



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

- Technology Classes
- Games That Engage and Inspire
- Upcoming Events

Monthly Issue 078/26
July & August 2026

Executive Director Message

I would like to welcome two new staff members to the Center, Driving Specialist Susan Newill and Office Assistant Deb Shiltz. Please stop in and welcome them to the center.

Summer is one of the most enjoyable times of the year. This newsletter edition is for both July and August, so we can all plan our busy summer ahead. We have planned a wonderful variety of programs ranging from technology classes and historical tours to picnics, crafts, educational workshops, and exciting day trips. We encourage you to try something new this summer.

We look forward to seeing you at the center where friendships flourish and fun never retires!

Please note the Center will be closed on Fridays in July and August.



**Summer Picnics
Cost \$10**

July Picnic at Moreau Lake

Thursday, July 16th, noon

Celebrate summer with the Glens Falls Senior Center at our annual July Picnic at Moreau Lake State Park! Enjoy fresh air, lake views, delicious food, and great company in a beautiful outdoor setting. Relax, socialize, and take in the scenery while spending an afternoon with friends—this is a perfect way to celebrate summer together!

End of Summer Picnic at the Center

Monday, August 31st, noon

Join us for our annual End of Summer Picnic at the Glens Falls Senior Center! Enjoy a picnic lunch, great company, and an afternoon of fun and conversation. Celebrate summer memories with friends and welcome the fall season together—we hope to see you there!



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From the Desk of Ed Capezzuti

MK and Kenny's Wedding May 30, 2026

Where to start? Deb and I headed for the Albany airport at 4:00 am on Tuesday, May 26 at a chilly 48 degrees. We arrived in Fort Myers, rented a car and off to Sanibel, where we were greeted with 80-degree temperatures. The Marriot Hotel, site of the wedding, was beautiful and the staff could not have been nicer or more helpful. We checked that plans were set and headed for the pool. It's off-season in Florida and the hotel was very quiet, so all of our guests were given upgraded rooms with an ocean view at no charge. We knew it was going to be a good week. The weather all week was perfect and the guests started arriving Thursday. It was great to see friends that we have not seen in a long time and everyone was in a party mood. During each day, people enjoyed the pool and the warm weather and oh yes, the poolside bar! Friday night was a welcome party at a place called Doc's on Sanibel Island with open bar and plenty of food. It was a blast. Now for the BIG day. The wedding was at 6:30 pm, so there was plenty of time to enjoy the beautiful weather and the pool. The bridal party was tied up for the day with hair appointments, makeup and who knows what else but I was free to relax and practice my speech. The wedding ceremony was held on the sandy beach, under a bright blue sky, ocean in the background and two dolphins actually swam by to enjoy the wedding. Chelsey did an outstanding job as officiant and MK looked gorgeous, as did the entire wedding party. The reception was held inside and as the party went on, we were treated to a beautiful sunset. The father/daughter dance was a blast as MK and I cut a rug to "Forever Young" by Rod Stewart. The dip at the end of the song was a crowd pleaser! It was a fabulous event that lasted well into the evening. Sunday was a travel day back home and back to reality.

I haven't recieved information on Farmers Market Coupons as of yet. Watch for information on our Facebook page and Website .



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, July 23rd 1:00pm
Christmas in July!

This month, we're celebrating Christmas in July with a festive and fun holiday-themed craft.

Thursday, August 13th, 1:00pm
Another Mystery Craft. Join us and find out what we are making.

Class limited to 15

Art with Karen

Thursday, July 30th
1:00 pm



Thursday, August 27
1:00pm



Class limited to 8



Shopping Trips -

Monday, July 6th - 9:30 am
Hannaford
Monday, July 20th- 9:30 am
Walmart

Monday, August 3rd-9:30 am
Market 32
Monday, August 17th - 9:30 am

Sign up at the center

EXTRA! EXTRA! READ ALL ABOUT IT!

