



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0622  
June 2022



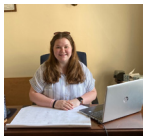
### DIRECTOR'S CORNER

Welcome summer- We have some great events planned for the summer.

Make sure you check out the newsletter for upcoming events. Our first Disc Golf tournament was a huge success. Cold Day but a lot of fun. Thank you to Glens Falls Rotary, Glens Falls High School National Honor Society Students, our sponsors, board and volunteers.

We have some big news! On Wednesday September 21st at the Cool Insuring Arena, we will be hosting A Senior Expo. The expo will be run like a business show with vendors to help with senior concerns and needs. Whether aging in place, in home care, assisted living, or end of life preparation, there will be a variety of information available to you. At the conclusion of the event the Center will create a Resource Guide for our members and community. Stay tuned for more information!

Enjoy the sunshine and dance in the rain!!



Hi, I'm Nicole, and I am so excited to have finally started here at the Senior Center! Just to share a little bit about me: for the past five years, I have been working as an Entertainment Supervisor at Six Flags, I have two cats named Sabian and Phoebe and I have been a native to South Glens Falls my whole life. After starting on May 9th, I am already so excited about what new programs Bev and I have in store for everyone, and I have very much enjoyed being able to meet some of our members. If you have any ideas of things you would like to see/do at the center, please feel free to let me know, my door is always open!



Saturday, June 4th  
Glens Falls Senior Center  
Parking Lot  
Come and Explore  
Oh, What Treasures You may Find  
PLUS  
Grab a Bite at Coach's Corner



Every Monday --  
9am

For the month of June,  
we meet at Hovey Pond, Queensbury.  
If it's a light rain, bring umbrellas;  
if pouring, we will cancel.

Questions? call JoAnn Whiting,  
518-955-7400

Van transportation is available



Peggy Quintal  
Mary Smith  
John Hilton



*from the desk of Ed Capezzuti*

### ***Easter Weekend***

As I indicated in the April newsletter, it was time for a road trip to visit our girls. We actually left on Thursday before Easter, as we knew there was a full (and I do mean full!) weekend of activities planned.

To back up a bit, in May of 2021, I told you about a birthday party for "T", Chelsey's dog. Well, on Thursday night there was a party, as "T" was turning 5 or is it really 35?! Well anyway, I must admit he looked so cute wearing his birthday hat and the cake was outstanding, but "T" was not allowed to have any. Friday started off with a little shopping at Easton mall. I really like Easton mall and I did treat myself. We did have a tee time at 3:50 pm and we surely did not want to miss that. MK, Kenny and I were the only ones of the family playing in what was a chilly, very windy day. It did give me an excuse for my golf game, although I wasn't unhappy with how I played. We only played 9 holes, as we had dinner reservations at one of my favorite restaurants, Lindy's. It was great to have both girls and their boyfriends join us for an absolutely fantastic dinner. As it turns out, we were there until 10:00 pm. As we got back to MK's place, I was amazed that I didn't fall asleep in the car on the way home!

Oh yeah, it was now Saturday and time for the Ohio State spring football game. It was a little windy and it was chilly, as the sun only popped through on a couple of occasions. The Buckeyes paid tribute to Dwayne Haskins, a former OSU quarterback who lost his life a couple of weeks earlier while crossing a highway in south Florida. The Buckeyes looked good and are ready for a big season. After the game, Deb and I walked around campus. Of course, we had to stop at the Bookstore. Yes, we love the Bookstore, as they carry all of the latest Ohio State apparel. Then, a stop at the North Market. It's a very interesting place where you can find any kind of food that you can imagine, eat in or take home or just buy something to take with you and have at a later time. Warning, do not go in there hungry because you will overdo it. Now how did I know that?! Then we went back to MK's and to top off the day, we had dinner at a brewery where food trucks supplied the food. A full, but fantastic day.

