



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Adventure Awaits

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1022
October 2022



DIRECTOR'S CORNER

I want to thank everyone who attended or had a booth at our Senior EXPO. We look forward to doing it again next year. I would like to remind everyone we will have a resource guide available with information we collected at the EXPO. It will have information you may need in the future. As always, Ed is available to assist you in anyway.

I would like to thank Marcia Clark and her team of volunteers who helped out at the EXPO. We couldn't have done it without you. THANK YOU!

Operation Christmas Child Shoebox packing party was a big success. Thank you to Margaret Koechlein for all the work she does for this program. Also thank you to all the volunteers who collect school supplies, made items for the children, and assisted Margaret in the workshops. Because of your hard work, you have spread happiness and joy to children around the world. THANK YOU !!

Many of you have received your membership dues letter. The due will remain at \$30 for the year. I heard rumors that we were raising our dues to \$40. That is false information. If you have questions or concerns please contact me directly.

Be sure to check out all the new programs we have planned. This is your center so if there is anything you would like to do or see at the center, please reach out to Nicole or myself. We will make it happen!

Be well,
Kim



Jim Allen's
Famous
Beef Brisket
Dinner

Friday, October 14
3:00 pm - 6:00 pm
Cost: \$13.00

Sliced Brisket, Baked Potato,
Cole Slaw, Roll, Apple Pie

Drive-Thru/Pick-Up

We Will Deliver
to Senior Housing
**Reserve your dinner
by Oct 6**

many thanks to our sponsors



1-877-258-7453 (TTY 711)
bsnyny.com



Kathleen LaBelle



from the desk of Ed Capezzuti

The Health Fair, Don't Build Your Hopes up...and of Course Scams

It's October and on Wednesday, October 12, we are holding our Annual Health Fair. Again this year, we are fortunate to have Hanna Hall, from the Office for the Aging, discussing Medicare. Additionally, the insurance reps who service this area will be in attendance. It's a great time to get information on the plans for 2023. Each rep will also be here on separate days to discuss their plans and answer your questions. Please join us on the 12th and feel free to bring a friend. Below is the schedule for each company to present they individual plans.

Thursday, October 6, 1:00 pm - **Highmark Blue Shield** - Justin Lechtenberg

Tuesday, October 25, 1:00 pm - **United Healthcare** - Sibyl Masten

Wednesday, October 26, 1:00 pm - **WellCare** - Cathy DeGregerio

Thursday, October 27, 1:00 pm - **CDPHP** - MJ Murray

Thursday, November 3, 1:00 pm - **MVP** - Sheila Rivera

Thursday November 10, 1:00 pm - **Humana** - Megan McCormick

Don't Build Your Hopes Up...But

In October, the Social Security Administration will be announcing the cost of living adjustment (COLA) for those of us that are collecting Social Security. In August, there was a rumor flying around that the adjustment would be in the 9.6% range. The adjustment is hopefully keeping pace with inflation. If the increase is 9.6%, that would be the biggest increase in Social Security benefits since 1981. As of this writing, I have heard nothing on the Part B premium but it does seem that the SSA does giveth, but at times, does taketh away. Stay tuned for the announcement.

Scams

Just recently, many of us have received a notice for a property home warranty. I received one of the notices and through the envelope window, the mailing looks like it may be a check payable to you. I knew I had no check coming to me but I can't seem to resist seeing what the latest scammers are up to. (I know you shouldn't end a sentence with a preposition, but in this case, it did seem to make the point!) As it turns out, the letter is very pushy. It states "time sensitive", "please call IMMEDIATELY", "this will be our FINAL ATTEMPT TO NOTIFY YOU" and oh yeah, by the way, there is no name of the company on the letter. Hmm! To me, the final attempt phrase sounded very familiar. Now it could be legit, as there are warranty companies out there who charge a premium to replace appliances in your home should they need replacement, BUT there are too many red flags here for my taste. Just be aware and yes, I did deep six the letter I received!

October's Crafty Ladies

Crafting with Thelma

Thursday, October 20, 1:00 pm Choose your fabric and create a beautiful Decoupage Plate



Painting With Karen

Thursday, October 27, 1:00 pm Create this amazing picture!



VOLUNTEER OPPORTUNITIES



Hospitality Committee

Looking for members! Help us plan and prepare the refreshments and lunches for upcoming events. Need volunteers for the Halloween Party on October 28th .