Coffee with a Cop

Wednesday, July 1st, 1:00 PM

Enjoy coffee, doughnuts, and conversation with members of the Glens Falls Police Department and a Community Social Worker. No speeches—just friendly discussion and community connections.

AARP Defensive Driving Course

Thursday, July 2nd, 8:30 AM - 3:30 PM

Improve your driving skills and learn the latest road safety information. Participants may qualify for insurance discounts.

Tuesday, July 7th 1:00PM

First Tuesday Book Club

We will discuss *The Secret Sewing Society*, Siobhan Curham. In preparation for our August 4 meeting, we're doing a deep dive into the life and writings of *The Queen of Mystery*, Agatha Christie. You can choose any or all of the following: Agatha Christie autobiography, PBS 2-part biography, *The Mysterious Affair at Styles*, *The Murder of Roger Akroyd*, *Death on the Nile*. Enjoy!

Tech Class with SAIL

Wednesday, July 8th 1:00 PM

Need help navigating today's technology? Join us for Tech Class with SAIL and gain confidence using your smartphone, tablet, laptop, or other devices. Whether you're learning the basics, exploring new apps, setting up email, using social media, or looking for tips to stay safe online.

Homemade Mozzarella Cheese Making

Thursday, July 9th, 11:00 AM

Participants will gain practical cheese-making skills, learn helpful tips and techniques, and enjoy the satisfaction of creating their own fresh cheese. Whether you're a food enthusiast or simply looking to try something new, this fun and interactive class is sure to be a rewarding experience. Come join us and experience the joy of homemade mozzarella!

Membership Meeting

Tuesday, July 14th, 1:00pm

The Membership Meeting is an opportunity for all members to stay informed, share ideas, and become more involved in the Center's future. During the meeting, members will receive updates on upcoming programs, trips, special events, and Center activities. It is also a chance to learn about volunteer opportunities, provide feedback, and discuss ways to enhance the services and programs offered to our members.

Grant Cottage Tour

Wednesday, July 15, 11:00 AM

Cost-\$5.00

Join us for a fascinating visit to Grant Cottage, the historic mountain retreat where General and former U.S. President Ulysses S. Grant spent the final weeks of his life while completing his memoirs. During this guided tour, participants will explore the beautifully preserved cottage, view original furnishings and artifacts, and learn about Grant's remarkable military career, presidency, and legacy.

Getting to Know Google Maps

Wednesday, July 22, 1:00 PM


Google Maps is a mapping application that offers satellite imagery, street maps, and street-view perspectives. It also has a route planner for your preferred transportation method, be it foot, car, bicycle or public transportation. During this lecture, you'll get an introduction to the platform and a demonstration of how to use it.

Warrensburg Museum- American's Defenders

Tuesday, July 28, 1:00 PM

Join us for a visit to Warrensburg Museum's new exhibit, *America's Defenders*. Through artifacts, photographs, uniforms, and personal stories, this special exhibit honors the men and women who served our nation and highlights their impact on local communities during America's 250th anniversary year.

JULY 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 1:00 Coffee with a Cop	2 Defensive Driving 8:30-3:30	3 Closed 
6 9:30- Hannaford 10:00 -Golden Games	7 1:00 Ukulele Band 1:00 Book Club	8 1:00 Tech Class with SAIL	9 11:00 Homemade Mozzarella Cheese	10 Closed
13 10:00- Golden Games 1:00 Cooking with Ed	14 10:00-Special Bingo 1:00 Membership Meeting	15 11:00-Grant's Cottage Tour	16 Noon- July Picnic Moreau Lake	17 Closed
20 9:30 -Walmart 10:00- Golden Games	21 1:00- Ukulele Band	22 1:00-Getting to Know Google Maps	23 1:00-Craft with Thelma	24 Closed
27 10:00 Golden Games	28 1:00 America's Defenders Warrensburg Museum	29 1:00 Pie on the Porch	30 1:00 Art with Karen	