Easter Sunday, a drive to Dublin, Ohio and Kevin's house for an unbelievable Easter ham dinner with more appetizers than you can imagine. Joining all of us were Kevin's parents who are wonderful people. It was a great way to end the weekend, as we were getting on the

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### *June's Crafty Ladies*

#### **ART WITH KAREN**

**June 9, 1:00**

**You really can create this lovely landscape**



#### **CRAFTS WITH NICOLE**

**June 16, 1:00**

**Time for a Cute Stress Ball**



#### **CRAFTS WITH THELMA**

**June 30, 1:00**

**Create a treasure box**





### ***The Sembrich***

A unique cultural experience on the shores of Lake George  
4800 Lakeshore Drive, Bolton Landing, NY 12814

#### **Young Performers Showcase**

Sunday, June 12

3:00 pm (indoors)

Celebrate our region's most promising high school and college musicians in this exciting recital of vocal and instrumental music.

Cost: \$10.

Must pay at time of sign-up

Absolute deadline: June 8

#### **Fellswater**

Wednesday, August 24

2:00pm

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.

Cost: \$30.

Must pay at time of sign-up

Absolute deadline: Aug 12



#### **WAIT UNTIL DARK**

Wednesday, July 6 2pm

Cost per ticket: \$33.



In order to get this group discount, we had to reserve a minimum of 10 seats. Please join us for this experience. Payment is required at time of sign-up.

#### **PLEASE NOTE:**

At this time, 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. The Policy may change we will keep you informed.



- Hospitality-If you're interested in volunteering for hospitality you can either attend our monthly meeting or contact Bev at the Center. By that first meeting in June (the 7th), I will know what volunteer needs will be for the Chicken Bar-B-Q.
- We're still looking for volunteers for certain time slots in the Thrift Shop/Boutique. Business is picking up and we do need your help
- There will be a continuing need for help with lawn and gardens, i.e. dead-heading, weeding, etc. (you do know, every plant needs a little conversation once in a while).
- Interested in crocheting a coral reef??? Ask Bev

# JUNE 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 1:00 - Reading w/ Bea	2 1:30 -Bring-a-Friend Ice Cream Social plus the Kingsbury Seniors Ukulele Band	3 Morning Programs Only  Yard Sale Setup
6 10:00 - Vermont Country Store  12:00 -Bridge Club  4:00-GFSC Singers	7 10:30 - Hospitality Committee  1:00 - Book Club	8 NO OSTEO TODAY  1:00 - Shoebox Workshop	9 1:00-Crafting w/Karen	10 Morning Programs Only  3:30-6:30 -Chicken BBQ
13 12:00 - Bridge Club  4:00 - GFSC Singer	14 10:00 - Price Chopper  1:00-Adventure Awaits "Why do We Travel?"	15 1:00-Operation Christmas Child Shoebox Thank you Reception	16 1:00-Art w/Nicole	17 1:00-Movie & Popcorn
20 12:00 - Bridge Club  4:00 - GFSC Singers	21 1:00 - Summer Solstice Field Day	22 1:00 - Game Day	23 12:00-Tour Saratoga City Park,History Museum and Canfield Casino	24 1:00 - Newsletter
27 12:00 - Bridge Club  4:00 - GFSC Singers	28 11:00 - Tour Fort William Henry	29 noon - Lunch Bunch Sweet Lou's Schuylerville 1:00 Game Day	30 1:00 - Craft w/Thelma	<u>Sunday, June 12,</u> Sembrich (see pg.3)



# WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/ RSVP (In-House & Virtually)  9:00 - Let's Walk (see cover page)  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)  10:00 - 12:00- Bridge, Scrabble	9:00 - OsteoBusters/ RSVP (In-House & Virtually)  10:30 - Chair Yoga	9:00-Tai Chi w/Sam (In-house & Virtually)  10:00 - Wii  10:30 - Line Dancing In-House

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and on FaceBook



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Looking Forward to.....

