



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0624  
June 2024

### DIRECTOR'S CORNER

Summer is our favorite time of the year enjoying being outdoors and the sun. I recently had skin cancer removed on my face. I'm doing fine after the surgery. I learned so much on how to protect myself going forward. I wanted to share with you.

1. A good sunhat can be your best friend. Buy a hat with a wide, all-over brim for maximum coverage. Many sunhats have an SPF rating listed right on their tag. You will never see me without a hat this summer. The best places I have seen good hats with SPF ratings is TJ Max and Amazon.

2. Wear an SPF 30 sunscreen every day. Be sure to apply it to your scalp and hairline as well as other areas where skin is especially sensitive. Reapply every two hours if you are sweating excessively. I'm one who never wore a high rated SPF. I've thrown everything away and purchased a good sunscreen.

3. Try not to go out in the sun at peak hours. This is extremely hard with my grandchildren playing sports. Shade is sometimes hard to find on the ball fields. I'm thinking about purchasing a folding chair with a canopy on the top.

Enjoy the outdoors but please protect your skin.



GLENS FALLS SENIOR CENTER

## Garage Sale

### Saturday, June 15th 9am-3pm

Books, Movies, Décor, Small Appliances, Jewelry, Puzzles and More!

**Donations accepted now!**

All proceeds to benefit the Glens Falls Senior Center



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*From the desk of Ed Capezzuti*



***Vacation Time, Last Call and Farmer's Market Coupons***

You may recall, last year after our trip, (what I hoped was an annual trip), to Cape May, NJ, did not look so good for a repeat visit. I then wrote about Cape May's plan to adjust upwards and I do mean upwards, the pricing structure for hotel and motel rates. Then, one day, MK called us and said that the Summer Station, where we have stayed the last few years, lowered their rates. The Summer Station is really a group of condominiums, privately owned and leased out during the prime summer months. I remember saying to my wife and girls, at the time, that I thought that the Summer Station was pricing themselves out of business. Apparently, they had second thoughts about the \$700 per night stay and the seven-day minimum. That amount is not a misprint. Fortunately for us, June is not considered prime vacation time and yes, again this year we are headed back at the 2023 rates. In fact, we are probably in Cape May when you are reading this newsletter. Now, if just going to Cape May for a few days isn't enough, my girls gave me a Father's Day gift to the Memorial Golf Tournament in Dublin, Ohio. So, as it turns out, I am going to the golf tournament and then Chelsey, MK and I are driving to Cape May. MK said that it's about an 8 hour drive but it is well worth it and in my July article you will probably hear about our trip.

***Last Call***

Last call! It's probably not the same last call that we knew in our younger days but it is equally important. This last call is for those of you who may still have Humana or WellCare for your insurance coverage. The Albany Med system and those insurance companies could not come to terms so the hospitals that we would normally use are not covered by those plans. If you need to change, please give me or the Office for the Aging a call.

***Farmer's Market Coupons***

I have contacted the Office for the Aging and was informed that we should have the Farmer's Market Coupons in the First part of July. As I get more details about the program, I will share them with you. The coupons, if you qualify, are a good way to save on your food purchases at the Farmer's Market here in Glens Falls and some other locations. Have a Happy Summer!

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*June's Crafty Ladies*

**Crafts w/Thelma**

**Thursday, June 20th at 1:00**  
Gnome/Fairy Garden



**Acrylics w/Karen**

**Thursday, June 27th at 1:00**



*Welcome*  
New Members

Beth Wright



# EXTRA! EXTRA! READ ALL ABOUT IT!

## Coming Soon... Cardio Drumming!



Interested in an exercise class with music and fun? Let the front office or a staff member know you would be interested- we hope to start the class in July! Any questions? Reach out to Nicole!

## Floating Classroom on Lake George

Wednesday, July 3rd  
10 am-12 pm

These informative and interactive programs aboard the Rosalia Anna Ashby provides participants the opportunity to learn about the remarkable ecology and health of our Lake – and how to protect it – through hands-on activities and experiments.



Cost:\$20/Person

RSVP By: June 26th



• 2024 •

SEP 25

at the Queensbury Hotel  
88 Ridge St  
Glens Falls, NY 12801

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

## Warrensburgh-Thurman Historical Society




Sunday, June 9th  
2 pm-4 pm

Cost: \$5 Entry Fee includes 10  
Bingo Cards

Additional Cards are \$2/5  
Play for gift cards and a cash prize!

Limited space available! Register with the  
center no later than June 5th.  
\*this event is for GFSC members only

# JUNE 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3	4 1:00-Book Club 1:00-Ukulele Band	5 1:00-Knitting 2:00-Reading with Bea	6 1:00-Movie & Popcorn	7 Chicken BBQ 3:30-6  <b>NO PM PROGRAMS</b>
10	11 1:00-LaOM Jewelry Inspection & Cleaning	12 1:00-RAM Clinic	13 1:00-SAIL Garage Sale	14 1:00-Dutch Apple Cruise
17 10:00-Market32	18 1:00-Ukulele Band 7:00-GF Dragons Baseball Game	19 <b>CENTER CLOSED</b>  JUNETEENTH	20 1:00-Craft with Thelma	21 1:00-Newsletter
24	25 10:00-Special Bingo 1:00-Keetoowah Independent Growth	26 1:00-Cooking with Ed	27 1:00-Acrylics with Karen	28 11:00-Vermont Country Store

# 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	11:00 - GFSC Singers	10:00 - Wii
10:00 - Line Dancing w/Ginny Allen				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!

