

Senior Citizens Center of Saratoga Springs, New York  
 5 Williams Street  
 Saratoga Springs, NY 12866

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# Saratoga Senior Center

(518) 584-1621 saratogaseniorcenter.org



5 Williams Street, Saratoga Springs, NY

Hours: M-F, 8-4

August 2017

We would like to extend a huge thank you to the Dake Family Foundation for providing us with a generous grant, which allowed us to purchase a new van – a beautiful 2015 Mercedes Sprinter! Look for it in our parking lot soon!

We would also like to thank the Community Foundation for the Greater Capital region for a Community Impact Grant, which will fund our revamped volunteer driver program and trip scholarships. Please see trips page for details.

## CHARITABLE GIVING 411

### Make a bequest to the Saratoga Senior Center

Each month we will be featuring a way for you to help the Senior Center or another nonprofit organization through charitable giving. This month's topic is on bequests:

### Make a bequest to the Saratoga Senior Center

A gift to the Saratoga Senior Center in your will or trust enables you to support our mission and make a difference in your life and the lives of future generations. You can name the Saratoga Senior Center in your will when it is written, or if you have a current will, your attorney can add a codicil – a simple amendment – to include your charitable bequest. If you have questions, please contact us at 518-584-1621.

Thank you to Charlie Joseph of Janney Montgomery Scott for our "Getting Organized for Peace of Mind" presentations on financial planning and charitable giving. Look for the next program in September.

*"The Saratoga Senior Center, its services and staff are an invaluable resource in our area. Every time my mom went there I knew she was in good hands. It was a relief to have an organization who has your parent's best interest at heart; from the activities available to the education and referral services, the senior center is part of the fabric of our community."*

**-Angela Beddoe, Publisher, Herlife Magazine**

Thank you to Angela and her family for donations going to the senior center following her mother's passing.

## INTRODUCING OUR "WALL OF HONOR"

**AUGUST 8TH - 11AM - FREE AND OPEN TO THE PUBLIC!**

Purchase a tile and be honored on the Senior Center wall for years to come or you can create your own tile or have one designed for yourself or a loved one. See insert for details.

An informational presentation will be held on August 8th at 11am. Come and learn how to get involved!

## TASTE OF TRAVERS SENIOR DISCOUNTED TICKET UPDATE...

The 2nd Annual Taste of Travers Celebration is coming up on August 25! We were lucky enough to secure a sponsorship from **Mary Martin + Co.**, which will enable us to offer a limited number of senior discounted tickets (first come, first served). Please see front desk for details.

I would also like to take this opportunity to alert you to a potentially confusing situation. It has come to our attention that Prestwick Chase may be planning a Travers-themed event at the Canfield Casino on the same night as our Taste of Travers celebration. The Senior Center is in **NO** way associated with their event and **WE DO NOT** benefit from their event. Prestwick Chase had originally agreed to be the title sponsor of our event, but has made a last minute unfortunate decision to pull out unexpectedly.

Thank you for supporting the Saratoga Senior Center. We look forward to seeing you at Taste of Travers!



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# SOCIAL "SUNDAE" FRIDAYS

Now serving ice cream!

Fridays, 1-2PM - \$2 per cup



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Aug 4

## Summer Party 12:30-2:30PM

**\$5 - PLEASE SIGN UP!**

Join us for a fun summer celebration! Will include both indoor and outdoor games, music, singing, open mic and lite fare. Ice cream sundaes and ice cream sodas will be served!

Aug 11

## EDUCATION SERIES: Financial Expo

**1:30 - FREE AND OPEN TO THE PUBLIC!**

**Herzog Law** - Medicare vs Medicaid who pays for what that goes with it  
**NY Long Term** - Long Term Care Planning, knowing your options  
**Janney Montgomery Scott** -

Aug 18

## EDUCATION SERIES:

**NY State Citizen Disaster Preparedness Program**  
**2PM - FREE AND OPEN TO THE PUBLIC!**

Learn the tools to prepare for emergencies and disasters, how to respond accordingly and to recover as quickly as possible to pre-disaster conditions.



Our cycling group will be starting up again in August. If you are interested in joining, please see the front desk for details.



## Track Tickets Available...

We will on occasion have 2 weekday clubhouse seats at the track, including a parking pass and post parade voucher. These tickets have been generously donated by a Senior Center supporter. The donor will drop off their unused tickets at the beginning of the week.

First come, first serve. These tickets are for Senior Center members only. If you are interested, please see Tara or Colleen.

