



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

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

Monthly Issue 0526
May 2026

Executive Director Message

Spring into Connection at the Center

Spring is the perfect time to renew our energy, reconnect with friends, and enjoy all that the season has to offer here at the Center. We are excited to offer a variety of programs and events designed to get you moving, learning, and socializing. Our Gardening Club is back and expanding, with new raised flower beds on the way. Members will have the opportunity to plant and care for beautiful blooms while enjoying fresh air and great company. We're also hosting an AARP Shredding Day, May 1st, allowing you to safely dispose of old documents and protect your personal information. Join us for our Disc Golf Tournament, a fun and easy-to-learn outdoor activity that's perfect for all skill levels. It's a great way to stay active while enjoying the fresh spring air. The morning session is for beginners. Give it a try.

Our Chicken BBQ is another favorite event, offering a delicious meal and a chance to support the Center.



Spring Banquet
Tuesday, May 5th
Noon
Cost \$20

Menu

Beef Quesadilla

With caramelized pepper and onion, cheddar jack cheese, salsa and sour cream

Chicken Quesadilla

With caramelized pepper and onion, cheddar jack cheese, salsa and sour cream.
(both are not spicy)

Mexican Chocolate Pot De Crème

Entertainment by Our Ukulele Group

Sign up by April 30th.

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From the Desk of Ed Capezzuti

The Count Down is on

It was Easter weekend and that meant a trip to Columbus, Ohio to spend the weekend with our girls and talk about the upcoming wedding. Deb and I left Queensbury on Good Friday morning and the temperature was 39 degrees. I am happy to say that the trip out was uneventful unlike past trips. There was very little traffic and when we arrived in Columbus, it was in the high 70's. Out for dinner on Friday night in a small town just outside of Pickerington called Canal Winchester. Great restaurant and of course, a stop at the local brew pub on the way home. Saturday was a full day of shopping at Easton mall. Easton mall is one of my favorites and there is every store there that you can imagine. On Saturday night, Chels made reservations at a Mexican restaurant near her place in Columbus. I do love Mexican food and this place did not disappoint! Of course you know that a Mexican restaurant is a must have for a margarita. Make it a jumbo mango! Easter Sunday was a great time. We had dinner at MK's place and we were joined by an old friend who actually was our neighbor and grew up next to us in Hidden Hills. It was great to see Doug (Dougie, as he was called back then) who happened to be in Columbus at a job site there for a few weeks. The big surprise on Sunday was when MK and Kenny asked Chelsey to be the officiant for their wedding in May. She was thrilled and said, "I am honored!" Back home on Monday and again little traffic and on and off rain, but a great trip and again uneventful. On April 16th, Deb and MK went to Florida to put the final touches on May 30th. The count down is on!



Did you know that you could rent the center for events?
Please contact Kim for more details.
518-793-2189.

Craft with Thelma

Thursday, May 21st 1:00pm



Class limited to 15

Craft Sessions

Paint with Karen

Thursday, May 28th
1:00 pm

Class limited to 8



Shopping Trips -

Monday, May 4th - 9:30 am
Market 32

Monday, May 18th - 9:30 am
Walmart

Sign up at the center

EXTRA! EXTRA! READ ALL ABOUT IT!



The Big Shred!
Friday, May 1st
10-12:30

AARP New York will host its annual free paper shredding event with an on-site mobile shred truck from 10:00am - 12:30pm. There is a three bag or three box limit per participant. Boxes will be emptied and returned to participants. Event ends at scheduled time or when the truck is full, whichever comes first. Paper only. Please remove paper clips and metal binder clips in advance. Please register on the AARP website or call the center to have us register you. 518-793-2189.

Shopping at The Outlets
and Lunch at Log Jam
Wednesday, May 6th
10:00am- 3:00pm

There's nothing quite like a day out that combines a little retail therapy with great food and even better company. We browse a variety of stores and hunt for bargains. After a successful morning of shopping, we will head over to Log Jam Restaurant for lunch at noon. After lunch, we will spend more time shopping before heading back at 3. We're already looking forward to this outing —be sure to join us!



Bingo & Friendship
Friday, May 1st
10-12:30

At Lake George Senior Center

The Glens Falls Senior Center has teamed up with the Lake George Senior Center for a fun-filled afternoon of bingo, laughter, and connection. Members from both centers enjoy friendly competition, great conversation, and plenty of chances to win! We look forward to more opportunities to get together and share in these special moments. Sign up today 518-793-2189.



Card Making With Barb
Thursday, May 7th
1:00 pm

Join us for a fun and creative session of Card Making with Barb! Whether you're a seasoned crafter or just looking to try something new, this class is perfect for all skill levels. Barb will guide you step-by-step as you design and create your own beautiful, handmade cards for any occasion. All materials are provided, and you'll leave with unique cards that are perfect for sharing with friends and family. It's a wonderful way to relax, get creative, and enjoy great company. Come craft, laugh, and let your creativity shine!