July 1 - Ice Cream Tour Starts

July 3 - Floating Classroom on LG

July 24 - July Picnic Including New Member Welcome at Moreau Lake



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

Every Tuesday at 8:45 **Let's Walk:** Walking is back! This months group will meet at the dollar store on Dix Ave in Glens Falls. Call JoAnn at 518-955-7400 to sign up!

Tuesday, June 4 Time-1:00pm **Book Club:** This month we will be discussing "**Before We Were Yours,**" by **Lisa Wingate**. In this tale of fiction, strongly based in history, the reader travels between Memphis of the late 1930's and present day Aiken, South Carolina. The New York Times wrote, "Lisa Wingate takes an almost unthinkable chapter in our nation's history and weaves a tale of enduring grace". Come join us. I'm looking forward to the discussion. Our book for July will be **Facing the Mountain, by Daniel James Brown**.

Thursday, June 6 Time-1:00pm **Movie and Popcorn-Top Gun Maverick (PG-13):** After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. (2022) Cost: Free for members, \$5 for Guests

Tuesday, June 11 Time-1:00pm **La OM Jewelry:** Learn about the importance of regular jewelry cleaning and inspections, how to protect your valuables and get jewelry of your own inspected/cleaned as well! Cost: Free for Members, \$5 for Guests

Wednesday, June 12 Time-1:00pm **Remote Area Medical (RAM Clinic):** A RAM Clinic representative will be here to explain what RAM is, and teach you how you can get involved.

Thursday, June 13 Time-1:00pm **Southern Adirondack Independent Living (SAIL) Garage Sale:** Lets go do some shopping!

Friday, June 14 Time-1:00pm **Dutch Apple Cruise:** During the first part of the cruise, our Hudson River Narration will highlight Albany and notable sights along the river. The remaining 45 minutes, passengers can unwind, enjoy music, and take in the views. A Full Bar & Concessions are available, and we accept both Cash & Credit Cards. Cost: \$30 Limited Space Available

Tuesday, June 18 Time-7:00pm **Glens Falls Dragons Baseball Game:** Enjoy a game by our local baseball team at East Field! Cost: \$5 Limited Transportation Available

Tuesday, June 25 Time-1:00pm **Kee To Independent Growth (KIGI):** Serves individuals with ongoing disabilities including traumatic brain injury (TBI), developmental disabilities, progressive medical conditions, mental health & substance abuse (CORE) as well as veterans and qualified seniors.

Friday, June 28 Time-11:00am **Vermont Country Store:** We are taking a trip to Vermont Country Store! You can bring your lunch or buy it there! Cost: \$5 Limited Space Available



**Cooking With Ed**  
 Wednesday, June 26th at 1:00pm  
**Skillet Ham and Rice**  
 Prep/Total Time: 24 Mins Serves: 2







**Ingredients:**

- |                              |                                      |
|------------------------------|--------------------------------------|
| 1 teaspoon olive oil         | 1 medium onion, chopped              |
| 1 cup sliced fresh mushrooms | 1 cup cubed fully cooked ham         |
| 1/8 teaspoon pepper          | 1/2 cup reduced-sodium chicken broth |
| 1/4 cup water                | 3/4 cup uncooked instant rice        |
| 2 green onions, sliced       | 1/4 cup shredded Parmesan cheese     |


**Directions:**

1. In a large nonstick skillet, heat oil over medium-high heat; saute onion and mushrooms until tender. Stir in ham, pepper, broth and water; bring to a boil. Stir in rice. Reduce heat; simmer, covered, until rice is tender, about 5 minutes.
2. Fluff with a fork. Top with green onions and cheese.

	<p><b>GLENS FALLS SENIOR CENTER</b></p>  <p><b>VOLUNTEER</b></p> <p>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  <a href="mailto:coordinatorgfseniors@gmail.com">coordinatorgfseniors@gmail.com</a></p>
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 <p>Warren/Washington  <b>RSVP</b></p>	 <p>Center for Nursing &amp; Rehabilitation</p>   <p>★★★★★  <small>CMS RATED 5 STAR QUALITY MEASURES</small></p>
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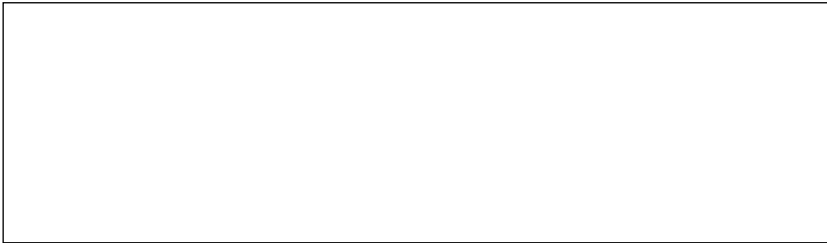


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## Improving the quality of life for seniors.

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.



# HIGHMARK

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