*Wednesday, July 6 - Dorset, Vt., Wait until Dark (info pg. 3)*

*Our picnic at Haviland Cove*

*Ice Cream Tour Mondays in July and August*

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

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

## **SPECIAL PROGRAMMING DURING JUNE**

<b>June 2, Thursday</b> <b>Time: 1:30</b>	<b>Bring-a-Friend Ice Cream Social plus</b> <b>The Kingsbury Seniors Ukulele Band</b>
<b>June 6, Monday</b> <b>10:00</b>	<b>The Vermont Country Store, Weston, VT - Discover Unique Treasures For Everyone. If you'd like bring a sack lunch. Activity Level A</b>
<b>June 7, Tuesday</b> <b>Time: 1:00</b>	<b>Book Club- <u>Dark Sky</u>, C.J. Box - Part adventure, part historical saga, and part coming-of-age love story,</b> July - <i>A Gangsters Paradise</i> , Greg Veitch August - <i>The Secret Dairy of Hendrick Groen</i> Sept. - <i>West With Giraffes</i> , Linda Rutledge
<b>June 8, Wednesday</b> <b>Time: 1:00</b>	<b>ShoeBox Workshop - And so we begin another season making treasures for our ShoeBox children across the world.</b>
<b>June 9, Thursday</b> <b>Time 1:00</b>	<b>Art With Karen - Looks a tad difficult, but really isn't. And you can make it your own landscape.</b>
<b>June 10, Friday</b> <b>3:30-6:30</b>	<b>CHICKEN BBQ</b>
<b>June 12, Sunday</b> <b>3:00</b>	<b>At The Sembrich - Young Performers Showcase Cost \$10. (see pg. 3)</b>
<b>June 14, Tuesday</b>	<b>10:00 - Price Chopper</b> <b>1:00 - Adventure Awaits - "Why Do We Travel?" Rick Steves takes us on an unforgettable journey exploring why we travel -to learn -to search -be it upstate New York or the globe - to touch the soul of our World</b>
<b>June 15, Wednesday</b> <b>1:00</b>	<b>Operation Christmas Child will be hosting a reception thanking all of you who helped in any way with our ShoeBox project last year. A video will also be shown. We will see the actual children who received our boxes and their responses when they opened them.</b>
<b>June 16, Thursday</b> <b>1:00</b>	<b>Art With Nicole Let's make a stress ball friend! We will be filling balloons with flour/rice/beans and giving them goofy faces and designs that can be used as a "stress ball" or to help with hand strength. See pg. 2</b>
<b>June 17, Friday</b> <b>1:00</b>	<b>Movie - <u>The Blind Side</u> The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.</b>

<b>June 21, Tuesday</b> <b>1:00</b>	<b>Summer Solstice Field Day</b> - An afternoon spent with friends, chatting, corn hole, etc. Bring your lawn chairs. We'll have light refreshments.
<b>June 23, Thursday</b> <b>11:00</b>	<b>A day at Saratoga</b> - Box Lunch, and tour of City Park, Canfield Casino & History Museum. Cost \$10. Activity Level A
<b>June 28, Tuesday</b> <b>11:00</b>	<b>Guided Tour of Ft. William Henry</b> Cost \$14.50 Bring a brown bag lunch, we'll have a picnic. Activity Level A
<b>June 29, Wednesday</b> <b>noon</b>	<b>Lunch Bunch - Sweet Lou's, Schuylerville</b> - individual bills will be issued. Limited van space - sign up early
<b>June 30, Thursday</b> <b>1:00</b>	<b>Craft with Thelma</b> - see pg. 2

### **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.

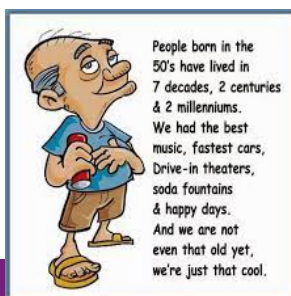
**Level B** - Easy - Normal, generally flat walking for longer distances, standing and other similar activities.

**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 condolences to the friends and family of**  
**Robert Carter**  
**Betty Garofolo**



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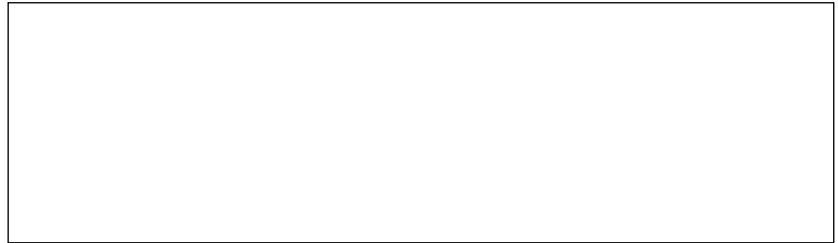


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## Improving the quality of life for seniors.

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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