



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0722  
July 2022



### DIRECTOR'S CORNER

We are off to an amazing summer season. Nicole and Bev have been working hard to plan our summer. We are broadening our horizons, going to a number of events we haven't attended before. I was able to enjoy one of our first, We attended "The Young Performers" at the Sembrich. What a beautiful place right here in Lake George. I strongly suggest attending our next trip there in August.

We have planned our July picnic here at the center. Since Havilands cove is not opening this season, We could have still gone but the buildings wouldn't opened.

We are still collecting donations for the thrift shop. Our garage sale was a big success . Our shops look a little empty. Also if you have a couple hours and can volunteer in the shop we have openings,

Lastly, A shout out to Bev! Bev is a part-time employee and a center member who volunteers her afternoons at the center. Thank you Bev!!

Enjoy the summer sunshine !



**Susan Johnson**  
**David Stone**  
**Catherine Rizzo**  
**Nancy Wohlfahrt**



### VAN GOGH: THE IMMERSIVE EXPERIENCE

Thursday July 21, 10:30 AM  
Schenectady Armory Studios  
Tickets are limited  
Cost \$50



**DORSET THEATRE  
FESTIVAL**  
PLAY IN VERMONT

### WAIT UNTIL DARK

Wednesday, July 6 - 2pm  
Cost per ticket: \$33.

We have limited tickets available sign up early.  
PLEASE NOTE: Masks are required in indoor areas and during performance. ALSO, Proof of Vaccination or Negative COVID-19 test taken within 72 hours of show time will be required.



### Fellswater

Wednesday, August 24th  
2:00 pm

Boston's dynamic Celtic music ensemble brings energy and excitement to works of Celtic heritage from Scotland, Ireland, Brittany, Galicia and Canada. Hear a variety of instruments - fiddle, fife, guitar, whistle, border pipes, banjo and Celtic harp. Event is outdoors under the tent by the lake.

Cost: \$30.  
Must pay at time of sign-up.  
Sign up by August 12



*from the desk of Ed Capezzuti*

*Let's Talk Scams and No Surprise*

As we finally enter the summer months, let's talk about scams. Scams are apparently here to stay so let's be on guard. I did some research and found the top 10 scams targeting seniors. The article read: "Financial scams targeting seniors have become so prevalent that they're now considered the crime of the 21st century." I'm not sure that there is enough room to discuss the top 10 but I will list them and describe each one until I run out of room. Here are the top 5.:

1. Health Care/Medicare/Health insurance Fraud
2. Counterfeit Prescription Drugs
3. Funeral & Cemetery Scams
4. "The Pigeon Drop"
5. Charity Scams

I will jump right to "The Pigeon Drop" as I am guessing you, like me, are wondering, what is that all about? A con artist tells the individual that he/she has found a large sum of money and is willing to split it, if the person will make a "good faith" payment by withdrawing funds from his or her bank account. Often, a second con artist is involved, posing as a lawyer, banker or some other trustworthy stranger. BE CAREFUL and remember, if it sounds too good to be true, it probably is.

In the months to follow, I will be writing about each of the above but as I am writing this, I am getting ready to attend the Memorial Golf Tournament in Dublin, Ohio for the second year in a row. My daughter MK asked if I would attend the tournament and drive back home with her, as she is out of school for the summer break. How could I say no? If you read my article last year, you may remember the cicadas. Those are the insects that appear every 17 years. They are very noisy and fly all over the place but the good news is that this year, they won't be around. Believe me, that is a welcome relief.

In March of this year, I wrote about the Social Security increase in the Part B premium which jumped up by \$21.60 due to an Alzheimer's drug at a cost of \$56,000 per year per person but the cost of the drug was reduced by about half and there was hope that the part B premium would be reduced. Well, the answer is in, may I have the envelope please? What? The premium will remain at \$170.10, now isn't that a real surprise!

....Ed

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*July's Crafty Ladies*

**ART WITH KAREN**

Thursday, July 28, 1:00 pm  
You really can create this lovely landscape.



**CRAFTING WITH THELMA**

Thursday July 21 1:00 pm  
We will painting dandelions w/toilet paper rolls.





