizes.  
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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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## PROGRAM NOTES FOR JULY

Every Tuesday at 8:45 **Let's Walk:** Park at Glenwood Ave off of Quaker Rd. We will be on the walking path! Call JoAnn at 518-955-7400 to sign up!

Every Monday at 1:00 **Summer Ice Cream Tour:** The tour is back! Join us every Monday for a different local ice cream shop-check the calendar for where we are going.

Tuesday, July 2  
Time- 1:00pm **Book Club:** We have another very interesting book, *Facing the Mountain*, by Daniel James Brown coming up in July. It's by the author of *The Boys in the Boat* and is an inspiring story of Japanese American Patriots in World War II. Looking ahead our reading for August is *Killers of the Flower Moon*, by David Grann. September's book will be *The Women*, by Kristin Hannah and October's will be *Lies We Never See*, by Michael Lindley. This listing will always be on this page in our Newsletter. Good Reading!

Wednesday, July 3  
Time- 10:00 am **Lake George Floating Classroom:** In your fun- and fact-filled cruise, you'll measure water clarity, catch zooplankton, investigate other water quality parameters — and return to shore with a whole new understanding of what it takes to keep Lake George clear and clean (Prior Registration Required)

Tuesday, July 9  
Time- 1:00pm **Introduction to Streaming & Smart TV's:** This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television. Registration is required. (Presented by Crandall Public Library)

Wednesday, July 17  
Time-1:00pm **Movie & Popcorn:** *Wonka* (PG) (2023)- Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time. Cost: Free to Members/\$5 for Guests

Tuesday, July 23  
Time-1:00pm **History of the Great Escape:** "70 Years of Fun" "Beginning in 1954 as Storytown USA and evolving into The Great Escape, this local gem has woven itself into the fabric of countless childhoods over seven decades. Through a nostalgic lens, we'll explore the visionary founder behind the park's inception, the evolution of its iconic attractions, and the enduring magic that has captivated generation after generation."

Tuesday, July 30  
Time-1:00pm **Pool Noodle Volleyball:** It's volleyball while sitting down! Have a seat and use a pool noodle to hit a balloon to the other other teams side of the net!  
Cost: Free to Members/\$5 for Guests

Wednesday, July 31  
Time-1:00pm **Pie on the Porch:** Enjoy a delicious slice of pie (made by your very own GFSC Staff) and good company while sitting on our beautiful front porch!  
Cost: Free to Members/\$5 for Guests



**Ukulele Band is taking a break for the Summer !**

Keep an eye out for our return in the  
September Newsletter!





## Cooking with Ed

Thursday, July 11th at 1:00pm

Italian Sausage Orzo

Serves: 6 Prep/Cook Time: 30 minutes

### Ingredients:

- |                                    |   |
|------------------------------------|---|
| 16 ounces Italian sausage          | 1/2 medium onion chopped                          |
| 3-4 cloves garlic minced           | 1/2 teaspoon crushed red pepper flakes (Optional) |
| 1 cup uncooked orzo pasta          | 2 cups chicken broth                              |
| 1 cup heavy/whipping cream         | 1/2 cup freshly grated parmesan                   |
| 2 cups (packed) fresh baby spinach | Salt & pepper to taste                            |

### Directions:

1. Add the sausage meat to a soup pot/Dutch oven. Over medium-high heat, cook it for 5 minutes.
2. Stir in the onions and continue cooking for another 5 minutes or so, until the sausage is nicely browned and the onions have softened.
3. Stir in the garlic, red pepper flakes, and orzo, and cook for 30 seconds.
4. Stir in the chicken broth and cream. Once it starts to bubble, continue cooking for 10 minutes, uncovered, stirring fairly often (or else the orzo may stick to the bottom of the pot). You will likely need to turn the heat down a bit (to medium or even medium-low). It should gently bubble vs. boil (you don't want the liquid to reduce too much before the pasta has cooked).
5. Take the pot off the heat, stir in the parmesan and spinach, and cover the pot for 3-5 minutes or until it has thickened up to your liking. Season with salt & pepper as needed and serve immediately.



GLENS FALLS SENIOR CENTER



VOLUNTEER

Want to get involved at the center?  
 Have an idea for a program you want to see  
 or even run yourself?  
 Reach out to Nicole at  
[coordinatorgfseniors@gmail.com](mailto:coordinatorgfseniors@gmail.com)



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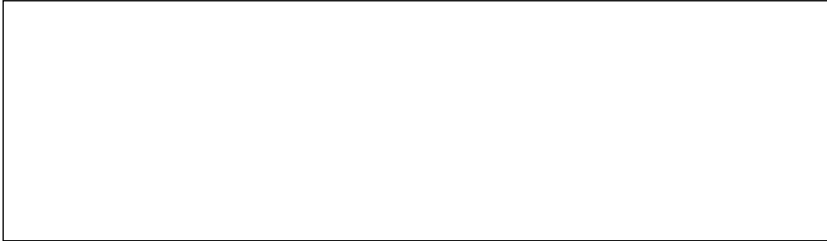


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## Improving the quality of life for seniors.

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