# FEATURE OF THE MONTH...



HONORARY CHAIRPERSONS  
JUDDMONTE FARMS, BOB BAFFERT & MIKE SMITH

- BENEFITING**  
The Saratoga Senior Center and Saratoga WarHorse
- FRIDAY, AUGUST 25<sup>TH</sup>, 2017**  
6:00 p.m. to 10:00 p.m.
- THE NATIONAL MUSEUM OF DANCE**  
99 South Broadway, Saratoga Springs, NY 12866
- FEATURING**  
Guest Appearance & Book Signing by Celebrity Chef Julie Taboulie  
Travers Handicapping Session with Bruno De Julio and Tom Durkin  
Gourmet Dinner Stations by US Foods  
Open Bar, Bourbon Bar, and Featured Drinks and Tastings  
Cigar Tasting by Smokin SAMs Cigar Shop  
Mionetto's Welcome Cocktail  
Live Music by Grand Central Station  
Pop-up Boutique from Saratoga Trunk, Valet Parking
- VIP LOUNGE (SPONSOR LEVEL ONLY)**  
Mingle with Horse Racing Celebrities and Sponsors  
Celebrity Chef Julie Taboulie Live Cooking Show & Meet and Greet  
Cigar Rolling and Tasting by Smokin SAMs Cigar Shop  
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#### EVENT SPONSORS



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Tickets may be purchased online at [www.tasteoftravers.eventbrite.com](http://www.tasteoftravers.eventbrite.com) or call 518.584.1621 to bypass registration fees

SARATOGA SENIOR CENTER  
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# WEEKLY ACTIVITIES

\*\*Prices listed are per month.

Call 584-1621 for class descriptions and cost. Advance sign-up suggested.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Osteo 3 9-12: Walking Club 9:30-11:30: Ceramics & Sculpture \$20 10-11: Osteo 11-12:30: Gentle Yoga/Chair Yoga \$10 11-11:45: ZUMBA \$2 12:30-2:30: Painting & Drawing \$10 (no instructor in July & August) 12:30-4: Bridge 1-4: Canasta, Mahjong 1-3: Pool League	9-12: Watercolor 9-9:45: Tai Chi \$10 11:30-12:15: Aerobics 12:15-1 Art 101 \$10 1-2:30: Soapstone Carving \$10/\$25 1:30-2:15: Pilates \$10	9:30-2: Rug Hooking \$5 10 Reminiscing 10: Fused Glass \$10/class. (see below) 10-12: Knit & Crochet 11:10: ZUMBA Gold \$2 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00:Strength w/Aidan \$2	8:30-9:30: Osteo 3 9-12: Mosaics \$20 10:30-12: Alzheimers Support Group (3rd Thurs.) 10:30-12: Memory Cafe (2nd & 4th Thurs) 11:30-12:15: Aerobics \$10 12:30-1:30: Osteo 12:30-4: Canasta, Rummy, Mahjong 1:30 Conscious Aging (2nd & 4th Thursday) 2:30-4: Writer's Workshop	10-12: Ceramics & Sculpture \$20 10: Go with the Flow Yoga with Kate \$10 10-12: Poker 11 NEW! Swinging Singing Seniors 12-4: Ceramics & Soapstone Carving Lab 1-2 Ice Cream 1:30-3: Social "Sundae" Fridays
Monday	Tuesday	Wednesday	Thursday	Friday
	1 8 Monthly Breakfast	2 9:10-9:40 9 Miles East	3 1:30 Legal Aid	4 8:15 Van trip: Singing in the Rain 11 Swinging Singing Seniors 11 Cliff's Vegetables 12:30 Summer Party
7	8 No Tai Chi 11 Tile Wall Presentation 3 MVP Medicare Advantage	9 9:10-9:40 9 Miles East 10 Fused Glass 10:30 Van trip: Last of Red Hot Lovers	10 11:45 Van trip: Silver Foxes	11 11 Swinging Singing Seniors 11 Cliff's Vegetables 12 Physical Therapy 1:30 Financial Expo
14	15 9:30 Van trip: Aerospace Museum  No Tai Chi	16 9:10-9:40 9 Miles East 11-12 Blood Pressure	17 10 Van trip: Wiawaka	18 11 Swinging Singing Seniors 11 Cliff's Vegetables 2 NY State Preparedness
21 Senior Center Fundraiser at Mary Martin & Co.	22	23 9 Saratoga National Park 9:10-9:40 9 Miles East 10 Fused Glass	24 8 Van trip: Clark Institute	25 11 Swinging Singing Seniors 11 Cliff's Vegetables 6-10 Taste of Travers @ National Museum of Dance
28	29 10:30 Van trip: Lunch Bunch 3 Book Club	30 9:10-9:40 9 Miles East 9 Van trip: Mass Moca	31 9-11 Tarot Card Readings	

## AUGUST HAPPENINGS...

**Physical Therapy with Centers Health Care**  
Fri., Aug. 11th, 12PM -  
**FREE AND OPEN TO THE PUBLIC**

In this interactive exercise ball program, you will work to improve stability and mobility throughout the body. This exercise routine is great for individuals with arthritis. Lunch will be served. SIGN UPS REQUIRED BY AUGUST 9th. FOR EQUIPMENT AND LUNCH COUNT.