Thrift Shop

Need Volunteers for Wednesday and Friday noon - 2



Cooking With Ed ***Friday, October 7, 1pm***

Come enjoy the program as Ed show us how to make the following recipe. Plus you get a chance to have a sample of the Stew. Will also be presented on FaceBook Live.

Bean and Chicken Sausage Stew

1 tbsp. olive oil	1-13 oz. pkg. chicken sausage links, thinly sliced
2 cloves garlic, thinly sliced	1-19 oz can cannellini beans, drained and rinsed
1-14.5 oz can low-sodium chicken broth	1-14.5 oz can diced tomatoes
1 pkg baby spinach	Kosher salt and pepper

Heat oil in a large saucepan or Dutch oven over medium, heat. Add the sausage and cook, without turning, until browned, about 3 minutes.

Turn, add the garlic and cook for 2 minutes more. Add the beans, broth, and tomatoes and their liquid.

Bring to a simmer and cook over medium-high heat.

Add baby spinach to the pan and cook, stirring occasionally, until wilted, 2 to 3 minutes.

Season with 1/4 tsp. each salt and pepper.

Serve with crusty bread.

ENJOY!



COME TO OUR HALLOWEEN PARTY
FRIDAY, OCTOBER 28
NOON
COST \$10

ENJOY A CHICKEN AND BISCUIT DINNER
SPOOKY CUPCAKES
EAT-IN
OR
DRIVE-THRU-PICK UP

SPONSORED BY

Neighbors NY



COME IN YOUR "FINEST" HALLOWEEN COSTUME
WE WILL HOLD A COSTUME CONTEST WITH A PRIZE
FOR 1ST, 2ND, & 3RD. ENJOY SOME HALLOWEEN
ACTIVITIES.

YOU MUST SIGN UP BY OCT 21.

Learn to Play the Ukulele



After we had the Kingsbury Ft Edward Senior Center Ukulele Group here for a performance. We have a member who is interested in teaching a group here at our center. If you are interested, please call the center. We are looking to see if our members would like to start a Ukulele Group. I know Nicole is up for it are you?

OCTOBER 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 10:00 - Target	4 10:30 - Hospitality 1:00 - Book Club	5 1:00-Reading w/Bea 1:00 - Bowling - Kingpin Alley, SGF	6 10:00-Breakfast Bunch at the Silo 1:00 - Blue Shield Presentation	7 1:00 - Cooking w/Ed
10 CENTER CLOSED	11 1:00 - Adventure Awaits	12 1:00- HEALTH FAIR	13 1:00 - Movie & Popcorn Hocus Focus	14 BRISKET DINNER 3-6:00
17 9:00 - Christmas Tree Shop, Colonie Center	18 1:00 - Newsletter	19 noon - Lunch Bunch Lake Side Farm 1:00 -Game Day	20 1:00 - Crafting w/ Thelma	21 9-3:00 - AARP DEFENSIVE DRIVING
24 6-8:00 pm - Billiards Nite	25 10:00 - Special Bingo 1:00 - United Health Care Presentation	26 1:00 - Well Care Presentation	27 12:30 - Art w/Karen 2:00 - CDPHP PAGE 7	28 noon - HALLOWEEN PARTY Please note no Line-dancing or Wii Bowling
31	SPIRIT	WEEK-SEE		

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 10:00 - Line Dancing

Visit us on our website: www.gfseniors.com and on FaceBook



Needs Come In All Shapes and Sizes. Your Home Care Should Too.

If you are considering home care, then you have specific needs. Maybe you need assistance with light housekeeping or shopping once a week, or maybe you require help with activities like dressing and bathing every day. Whatever your needs are, we will work with you to meet them. At Neighbors, we believe in flexibility. We believe you are in charge.

At Neighbors, it's all about you.

Neighbors NY

518-743-0030

www.NeighborsNY.com

Call today for a free consultation to discuss your options.

Upcoming Events

November 16 - Wilton Mall

November 18 - Thanksgiving Dinner

November 21 - Pool night

November 30 -Deck the Halls

December 2 - Holiday Party

December 9 - Gifts for Goldens drop off.

