



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0524
May 2024

DIRECTOR'S CORNER

Do you believe the Glens Falls Senior Center is turning **65** on May 3rd?! Please join us for our birthday party . It will be fun to look back at the history of our center, what we were and what we do now.

I was surprised to learn that on May 14th the day of our Spring Banquet is Dance like a Chicken day. So who knows what craziness you may see at the spring banquet. Hope you will join us at the new Fort William Henry Carriage House.

Lastly, with spring upon us. Make sure you get outside and enjoy the beautiful days and the longer evening. I know I enjoy my porch swing with coffee in the morning listening to the birds and afterwork just letting things calm down. While my dog thinks its time to go crazy since she is out of her crate.

Glens Falls Senior Center *Spring Banquet*

at the Ft William Henry Carriage House

Tuesday, May 14th at Noon

Menu: Chicken Bruschetta, Broccoli, Rice Pilaf and Dessert

Cost: \$25

RSVP By: Monday, May 6th

**Featuring a comedy performance by
Area Fashion & Beauty Consultant
"Gert Newton"**

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From the desk of Ed Capezzuti

The NCAA Women's Tournament and Other Stuff

NCAA Women's Tournament

I have been a basketball fan my entire life, in fact, I officiated basketball for a number of years. I did officiate both boys and girls high school basketball and for a short time, women's college basketball. The college level was not the same level as we see in the college NCAA tournament but it was very good basketball. With all that said, there is nothing like March Madness. On April 1, my wife and I, along with others were invited guests to the Women's Elite Eight tournament at the MVP Arena in Albany. The match up was LSU vs Iowa. You guessed it, being Big10 fans; we had to root for the Iowa team. The game was a rematch of the 2023 championship game and it was a packed house. The MVP Arena holds 17,500 for basketball games. The game itself was fantastic and Iowa came out on top and moved onto the Final Four, which was played in Cleveland, Ohio on Friday, April 5. That game we watched on TV. I heard after that the April 1 game had more TV viewers watching (12.5 million to be exact) which is more fans than other recent sporting events, with the exception of the NFL, but more viewers than the 2023 baseball World Series. This speaks well for Women's college basketball. By the time you read this, a champion will have been crowned and we will have to wait until next year for March Madness.

Other Stuff

How fun it was to rake the lawn in March and snow blow the snow in April. What's wrong with that picture? One of our members told me that he received one of these phone calls about a new Social Security card and yes, he hung up on them. Please remember there are many scammers out there who would love to get your personal information, so be careful and never give out your personal information to someone you do not know. I received a neighborhood alert that a deceptive roofer was out and about looking to repair slate roofs and asking for money up front-this is a RED FLAG. If you are a homeowner and have a slate roof be very careful.

May's Crafty Ladies

Crafts w/Thelma

Thursday, May 16 at 1:00
Bee Hive



Acrylics w/Karen

Thursday, May 23 at 1:00



Welcome
New Members

- Lin Combs
- Cheryl Daniels
- Gail Hanna
- Tom Hammond
- Nancy Wilder
- Glenda South

EXTRA! EXTRA! READ ALL ABOUT IT!

COMMERCIAL SPACE FOR RENT

The Glens Falls Senior Center has office space available for rent. The space includes three large offices, a private bathroom and shared common area/entrance and kitchenette. Reach out to Kim at the center for more details!



JIM ALLEN'S
Famous
CHICKEN BBQ

Friday, June 7th

3:30-6pm

Cost: \$15

Menu: Half-Chicken, Potato, Coleslaw, Roll and Dessert

Pre-Order Available NOW!

Mark Your Calendar!

Garage Sale

Saturday, June 15th

Our Thrift Shop is accepting donations!

We do NOT accept the following: Clothes, Toys, and Large Furniture

If you have any questions about donations, please reach out to us at the center!



Join us once a month to visit local breweries, wineries and distilleries! Call Nicole at the center for more information. Please drink responsibly.