**Go with the Flow Yoga with Kate, Fridays, 10-11AM**  
Sub. for Susan

**Book Club Tues., August 29th, 3PM**  
"The Awakening" by Kate Chopin

**Tarot Card Readings Thurs., Aug. , 31st -11AM**  
Get your fortune read by the amazing Mary Shimp!  
Please sign up. (By donation)

**Legal Services Thurs., August 3rd 1:30PM.** Call Office for the Aging at 884-4100 for an appt.

**The Reminiscing Group**  
Wednesdays, 10AM - FREE!  
Join friends to share memories about times gone by!

**Friendly Golf Group**  
Did you know we play golf on Tuesdays? Sign up at front desk. Play will most likely be at Spa State Park golf course - 9 holes. \$12 senior rate.



**Fundraiser for the Saratoga Senior Center**  
**Mary Martin and Company Grand Opening at 2 Franklin Square**  
**August 21st, time TBD**

Come celebrate Mary Martin and Company's grand opening of their newest location at 2 Frankling Square with Cocktails for a Cause. Lite fare will be served. This event will benefit the Saratoga Senior Center.  
**OPEN TO THE PUBLIC!**

## SENIOR SUPPORT SERVICES



**We need volunteers!**

Your free hour could change a senior's life. Volunteers needed! Do you have an hour to assist with visiting, transportation, shopping & more? Please contact Lisa Higgins at 518-584-1621 ext 210. Do you need help with transportation, respite, home visits, etc? Please call 584-1621 ext. 206.

## FOOD, FOOD & MORE FOOD...

### To Go Dinners

Weekly To Go Dinners with Village Pizzeria will not be taking place in August.

**NEW!** We have listened to your comments ! Dinner and trip sign up will return to the **FIRST** day of the month along with breakfast! See below.

### Monthly Hot Breakfast

**Tues., August 1st 8:30-9:30AM**

Let staff cook for you as you wait for August dinner and trip sign up to begin at 9:30AM! Admission is \$5. Open to the public! RSVP required.

### 9 Miles East -Wednesdays, 9:10-9:40

9 Miles East is a convenient local weekly meal delivery service to the center to make it easy for you to enjoy healthy, delicious food and fresh seasonal vegetables, including vegan and gluten-free options.



### Cliff's Fresh Vegetables at the Senior Center, 11AM-1PM

Every Friday, farmer Cliff Samson will be at the center bringing you fresh quality vegetables grown right in Ballston Spa! Selection will grow as the season progresses. **FOOD STAMPS ACCEPTED!** Sponsored by Centers Health Care.

### Alzheimers Support

We host a variety of programs and groups for those in need of alzheimers support. **FREE AND OPEN TO THE PUBLIC!**

Schedule:

- 2nd and 4th Thursday of the month: Memory Cafe
- 3rd Thursday of the month: Caregiver Support Group

**Sponsored by Home Helpers and the Goldberg Foundation.**

**Fri., August 4 - Lake George Youth Theatre Presents: Singing in the Rain** - The 1950's film comes to life at the Lake George Youth Theatre. Lunch after the play at the Log Jam. Pay \$20 at sign up. Bring money for lunch. Leave the center at 8:15, return around 3PM. Sign up by July 28.

**Wed., August 9 - Lake Theater Holiday Inn Presents: Last of Red Hot Lovers** -Middle-aged and happily married, seafood restaurateur Benny Cashman also is overworked and overweight when he suffers a mid-life crisis. We follow his attempts through a foul-mouthed neurotic, a kooky 20 something actress, and then Jeanette who is married to Benny's best friend. Pay \$67 at sign up. Includes admission, lunch and van fee. Please choose lunch option at sign up. Must sign up by July 24th. Leave center at 10:30. Return around 4pm.

**Thurs., August 10 - Silver Foxes at Skidmore Dining Hall** - Join our men's group for lunch at Skidmore Dining Hall. Pay \$1 at sign up and bring \$12 for lunch. Leave the center at 11:45AM.

**Tues., August 15 - Aeroscience Museum (Glenville)** - "Steeped in aviation history," the Empire State Aerosciences Museum provides a variety of educational experiences focused around aviation history. Includes two galleries, interactive exhibits and air park. Pay \$20 at sign up. Lunch after the museum at Pig and Whistle. Bring money for lunch with you. Leave the center at 9:30AM, return around 3PM.