WEEKLY ACTIVITIES

MONDAYS 11:30 -Bridge Group	TUESDAY 9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - Bingo	WEDNESDAY 10:00 Bridge, Scrabble	THURSDAY 9:00 - OsteoBusters/ RSVP (In-House & Virtually) 11:00 - Encore Singing Group	FRIDAY 9:00-Tai Chi w/Sam (In-House & Virtually) 10:00 - Wii Bowling
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AUGUST 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 9:30- Market 32 10:00 -Golden Games	4 1:00 Ukulele Band 1:00 Book Club 1:00 Thurman Exhibit Warrensburg Museum	5 Noon Lunch Bunch Docksider	6 1:00 Up Yonda	7 Closed
10 10:00 -Golden Games	11 10:00 Special Bingo 1:00 Membership Meeting 1:00 Intro to Smart Phone	12 1:00 Ice Cream Trip Martha's	13 1:00 Craft with Thelma	14 Closed
17 9:30 -Walmart 10:00- Golden Games	18 10:00-Racino 1:00 Ukulele Band	19 1:00-Cooking with Ed	20 Noon Rodeo and BBQ Lunch	21 Closed
24 Noon Wiawaka Lunch and Tour	25 1:00 - Ice Cream Trip King's Dairy	26 1:30 Boat Ride Mini HaHA	27 11:00 Veggies 1:00-Art with Karen	28 Closed
31 Noon -End of Summer Picnic				

Visit us on our website:

www.gfseniors.com and on Facebook

Pie on the Porch
Wednesday, July 29, 1:00 PM

Enjoy one of our favorite summer traditions on the porch! Relax on the beautiful porch of the Sherman House, enjoy a slice of pie, and spend a pleasant afternoon visiting with friends. Good conversation, great company, and a sweet treat make for the perfect summer day.

Book Club - "Getting to Know Agatha Christie"
Tuesday, August 4th, 1:00 PM

The First Tuesday Book Club will explore the life and works of Agatha Christie, the Queen of Mystery. Participants may choose from a variety of materials, including her autobiography, the PBS two-part biography, *The Mysterious Affair at Styles* (introducing Hercule Poirot), and *Death on the Nile*, which reflects a new chapter in Christie's life following personal hardship.

Warrensburg Museum Trip - Thurman Exhibit -
Tuesday, August 4th 1:00 PM

This exhibit highlights the history of Thurman, one of the Adirondack Region's most distinctive communities. Visitors will learn about local industries, businesses, families, and traditions that helped shape the town's heritage.

Lunch Bunch - The Docksider Restaurant
Wednesday, August 5th, noon

Enjoy a scenic lunch at The Docksider Restaurant on Glen Lake. This year-round destination offers casual dining with lakefront views and a wide variety of menu options, including burgers, sandwiches, pizzas, soups, and daily specials.

Up Yonda Farm - Pollinators Program
Thursday August 6th, 1:00
Cost \$10.00

Learn about honeybees and other essential pollinators and their role in the ecosystem. Participants will explore an observation hive, learn about beekeeping tools, and visit the Butterfly House. This hands-on program includes outdoor exploration—please wear sneakers and bring a lunch.

Crandall Library Presentation
Passwords, Passkeys, and More
Tuesday, August 11th, 1:00 PM

Learn how to protect your online accounts through strong password practices and modern security tools. This program will cover password basics along with safer alternatives such as passkeys, multi-factor authentication, single sign-on, and password managers.

Ice Cream Trip - Martha's
Wednesday, August 12th, 1:00

Join us for a sweet trip to Martha's Ice Cream! Enjoy a favorite frozen treat and a fun afternoon with friends. A perfect way to relax, socialize, and enjoy a classic summer outing!

Saratoga Racino
Tuesday, August 18th 10:00 AM

Enjoy a day of entertainment, gaming, dining, and fun at one of the Capital Region's most popular destinations. Don't miss this opportunity to experience the excitement, camaraderie, and energy of Saratoga Casino & Raceway. Reserve your spot today and get ready for a winning day of fun!

