



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Technology Classes • Games That Engage and Inspire • Upcoming Events

Monthly Issue 1225
December 2025

Executive Director Message

Happy Holidays! Hope everyone had a great Thanksgiving. Our Gifts for Goldens program is underway. If you have time to wrap please sign up. The staff is working hard to plan the 2026 calendar. Let Francine know if there is a program or event you would like to see at the center.

We have been receiving complaints about the newsletter taking too long to be received by mail. The center will be making some cost saving changes. Like other centers our newsletter will be sent via email. Yes, we will still have a limited number of paper newsletters at the center. You can stop by and pick one up if you prefer a paper copy. The newsletter will also be available on the website. I know this is a big change for many.

If you have any questions or concerns please let me know.

Happy Holidays
Kim

HAPPY NEW YEAR!
Join us on

Wednesday, December 31st at 1:00 PM
New Year's Eve Party at the Center!

We'll count down the minutes to our very own ball drop, enjoy light appetizers, play fun games and maybe even sneak in a little dancing.

Let's ring in 2026 together — with laughter, friendship, and plenty of festive cheer!



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From the Desk of Ed Capezzuti

Scams are on the Rise

It's been awhile since we talked about scams but now that I am getting around 5 scam calls a day. I thought maybe it's time to talk about scams again. It seems that during insurance time there are more calls than ever. The caller, which is actually a recording, starts off by Hello, this is Mary (she has called me numerous times) or some other name but they list a number of benefits including money back at no cost to you. Wow! Wouldn't that be great? Then the question is "do you have part A and B of Medicare? If yes, you are then transferred to a supervisor. Sometimes I say no, sometimes I say yes as I can't resist hearing the pitch from the "Supervisor." The question then is how old are you? I then ask, "why does that matter?" You then get a lame excuse and I ask, "do you discriminate based on age?" That is usually when they hang up. I often call back the number they call from and you guessed it, the call does not go through. Okay, here's the point, do not answer the phone and please do not fall for the scam.

Other Scams

Scammers have gotten very sneaky. They now manipulate your caller ID to make it look like your doctor's office, Medicare, pharmacy, bank or even the local hospital. This is called "spoofing" and the purpose is to gain your trust and steal your personal information. Scammers often target older adults and we are more trusting and less familiar with technology. Here are some examples you may come across. "This is Medicare and we need to confirm your Social Security number to keep your coverage active." "This is the bank calling, there is a problem with your account, please verify your account number, and/or your Social Security number." "there is a billing issue with your last doctor visit. We need payment information to resolve it." In the past, I have said to the caller, "I am busy now but give me your phone number and I will call you back." That usually leads to a hang up.

Here are some tips

If you do not recognize the phone number, do not answer the phone. If you do answer the phone, do not give the caller any of your personal information. Do not respond with a yes or no. You can ask why do you need that information or I'm not sure or just hang up. Remember the scammers are well trained and sound very professional. Be cautious.



Did you know that you could rent the center for events.

Please contact Kim for more details.

518-793-2189.

Craft Sessions

Craft with Thelma

Thursday, November 20th
1:00pm



No Paint with Karen
Until January.

Welcome
New Members

Deborah Bernard

John Rajter

Rosemary Rajter

EXTRA! EXTRA!

READ ALL ABOUT IT!

Trip and Activity Guide

Level 1 Very Easy. A leisurely pace involving minimal physical activity, such as climbing stairs and walking for a short amount of time.

Level 2 Easy. Normal, generally flat walking for longer distances, standing, and other similar activities for average amounts of time.

Level 3 Moderate. Walking or physical activities for half or most of the day. Periods of standing, stairs, or uneven walking surfaces are expected.

Level 4 Strenuous. All or most of the day. Long periods of walking, uneven terrain, and standing. No walkers or canes allowed.



First Tuesday Book Club Tuesday, December 2nd 1:00 pm

The First Tuesday Book Club will be meeting Dec. 2 to discuss *Christmas Bells*, by bestselling author, Jennifer Chiaverini. The author weaves a wondrous novel inspired by the classic poem "Christmas Bells" by Henry Wadsworth Longfellow. Remember? "I heard the bells on Christmas Day/ Their old familiar carols play/ And wild and sweet/ The words repeat/ Of peace on earth, good-will to men!" We will also take a short trip into the life of the poet who inspired Jennifer Chiaverini. A recommended side read is *Cross of Snow*, by Nicholas A. Basbanes.

Our book for January is *Don't Let's Go to the Dogs Tonight*, by Alexandra Fuller and February's selection is *Between Shades of Grey*, by Ruta Sepetys.

Come join us, whether or not you've read the selection, our light is always on.



Exploring and Downloading Apps Tuesday, December 2nd 1 pm

There's an app for that! Come learn how to search for and download apps. During this program, you'll learn how to search for and download apps to your smartphone. Whether you have an iPhone or an Android phone, we'll explore both app stores and cover some helpful considerations for choosing apps. You'll also learn how to uninstall apps and how to adjust some important app settings. Participants should bring their smart phones to class.

This Senior Planet from AARP class is being offered through the Senior Planet licensing program.



