



GLENS FALLS SENIOR CENTER

OUR SPOTLIGHT

• Technology Classes

• Games That Engage and Inspire

• Upcoming Events

Monthly Issue 1025
October 2025

Executive Director Message

The center has listened to your valuable feedback and has been doing some fantastic excursions outside the center! You may recall that we previously rated our trips to give you a clear idea of what to expect. We're thrilled to bring this system back for your benefit. The new rating system is designed to enhance your experience and ensure you pick the excursions that best suit your interests!

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.

Happy Halloween Brunch
Friday, October 31st
10:00

Ghostly Pancakes
Sausage Skeleton Bone
Spider Hashbrowns
Pumpkin Patch Fruit
Frightful Danish
Monster Juice
Witches Brew
Cost \$10

Costume Contest
Come Dress In Your Best Costume
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From the Desk of Ed Capezzuti

The End of Summer

Deb and I ended summer in a big way. We spent the last week of summer in Marco Island, Florida. Marco Island is on the Gulf coast. I am not sure if it's the Gulf of Mexico or the Gulf of America but none the less, we were there. I know, you're thinking, who wants to go to Florida in the summer and I do not blame you for thinking that but just so you know, the weather was perfect. The Gulf Coast water was, for me, perfect, somewhere between 85-88 degrees. I could stay in the water for a long, long time. Here's the bonus! Our daughter MK joined us for a few days as she, along with us, wanted to check out wedding venues. She and Kenny are planning a destination wedding. As of this writing, she and Kenny have not decided on a place to hold the beach wedding but all four of the places we checked out are winners. It looks like the wedding will be in late May or early June and we are all looking forward to that day. As if the week in Florida wasn't enough, we then flew to Columbus to see the Ohio State vs. Texas football game, visit Chelsey and to celebrate the wedding plans with MK, Kenny and Kenny's family. First, it was great to see Chels again. On Saturday, she and Deb went to one of Chelsey's favorite bars for the game, while MK, Kenny, Tommy (Kenny's brother) and I went to the game. Kick off was at noon and tailgating started at 8:30. Texas was rated number 1 in the country, while the Buckeyes were rated number 3. The game attendance was just over 107,000 fans, most of whom were wearing red with a few in orange. You guessed it. The Buckeyes won 14-7 and as of this writing, are rated number 1 but there is a long season ahead. On Sunday, we had the chance to celebrate the upcoming wedding with all of us and Kenny's mom and dad. It was a blast and on Labor Day, we were back home. I am sure there will be more info to follow.



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

Please contact Kim for more details.

518-793-2189.

August Crafty Ladies

Craft with Thelma

Thursday, October 16th 1:00pm



Acrylics w/Karen

Thursday, October 23rd
1:00pm



Welcome
New Members

James Coccia
Deborah Houtman
Cheri Linehan
Marie Montgomery

EXTRA! EXTRA! READ ALL ABOUT IT!



Thursday, October 2nd 1:00pm
Pumpkin Painting

Get ready to dive into the Halloween spirit with our exciting pumpkin painting event! Instead of carving, we'll be decorating pumpkins with paint, glitter, stickers, and other creative supplies. This is a safe and fun way for all ages to design their own festive pumpkin—no sharp tools required! Don't miss out on this opportunity—secure your spot today by calling 518-793-2189! Join us for a spooktacular time!



Popcorn and a Movie
Friday October 3rd 1pm
The Thursday Murder Club

Discover the captivating world of the Thursday Murder Club, brought to life by an extraordinary cast of renowned actors. Helen Mirren shines as the resourceful ex-spy Elizabeth, while Ben Kingsley steps into the shoes of the insightful ex-psychiatrist Ibrahim. Pierce Brosnan embodies the passionate ex-union activist Ron, and Celia Imrie delivers a delightful performance as the caring ex-nurse Joyce. Together, these four lively retirees embark on a thrilling adventure, solving cold case murders just for fun. But when they stumble upon a genuine whodunit, their casual sleuthing takes a dramatic twist! Don't miss out on the excitement—be sure to sign up at the center today! Call 518-793-2189 to reserve your spot!