## ICE CREAM MONDAYS

For FOR EACH OF OUR ICE CREAM TRIPS WE WILL PLAN ON MEETING UP WITH THOSE DRIVING AT 1:00 AT THE CHOSEN DESTINATION. IF YOU'RE RIDING IN THE VAN WE WILL BE CALLING YOU THAT MORNING WITH OUR PICK UP SCHEDULE

MONDAY, JULY 11 - KING'S DAIRY, SCHUYLerville

MONDAY, JULY 18 - HUMPTY DUMPTY, SARATOGA

MONDAY, JULY 25 - BATTENKILL DAIRY, SALEM

Van cost \$5

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## Cooking With Ed

### Santa Fe Skillet

serves 6

1 lb. lean ground beef (90%)

1pkg (6 oz.) four cheese corkscrew pasta mix

2 c. salsa

1 tbsp. chili powder

Dash cayenne pepper

undrained

1 can (2 1/4 oz) sliced ripe olives drained

1 c. shredded cheddar cheese

1 small onion

1 c. hot water

1/2 tsp salt

1 can (14 1/2 oz) diced tomatoes,

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink, crumble meat, drain. Stir in pasta, contents of seasoning packet, salsa, water, chili powder, salt and cayenne.

2. Bring to a boil; cover and simmer until pasta is tender, about 15 minutes, adding more water if necessary. Stir in tomatoes, sprinkle with olives and cheese. Cover and simmer until heated through, 3-4 minutes. Serve with sour cream if desired. buen apetito

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Hospitality - If you're interested in volunteering for hospitality you may either attend our monthly meeting or contact Bev at the Center.




Thrift Shop/Boutique - We're still looking for volunteers for certain time slots. Business is picking up and we do need your help.

Gardening - There will be a continuing need for help with lawn and gardens, i.e. dead-heading, weeding, watering, etc. (you do know, every plant needs a little conversation once in a while).

***Our volunteers are vital to the life of our Center. Thank you, thank you***

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# JULY 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1 a.m. programs only CLOSE AT NOON
4 	5 1:00 - Book Club	6 2:00 - Dorset Theatre Wait Until Dark	7 1:00 - Cooking w/Ed	8 a.m. programs only CLOSE AT NOON
11 1:00- King's Dairy, Schuylerville	12 10:00 - Target 1:00 - The Perfect Bid	13 noon - Picnic At Center	14 11:00 - Schenectady Aquarium (bag lunch)	15 a.m. programs only CLOSE AT NOON
18 1:00- Humpty Dumpty, Saratoga	19 1:00 - Newsletter	20 12:00 - Wiawaka 1:00 - Game Day	21 10:30 - Van Gogh, The Immersive Experience 1:00 - Craft w/Thelma	22 a.m. programs only CLOSE AT NOON
25 1:00 - Battenkill Creamery	26 1:00 - Pirate's Cove - Miniature Golf	27 1:00 - Shoebox Workshop	28 1:00 - Art w/Karen 7:00 pm Wiawaka Antique Quilt Presented by The Hyde	29 a.m. programs only CLOSE AT NOON



# WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/ RSVP (In-House & Virtually)  9:00 - Let's Walk 10:30 Line dancing w/ Ginny Allen  12:00 - Bridge Club  4:00 - GFSC Singer	9:00 - OsteoBusters/ RSVP (In-House & Virtually)  10:00 - Bingo	9:00 - OsteoBusters/ RSVP (In-House & Virtually)  10:00 - 12:00- Bridge, Scrabble	9:00 - OsteoBusters/ RSVP (In-House & Virtually)  10:00 - Wii  10:00 - Line Dancing	9:00-Tai Chi w/Sam (In-house & Virtually)  10:00 - Wii  10:00 - Line Dancing

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and on FaceBook



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

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*Call today for a free consultation to discuss your options.*

*Looking Forward to.....  
Ice Cream Mondays in August*


*Skin Renaissance Spa  
Presentation - How to your  
skin.*

*Celtic music at The  
Sembrich, Wednesday,  
August 24*

*It's going to be an exciting  
summer. Keep watch of our  
postings.*

*Coming up in Sept:  
GFSC 1st Annual Senior*

## SPECIAL PROGRAMMING DURING JULY

Every Monday, 9 am  For the month of July, we meet at the foot of Murray St, parking lot on left to walk along the Glens Falls Canal to Haviland Cove and back. A nice easy walk. If it's a light rain, bring umbrellas; if pouring, we will cancel. Questions? JoAnn Whiting, 518-955-7400  
Van transportation is available

