



# GLENS FALLS SENIOR CENTER

## OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 0326  
March 2026

### Executive Director Message

As winter fades and spring arrives, it's the perfect time for seniors to refresh routines and focus on wellness.

1. **Freshen Up Your Space**-Open windows, declutter walkways, and check safety items like smoke detectors. A clean space boosts mood and reduces fall risks.
  2. **Get Moving**-Enjoy walks, light stretching, gardening, or group classes. Warmer weather makes staying active easier and supports mobility and heart health.
  3. **Eat Seasonally**-Add fresh fruits and vegetables like leafy greens, berries, and citrus. Don't forget to stay hydrated.
  4. **Reconnect & Enjoy**-Join programs, meet friends, and spend time outdoors safely with sunscreen and water.
- Spring is a season of renewal, embrace it with healthy habits, social connection, and simple joys by enjoying the programs at the center.



Pot of Gold Luncheon  
Tuesday, March 17th,  
Noon

#### Menu

Classic Corned Beef and Cabbage Dinner  
Irish Soda Bread  
A lucky leprechaun Parfait Desert

Blimey — you seem to have the luck of the Irish on your side! Come to our Pot of Gold Lunch and celebrate St. Patrick's Day with friends and a festive atmosphere. Don't forget to wear your green!!

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## ***From the Desk of Ed Capezzuti***

### ***Scams and Other Stuff***

#### ***SCAMS***

Here's a new one. Just the other day, I received a text, along with 11 others, telling me that a camera caught me speeding and I had to pay a fine. I thought, really? You think that I am going to fall for this? On that same day, I had to go right by the State Police barracks near Queensbury School, so I decided to stop in and share the text with them. They were aware of the scam and did verify that there are speed cameras out there. However, they said that you would receive a notice in the mail and definitely not a text, if in fact, you were speeding. Interestingly enough, that night, when I was watching the news, there was a segment informing viewers of this very scam! So I thought I would let you know.

#### ***Other Stuff***

On January 24th, I had the honor to officiate the wedding ceremony of Kim, our boss, and Norm. It was truly a great day.

SNAP has released the new income limits in order to qualify for the SNAP benefits. There are flyers here at the Center outlining the income levels and family size. Please feel free to take one or give me or Catholic Charities a call, if you need additional information. The number here at the Center is 518-793-2189. Catholic Charities is 518-793-6212 X122 in Warren County and in Washington County, it's 518-793-6212 X123. This is a great program and helps many of our seniors.

At this point, I think we have turned the corner on winter. This past winter reminded me of winters years ago. Truth be told, I did not need a reminder. Let us hope for a great spring and summer, a time when we can really enjoy being outside. I think we deserve it!



**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, February 19th  
1:00pm**



**Class limited to 10**

**Craft with Abby  
Friday, March 20th  
10:00 am**



**Paint with Karen  
Thursday, March 26th  
1:00 pm**



**Class limited to 8**

# EXTRA! EXTRA! READ ALL ABOUT IT!



**Golden Game Mondays**  
Starting March 2nd  
The center will be open from 10-3 to play any board game that you would like. Grab a friend and head over!  
We will run the program until the bridge group comes back



**Knitting and Crocheting Group**  
Wednesday, March 4th  
1:00 pm

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



**First Tuesday Book Club**  
Tuesday, March 3rd  
1:00 pm

First Tuesday Book Club - Our selection for March is *Late in the Day*, by Tessa Hadley. "Ah, what a tangled web we weave". In this read we meet two couples, "forever friends", one dies - he was their ground wire.....  
Our selection for April is *Hamnet*, by Maggie O'Farrel and May's read is *The Correspondent*, by Virginia Evans. Even if you haven't read the selection, come join us - you may find a book you'd like to explore further. We meet the first Tuesday of every month. Remember, all of our past selections are on the Book Club shelf in the Center library.



**Gather and Gab**  
Wednesday, March 4th  
1:00 pm

Join us for Gather & Gab, a relaxed and welcoming time for members to come together, share stories, and chat about whatever comes to mind. We all see familiar faces every day, but do we really know one another? This is your chance to connect on a deeper level, learn something new about your neighbors, and enjoy meaningful (and sometimes wonderfully off topic!) conversations. There's no agenda, no pressure just friendly faces, open minds, and a space where it's perfectly okay to go off on a tangent. Come as you are and be part of the conversation! Be sure to sign up!