Podcast at a Glance
Tuesday October 7th 1 pm

Discover the fascinating world of podcasts—your on-the-go radio show that's always at your fingertips! With an endless array of topics, including storytelling, news, education, hobbies, health, and more, there's something for everyone to enjoy. Whether you prefer audio or video episodes, subscribing is easy, ensuring you never miss out on new content. Join Sharon at the Crandall Library for an engaging session where you'll learn all about podcasts and how to make the most of them. Don't hesitate—call the Center at 518-793-2189 to get started on this exciting audio adventure!



Wednesday, October 8th
11:00am
Sunnyside Gardens
Level 3 Trip

Embark on an unforgettable hayride through our enchanting spooky forest, where you can discover the perfect pumpkin in our vibrant patch. Immerse yourself in the captivating Hall of Flames, showcasing over 300 intricately carved jack-o'-lanterns that will leave you in awe. Don't miss the chance to visit the beautiful monarch butterfly house, and witness the charming model train as it chugs by. To top it all off, treat yourself to delicious homemade cider doughnuts, a must try! Plus, our concession stand will be open for a delightful lunch that will keep your energy up for all the fun. Join us for a day filled with adventure and seasonal magic! Sign up today 518-793-2189



Mary Alice Stuart
Intuitive Counselor | Clairvoyant |
Empathic Medium
2 Sessions available
12 person max per session
Friday, Oct. 10th & 24th
10am-12pm
Healing And The Magic Of Love,
Transforming Pain And Sadness
Into Peace And Joy
Cost \$45 per session

Many of us are experiencing the intensity of Grief at this time. We grieve about many things. The death of a family member, partner or friend can have a lasting effect on us. There's also lost love, financial crisis and health. When you transform the way you experience these life events you get to take back your power, what was, and move toward renewal, self love and self care--which will bring you back to a place of peace and true joy. This two hour workshop, we'll use meditation & sharing to: Learn how to connect to your loved ones. Learn Creative ways to honor and remember them. Release yourself from the bondage of life's challenges.

OCTOBER 2025

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 Senior EXPO 10am - 3 pm Queensbury Hotel	2 1:00 Pumpkin Painting	3 1:00 Movie and Popcorn The Thursday Murder Club
6 9:30 - Hannaford	7 1:00 - Podcast 1:00- Ukelele NO Cardio-drumming	8 11:00 -Sunnyside Gardens	9 1:00 Cooking with Ed	10 10-12 Healing And The Magic Of Love, See Page 3 1:00 Color and Chill
13	14 1:00- MVP 2:15 Cardio-Drumming	15 1:00 -Fall Fun with Centers Health	16 1:00 Craft with Thelma	17 10:30 - Chair Yoga 11:00 Brainstorm
20 9:30 - Walmart	21 1:00 CDPHP 1:00-Ukelele 2:15 Cardio-drumming	22 1:00- Life Hacks Neighbors NY	23 1:00 - Art with Karen	24 10-12 Healing And The Magic Of Love See page 3
27	28 1:00 -Newsletter 2:15 Cardio-drumming	29 1:00- Respite Workshop	30 1:30-Wicked	31 10 -Halloween Brunch No morning programs

WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00- Bridge 1:00- Pinochle	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 10:30 Chair Yoga

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Mark Your Calendar!

- Nov 5 - Knitting and Crocheting Group 1-3
- Nov 8 -Holiday Bazaar
- Nov 13- Shopping at Outlets
- Nov 14 - Cooking with Ed
- Nov 19- Annual Meeting
- Nov 21- Drive Thru Thanksgiving Dinner



First Tuesday Book Club
Tuesday, October 7th
1:00 pm

The First Tuesday Book Club welcomes all who find adventure in an opened book. Our reading for October is *My Friends*, by Fredrik Bachman (remember *A Man Called Ove*). "This is Fredrik Backman at the height of his empathy and resonance. . . I frequently paused to marvel at the way Backman captured the rebellion of joy, the ferocity of devotion, and the cruelty of indifference. Every Backman book should come with the warning that your heart will be split in two, but also, more importantly, with the assurance that it will be repaired with restored faith in the small miracles of being human." —NPR, Favorite Fiction Reads of 2025" Our selection for

Nov. is: *How Green Was My Valley*, Richard Llewellyn
Dec. is *Christmas Bells*, Jennifer Chiaverini with an homage to Henry Wadsworth Longfellow



Fall Fun Day
Centers Healthcare
Wednesday, October 15th
1pm

Join us for a day full of autumn cheers! Center Healthcare is bringing along some special guest goats dressed in their Halloween best. Don't miss your chance to snap a picture at our fall-themed photo backdrop.