July 5, Tuesday  
1:00 Book Club - A Gangsters Paradise, Saratoga Springs from Prohibition to Kefauver, Greg Veitch  
August - The Secret Dairy of Hendrick Groen  
Sept. - West With Giraffes, Linda Rutledge  
Oct - The Fountains of Silence, by Ruta Sepetys

July 6, Wednesday  
2:00 Wait Until Dark at the Dorset Theatre

July 7, Thursday  
1:00 Cooking With Ed, Due to some FB difficulties in Ed will be repeating his delicious recipe for Santa Fe Skillet.

July 12, Tuesday  
1:00 Join us for a virtual presentation of: Perfect Bid: The Contestant Who Knew Too Much : A "Price Is Right" superfan brings a bit of scandal to the long-running show by figuring out the answers to the questions before they're asked."

July 12, Wednesday  
Noon Picnic At The Center -It's time to get together for good food, good conversation. Come early, we'll have games and will eat at noon. The Warren Center is providing Coolies Ice truck for dessert. Please note the change Havilands cove will not open this season.

July 14, Thursday  
11:00 Experience the wonders of the ocean in your backyard! The VIA Aquarium, Schenectady, is the capital regions only full scale aquarium. Explore over 25,000 square feet of oceanic treasure as you and your family embark an exciting self-guided tour visiting over 2,000 creatures of the sea. Activity level B Cost \$20.  
Van Leaves @ 10:00

July 20, Wednesday A Day at Wiawaka - includes a tour, lunch and just that special opportunity to enjoy a peaceful day on the east shore of Lake George. Cost \$20 Activity level A

July 21, Thursday  
10:30 Glance up at the glimmering heavens of The Starry Night, admire the Almond Blossoms bursting into flower. Take a step into the world of Van Gogh's most iconic works of art and experience what it is to be inside a painting! See pg.3 Tickets: \$50.  
Activity level A

July 26, Tuesday  
1:00 Played miniature golf recently? Probably not. Well, today is your chance. We're meeting at Pirate's Cove, Lake George.  
Cost \$10

July 27, Wednesday ShoeBox Workshop. It takes many busy hands to prepare the items for the ShoeBoxes we send out in the fall.  
1:00

July 28, Thursday Art With Karen see page 2

1:00  
7:00 pm Wiawaka Antique Quilts- The Hyde Museum will be presenting "Antique Quilts". We Will be staying for the fireworks. Weather permitting. Cost \$20 Limited tickets sign up early.

**Note:** If you're being picked up by the van we will call you the day before of your event. If the COVID restrictions have changed for your event we will let you know. Reminder Mask are required in the van .

### Levels of Difficulty for GFSC Trips

Level A - Very Easy - A leisurely pace, this trip involves minimal physical activity, such as climbing stairs and walking for short amounts of time.

Level B - Easy - Normal, generally flat walking for longer distances, standing and other similar activities.

Level C - Moderate - Walking or physical activities half to most of the day. Periods of standing, stairs, or uneven walking surfaces are expected.

Level D - Strenuous -All or most of the day walking, uneven terrain, standing, no walkers or canes allowed.



Our sincere condolences  
to the family and friends of

Lottie Flewelling



July 28th We will stay  
after the program at  
Wiawaka to enjoy the  
Lake George Fireworks.



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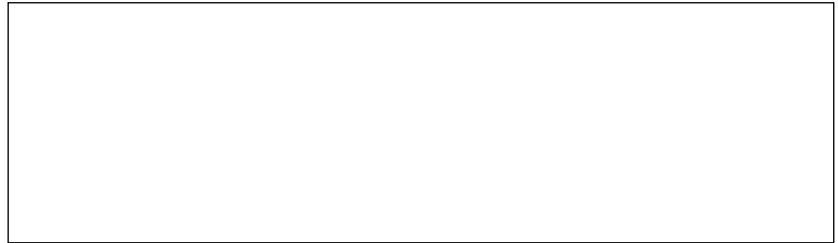


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## Improving the quality of life for seniors.

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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