Sign up today !! 518-793-2189



First Tuesday Book Club
Tuesday, May 12th
1:00 pm
**PLEASE NOTE THE
DATE CHANGE**


Our reading for May is *The Correspondent*, by Virginia Evans. We'll meet Sybil - a "mature" woman - faced with a difficult diagnosis - finding a need to connect...and she does!...with her family, business associates, lifelong friends and even authors whose novels she's recently read! It's quite a journey, beautifully written. Come join us as we meet Sybil. In June we will be going back to an old gem, *The Good Earth*, by Pearl Buck and in July our selection is *The Secret Sewing Society* by Siobhan Curham.



Introduction to Youtube
Tuesday, May 12th
1:00 pm

Have you ever wondered how to watch videos online, learn something new, or even share your own experiences with others? An Introduction to YouTube class is a great way to get started with one of the world's most popular and easy-to-use platforms. This class is designed to be relaxed, supportive, and easy to follow—no prior experience needed! YouTube opens the door to endless possibilities. Come join us and discover how simple and fun it can be to explore the world through video! Sign up is required, call the center 518-793-2189.

MAY 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4 9:30- Market 32 10:00 -Golden Games	5 Noon -Spring Banquet Ft William Henry	6 10-3- Outlet Shopping & Lunch at Log Jam 1:00 -Ukulele Band	7 1:00- Cardmarking with Barb	8 1:00 Cooking with Ed
11 10:00- Golden Games	12 1:00- Book Club 1:00-Getting to know Youtube 2:15 Cardio Drumming	13 1:00-Beginner Technology Class- Week 1	14 Noon-Lifespan Caregiver Wellness and Respite Center Lunch and Learn.	15 11:00 -Succulent Making Class Cost\$15
18 9:30 -Walmart 10:00- Golden Games	19 1:00- Ukulele Band 2:15 Cardio Drumming	20 1:00 -Shake and Paint	21 1:00-Craft with Thelma	22 1:00 - Movie and Popcorn Glass Onion
25 	26 2:15 Cardio Drumming	27 1:00- Warrenburg Museum Tour	28 1:00-Art with Karen	29 9:00 TiaChi No other programs 3-6 -Chicken BBQ

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 and on Facebook


Mark Your Calendar!



Jim Allen's
Famous Chicken BBQ
May 29th
3-6
Cost \$15

Menu:
1/2 Chicken, Baked Potato, Coleslaw
Roll & Dessert
Drive Thru
Pick up 3-6pm
Pre-order by May 18th
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Donations Needed

We are currently collecting items for our Thrift Shop and Garage Sale, and we need your help to make it a success! Donations of gently used items such as household goods, small furniture, décor, kitchen items, and more are greatly appreciated. Your donated items help us raise important funds to support programs and services for our seniors. It's also a wonderful way to give your unused items a second life while helping the community. Donations can be dropped off at the Center during regular business hours. If you have larger items or questions about what we can accept, please feel free to contact us. 518-793-2189.

* No clothes or shoes, sport equipment, VHS or books.

June 10 - Looking for Volunteers to help setup the Garage Sale.

June 11+12 - Garage Sale

June 24- Chat with the Mayor

June 26- Homemade Pretzel Baking





**Beginner Technology Class
Week 1
Wednesday May 13th
1:00pm**

Southern Adirondack Independent Living or also known as SAIL is providing a FREE beginner technology class. This will be a series of classes, and it is open to the public. You are encouraged to bring your own devices such as laptop, tablet, or phone. A limited number of devices will be available to use during the class. Sign up is required - 518-793-2189.



**Lunch and Learn
Thursday May 14th
Noon**

Join us to learn all about what Lifespan Caregiver and Respite Center has to offer! This informative session will highlight the valuable services and support available to caregivers and families in our community. While you listen, enjoy a delicious lunch of pizza provided by Lifespan. Best of all, this is a FREE program—we hope you'll join us for this great opportunity to learn and connect! Sign up required 518-793-2189



**Succulent Plant Class
Friday May 15th
11:00 pm
Cost \$15**

Join us at the Glens Falls Senior Center for a fun and creative Succulent Making Class! For just \$15.00 per person, participants will learn how to plant their own beautiful succulent arrangement while gaining helpful tips on proper care and maintenance. Whether you're a beginner or a plant lover, this hands-on class is a great way to relax, socialize, and take home a living creation of your own! Sign up required 518-793-2189



**Warrensburg Museum Tour
Wednesday May 27th
1:00 pm**

Join us for a delightful trip to the Warrensburg Museum of Local History in Warrensburg! This charming museum offers a fascinating look into the rich history of the local area, featuring exhibits on early settlers, industry, schools, and everyday life in the Adirondack region. This trip is a wonderful opportunity to learn something new, and experience a treasured piece of local history, just a short drive away. Sign up is required 518-793-2189.



