



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0924
September 2024

DIRECTOR'S CORNER

WOW, where did the summer go!! Fall is a great time of the year, sunny days, cool nights, and beautiful scenery with the leaves changing color. Fall is the season for pumpkin spices everything!! Which is one of my favorites.

I remember my grandmother saying: "if the leaves fall early, we'll have a mild autumn and winter. But if a cold August follows a hot July, expect a cold winter."

If this is true I think it will be a cold winter ! Other fall folklore:

1. You'd need to check the thickness of the skin on your onions too. If it's thick by the end of autumn, expect a cold winter. Thin skins warm winters. I'll keep you posted when I dig up my onions in my garden.

2. If you caught a leaf falling from a tree, you'd avoid head colds in the winter. Well, if you see me in front of the center catching leaves you will know why!!

Lastly, make sure you attend the Senior EXPO . We have a number of new vendors this year. It's always good to keep up on what's available for your needs.

Happy Autumn !!



September 25th, 2024

10 am-4 pm

at the Queensbury Hotel

88 Ridge St

Glens Falls, NY 12801

Meet and talk with vendors that can help you and your family navigate the aging process!

Interested in attending but need transportation?

Call the Center! (GFSC Members Only)

380 Glen St. Glens Falls, NY 12801
www.gfseniors.com
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From the desk of Ed Capezzuti



An Honor to Say the Least

It was Friday, July 12th, when I spotted a double D donut box on Gail's desk. I asked Gail if the donuts were for us and she said that she didn't know. I said okay, but I had to look just the same. I then spotted one of my favorites, maple frosted. Okay, they are not for us. I then saw the donut box in Nicole's office and I knew she was camping the next day and put two and two together, the donuts were going camping. Later that morning, I got a call from Gail saying that Kim wanted to have a quick staff meeting. I went downstairs and was the last one to arrive. Again, on Gail's desk was the box of donuts. Hmmm! Nicole said, "Before we start the meeting, let's have donuts and Ed, you go first! I thought, Wow! That means that the maple frosted donut must still be there! Everyone seemed to be looking at me as Nicole opened the box and there it was, the maple frosted. Everyone was looking for a reaction and I was wondering why? I then read the message inside the box and in big letters it read: "Ed would you be our wedding officiant? Nicole and Mason." I was humbled and honored as I was stuffing the maple frosted donut in my mouth. I then said, "Can I do that?" Nicole said, "I will walk you through the process!" I said, "Great!" I am truly honored that she asked me! I hope they have donuts at the wedding.

Farmer's Market Coupons

This year, we had a limited number of Farmer's Market coupons and the coupons have all been given out. If you have coupons, when you go to the Farmer's Market be sure to ask the vendors if they accept the coupons. I have had a couple of calls from people who said that some vendors are not accepting coupons.

The Latest Scam

Someone may knock on your door and have a summons (or it looks like a summons) indicating that you missed jury duty and there is a financial penalty. The person will be dressed as a police officer and will ask for payment from you now. Do not be fooled. You know when you get assigned jury duty. So if someone shows up at your door, call the real police or with your phone, take a picture of the individual at your door. And at the very least, report the incident. This scam has been on the news warning people, so please be aware. What will they think of next?

September's Crafty Ladies

Crafts w/Thelma

Thursday, Sep 19th at 1:00
Pumpkin Welcome Sign



Acrylics w/Karen

Thursday, Sep 26th at 1:00



Welcome
New Members

Mary Pawlus
Beverly LaBarge
Shelley Glebus
Donald Smith
Joyce Smith

EXTRA! EXTRA! READ ALL ABOUT IT!

GLENS FALLS SENIOR CENTER



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
coordinatorgfseniors@gmail.com

Holiday Bazaar

Saturday, November 2nd

9 am- 2pm

We Are Accepting Donations



Our Thrift Shop
Is Accepting Donations Daily

 **The Pines**
at Glens Falls

Center for Nursing & Rehabilitation

PRESENTS

“OLD HOLLYWOOD” SENIOR BALL

SAVE THE DATE

October 19th, 2024

5:00 pm ~ 9:00 pm

Elks Lodge

32 Cronin Rd, Queensbury NY

MORE INFORMATION TO COME

Limited Transportation Available!

WARREN COUNTY SENIOR PICNIC

Food, games, raffles, and health fair!

Sept. 24 • 10 a.m. • Warren County Fish
Hatchery \$5 for tickets

MORE INFORMATION: WARREN/HAMILTON COUNTIES OFFICE
FOR THE AGING -- 518-761-6347



The center is able to offer limited
transportation to this event!
Sign up in the front office. We are also
looking for volunteer drivers that can help
us bring/take home some members!

A Note From Nicole and Mason

Thank you to all of those who joined us on
August 20th to celebrate our wedding! It
was a wonderful afternoon
with great company.

Another big thank you to the staff of
GFSC who have gone out of their way to
make this a very special time for us.
We feel very grateful for the love and
support we receive from our “second
family” and can’t wait to share the photos
we get from the big day, which is just a
few weeks away!

With Love,
Nicole and Mason



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

SEPTEMBER 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 CENTER CLOSED	3 1:00-Book Club	4 1:00-Dutch Apple Cruise (Reschedule) 2:00-Reading with Bea	5 Noon-Lakeside Farms	6 1:00-Cooking with Ed
9 10:00 Walmart	10 1:00-Mini Golf at Pirate's Cove	11 1:00-Documenting Care At Home	12 1:00-Movie & Popcorn	13 1:00-Get To Know Facebook
16	17 1:00-Ukulele Band	18 1:00-Hike with Jackson	19 1:00-Craft with Thelma	20 1:00-Newsletter
23	24 Noon-Warren/Hamilton OFA Senior Picnic	25 CENTER CLOSED Senior EXPO @ QBury Hotel 10-4	26 1:00-Acrylics with Karen	27 1:00-Earthbeat Music
30				

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

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

Mark Your Calendar!

