The Fall Issue 2026

RSVP Warren/Washington

INSIDE, WE ALSO TALK ABOUT:

Time to Volunteer

Keeping your Brain Busy

Osteobusters

Partner Highlights

The RSVP Connection

Hello, Fall! 🍁

Pumpkin season is here, the sweaters are coming out, and the leaves are putting on their annual colorful show! As we head into a new season, we thought it was the perfect time to pause and appreciate the people who make our RSVP community so special—our incredible volunteers.

This fall newsletter is packed with a little bit of everything: volunteer news, Osteobusters updates, ideas for keeping your brain busy, and a reminder that every one of us has something valuable to share. And, of course, we have a few reasons to smile along the way!
Thank you for being part of the RSVP family. We hope you enjoy this issue as much as we enjoyed putting it together!

Moments That Matter.

💙 The Power of Being Needed

As we get older, our lives can change in many ways. We may retire, our children may move away, or our daily routines may look different than they once did. Sometimes, those changes can leave us wondering, **“Where do I fit in now?”** The truth is, we all have something valuable to offer—and being needed can bring a wonderful sense of purpose and connection.

Your Time Matters
Being there for someone doesn't have to mean making a huge commitment. It might be checking on a neighbor, calling a friend, helping someone with a small task, sharing a skill, or simply taking the time to listen. These little acts can mean much more to someone than we realize.
Volunteering is another wonderful way to stay connected and feel needed. Whether you're delivering meals, helping at a thrift shop, providing transportation, participating in a community program, or sharing your talents with others, your time can make a real difference in someone's life.

Helping Others Helps Us, Too
Giving our time doesn't just benefit the person receiving our help. It can give us a reason to get up and get moving, introduce us to new people, provide opportunities to learn, and give us something to look forward to. Most importantly, it reminds us that **we still have an important place in our community.**

At RSVP, we see this every day. Our volunteers bring their experience, kindness, humor, and willingness to help to everything they do. They prove that there is no age limit on making a difference.

So this fall, ask yourself: “**What can I share with someone else?**” It might be your time, your experience, your friendship, or simply a helping hand.

Sometimes, the greatest gift we can give someone is letting them know, “**I'm here, and you can count on me.**” 💙

Nominate a Volunteer

It’s Never Too Early to Celebrate!
Our next RSVP Recognition Lunch is still a few months away, but we’re already keeping our eyes and ears open for volunteers who deserve a little extra applause. 👏
Do you know someone who is always willing to lend a hand, goes the extra mile, or makes a difference simply by showing up and caring?
Nominate them! Tell us why your fellow volunteer deserves to be recognized. You never know—you might just help us discover our next volunteer recognition star! ⭐
Please call 518-743-9158 or email transportation@warrenwashingtonrsvp.org

🧠 Keeping Your Brain Busy

Your brain likes a little exercise, too! Just like our bodies benefit from regular movement, our minds benefit from being challenged, curious, and engaged. The good news is that keeping your brain busy doesn't have to mean sitting down with a difficult textbook or memorizing a long list of facts. Some of the best brain activities are things we already enjoy!

Try Something New

One of the simplest ways to keep your mind active is to learn something new. Try a new recipe, learn a few words in another language, pick up a new craft, learn how to use a new feature on your phone, or try a hobby you've always been curious about. Learning something unfamiliar encourages your brain to make new connections—and it can be fun along the way.

Bring Back the Classics

Sometimes the best brain exercises are the ones we've enjoyed for years. Crossword puzzles, word searches, Sudoku, jigsaw puzzles, card games, and board games can all provide a fun mental challenge. Reading a book, working on a puzzle, or even doing a daily crossword with your morning coffee can give your mind something interesting to focus on.

Don't Forget About Socializing!

Keeping your brain busy isn't only about puzzles and games. **Spending time with other people is good for your mind, too.** Have coffee with a friend, join a club, attend a community event, volunteer, or simply pick up the phone and call someone you haven't spoken with in a while. Conversation requires us to listen, remember, respond, and share ideas—all while enjoying the company of others.