**Candle Making at Wax and Wix**  
Thursday, March 5th  
1:00pm  
Cost \$10

Join us for a fun, hands-on candle-making experience at Wax & Wix in Lake George! Create your very own custom candle by choosing your favorite shape, color, and scent. Whether you love fresh, floral, sweet, or cozy fragrances, there's something for everyone. This relaxing workshop is a great way to get creative, learn the basics of candle making, and take home a personalized candle you made yourself. No experience needed, just bring your imagination and enjoy a memorable outing with friends! Sign up is required call the Center 518-793-2189



**Breakfast Bunch Tuesday,**  
The Silo  
March 10th  
10:00 am

You know what Lunch Bunch is, and we've done Brunch Bunch — you asked, and we delivered! Join us for Breakfast with the Breakfast Bunch at The Silo in Queensbury. Whether you're craving classic eggs and bacon or fluffy pancakes, this is a breakfast you won't want to miss. After your meal, take a stroll through the gift shop and treat yourself to some delicious apple cider doughnuts. Good food, great company, and a fun morning out — come hungry! Reservations required sign up now 518-793-2189

# MARCH 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>2</b> 9:30 - Market 32 10-3 Golden Games	<b>3</b> 1:00- Book Club 2:15- Cardio- Drumming	<b>4</b> 1:00 Gather and Gab 1:00 - 3:00 Knitting and Crocheting Group	<b>5</b> 1:00- Wax & Wix Candle Making	<b>6</b> 1:00- Cooking With Ed
<b>9</b> 1:00 Membership Committee Meeting	<b>10</b> 10:00- Breakfast Bunch 1:00- Ukulele Band 1:00 MVPT Presentation	<b>11</b> 1:00-Chat with the Mayor	<b>12</b> 1:00-Adirondack Salt Cave Trip Cost \$20	<b>13</b> 1:00 Shake & Paint
<b>16</b> 9:30-Walmart 10-3 Golden Games	<b>17</b> Noon -Pot of Gold Lunch Cost \$10	<b>18</b> 10:00-Bass Pro Shop & Colonie Mall	<b>19</b> 1:00-Craft with Thelma	<b>16</b> 10:00- Craft with Abby 1:00 - Coffee and a Cop
<b>23</b> 10-3 Golden Games	<b>24</b> 1:00- Ukulele Band 1:00- Gmail Tips and Tricks No Cardio Drumming	<b>25</b> 1:00 RAM Presentation	<b>26</b> 1:00 Art with Karen 1:00 Chapman Museum Trip	<b>27</b> 1:00-Movie and Popcorn People We Meet On Vacation
<b>30</b> 10-3 Golden Games	<b>31</b> 11:00 Homemade Pasta Presentation 2:15 Cardio Drumming	REMINDER, WHEN THE GLENS FALLS SCHOOLS CLOSE DUE TO WEATHER, WE ARE CLOSED !!!		

# WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 - OsteoBusters/ RSVP (In-House & Virtually)  10:00 - Bingo  2:15-Cardio Drumming	10:00 Bridge, Scrabble	9:00 - OsteoBusters/ RSVP (In-House & Virtually)  11:00 - Encore Singing Group	9:00-Tai Chi w/Sam (In-House & Virtually)  10:00 - Wii Bowling

Visit us on our website:  
[www.gfseniors.com](http://www.gfseniors.com) and on Facebook

## Mark Your Calendar!

- 04/18 - Golden Girl Trivia Show at the Wood Theater- \$40.00
- 4/23- Defensive Driving Class
- 4/10- Victorian Tea
- 4/22- Volunteer recognition lunch
- 4/15- The Chapmen Museum Presents: Storytown USA to Six Flags Presentation.
- 4/29- Pressed Flower Making at Creative Jam Art Studio - \$30.00

## A night with a Medium James Joseph Jr.



Join the Senior Center for an unforgettable evening of true connection featuring James Joseph Jr. at the Historic Park Theater in Downtown Glens Falls.

### Saturday March 14<sup>th</sup> 2026

Doors Open at 2:30 pm ~Show starts at 3:30pm

There will be a 15 mintue intermission which a bake sale will be held and all proceeds go to The Glens Falls Senior Center.

To purchase Tickets please Visit the Park Theater Box office.  
 Located at 14 Park Street Glens Falls New York





### Shopping Trips -

Monday, March 2nd - 9:30 am  
Market 32

Monday, March 16th - 9:30 am  
Walmart



Shake and Paint  
Friday, March 13th  
1:00pm

Who loves milkshakes? Who loves to paint? Now you can enjoy both! Join us for a brand-new creative experience featuring a seasonal favorite — Shamrock Shakes — paired with a guided acrylic painting class on the big screen. Sip, paint, and relax as we follow along step-by-step to create a festive masterpiece. No experience needed, just come ready to have fun, try something new, and enjoy great company! All supplies provided. Just bring yourself and your creativity!  
Sign up soon 518-793-2189



MVPT Physical Therapy  
Informational Meeting  
Tuesday March 10th 1:00  
pm

MVPT Physical Therapy (Glens Falls & Saratoga locations) will be joining us for a presentation on the importance of keeping your body in motion! They'll lead a fun, interactive game and share simple exercises you can do right at home. Come learn how staying active can improve your everyday life and help you move more comfortably and confidently.  
Only 10 Spots available.



