

GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0323
March 2023



DIRECTOR'S CORNER

Welcome Spring we hope! I have my doubts though. We have some great events planned this month. We have our basket raffle starting on March 13th. This is a great way to support the center programs and maybe win a basket. We will do our St. Patrick's Day Lunch as a drive thru and eat in. Be sure to sign up by March 10th. Since this is one of our largest Luncheons we can't make any exceptions. Don't miss out!!

We are planning our summer activities, your input is important to us. If there is an event or activities you would like us to do, please contact Nicole. This is your center and we are here for you.

Mark your calendars April 21st, AARP will be holding a shredding day here at the Center. Gather all your documents to be shredded. The event is free.

Lastly, we do have COVID tests available at the center. Thanks to Warren County Public Health and SAIL. Just ask in the office.



POT O' GOLD LUNCH

**FRIDAY, MARCH 17
NOON**

Menu

Corned Beef and Cabbage
Potatoes, Carrots
Irish Soda Bread
Green Velvet Cake

Cost: \$12.00

Must reserve by March 10
Eat in or Drive Thru



Barbara Chimiak

Diane Powers

Susan Caligiuri

Dorothy Kineke

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From the desk of Ed Capezzuti

World University Games

At the "Cooking with Ed" show in January, I talked about the World University Games which, at that time, were taking place in Lake Placid. Little did I know at the time that my wife Deb, through her job, knew the people in charge of the games and became aware that they were in need of volunteers. She volunteered to work on Saturday, January 21st and asked me if I was also interested in volunteering. The World University Games are similar to the Olympic Games but the athletes are all college students. I said that I would like to volunteer and we were both scheduled to work at the Athlete Dining Hall, which is located in the Olympic Center. Name a country that has winter sports and that country was probably in attendance. The Games had over 2,500 athletes representing over 50 nations. Our instructions for the dining area were simple: check the credentials of those entering and if they had the proper credentials, they could enter the dining area. If they did not have the proper credentials, they couldn't enter. Pretty simple, pretty clear. What could possibly go wrong? Well, as it turns out, I was checking the credentials of a young male athlete from Ukraine. He did have the proper credentials and then he asked me if his girlfriend, who had no credentials, could also enter. He could not have been nicer and more respectful, but the rules are the rules. He had a look in his eye that said, please sir, please. As I said, the rules are the rules, so I had no choice or did I? I thought with all the trouble the Ukraine people have had, one additional lunch isn't going to hurt the games. I said please go in and enjoy lunch. After lunch on their way out, they came over to thank me again. All in all, the young people with whom we came in contact (over 700 athletes), couldn't have been more respectful, kind and cooperative. It made me feel like the future has a chance of being very bright. After our shift, we decided to tour the Olympic Center, which is absolutely awesome and take a walk down Main Street. While touring the Center, we did see short track speed skating and some ice hockey. Then we headed down to Main Street. The street was filled with ice sculptures, music and different fun events. It was a fantastic time and I would do it all over again.

February's Crafty Ladies

Craft w/Thelma

February 16 at 1:00
HodgePodgePlate



Art w/Karen

February 23 at 1:00



in
*Living
Memory*

Pat Brummer

Member Spotlight- March



Name : Jean Graser
Years as a Member: 9

What brought you to the center?

"My mother used to come here and I asked her what was so great about it that made her come every day, and she told me I would find out when I got older. So when I moved back to upstate New York, I was talking to my friend Eadie and she said she went to the center, and I asked to go with her one day, and I have been a part of it ever since."

What is your favorite thing to do at the Center?

"I love to be with all of the people and be active, and volunteering for things. I love all the trips we go on, and the programs we do. I really love everything about the center."

What is something about you people may not know?

"I am originally from North Carolina. I worked for Walmart for 16 years and helped open the stores in Saratoga and Queensbury. Also, my husband was a pastor at the Lutheran Church in Glens Falls for 14 years."

What is a new skill you would like to learn?