Get Creative

Creativity is another wonderful way to exercise your brain. Paint, draw, knit, garden, write, bake, play an instrument, take photographs, or work on a family scrapbook. You don't have to be an artist or an expert. The goal is simply to enjoy the process and give yourself an opportunity to think, create, and explore.

Keep Moving, Too!

Physical activity and mental activity can go hand in hand. A walk, a stretching routine, or a class such as **Osteobusters** gets your body moving while also giving you an opportunity to socialize and stay engaged. Finding activities that combine movement, conversation, and learning can make staying active even more enjoyable.

A Little Challenge Goes a Long Way

You don't have to spend hours exercising your brain. Try setting aside 15–30 minutes each day for something that makes you think, learn, create, or connect with someone else. And remember, there is no age limit on learning something new!
This fall, challenge yourself to try one new thing. You never know where a little curiosity might lead!

🍁 Your Fall Brain Challenge

This season, check a few of these off your list:

- ☐ Try a new recipe
- ☐ Try a new hobby
- ☐ Play a card or board game
- ☐ Visit somewhere you've never been
- ☐ Teach someone something you know
- ☐ Call an old friend
- ☐ Read a book
- ☐ Work on a puzzle
- ☐ Learn something new
- ☐ Learn something from someone else

Keep your body moving, keep your mind curious, and most importantly—keep having fun!

Osteobusters Corner

Osteobusters Leaders Are Stronger Together! 💪

September brought our annual Osteobusters leader refresher training—and these ladies were ready to stretch, learn, laugh, and get moving! Our leaders are an amazing group who continue to bring energy and enthusiasm to their classes throughout the year.

And this year, we have a new addition to the team... a gentleman has joined the Osteobusters leaders! We are excited to welcome Tom Ryan to this fantastic group. Looks like the ladies finally have some competition! 😉

A big thank-you to all of our Osteobusters leaders for keeping our participants moving, motivated, and smiling.
You truly are the muscle behind this wonderful program!

Celebrating an Exceptional Volunteer: Marcia McCormack

We are thrilled to celebrate Marcia McCormack, a longtime RSVP volunteer and the heart of our Osteobusters program, who has been honored with the Influential Service Award! After an incredible 21 years of volunteering with RSVP, Marcia continues to make a tremendous difference in the lives of older adults and fellow volunteers. As our lead Osteobusters volunteer, she guides and mentors more than 60 volunteer leaders, provides refresher training, created a comprehensive exercise manual, visits class sites, and even steps in to lead classes when a leader is unavailable. Her willingness to share her knowledge, encourage others, and make sure every class continues to thrive is truly inspiring. We are so proud of Marcia and grateful for the countless hours, encouragement, and heart she has given to RSVP and our community. Congratulations, Marcia, on this well-deserved recognition!

Osteobusters Times and Locations

Argyle

Presbyterian Church
48 Main St
Summer at Argyle Fire Station
Tuesday & Friday 9:30am

Fort Ann

W Ft. Ann Methodist Church
1011 Copeland Pond Rd
Tuesday & Thursday 9:30am

Glens Falls

Greater GF Senior Center
380 Glen St
Tuesday & Thursday
9:00am

First Presbyterian Church
400 Glen St
Monday & Thursday 9:45am

Greenwich

Greenwich Free Library
148 Main St
Tuesday & Thursday 9:00am

Easton

Easton Library
1074 State Rt 40
Monday & Wednesday 8:30am

Hague

Hague community Center
9793 Graphite Mt Rd
Tuesday & Friday 10:00am

*The Queensbury Senior Center has a waitlist for new participants.

