



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1122
November 2022



DIRECTOR'S CORNER

The holidays are approaching fast. Here are some tips to help us enjoy a more stress-free season.

1. Be open to change.

Children grow up. In-laws and significant others join family events. People move away. This may mean family members push for new traditions or changing where the family gathering happens. Being willing to try new things can make it easier to enjoy time together.

2. Celebrate those you've lost.

Holidays can be difficult after losing a friend or loved one. Remember that you're allowed to be sad, even in the holiday season. Look for ways to honor those who can't be with you.

3. Protect your time.

Your routine matters, talk to your family about maintaining a schedule for meals, rest, and anything else that is important to you. This can help you avoid feeling overwhelmed.

4. Remember you don't have to do it all.

Do you stretch your budget thin trying to buy gifts for everyone? Don't be afraid to tell friends and family that you need some help. Propose a gift grab bag to reduce the cost of presents.

5. Go digital.

Maybe you can't travel because of weather or health concerns. Today there are ways to stay connected even when you're apart. Use a video messaging program on your laptop, tablet, or mobile phone so you can see friends and family.

6. It's okay to say no.

Don't feel obligated to join in every celebration if it feels like too much. The people you care about will understand.



Turkey Dinner
Friday, November 18
Noon to 1:30
Cost \$13.00

Turkey w/Dressing
Mashed Potatoes, Gravy
Squash, Cranberry Sauce
Pumpkin Pie

Order by November 8th
Drive-Thru/Pick-up only

Delivery Available to Senior Housing

Join us
HOLIDAY
PARTY

Friday, December 2nd
Queensbury Hotel
Noon

Meal Choice
Chicken Piccata
or
Sautee Faroe Island Salmon
Garden Salad, Chef Choice of sides
Strawberry Shortcake
Tea or Coffee
Cost \$25
Sign up by November 23rd
Sponsored by





from the desk of Ed Capezzuti

A Time to Say “Thank You”; Open Enrollment; Hold on to your Hat and Scams

As many of you know, my wife’s mom passed away in September. It was a difficult time for our family, but thanks to the many friends who sent cards, or just stopped in to say “I’m sorry”, helped us all get through a difficult time. It made our family feel good to know that so many people cared. Thank you for that.

Open Enrollment

As you are aware, it’s open enrollment, a time that gives us the opportunity to take a look at our health insurance coverage and determine if we want to change, or stay with our current plan. I hope you had the chance to attend our insurance workshops or view them on our Facebook page. Please know that if you have questions about your coverage or are looking to change, I am here to assist you with that process. Open enrollment ends on December 7th and your coverage will take effect on January 1, 2023. Thanks to a change in the law, if you want to change coverage, even after making your choice during open enrollment, you have from January 1 until March 31 to do so. Again, I can help you with that.

Hold on to Your Hat

The Centers for Medicare & Medicaid Services (CMS) released the 2023 premiums, deductibles and coinsurance amounts for Medicare Part A and Part B programs. The part B premium will be \$164.90 for 2023, a decrease of \$5.20 from \$170.10 in 2022. WOW!!!

Scams

Now is the time that you may receive a call from someone saying that they are from Medicare and ask you about your health care coverage. It is probably someone who will encourage you to change coverage, as that is how they get paid, or it could possibly be a scammer looking for your personal information. I received that call in late September. It was listed as a Glens Falls number so after I hung up on them, I thought I might call that number back. Guess what? That number is no longer in service. Surprise, surprise! Be careful and feel free to contact me with your questions.

November Crafty Lady

Craft w/Thelma
Thursday, November 17,
1:00 pm
Decoupage plate



Dar Baldwin
Kathy Cantiello
Bonnie Jaros
Wayne & Amy Mann
Tari Walts



Warren County Historical
Society is in search of a
1931 I climbed Prospect
Mountain Medallion.
Contact the Center for
more information.