"I would really like to learn how to play pool. I am not very good at it right now, but I am getting better. Terry is an excellent teacher."

What are the words you live by?

"Honesty. It's only one word, but it is important."

Basket Raffle and Open House!

Friday, April 14th

Open House at 11:00 am with our
Basket Raffle Drawing starting at 1:00pm

Basket Raffle Starts March 13th!

8 Tickets for \$5
20 Tickets for \$10

This is one of our biggest
fundraisers of the year!

If you would like to donate a basket:
please have your completed basket (with a
list of contents) in by **March 6**



Mark Your Calendar!

Our Disc Golf Tournament
is scheduled for
May, 2023!
Stay tuned for more
details!

GLENS FALLS SENIOR CENTER **THRIFT SHOP**

We are currently accepting donations for
our Thrift Shop, Library and Yard Sale!

We do NOT accept:
Clothes, Bedding, VHS, Shoes, Sporting
Equipment or Furniture
Please call the center if you have any
questions about donating!
Check us out on Facebook at "Sherman
House" on Marketplace.

MARCH 2023

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|---|--|--|---|
| | | 1 2:00-Reading w/ Bea | 2 10:00-Chair Yoga 1:00-Adventure Awaits | 3 1:00-Cooking w/Ed |
| 6 10:00-Shopping at Price Chopper | 7 10:30-Hospitality Comm. 1:00- Book Club 1:00-Uke Band | 8 1:00-Game Day | 9 10:00 -Chair Yoga 1:00-Billiards 5:00 -Shrek the Musical | 10 1:00-COBRA Personal Safety and Self Defense |
| 13 BASKET RAFFLE STARTS | 14 1:00-Winter Sowing w/Sondra | 15 1:00-Game Day 1:00-Knitting/ Crochet Group | 16 1:00-Crafting w/ Thelma | 17 Noon-Pot O' Gold Lunch |
| 20 6-8pm-Pool Night | 21 1:00-Uke Band | 22 1:00-Newsletter Mailing | 23 1:00-Art w/Karen | 24 1:00-SNAP Presentation |
| 27 | 28 10:00- Special Bingo 1:00 - Movie & Popcorn:A Man Called Otto | 29 1:00-Alzheimers Association Presentation | 30 Noon-Lunch Bunch @ Nine Dragons | 31 1:00-Paint n' Sip w/Robin |

WEEKLY ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - Line Dancing w/Ginny Allen | 9:00 - OsteoBusters/ RSVP (In-House & Virtually) 8:45- Let's Walk 10:00 - Bingo | 9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 Bridge, Scrabble | 9:00 - OsteoBusters/ RSVP (In-House & Virtually) 11:00 - GFSC Singers | 9:00-Tai Chi w/Sam (In-House & Virtually) 10:00 - Wii 10:00 - Line Dancing |

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Mark Your Calendar!

Friday, April 21 - Paper Shredding Day, sponsored by AARP

Wednesday, April 26- AARP Defensive Driving

Friday, April 28- Spaghetti Dinner Fundraiser

May-Disc Golf Tournament

PROGRAM NOTES FOR MARCH

Every Tuesday, 8:45 **Let's Walk:** We are walking inside at Cool Arena. It is a \$10 fee for the whole year- pay at the arena box office. Call Jo Ann Whiting with any questions.

Thurs., March 2nd at 1:00 **Adventure Awaits:** *Time for a cruise from the fjords of Norway, Scotland's haunting glens, past magical castles, medieval cities, Lisbon, Gibraltar's hidden caves, Greece, and finally, to the sacred Nile. 1hr*

Tuesday, March 7th at 1:00 Ready for a new perspective on your world? There's always good conversation at our **Book Club:** *A Man Called Otto*, by Fredrik Backman, Fredrik Backman's beloved first novel about the angry old man next door is a thoughtful exploration of the profound impact one life has on countless others. "If there was an award for 'Most Charming Book of the Year,' this first novel by a Swedish blogger-turned-overnight-sensation would win hands down" (Booklist, starred review).