December 21- Victorian Tea

SPECIAL PROGRAMMING DURING OCTOBER

Every Tuesday, 9:15



For the month of October, we meet at Crandall Park. Park at the pond. Enjoy nice walk, explore, check out leaf change. If it's a light rain, bring umbrellas; if pouring, we will cancel. Questions? call JoAnn Whiting, 518-955-7400. ***Van is available call in advance,***

Tuesday, October 4

Time: 1:00 pm

Book Club -

Oct - The Fountains of Silence, Ruta Sepetys

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

Dec. - Where the Crawdads Sing, Delia Owens

Wed., October 5

Time: 1:00 pm

Been bowling lately? or not in a long, long time?? Join us for loads of fun at the Kingpin Alley in South Glens Falls

Thursday, October 6

Time 10:00 am

1:00 pm

Something new - breakfast instead of lunch bunch. Please sign up ahead of time so we can let The Silo know how many to expect. As usual, individual checks.

Blue Shield presentation- Learn the plan change for 2023

Monday, October 17

Time 9:00 am

Christmas Tree Shop-Colonie Center - Enjoy a day of shopping at Colonie Center. Van will leave the center at 9 am. Limited space in the van sign up is required.

Wed., October 19

Time: Noon

The Lunch Bunch -We will be arriving at noon for a very pleasant afternoon at the Lake Side Farms in Ballston Lake. We will enjoy a special fall day with good food, good shopping

Thursday, October 20

Time: 1:00

Crafting w/Thelma, see page 2

Monday, October 24

Time: 6-8 pm

IT'S BILLIARDS NITE AT THE CENTER

Tuesday, October 25

Time: 1:00 pm

United Health Care - Will present the upcoming plan changes reps will give their presentation. Reserve your seat by calling the Center 518-793-2189.

Wed., October 26

Time: 1:00 pm

Well Care - Learn the changes in the Insurance plans for 2023. Sign up call the Center 518-793-2189.

Thursday, October 27

Time: 12:30 pm

Art w/Karen see page 2

2:00 pm

CDPDP - Join us as we learn the changes in the plans for 2023.

COMING TO THE CENTER THE WEEK OF THE 24-28???
JOIN INTO THE FUN OF SPIRIT WEEK:



MONDAY - Funny Hat Day.....TUESDAY - Black/Orange/Purple Day....WEDNESDAY - PJs Day....THURSDAY - Hawaiian Dayand FRIDAY - the Big Day of our Halloween Party

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
family and friends of

Philip Batiste
and
Joan Gerhardt



The Choice Is Yours

You have many options to consider for your recovery after hospitalization.

Choose what's best for you!

Choose The Pines for 5-Star Quality Care!

To learn more about the [medical and rehabilitation services](#) on our short-term unit, call The Pines at 518-793-5163.

170 Warren Street | Glens Falls, NY 12801
www.PinesGlensFalls.com

A name you can trust.

For information, call (518) 641-3400
or 1-888-519-4455 (TTY/TDD: 711)

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.
Y0019_17_1684_C



A plan for life.

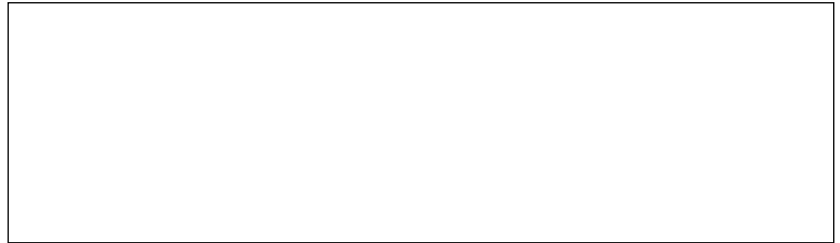


380 Glen Street
Glens Falls NY, 12801
(518) 793-2189
www.gfseniors.com

Non-Profit
U.S. Postage
PAID NO. 288
Glens Falls, NY

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.



1-877-258-7453 (TTY 711)

bsneny.com



ARE YOU ELIGIBLE???



Veteran or Surviving Spouse of a Veteran
call for your 360° review to
local, state and federal benefit eligibility:
Medical, disability, pension, property
tax exemption and/or other discounts?

WARREN COUNTY VETERANS' SERVICES
Call 518.761.6342 for an appointment

**United
Way**



**Tri-County
United Way**

Member Agency

The AFFORDABLE CHOICE with QUALITY SERVICE



11 Lafayette Street
Queensbury, New York 12804
www.bakerfuneralhome.com
(518) 761-9303



FAMILY OWNED AND OPERATED