- Oct. 3 - Health Fair
- Oct. 11 - Chicken BBQ Drive-Thru
- Oct. 19 - Senior Ball
- Oct. 31 - Halloween Party



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.

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www.NeighborsNY.com

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PROGRAM NOTES FOR SEPTEMBER

Every Tuesday at 8:45 **Let's Walk:** Join us at Murray Street! We will be on the walking path! Call JoAnn at 518-955-7400 to sign up!

Tuesday, Sep 3rd Time-1:00 **Book Club:** This month's book is **The Women**, by Kristin Hannah. In this book, we find Frankie McGrath, a young woman from a wealthy family who decides to enlist as a nurse in the Vietnam War after her older brother is killed in action. She leaves her sheltered and comfortable life in California to serve in a war-ravaged country working under dangerous conditions. When she returns, the atmosphere in America is hostile to veterans, dismissive of women's contributions in the war and she struggles to reassimilate. *The Women* tells an often overlooked story of the courageous women who served in Vietnam. Looking ahead, our book for October will be **Lies We Never See**, by Michael Lindley and November - **Murder in Spa City**, by David Wilson

Thursday, Sep. 5th Time- Noon **Lakeside Farms:** Join us for a trip to Lakeside Farms for lunch and shopping! Limited Registration Required. Limited Transportation Available.

Tuesday, Sep 10th Time- 1:00pm **Mini Golf:** Go mini golfing at Pirate's Cove in Queensbury! Limited transportation available. Registration required. Cost: \$11

Wednesday, Sep 11th Time-1:00pm **Documenting Care At Home:** The goal of "Documenting Care at Home by Valerie Falzo, RN, PLLC" is to provide easily accessible, straight forward, and basic tools and information to those caring for someone in the home; thereby assisting both the patient and the caregiver(s) and learn how to record important data, organize appointments, bills, and documents. Cost: Free

Thursday, Sep 12th Time-1:00pm **Movie & Popcorn: *Ordinary Angels*** (2024) Inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter. Rated PG, Runtime: 1 hr 58 mins. Cost: Free for Members/\$5 for Guests

Friday, Sep 13th Time- 1:00pm **Get To Know Facebook:** Facebook can be a great way to connect with old friends, share life updates, and join social groups. Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook Live? This lecture offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook. Cost: Free

Wednesday, Sep 18th Time- 1:00pm **Hike with Jackson:** Jackson will be presenting a 30-minute lecture on effectively walking on uneven surfaces and a 30-minute walk around the city. Jackson is a New York State Licensed Hiking Guide! Cost: Free for Member/\$5 for Guests

Friday, Sep 27th Time- 1:00pm **Earthbeat Music:** Drum in Joy! is a West African drumming-inspired course to build confidence + community, and encourage positive body and mind health + overall happiness! Registration is required. Limited space available. Cost: Free for Members/\$5 for Guests



Cooking with Ed

Friday, September 6th at 1:00pm

Thai Peanut Chicken

Serves: 6 Prep/Cook Time: 30 mins

Ingredients:

- | | |
|---|--------------------------|
| 8 ounces uncooked thick rice noodles | 1/3 cup water |
| 1/4 cup reduced-sodium soy sauce | 1/4 cup peanut butter |
| 4-1/2 teaspoons brown sugar | 1 tablespoon lemon juice |
| 1/2 teaspoon crushed red pepper flakes | 2 garlic cloves, minced |
| 2 tablespoons canola oil, divided | 1/2 cup shredded carrots |
| 1 bunch broccoli, cut into florets | Sesame seeds, optional |
| 1 pound boneless skinless chicken breasts, cut into 1/2-inch strips | |

Directions:

1. Cook noodles according to package directions. Meanwhile, in a small bowl, combine water, soy sauce, peanut butter, brown sugar, lemon juice, garlic and pepper flakes; set aside.
2. In a large skillet, heat 1 tablespoon oil over medium-high heat. Add chicken; stir-fry until no longer pink, 3-4 minutes. Remove from pan.
3. Stir-fry broccoli and carrots in remaining oil until crisp-tender, 4-6 minutes. Add soy sauce mixture; bring to a boil. Cook and stir until sauce is thickened, 1-2 minutes. Return chicken to pan; heat through. Drain noodles; toss with chicken mixture in pan. If desired, sprinkle with sesame seeds.



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



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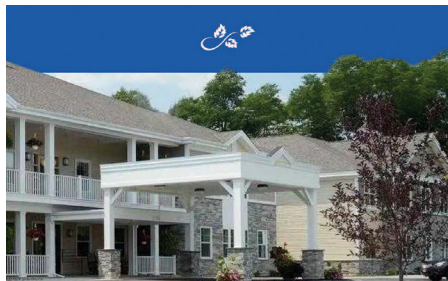
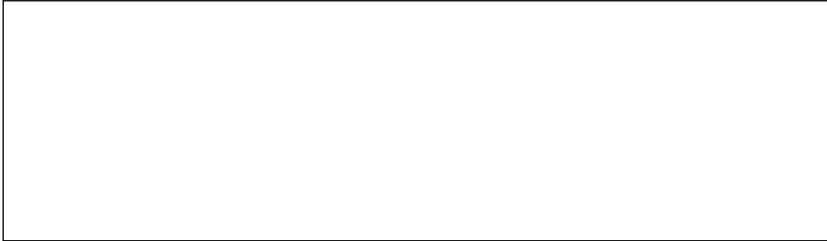


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