Craft with Nicole



Tie Dye T-Shirts

Bring a white t-shirt or socks to tie-dye!

Make sure to wear old clothes (we will be doing this craft outside)

Registration required by May 24th



SAVE THE DATE

September 25th, 2024

Keep an eye out in our newsletter and on social media for more information coming soon!

Mark Your Calendar!

Our 3rd Annual Disc Golf Tournament will be held on **Saturday, May 11th**


Register to play at discgolfsce.com or by calling Kim at the center!



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

MAY 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 1:00-Adventure Awaits	2 1:30-Senior Seminar at the Wood	3 1:00-GFSC 65th Birthday Party
6 10:00-Aldi Plaza	7 1:00-Book Club 1:00-Fall Prevention	8 1:00-Knitting 1:00-Docuseries	9 AARP Defensive Driving NO PROGRAMS	10 1:00-Movie & Popcorn:Murder Mystery
13	14 Noon-Spring Banquet @ Ft. William Henry NO PROGRAMS	15 1:00-Cooking with Ed	16 1:00-Craft with Thelma	17 1:00-Kee To Independent Growth
20	21 1:00-Ukulele Band 1:30- Lake Geroge Steamboat Co.	22 1:00-Newsletter 5:30-Northway Brewing Co.	23 1:00-Acrylics with Karen	24 1:00-Get To Know HOOPLA
27 CENTER CLOSED 	28 1:00-Ukulele Band	29 11:00-Saratoga Casino	30 12:30-Albany Therapeutic Riding Center (ATRC)	31 1:00-Craft with Nicole

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 and on Facebook

Mark Your Calendar!

June 7 -Chicken BBQ

June 15- Garage Sale

June 28-Vermont Country Store

July 24-New Member Welcome at our Summer Picnic



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PROGRAM NOTES FOR MAY

- Every Monday at 8:45 **Let's Walk:** We are walking at the Betar Byway behind Sorrentinos in SGF. Starts at 8:45 am, Call JoAnn at 518-955-7400 to sign up!
- Wednesday, May 1 Time- 1:00pm **Adventure Awaits:** "Let's take a train ride!"...to the Copper Canyon, Mexico! Did you know-the Copper Canyon is 4 times the size of our Grand Canyon?! Come along as we experience Mexico!
- Thursday, May 2 Time-1:30pm The **Senior Seminar** is a presentation made up entirely by senior members of the Glens Falls Community Theatre. This year it features a radio broadcast format, with informational blurbs about A Century of Music. There will be a live band, group and individual songs, comedy and skits representing each decade from 1920 to 2020. Donations Appreciated.
- Friday, May 3 Time-1:00pm Celebrate our **65th Birthday** of the Glens Falls Senior Center! Enjoy an afternoon of friends, stories, music, and fun! Refreshments will be served.
- Tuesday, May 7 Time- 1:00pm **Book Club:** This month we will be discussing "The General and Julia" by Jon Clinch. As the story shifts between past and present, between Grant's arduous final days penning his memoirs and scenes from his life as war hero and president, we see a man of integrity, facing his truths in an effort to provide a future for his family.(By the way....a visit to Grant's Cottage where he wrote his memoirs is not to be missed.) June's reading is: *Before We Were Yours*, by Lisa Wingate. July's reading is: *Facing the Mountain*, by Daniel James Brown
- Wednesday, May 8 Time-1:00pm Enjoy episode one of the **Docuseries** "Greatest Events of WWII in Color". *Revolutionizing warfare through radio technology, swift panzer divisions and aerial bombardment, Germany pushes allied forces to the sea at Dunkirk.*
- Friday, May 10 Time-1:00pm **Movie & Popcorn:** *Murder Mystery* (PG-13)- On a long-awaited trip to Europe, a New York City cop (Adam Sandler) and his hairdresser wife (Jennifer Aniston) scramble to solve a baffling murder aboard a billionaire's yacht.
- Friday, May 17 Time-1:00pm **Keen 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
- Tuesday, May 21 Time-1:30pm Take a cruise on one of the boats of the **Lake George Steamboat Co.** and enjoy the beauty Lake George has to offer Cost:\$22 (Members Only)
- Friday, May 24 Time-1:00pm **Get To Know Hoopla:** Sign-up for this introductory session on how to use Hoopla to borrow eBooks, Audiobooks, Movies, Music, and More. Session will cover installing the Hoopla App, searching and browsing the collection, and borrowing titles. You will need to bring your library card and the device you plan to use with Hoopla. Registration is required.
- Wednesday, May 29 Time-11:00am Let's go to **Saratoga Casino!** Bring your lunch or stop by "Lucky Joe's for a bite to eat. Cost: \$2
- Thursday, May 30 Time-12:30pm Albany Therapeutic Riding Center: ATRC teaches adaptive horsemanship skills to children (4 y/o and up) and adults living with disabilities, chronic illnesses, or dealing with mental health struggles. Come learn about ATRC, tour their facility and meet some of their horses! Donations appreciated.