Knitting and Crocheting Group Wednesday, December 3rd 1:00pm

The group provides a warm and supportive space where beginners can learn the basics and experienced crafters can share their skills. It's also a great way to make friends, find inspiration, and be part of a creative community that values patience, artistry, and the joy of handmade crafts. This group will meet the first Wednesday of the month. Sign up today 518-793-2189

Wednesday, December 3rd Gourd Ornament Making with Tim Sauter 10:00 - Noon



Add a personal touch to your Holiday Decorating experience. Join our class with Tim Sauter on December 3rd and make 3 colorful ornaments. Tim will share many ideas and examples, use paint, metallic markers & other art materials, to make ornaments ready to hang on your tree, or make a unique gift. Guaranteed to be a fun experience.

DECEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 - Hannaford	2 1:00 Book Club No Cardio Drumming 1:00 Mahjong	3 10:00-Gourd Ornaments 1:00 - 3:00 Knitting a Group 1:00 Reading with Bea	4 1:00 Caroling Spreading Holiday Cheer	5 Noon - Holiday Banquet
8	9 1:00 Ukelele Band 1:00 Mahjong 1:00 Life Hacks with Jen	10 1:00 - Card Making with Barb	11 Gift for Goldens Drop off	12 No Programs
15 9:30 - Walmart Wrapping all day 9-12 12:30-3	16 Wrapping all day 9-12 12:30-3	17 Wrapping all day 9-12 12:30-3	18 Wrapping all day 9-12 12:30-3	19 10:00 Newsletter 1:00 Cookie decorating
22	23 1:00- Ukulele Band 1:00 Mahjong	24 Morning Programs Close at noon	25 	26 CLOSED
29	30 1:00 Movie and Popcorn	31 1:00 End of Year Party .		



**Christmas Caroling in
Glens Falls
Thursday, December 4th
1- 3pm**

Spend the afternoon spreading holiday cheer as we visit seven local businesses and nursing homes to sing beloved Christmas carols and celebrate the start of the holiday season! We'll be bringing the Senior Van, and we're also looking for drivers to join in with their own cars to help bring other members along. Please register as soon as possible so we can get an accurate count of participants. Let's make this a joyful afternoon filled with music, community, and Christmas spirit!



**Christmas Life Hack with Jen
Tuesday, December 9th
2:00 pm**

Jennifer from Neighbors NY will supply a packet filled with suggestions to help make Decorating, Hosting, Gift Giving, Gift Wrapping, Storage, and more seasonal tasks easier.



**Card Making with Barb
Wednesday, December 10th
1:00 pm**

December 10th- Card making with Barb
Back by popular demand!
Just in time to make something special for Christmas and Valentine's Day with Barb. Come spend a creative afternoon at the Center — you never know what you'll come up with!



**CARDIO - DRUMMING
WILL RETURN IN
JANUARY 2026
TUESDAYS AT 2:15**



**Shopping Trips -
Monday, December 1st - 9:30 am
Hannaford
Monday, December 15th - 9:30 am
Walmart**



**Gift for Goldens
Drop off Day is December 11th.**

**Wrapping Days
December 15th thru December 18th**

**Shift 1 9-12
Shift 2 12:30 to 3:30**

The season is upon us! We will be looking for Volunteers for our Gifts for Goldens holiday wrapping event. Whether it is 1 hour or 5 we can utilize your wrapping skills! Please call the center to let us know what day you would like to volunteer.



**Cookie Decorating at the Center
Friday, December 19th
1:00 pm
Cost-\$5.00**

We are hosting a cookie decorating afternoon! Come share in the fun, creativity, and a little sugary magic. Perfect for spreading holiday cheer — and maybe sneaking a few bites too! Registration required! 518-793-2189.



**Movie and Popcorn
"Wicked"**

**Tuesday, December 30th
12:30**

Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths. Wicked tells the untold story of the two witches from the land of Oz — how they met, how they drifted apart, and how their destinies became intertwined.

**Run time 2 hours 40 minutes
sign up today.**

Join the Glens Falls Senior Center for an exclusive private screening of **Wicked Part Two** at the Regal Cinema in the Aviation Mall, Queensbury! This special event is open only to our members, giving you a fun and comfortable movie experience just for us. The cost is \$20 per person, and we need 30 participants to reserve the private theater. Invite your friends and family, spread the word, and let's fill the seats together! Don't wait—help us make this exciting outing happen! Call the Center to sign up by December 31st. Let's make this outing "too wickedly wonderful!" Once we know the interest we will book the event on January 8th.

**Cooking with Ed
Will return on
Friday, January 9th
with a special entree
Marry Me Chicken**

Reminder

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

**The Pines
at Glens Falls**
Center for Aging & Retirement

New Year, New Look

All The Pines at Glens Falls dining and recreational activities will have a new look in 2019. Stay tuned!

Offering a new look to a variety of services, including dining and recreational activities, will help members enjoy the new look and services. Stay tuned for more information.

- 1. Dining Room
- 2. Recreational Room
- 3. Community Room
- 4. Community Room



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or 1-888-519-4455 (TTY/TDD: 711)

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