Cooking With Ed
Friday, November 4th, 1:00 pm

Join Ed as he creates Chicken Piccata w/Lemon Sauce.
Enjoy a sample attending at the center or watch on FaceBook live.
Recipe below

8 boneless skinless chicken breast halves (4 ounces each)

1/2 cup egg substitute

2 tbsp. plus 1/4 c. dry white wine or chicken broth, divided

5 tbsp. lemon juice, divided

1/8 tsp. hot pepper sauce

1/2 c. grated parmesan cheese

3 tsp. olive oil, divided

3 cloves garlic, minced

1/2 c. all-purpose flour

1/4 c. minced fresh parsley

2 tbsp. butter

1. Flatten chicken to 1/4 inch thickness. In a shallow dish, combine the egg substitute, 2 tbsp. wine, 2 tbsp. lemon juice, garlic and hot pepper sauce. In another shallow dish, combine the flour, Parmesan cheese, parsley and salt. Coat chicken with flour mixture, dip in egg substitute mixture, then coat again with flour mixture.
2. In a large non-stick skillet, brown 4 chicken breast halves in 1-1/2 tsp oil for 3-5 minutes on each side or until juices run clear. Remove and keep warm. Drain drippings. Repeat with remaining chicken and oil. Remove and keep warm.
3. In the same pan, melt butter. Add the remaining wine and lemon juice. Bring to a boil. Boil, uncovered, until sauce is reduced by a fourth. Drizzle over chicken.

Serve and Enjoy!!



Note from Margaret : Operation Christmas Child Update

Thank you to all the people who contributed to the Shoebox Project. We were able to pack 150 boxes. Each person's contribution leads to a successful result. Whether you came to workshops, made items at home, donated items, contributed money towards shipping, or packed boxes, you are appreciated. I will let you know when I learn where our boxes have been shipped this year. Usually, I hear in December. The cold days of winter are a good time to use your skills and make something for next years boxes.



*Our deepest condolence to the
family and friends of our members.*

Steve Sheehan
Barbara Doty
Steven Knight
Kimiko Kurosaka
John Lord



Hospitality - If you're interested in volunteering for hospitality you either need to attend our monthly meeting or contact Bev at the center. We are currently making plans for our traditional Thanksgiving Dinner

Thrift Shop- 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. We need Wednesdays and Fridays, noon - 2. Even if you can only do a couple times a month that would help.

Thank you to all our volunteers for your help!!

NOVEMBER 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<u>1</u> 10:30 - Hospitality Committee 1:00 - Book Club	<u>2</u> 1:00 - Reading w/Bea	<u>3</u> 1:00 - MVP Presentation	<u>4</u> 1 - Cooking w/Ed (see pg. 3)
<u>7</u> 10:00 - Shopping at Aldi's, 5 Below Big Lots, Dollar Tree Your Choice	<u>8</u> 1:00 - Adventure Awaits	<u>9</u> 1:00 - Highmark Blue Shield Presentation	<u>10</u> 1:00 - Humana Presentation	<u>11</u> 1:00- Movie & Popcorn Greyhound
<u>14</u> 10:00-Wilton Mall 12:30- Lunch at 99 Restaurant	<u>15</u> 1:00 - Trivia	<u>16</u> 1:30 - ANNUAL MEETING	<u>17</u> 1:00 - Crafting w/Thelma	<u>18</u> (no a.m. programs) noon THANKSGIVING DINNER
<u>21</u> 6:00 - 8:00 PM Billiards	<u>22</u> 10:00 - Special bingo 1:00 - Newsletter	<u>23</u> 1:00- Game Day	<u>24</u> 	<u>25</u>
<u>28</u>	<u>29</u> noon - Lunch Bunch at The Harvest	<u>30</u> Noon-Soup & Sandwich Then Deck the Halls.		

