



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1124
November 2024

DIRECTOR'S CORNER

In October, we had a Let's Chat meeting. Nicole gave an overview of 2024. She reviewed new programs that were started. One was our pool noodle volleyball. This program has made the center go viral. We have had over 2 millions views on TikTok. Cardio Drumming has been a big hit. I actually participated in a class recently, it was so much fun. I strongly suggest you come and give it a try. Nicole asked what programs our members would like to see at the center. We recieved some really good ideas, which Nicole will research and try to plan. Please if you have any thoughts or ideas reach out to Nicole.

The holiday season is upon us. We are starting the season off with a bang with our Holiday Bazaar. Join us on Saturday November 2nd. Start your Holiday shopping early. Gifts for Golden is underway, the adoption list will be up the 2nd week in November. Drop off day will be December 12th. Wrapping will be December 16-18th. We are looking for donations of wrapping paper, tape and tags . Thank you in advance.

Happy Thanksgiving !

THANKSGIVING DINNER DRIVE-THRU

**FRIDAY, NOVEMBER 22ND
12-2 PM**

**COST: \$12 FOR MEMBERS/
\$15 FOR NON-MEMBERS**

**MENU: TURKEY, STUFFING,
POTATOES, SQUASH, DINNER
ROLL & DESSERT**

RSVP BY NOVEMBER 15TH



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From the desk of Ed Capezzuti
Much to write about The Wedding, Columbus Trip and Scams



The Wedding

Nicole's and Mason's wedding was wonderful. They both looked fantastic and the Queensbury Hotel did a nice job with everything. It was just an outstanding day.

Congratulations to Nicole and Mason.

A Trip to Columbus

Our daughter Chelsey wanted Deb and I to attend a celebration in Delaware County, Ohio where she works. We arrived at her work place and had the honor of meeting many of her co-workers. All great people. The celebration itself was attending the 79th Annual Little Brown Jug race at the Delaware County Fair. It's standard bred horses or also called harness racing (or as my wife would say, cart horses), which in its own right, the Little Brown Jug race is equal to the Triple Crown races for thoroughbreds. The big surprise is that the entire town shuts down, businesses close and everyone attends the races. Food, drink and the friendliness of the Mid- Westerners. It was a very warm, wonderful day and we really enjoyed the entire event. And yes, it's football season and Saturday was game day. The Buckeyes were hosting Marshall University, the "Thundering Herd". Saturday the temperature was in the 80's and the tailgating started around 9:00 am for the noon game. We were joined by 103,000 fans to watch the Buckeyes down Marshall 49-14. We are hoping for a great year and as you may know, Thanksgiving is just around the corner and that means the Michigan game on the Saturday after Thanksgiving. I will admit, the last 3 years haven't been pretty but it's now a new year and as they say in Columbus, "Go Bucks".

Scams

It's that time of year when you'll be getting calls, mailings and a flood of TV commercials asking you to call a number. Be careful and do not give out any of your personal information when you get one of those calls. The calls start by asking if you have Medicare both Part A and Part B. They are looking to have you change your health care coverage. Just hang up! We have all the information you need here and at the Office for the Aging. You can also check with your local Agent of record for updated advice and reassurance.

November's Crafty Ladies

Crafts w/Thelma

**Thursday, Nov 21st at 1:00
Gingerbread House Decor**



Acrylics w/Karen

Check Back In December!



Welcome
New Members

**Rhoda Corbett
Kitty Weller
Melanie Moon
Elaine Miner
Norm Haner
Beth Morrissey
Carole Smith
Dale Dalaba**

EXTRA! EXTRA! READ ALL ABOUT IT!

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?
We are looking for Hospitality/Special Event
Volunteers!

Reach out to Nicole at
nblankgfseniors@gmail.com

Warrensburg/Thurman Historical Society



Sunday, November 10th at 2pm

Cost \$26

Limited transportation is available.
More information on page 6!

Deck the Halls

And Lunch!

**Monday, December 2nd
at Noon**

Join us for an afternoon of
fun decorating the center for
the holiday season! We will
be serving lunch too!

Register by November 22nd

Cost: \$2



GLENS FALLS SENIOR CENTER

Holiday Banquet

presented by



Friday, December 6th at Noon
at the Queensbury Hotel

Cost: \$20

Choice Of: Chicken Piccata or
Sauteed Faroe Island Salmon

RSVP by November 27th

(518)793-2189

Neighbors NY



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




Holiday Bazaar

Saturday, November 2nd
9 am- 2pm

Looking for holiday presents or
decorations? Come shop with us!