April - *The Last Slaveship*, by Ben Raines

May - *The Daughters of Yalta*, by Catherine Grace Katz

Friday, March 10th at 1:00 **C.O.B.R.A.** - Adult Self-Defense Training - In-person training w/ Jared Murphy from C.O.B.R.A.. Learn about situational awareness, stranger awareness, criminal intent, parking lot safety, myth-busting, survival techniques and scenarios.

Tuesday, March 14th at 1:00 **Sowing w/Sondra Winter** sowing is an outdoor method of starting seeds and it requires plastic translucent containers, soil, seeds and Mother Nature. It is a way to create a mini greenhouse and help seedlings to harden off while they are growing.

Friday, March 24th at 1:00 **S.N.A.P. Presentation** - Supplemental Nutrition Assistance Program - a federal program that provides food-purchasing assistance .

Wednesday, March 29th at 1:00 Join us for a presentation by the **Alzheimer's Association** that will talk about understanding alzheimers and dementia

Make A Difference



You can make a difference! More hands make life easier and more conversations bring in new ideas.

Newsletter Mailing Day - we can always use more help folding, addressing and sealing the newsletter. Please call center to sign up.

Hospitality - this committee works mainly with the food events at the Center, prepping and serving. Call me, Bev, at the Center if you're interested in this.

Thrift shop/Boutique - We are looking for volunteers to help run our thrift shop on afternoons, Tues. Wed, Fri. If these times work for you, give us a call. Many thanks, Bev



Friday, March 31, 1:00 - Robin Brewer from Sip and Canvas will be teaching us how to paint a beautiful piece of art! (Picture Coming Soon) BYOB- Please Drink Responsibly
Cost: \$20

Want To Help Our Center Grow?

Our Membership and Public Relations committee are adding more members! We are looking for motivated center members looking to help us expand our membership, welcome new members, and share ideas. Please reach out to Nicole if you are interested.



Cooking With Ed
Friday, March 3rd at 1:00

Sweet Chili and Orange Chicken

Prep/Total Time: 20 Minutes

Serves: 4

Ingredients:

- 1 Pound of Boneless/Skinless Chicken Breast
- 1/4 Teaspoon of Salt
- Hot cooked Jasmine or other Rice
- 1/3 Cup of Thawed Orange Juice Concentrate
- 3/4 Cup of Sweet Chili Sauce
- 1/4 teaspoon of Pepper
- 2 Tablespoons of Butter
- Minced Fresh Basil

Directions:

- 1.** Toss chicken with salt and pepper. In a large skillet, heat butter over medium-high heat; stir-fry chicken until no longer pink, 5-7 minutes. Remove from pan; keep warm.
- 2.** Add chili sauce and juice concentrate to skillet; cook and stir until heated through. Stir in chicken. Serve with rice; sprinkle with basil.

Don't Forget!

Cooking with Ed is Live Streamed on our Facebook Page! If you missed the show or want to watch it while you're making the meal yourself, visit our Facebook Page for all of the episodes!

Please remember that if Glens Falls School District is closed due to weather, the Center will be closed.



**HAPPY
BIRTHDAY
TO OUR
MARCH
FRIENDS**



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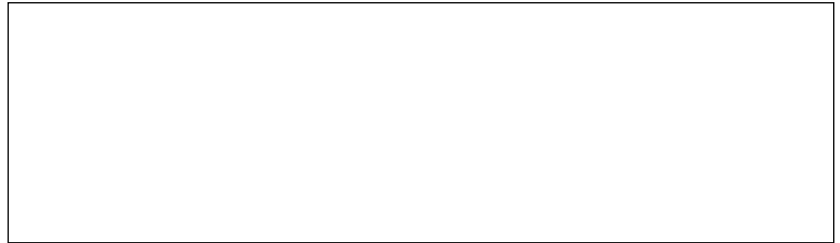


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