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - Line dancing w/Ginny Allen 12:00 - Bridge Club	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 9:15 - Let's Walk 10:00 - Bingo	9:00 - OsteoBusters/ RSVP (In-House & Virtually) 10:00 - 12:00- 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 Bowling 10:00 - Line Dancing

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SAVE THE DATE

Dec. 2-Holiday Banquet @
 The Queensbury


Dec 8- Holiday lights

Dec.13-15- Wrapping Gifts
 for Goldens

Dec 21 - Holiday Victorian
 Tea

Dec 30 - New Year Party
 w/Bobby Dick & Suzie Q

SPECIAL PROGRAMMING DURING OCTOBER

Every Tuesday, 9:15  We are going "inside" at Cool Insuring Arena. It is a \$10.00 - one time fee. Pay at Cool Arena box office. Your payment is good for one year. We will be walking at the Cool Insuring Arena all winter. Questions? Call JoAnn Whiting, 518-955-7400. Van transportation is available.

First Tuesday
1:00

Book Club -

Nov 1- The Good Shepherd, C.S. Forester and/or Greyhound, movie tie-in novel. We will also be live-streaming the movie Greyhound on November 11 at 1pm.

Dec. 6- Where the Crawdads Sing, Delia Owens

Jan, 3- The Lincoln Highway, Amor Towles

Feb. 7- City of Refugees, Susan Hartman

INSURANCE PRESENTATIONS:

November 3, Thursday, 1pm.....MVP

November 9, Wednesday, 1pm.....Blue Shield

November 10, Thursday, 1pm.....Humana

Tuesday, November 8
Time: 1:00 pm

Adventure Awaits: We will be continuing our adventures among the high peaks of our world - the Kingdoms of the Sky. We will be seeing the extraordinary animals and remarkable people who make their home in the Rockies.

Friday, November 11
Time: 1:00 pm

Movie & Popcorn-Greyhound Starring Tom Hanks - The tie-in movie to our book-of-the-month, The Good Shepherd. Several months after the U.S. entry into World War II, an inexperienced U.S. Navy commander must lead an Allied convoy being stalked by a German submarine wolf pack.

Monday, November 14
Time: 10:00 am

Wilton Mall Trip- A morning of shopping with lunch at 12:30 at the 99 Restaurant. Sign up early space is limited.

Tuesday, November 15
Time: 1:00 pm

Trivia Game - Join us for an afternoon of fun playing Trivia. Refreshment will be served. Be sure to sign up.

Wednesday, November 16
Time: 1:30 pm

JOIN US FOR OUR ANNUAL MEETING. MEET OUR BOARD MEMBERS AND HEAR THE YEAR END REPORTS. YOUR PRESENCE IS GREATLY APPRECIATED.

Thursday, November 17
Time: 1:00 pm

Crafting with Thelma - Create a beautiful decoupage plate for the holidays. (see page 2)

Friday, November 18 Thanksgiving Dinner - see page 1
Time: noon

Tuesday, November 22 Special Bingo Join us as we play bingo with a twist. Your chance to win some special prizes.
Time: 10:00 am

1:00 pm Newsletter Mailing - Help us to prepare the monthly newsletter.

Wednesday, November 23 Game Day-Enjoy an afternoon of fun, play whatever game you would like. Scrabble, Mexican Train, Domino's your choice.
Time: 1:00 pm

Tuesday, November 29 The Lunch Bunch - Join us at The Harvest at noon for our monthly get-together. As usual, there will be separate checks. Please sign up so we can let the restaurant know the number to expect.
Time: noon

Wednesday, November 30 Deck the Halls- Join us for a soup and sandwich lunch followed by decorating the Sherman House for the Holidays.
Time: 1:00 pm

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.



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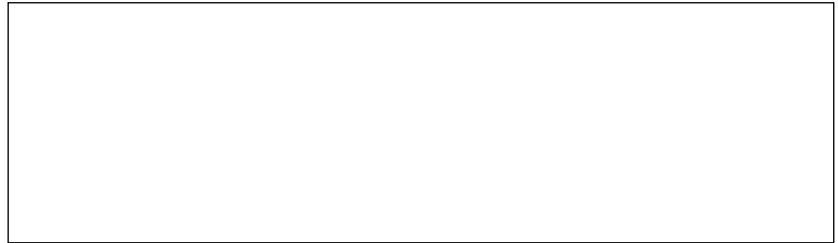


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