NOVEMBER 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				1 No PM Programs
4 10:00-Market32	5 1:00-Book Club	6 1:00-Hearing Center 2:00-Reading w Bea	7 1:00-Staying Home, Staying Safe	8 1:00-Cooking with Ed
11	12 1:00-Ukulele	13 1:00-Hyde Museum	14 AARP DEFENSIVE DRIVING No Programs	15 1:00-Chili Cook-Off
18	19 1:00-High Peaks Hospice-Hospice Education	20 Bridge/Scrabble End @ 11:30 1:30-Annual Meeting	21 1:00-Craft with Thelma	22 Noon: Thanksgiving Drive-Thru
25 1:00-Newsletter	26 1:00-Ukulele	27 1:00-Movie & Popcorn	28 CLOSED	29 CLOSED 

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 - Virtual Bowling
10:30 - Line Dancing w/Ginny Allen	2:15-Cardio Drumming			
12:00- Bridge				
1:00- Pinochle				

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Neighbors NY

Mark Your Calendar!

Dec 2- Deck the Halls and Lunch!

Dec 6- Holiday Banquet

Dec 11 -Victorian Tea

Dec 31 - New Years Eve Party

PROGRAM NOTES FOR NOVEMBER

Every Tuesday at 9:00am **Let's Walk:** Join us at the Cool Insuring Arenal! A pass is required for a one-time \$10 fee. Walking will be here all Winter/ Call JoAnn at 518-955-7400 to sign up!

Tuesday, Nov 5
Time- 1:00pm **Book Club:** For November, the First Tuesday Book Club will be taking a short "trip down the Northway" by way of our read Murder in Spa City by David K Wilson. It's a pure detective story set against historic landmarks and the life of Saratoga. For December, we're sending out a mission "should you choose to accept it"...FIND DICKENS. In addition to A Christmas Carol, Charles Dickens wrote so many wonderful, Victorian tales of the Holiday season. So, find that treasure and share it with us as we return for a time to Olde England in the days of Victoria.

Wednesday, Nov 6
Time- 1:00pm **Hearing Center:** Join us for a presentation by the Hearing Center at Glens Falls Hospital and take advantage of the free hearing screening immediately following!

Thursday, Nov 7
Time-1:00pm **Staying Home, Staying Safe:** Please join Jamie Gallup from The Eddy Community Service Division of St. Peter's Hospital and Myakye Aung from Consumer Directed Choices, as they explore home care options in your area. This presentation will dive into the types of home-based health care services, the benefits of receiving health care services at home, how to look for services and what to do if staying at home is not an option. It is never too early to start planning and know your options!

Sunday, Nov 10
Time-2:00pm **Warrenburg/Thurman Bingo:** Enjoy an afternoon of BINGO while supporting the Warrensburg/Thurman Historical Society! Six rounds of BINGO with cash prizes! Refreshments available to purchase. Additional BINGO cards available for purchase. Cost: \$26 for 6 rounds.

Wednesday, Nov 13
Time-1:00pm **Hyde Museum:** Take a trip to the Hyde Museum to explore their "Growing Up In The Hyde House" exhibit. This exhibition explores the childhoods of Nessie, Sam, and Polly (Hyde), through both works of art and the cousins' everyday objects, such as clothes, toys, and books. Cost: \$10

Friday, Nov 15
Time-1:00pm **Chili Cook-Off:** Back for our second year, the GFSC staff is going head-to-head for the Chili Cook-Off Champion Trophy. Join us for an afternoon of chili tasting where YOU decide the winner!

Tuesday, Nov 19
Time- 1:00pm **Hospice Education-Helping You Be Prepared:** High Peaks Hospice shares info on the comprehensive services designed to allow those with a life-limiting illness to spend their final months in comfort at home. Hospice is a robust Medicare Benefit with no co-pays or deductibles that you won't want to miss out on! Cost: Free

Wednesday, Nov 20
Time- 1:00pm **Annual Meeting:** Join us at our annual board meeting! Meet our board members and hear our year-end reports. Your presence is greatly appreciated. Refreshments will be served.



Cooking with Ed

Friday, November 8th at 1:00pm

Greek Chicken and Rice

Time: 30 Mins Serves: 4

Ingredients:

1/4 teaspoon garlic powder	1/4 teaspoon pepper
2 teaspoons olive oil	1/3 cup Greek olives, sliced
1 package (8.8 ounces) ready-to-serve brown rice	1 tablespoon minced fresh parsley
1 pound boneless skinless chicken breasts, cut into 1-inch cubes	
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.	

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.

Reminder

Registration for all programming is required unless specifically stated.
This is necessary for program set-up and in the event of program cancellation.



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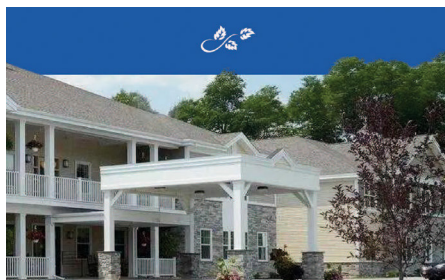


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