Painted Pony Championship Rodeo
Thursday August 20th Noon
Cost \$35.00

Enjoy a BBQ lunch followed by an exciting afternoon of rodeo action, including barrel racing, roping events, and more. A fun-filled American tradition!

Wiawaka Tour & Lunch
Monday, August 24th 10:30
Cost \$35

Spend a relaxing day at the historic Wiawaka Center on Lake George. Enjoy a guided tour, lunch, and time to explore the beautiful lakeside grounds. Swimming is optional—please bring a bathing suit and towel if interested. Registration deadline: August 16 at 12:00 PM

Ice Cream Trip - King Brothers Dairy
Tuesday, August 25th, 1:00 PM

End the month on a sweet note with ice cream, friends, and fun!

Minne-Ha-Ha Boat Ride - Lake George
Wednesday, August 26th, 1:30
Cost \$23.00

Enjoy a relaxing one-hour cruise aboard the historic Minne-Ha-Ha paddlewheel boat on Lake George. Take in beautiful lake and mountain views while spending a pleasant afternoon with friends. Please arrive by 1:15 PM for boarding.

Edgy Veggies: Fermenting & Canning
Thursday, August 27th 11.00
Cost \$7.00

Join Cornell Cooperative Extension for a hands-on workshop on food preservation. Learn safe and practical techniques for fermenting and canning vegetables while gaining tips for enjoying fresh produce year-round.

Cooking with Ed
Monday, July 13th 1:00 PM
Greek Chicken & Rice

Ingredients

1 pound boneless skinless chicken breasts, cut into 1-inch cubes
1/4 teaspoon garlic powder
1/4 teaspoon pepper
2 teaspoons olive oil
1 jar (12 ounces) marinated quartered artichoke hearts, drained and chopped
1 jar (12 ounces) roasted sweet red peppers, drained and chopped
1/3 cup oil-packed sun-dried tomatoes, chopped
1/3 cup Greek olives, sliced
1 package (8.8 ounces) ready-to-serve brown rice
1 tablespoon minced fresh parsley

Directions

1. Sprinkle chicken with garlic powder and pepper. In a large skillet, heat oil over medium heat. Add chicken; cook and stir until no longer pink, 8-10 minutes. Stir in artichokes, roasted peppers, tomatoes and olives. Cook and stir until heated through, 3-5 minutes.
2. Meanwhile, prepare rice according to package directions. Serve with Chicken. Sprinkle with parsley

Cooking with Ed
Wednesday, August 19th, 1:00 PM
Sweet and Sour Glazed Shrimp

Ingredients:

1/4 cup Chinese plum sauce
1/4 cup ketchup
2 teaspoons soy sauce
1/4 teaspoon crushed red pepper flakes
1 1/4 pounds medium shrimp, peeled and deveined and tails removed
Kosher salt and freshly ground black pepper
1 tablespoon peanut oil
2 scallions, thinly sliced (white and green parts kept separate)
1 clove garlic, finely chopped
1 teaspoon finely chopped peeled fresh ginger
3 tablespoons unseasoned rice wine vinegar
Cooked white rice, for serving, optional

1. Stir together the plum sauce, ketchup, soy sauce and pepper flakes in a small bowl and set aside.
2. Sprinkle the shrimp with salt and pepper. Heat the oil in a medium skillet over medium-high heat. Add the shrimp to the skillet and cook, stirring occasionally, until just cooked through, 2 to 3 minutes. Transfer to a plate.
3. Add the scallion whites, garlic and ginger to the skillet and cook, stirring constantly, until soft, about 1 minute. Add the vinegar and scrape up any brown bits that cling to the bottom of the skillet. Add the plum-ketchup sauce and bring to a simmer. Return the shrimp to the skillet along with the scallion greens and give the skillet a swirl to bring everything together. Divide among 4 plates and serve with white rice if using.





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