**Movie and Popcorn
Glass Onion
Friday, May 22nd
12:30pm
NOTE TIME CHANGE**

Benoit Blanc returns to peel back the layers in a new Rian Johnson whodunit. This fresh adventure finds the intrepid detective at a lavish private estate on a Greek island, but how and why he comes to be there is only the first of many puzzles. Blanc soon meets a distinctly disparate group of friends gathering at the invitation of billionaire Miles Bron for their yearly reunion. Among those on the guest list are Miles' former business partner Andi Brand, current Connecticut governor Claire Debella, cutting-edge scientist Lionel Toussaint, fashion designer and former model Birdie Jay and her conscientious assistant Peg, and influencer Duke Cody and his sidekick girlfriend Whiskey. As in all the best murder mysteries, each character harbors their own secrets, lies and motivations. When someone turns up dead, everyone is a suspect. Call to reserve your spot 518-793-2189

**Intergenerational Bingo
Celebration & Carnival**

Saturday May 30th
The Idle Hour Club
30 Rodgers Island, Fort Edward NY 12828.
Van space limited Sign Up Required



**SATURDAY MAY 30
INTERGENERATIONAL
BINGO
CARNIVAL**

**IDLE HOUR CLUB
2:00 PM**





COOKING WITH ED

Friday, May 8th

1:00 pm

Sign up required

Ingredients:

1 package (20 ounces) refrigerated cheese tortellini

8 ounces bulk Italian sausage

1 jar (24 ounces) pasta sauce with mushrooms

1/2 cup shredded Parmesan cheese

1 carton (8 ounces) mascarpone cheese

Crushed red pepper flakes, optional

Directions:

1. Prepare tortellini according to package directions. Meanwhile, in a large cast-iron or other heavy skillet, cook sausage over medium heat until no longer pink, 6-8 minutes, breaking into crumbles; drain.

2. Stir in pasta sauce; heat through. Drain tortellini, reserving 1 cup cooking water. Add tortellini to sauce with enough reserved cooking water to reach desired consistency; toss to coat. Stir in Parmesan cheese; dollop with mascarpone cheese. If desired, sprinkle with red pepper flakes.



Shake and Paint
Wednesday May 20th

1:00pm

Sign up required

Patriotic Freakshake Recipe

Ingredients

Glass decorations - 1/2 cup white candy melts, Patriotic Sprinkles Mix

Milkshake

1 quart vanilla ice cream

4 tbs.- sweetened condensed milk

1 c. white chocolate creamer

red and blue food coloring

1 8 oz. cool whip

Shake Toppings

3 Twizzlers 3 marshmallows 1 Bomb Pop

red sanding sugar blue sanding sugar

Instructions

Step by Step:

RIM THE GLASS: Start by melting down your white candy melts. Place in the microwave for one minute. Stir and repeat, until melted and smooth.

Place the top of your glass in the melted candy. Cover the entire rim and let it set slightly. Sprinkle with patriotic sprinkles, and place your glass in the freezer to chill and let the rim set up.

MAKE THE RED LAYER: Add half of the ice cream, two tablespoons condensed milk, half a cup of creamer to a blender.

Blend on high until smooth. Add red food coloring (a few drops at a time) until the color you desire is achieved.

Pour into your chilled glass and place in the freezer while you make your next layer.

MAKE THE WHITE LAYER: Place your cool whip in a piping bag with a tip and pipe cool whip on top of your red layer, creating a barrier between the two colors. Or scoop it into the glass carefully. Place glass in the freezer while you prepare the next layer.

MAKE THE BLUE LAYER: Repeat steps 3-5 with the blue food coloring. Pour the shake on top of the cool whip layer.

DECORATE YOUR FREAKSHAKE: Pipe remaining cool whip on top and add additional sprinkles.

Dip one marshmallow into water and then dip in red sanding sugar. Place on a cake pop stick. Next add a white marshmallow. Finally dip another marshmallow in water, followed by blue sanding sugar.

Place your straws, twizzlers, bomb pop, and marshmallows on the top of your shake. Serve and enjoy!



Please share with family and friends. It's a fun filled day!

Disc Golf Tournament

Saturday, May 9th

Morning Group Session One Learn to Play

Single Tournament Cost \$30

7:30 am-Registration

8:15 am-Players Meeting

8:30 am -Tee- Off

Register online www.discgolfsce.com and search under tournaments for Glens Falls Senior Center or call the Center at 518-793-2189



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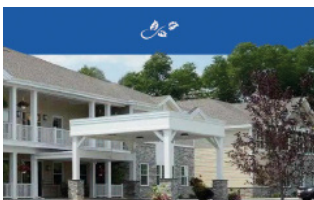

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