**Thurs., August 17 - Wiawaka (Lake George)** - Tour the property of the oldest retreat for women in America! Pay \$10 at sign up. Bring \$16 with you. Lunch will be on the property. Leave the center at 10AM, return around 2PM. THIS IS A WOMEN'S ONLY TRIP.

**Wed., August 23 - Saratoga National Park** - Guided tour with a focus on the 1st Battle of Saratoga. Caravan to stops 2, 3 and 6 with walking at each stop. Lunch will be held at Over the Moon Cafe. Pay \$9 at sign up. Bring \$5 admission and money for lunch with you. Leave the center at 9AM, return around 2PM.

**Thurs., August 24 - The Clark Institute (Williamstown, MA)** - Exhibits include the works of Picasso, Lawrence Alma-Tadema and works from the Clark's and The Leiden Collections. Pay \$43 at sign up. Bring money for lunch with you. Lunch after the museum at Cafe 7 on site. Leave the center at 8AM, return around 3PM.

**Tues., August 29 - Lunch Bunch at Water's Edge Lighthouse** - Pay \$10 at sign up. Leave the center at 10:15. Lunch at 11AM. Return around 1PM.

**Wed., August 30 - Massachusetts Museum of Contemporary Art (MASS MoCA)** - Take a guided tour of the museum. Exhibits on display include Laurie Anderson, Louise Bourgeois, Jenny Holzer, Nick Cave and more. Pay \$52 at sign up. Includes box lunch from Lickety Split in Museum. Leave the center at 9AM. Return around 2PM.

**Tues., September 19 - The Big E (West Springfield, MA)** - Visit the largest state fair in the east, Eastern States Exposition! Pay \$15 at sign up. Bring \$12 plus lunch money with you. Leave the center at 8:30AM. Return around 4:30PM.

**\*\*Trip Policy - Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. There is a non-member price. Multi-day bus trips and excursions are open to anyone regardless of age or residence. Travel arrangements on excursions can be made for someone out of the area. Refunds on all trips will only be issued if your seat has been sold and the van/bus is filled and AFTER the trip has gone.**

**EXCITING NEW TRIP BENEFITS**

**Do you like to go on multiple trips, but have a tight budget? Be a volunteer driver!**

Thanks to the Community Foundation, we are now providing up to \$25 off admission to cultural arts destinations and \$10 toward lunch. Please see the front desk if you'd like to volunteer.

We are also offering a limited number of needs-based trip scholarships. Based on availability. Restrictions apply.

**ONE DAY BUS TRIPS**



Brought to you by Adirondack Trust Community Fund

**Mohonk Mountain House Music Week - Sept 6**

\$93 member/ non member \$115

Enjoy two fantastic musical concerts, breathtaking garden views and a buffet lunch. Don't miss this great trip! Open to anyone regardless of age.

**SEATS STILL AVAILABLE!**

**NYC - Dec. 6**

\$40 member/non member \$65

Come celebrate Christmas in NYC! See the Rockefeller tree, browse holiday windows, get some Christmas shopping done or see a show!

**MULTI-DAY BUS TRIPS**

**Chicago - Sept. 10-16 \$665**

Come see Chicago! Highlights will be a stop at the Art Institute of Chicago, the Magnificent mile, a skyline cruise of Lake Michigan, the Chicago Money Museum and more! Includes lodging, 6 breakfasts, 4 dinners and transportation.

**EXCURSIONS**

**South Pacific Wonders**

October 24 -November 7, 2017

(Book before April 24 and save \$500 for a double occupancy rate of \$6399).

<p><b>at PROCTORS</b> TICKETS ON SALE! </p> <p>Thurs., Feb. 22, 2018 Les Miserables \$61/person + \$10 van fee</p> <p>Thurs., May 3, 2018 The King and I \$57/person + \$10 van fee</p>	<p> Enriching. Educating. Inspiring. Presents: <b>Thoroughly Modern Millie</b></p> <p>Show Dates: Fri. 8/18 - 1PM Sar. 8/19 - 1PM \$5 Senior Center Member Tickets</p> <p>To purchase, please see the front desk.</p>	<p> <b>Philadelphia Orchestra</b></p> <p>Members of the Senior Center are invited to join SPAC during the Philadelphia Orchestra summer residencies this July and August at the <b>EXCLUSIVE</b> \$20 ticket rate. Not a member? Join today to take advantage of this great deal!</p> <p></p> <p>You must provide your own transportation. Book your seat now! Beat the rush and take advantage of this great deal!</p>
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