Chat with the Mayor  
Wednesday March 11th  
1:00 pm

Join us as we welcome Mayor Diane Palmer! Join us for an informal conversation where you can ask questions, share thoughts about Glens Falls, and learn a little more about your new mayor. This is a great opportunity to connect, stay informed, and be part of an open, friendly discussion. Come sit, chat, and get to know Mayor Palmer — all questions welcome!  
Reserve your spot 518-793-2189

### Shop & Lunch

Bass Pro Shop & Colonie Center  
Wednesday, March 18th  
10:00 am

Join us for a fun day at Bass Pro Shop & Colonie Center! Browse your favorite stores, find great deals, and enjoy some quality shopping time. Afterward, we'll gather for a delicious lunch together. It's the perfect way to catch up with friends, shop, and enjoy a relaxing day out! Sign up Now - Van space is limited

Coffee and a Cop  
Friday, March 20th  
1:00pm

Coffee with a Cop is back! Come sit down, enjoy coffee and doughnuts, and have an informal conversation with one of Glens Falls Police Department's finest. Bring your questions, share your thoughts, or just enjoy a friendly chat. It's a relaxed, welcoming space to connect with your local police officers and your community.

Call to reserve your spot 518-793-2189



Gmail Tips and Tricks  
Tuesday, March 24th  
1:00 pm

Go beyond sending and receiving with this class about Gmail features! This session will cover important features like spellchecking, formatting emails, searching your inbox, adding a signature, and attaching files.

Reserve your spot 518-793-2189



Homemade Pasta Making  
Cornell Corporate Extension .  
Tuesday March 31th  
11:00 am

Well bagels and cream cheese making was such a hit, we thought we would bring homemade Pasta making. Come learn all about how to make pasta from scratch.

Sign Up Required Call The Center 518-793-2189



## COOKING WITH ED

Friday, March 6th  
1:00 pm

### Parmesan Risotto

8 cups chicken broth  
1/2 cup finely chopped onion  
1/4 cup olive oil  
3 cups arborio rice  
2 garlic cloves, minced  
1 cup dry white wine or water  
1/2 cup shredded Parmesan cheese  
1/4 teaspoon salt  
1/4 teaspoon pepper  
3 tablespoons minced fresh parsley

### Directions

1. In a saucepan, heat broth and keep warm. In a Dutch oven, saute onion in oil until tender. Add rice and garlic; cook and stir for 2-3 minutes. Reduce heat; stir in wine. Cook and stir until all liquid is absorbed.
2. Add heated broth, 1/2 cup at a time, stirring constantly and allowing liquid to absorb between additions. Cook just until risotto is creamy and rice is almost tender, about 20 minutes. Add remaining ingredients; cook and stir until heated through. Serve immediately.

RAM Clinic Presentation  
Wednesday, March 25th  
1:00 pm

Join us for an informational presentation about the Remote Area Medical (RAM) Free Medical Clinic, which comes to our area once a year. This year, the clinic will be held at Schuylerville High School. At the clinic, you'll have access to medical doctors, dentists, and eye doctors, all at no cost. Services are 100% free and provided on a first-come, first-served basis. During this presentation, you'll learn exactly what procedures and services are available, what to expect on clinic day, and how to prepare. This is a great opportunity to get important information and take advantage of valuable healthcare resources in our community.

Chapman Museum Trip  
Thursday, March 26th  
1:00 pm  
Cost \$5

We all know the Chapman Museum comes to us — now it's our turn to visit them! Join us for a trip to the Chapman Museum to explore their new exhibits and enjoy a fun, educational outing together. Come discover local history, see what's new, and spend a great day with friends. You won't want to miss this chance to experience the museum from a whole new perspective!  
**Sign Up Required 518-793-2189**

**The Pines at Glens Falls**  
Senior Living Community

**New Year, New Look**  
At The Pines at Glens Falls, you'll find a new look and feel. We've refreshed our entire community with new decor, furniture, and amenities to create a warm and inviting atmosphere for our residents.

Call today to schedule a tour and see the new look for yourself. We'll show you the new look and feel of The Pines at Glens Falls, including the new look and feel of the entire community.

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Movie and Popcorn  
**People We Meet on Vacation**  
Friday, March 27th  
1:00 pm

Polar opposites, Poppy wants to explore the world while Alex would prefer to stay home with a good book, but surprisingly they become best friends after sharing a car to their small Ohio hometown from Boston. They live far apart, but for a decade they have shared one week of summer vacation together, which finally leads to a deeper connection.  
**Sign up at the center 518-793-2189**



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## 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.



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