Hudson Falls/Fort Edward

The Oaks at Fort Edward
325 Broadway
Tuesday & Thursday 11:00am

Hudson Falls/Kingsbury

Senior Ctr. of Kingsbury and HF
78 Oaks St, Hudson Falls
Tuesday & Thursday 9:00am

Indian Lake

Byron Park
6239 RR28
Thursday 9:45am

Lake Luzerne

Lake Luzerne Senior Center
539 Lake Ave.
Monday & Wednesday 9:30am

Lake Pleasant

Lake Pleasant Meth. Church
2565 RT 8
Monday & Thursday 9:00am

Queensbury

Queensbury Senior Center*
742 Bay Rd
Monday & Friday 10:00am

United Methodist Church of Queensbury
460 Aviation Rd
Wednesday 9:00am

Salem

Holy Cross Cat. Church
249 N. Main St.
Tuesday & Friday 10:00am

West Hebron

WH Presbyterian Church
3153 County Rt 30
Tuesday & Thursday 9:00am

OSTEOBUSTERS Senior Fitness Program

AmeriCorps Seniors | Warren/Washington RSVP

United Way
Tri-County United Way

Partner Highlights

JOIN US

Glens Falls Hospital Volunteer Services

ALBANY MED Health System
GLENS FALLS HOSPITAL
Volunteer Services

Questions?
We'd love to hear from you!

volunteerservices@glensfallshosp.org

518-926-2780 or 518-926-2783

WINE AND Chocolate
TASTING EVENT

Celebrating 20 Years!

Friday, November 13, 5:30–8pm
Queensbury Hotel, 88 Ridge St.

28+ wine vendors and distilleries sampling 150+ fine wines and spirits, locally sourced artisan chocolates, cheeses, desserts, and bites. Music by DJ Duane.

Tickets ONLY $65 per person
ChapmanMuseum.org (518) 793-2826

CHAPMAN MUSEUM

THE CONKLING CENTER

NOVEMBER 2026 • Reservations Required • Email tgolden@theconklingcenter.org or Call 518-793-1494 • www.theconklingcenter.org • 79 Warren St., Glens Falls

Zoom available for most programs upon request.

Revolting Women: Boycotts, Protests and Riots 1763-1783
THURSDAY, NOV. 5TH • 2-3PM

Weather Routing, Inc. Marine Weather Forecast Services
TUESDAY, NOV. 10TH • 1-3:30PM

One Pan Meals
TUESSDAY, NOV. 17TH • 12-1:30PM
FEE OF $5.00 DUE BY 11/11

Understanding Alzheimer's and Dementia
THURSDAY, NOV. 19TH • 1-2PM

JOIN US FOR A
PARANORMAL INVESTIGATION
AT THE
GLENS FALLS SENIOR CENTER
History Lives Here...

Step Beyond the Present... Into the Stories that Remain.

A SPECIAL FUNDRAISER to benefit the Glens Falls Senior Center
Support Today for Brighter Tomorrows.

GLENS FALLS SENIOR CENTER
THE AUGUSTUS SHERMAN HOUSE
380 GLEN STREET
GLENS FALLS, NY 12801

THURSDAY
OCTOBER 29, 2026
6:45 PM

$30
PER PERSON

RESERVATIONS REQUIRED
Call the Glens Falls Senior Center
518-793-2189

380 Glen Street, Glens Falls, NY 12801

Waiver must be signed to participate in the investigation.

HISTORY
MYSTERY
COMMUNITY

INVESTIGATION LED BY
THE HOWEPORT
PARANORMAL GROUP

FALL WORD SEARCH

S G I V I S G W O R C E R A C S
C O L L A H S C A E I T H R E W
P U M P K I N O K S D E R O R O
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WORD BANK

ACORNS
APPLES
BONFIRE
CIDER
CORN
FOOTBALL
GOURD
HALLOWEEN
HARVEST
HAYRIDE
LEAVES
PUMPKIN
ORANGE
RED
SCARECROW
SWEATER
THANKSGIVING
YELLOW

WWW.ALWAYSTHEHOLIDAYS.COM

RSVP Warren/Washington
543 Glen Street
Glens Falls Ny 12801
transportation@warrenwashingtonRSVP.org

The mission of Warren/Washington RSVP is to engage men and women 55 and older in meaningful volunteer service that strengthens the wellbeing of both self and community. We provide a wide variety of volunteer opportunities and assist our members in finding the right assignment—one that suits their skills and interests. We partner with non-profit organizations in the community by providing them with volunteers who put to use their talents and knowledge in an effort to help fulfill the organization's goals.

Older, Wiser, and Making a Difference

Warren/Washington RSVP

AmeriCorps

United Way

Tri-County United Way

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