Cooking With Ed-With Special Guest Paul Scimeca

Wednesday, May 15th at 1:00pm

Spinach and Sun-Dried Tomato Pasta

Prep/Total Time: 20 Mins Serves: 6-8



Ingredients:

- 5 cups chopped fresh spinach
- 1 cup chopped yellow onion
- 1 tsp. kosher salt
- 1 1/2 cups heavy whipping cream
- 1/2 cup grated Parmesan cheese, plus more to serve
- 2 cups leftover shredded Roasted Lemon-Pepper Chicken or rotisserie chicken
- 1 cup sliced oil-packed sun-dried tomatoes plus 1 Tbsp, oil from jar
- 2 Tbsp. leftover roasted garlic from Roasted Lemon-Pepper Chicken
- 1 lb. uncooked penne pasta
- 2 tsp. sliced garlic
- 1/4 tsp. crushed red pepper

Directions:

1. Place chopped fresh spinach in a colander in sink. Cook penne pasta in boiling salted water according to package directions for al dente. Reserve 1 cup cooking water; drain pasta over spinach. Set aside.
2. Heat sun-dried tomato oil over medium-high. Add sliced sun-dried tomatoes and chopped yellow onion; stir often, until tender, about 4 minutes. Add sliced garlic, leftover roasted garlic, kosher salt, and crushed red pepper; cook 1 minute.
3. Add heavy whipping cream; cook until reduced slightly, about 3 minutes.
4. Stir in pasta, spinach, grated Parmesan cheese, and shredded chicken. Stir to combine; add reserved pasta water gradually until pasta is saucy.



GLENS FALLS SENIOR CENTER



VOLUNTEER

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
coordinatorgfseniors@gmail.com



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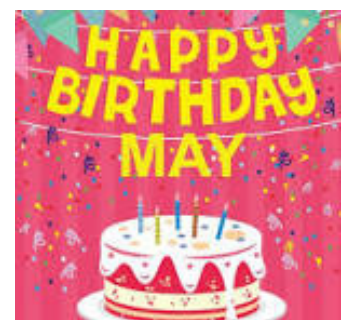
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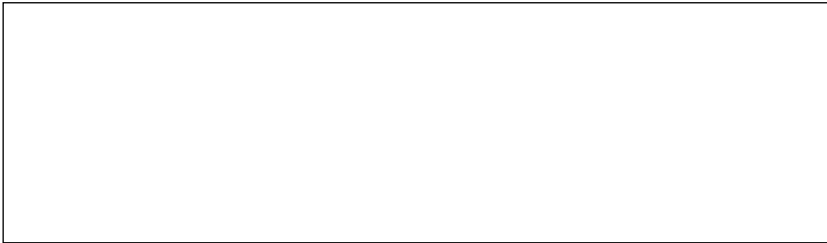


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