Enjoy the tastes of the season with fresh cider doughnuts and apple cider, then join in on a variety of fun fall games. It's the perfect way to celebrate the season—festive, fun, and full of fall spirit! Sign up to reserve your spot 518793-2189



Friday, October 17
11AM to 1PM

Join us at the Warren Washington Counties Brainstorm event. Where we come together to showcase individuals and resources supporting our community's wellbeing: Mental Wellness, Addiction and Recovery, and Aging Well.



Shopping Trips -
Monday, October 6th - 9:30
Hannaford
Monday, October 20th - 9:30
Walmart



Cardio Drumming
Tuesdays at 2:15pm

Cardio drumming is a fun and simple exercise that activates many muscles with drumming movements to popular hit songs. Join us for exercise and a lot of laughter.

2026 Medicare Advantage Plans:

10/14/2025- 1pm MVP Healthcare presents
Come learn all about 2026 Medicare Advantage plan for MVP Healthcare.

10/21/2025- 1 pm CDPHP Presents their
2026 Medicare Advantage Plans. Come learn all about CDPHP 2026 Medicare Advantage Plans.



Wednesday, October 22nd
1:00 pm
Neighbors NY
Life Hacks for Seniors

Life Hacks are tricks to help make everyday tasks easier. I will bring some everyday items and show them how to use them for different purposes. I also will bring some items that they may not know exist that are helpful. Be sure to sign up 518-793-2189.



Wednesday, October 29th
1 pm

Respite Information Workshop
Come learn all about what opportunities there are through Lifespan on the go. You will learn all about the resources they have to offer during end-of-life care and how their dedicated team will be able to assist you.



Cooking With Ed Thursday, October 9th 1 pm Stuffed Pepper Soup

- 1 package (8.8 ounces) ready-to-serve long grain and wild rice
- 1 pound ground beef
- 2 cups chopped green peppers
- 1 cup chopped onion
- 1 jar (26 ounces) chunky tomato pasta sauce
- 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
- 1 can (14 ounces) beef broth

Directions:

1. Prepare rice according to package directions. Meanwhile, in a large saucepan, cook the beef, green peppers and onion until meat is no longer pink, crumbling beef; drain. Stir in the pasta sauce, tomatoes, broth and prepared rice; heat through.



SAVE THE DATE

**Saturday, November 8th, 2025
9am-3pm**

**WE ARE ACCEPTING DONATIONS
FOR THE BAZAAR AND THRIFT SHOP**



Reminder

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



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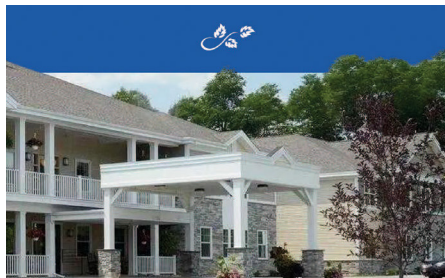
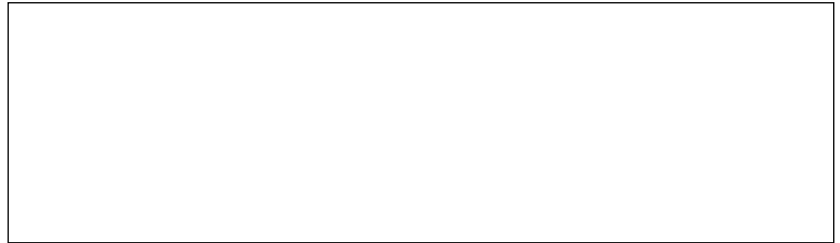


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