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The Adult & Senior Center of Saratoga


(518) 584-1621 saratogaseniorcenter.org



5 Williams Street, Saratoga Springs, NY

June 2017

 **Social "Sundae" Fridays**
Now serving ice cream!
Sponsored By Centers Health Care
Fridays, 1-2PM - \$2 per cup



Friday Events

June 2 **NETWORKING SERIES:**
Social "Sundae" Ice Cream Kick-off
1-2PM - \$2


Kick off our switch from soup to ice cream for the summer! Make your own ice cream sundaes and socialize.

June 9 **EDUCATIONAL SERIES:**
Financial Expo - 1:30PM
FREE AND OPEN TO THE PUBLIC
Presentations by **Janney Montgomery Scott** - "Thoughts on the Markets," **Herzog Law Firm** - "Estate Planning for the Modern Family" and **Long Term Care Brokers** - "Supplement Your Govt. Death Benefit with a Final Expense Benefit."

June 16 **Health Screenings - Summer Sizzle**
10AM-2PM
See front cover for details.

June 23 **CASINO AND RACEWAY'S CULTURAL ART SERIES:**
Solomon Northup Reenactment - 2PM
\$2 for members/ \$5 non members
Come see a live reenactment of former American abolitionist, Solomon Northup, portrayed by performance artist and historian Clifford Oliver. Open discussion to follow.

June 30 **CASINO AND RACEWAY'S CULTURAL ART SERIES:**
Grants Cottage Presents: The Arkell Family of Canajoharie - 2PM
\$2 for members/ \$5 non members
Join Dave Hubbard as he presents on the Arkell Family. W.J. Arkell played an important role in the building and operation of Saratoga, Mt. McGregor and Lake George Railroad. Sponsored by the Summit at Saratoga.



Free Health Screenings - Summer Sizzle
June 16, 10AM-2PM
FREE AND OPEN TO THE PUBLIC!

Come get all of your screenings done under one roof!

- UHC's Pharmacist for Brown Bag medications
- Dr. Robin Solomon - Hearing Screening
- Patty Matthews - Aromatouch Hand Therapy
- EPIC Program- Elderly Pharmaceutical Insurance Coverage
- Refreshments, music and farmer's market!
- Mammograms (8-12:30 by appointment)

Saratoga Hospital Presenting:

- Outpatient Dietitian
- Clinical Rehabilitation Specialist (Regional Therapy Center)
- Take-home Colorectal Screening Kits

Sponsored by: 

Monday Dinners To Go 3:30-6PM

Prepared by Village Pizzeria at the Center

Portion of the proceeds to benefit the Center
\$14 - serves 2 \$24 - serves 4
Gluten free - NEW!
+ add \$5- serves 2 + add \$10- serves 4


6/5 CHICKEN BROCCOLI ALFREDO
Small pieces of chicken with broccoli in alfredo sauce (order by 6/2)

6/12 PASTA ROSA MARIA sausage, sundried tomato and mushrooms in a light tomato cream sauce (order by 6/9)

6/19 PAGLIO FEINO: Prosciutto, peas, & mushrooms tossed with alfredo sauce over pasta (6/16)

6/26 BAKED LASAGNA PASTA
Lasagna style baked ziti with beef, sausage and three cheeses

****ALL SERVED WITH SALAD & BREAD (order by 6/23)**
YOU MAY SIGN UP VIA PHONE FOR DINNERS AND TRIPS AFTER 10AM (\$20 card minimum).



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Monthly Hot Breakfast
Fri., June 30th - 8:30AM

Meet and greet with a local first responder! Let staff cook for you as you wait for July dinner and trip sign up to begin at 9:00AM! Admission is \$5. Open to the public! RSVP required.

Save the Date - Brooks BBQ
Tues., July 18th, 4-6:30PM
Benefits the Senior Center and Saratoga Children's Theatre

Tickets on sale now!
\$11/chicken dinner \$14/rib dinner
Dinners include: baked potato, coleslaw, roll & butter

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 Adult and Senior Center Members, Volunteers, Staff and their families are eligible to join TCT Federal Credit Union.

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Farmer's Market Fridays! **NEW!**
at the Senior Center
10-12PM, OPEN TO THE PUBLIC!
 Every Friday beginning June 2nd, farmer Cliff Samson will be at the center bringing you fresh quality vegetables grown right in Ballston Spa! Selection will grow as season progresses. **FOOD STAMPS ACCEPTED!** Sponsored by Centers Health Care






Monthly Chef Dinners \$12/person
Embassy Suites - June 12th - 5:30PM - Menu TBD
Spring Street Catering - June 19th - 5:30PM - Menu TBD

Fundraiser at Kraverie on Beekman
June 11th, 5PM - OPEN TO THE PUBLIC!
 The Adult and Senior Center of Saratoga will be featured as Kraverie's charity of choice for June. Join us at Kraverie on June 11th for a special brewery tasting event and silent auction with a portion of the proceeds going back to the center.

June Happenings...
NABA Vision Day
June 6, 11AM - FREE AND OPEN TO THE PUBLIC!
 Join us for eye screenings and a presentation by licensed ophthalmologist, Nicole Lemanski, MD.
Physical Therapy Class by Centers Health Care
June 9, 12:30PM - FREE AND OPEN TO THE PUBLIC
 This class will go through a work out that will help you strengthen arms, legs and core at home! You will be provided with a work out sheet and a Theraband so you can continue the exercises at home!
Fundraiser at Kraverie
June 11th, 5PM - OPEN TO THE PUBLIC!
CDPHP Presents: Preventing and Managing Diabetes
June 13, 1PM - FREE AND OPEN TO THE PUBLIC!
 Gain a better understanding of the difference between pre-diabetes and diabetes, prevention, diagnosis and more!
Short-Term Care Insurance
Thurs., June 15, 1-2PM - FREE AND OPEN TO THE PUBLIC!
 Presented by Daniel J. Gallagher from BankersLife. Discover alternatives for short-term care insurance when cost, age or health is an issue.

Book Club Tues., June 27th, 3PM
 "NW" by Zadie Smith
Tarot Card Readings Thurs., June 29th, 9-11AM
 Get your fortune read by the amazing Mary Shimp! Please sign up. (By donation)
Legal Services Thurs., June 1st at 1:30PM. Call Office for the Aging at 884-4100 for an appt.
ZUMBA with Emily
Mondays, 11-11:45 - \$2/month
 Dance your way through the summer with Emily! Class begins June 5 and will go through August. Members only.



More Trips... ONE DAY BUS TRIPS



Brought to you by Adirondack Trust Community Fund
NYC - June 7
 \$40 member/non member \$65
 Leave from the train station. Drop off at NYC's Bryant Park. Spend the day shopping, attending a museum or seeing a Broadway show!

West Point & Brotherhood Winery - July 12
 \$78 member/ \$103 non member
 Includes lunch and tour. Stroll around this historic site as you learn the history of West Point. Lunch will be held at the Thayer Hotel. Wine tasting and tour at Brotherhood Winery.

Mohonk Mountain House Music Week - Sept 6
 \$93 member/ non member \$115
 Enjoy two fantastic musical concerts, breathtaking lake and garden views and a buffet lunch.

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 Magnificent mile, a skyline cruise of Lake Michigan, the Chicago Money Museum and more! Includes lodging, 6 breakfasts, 4 dinners and transportation.

***Additional bus pick-up at exit 8

**Sign up by 7/6/17

EXCURSIONS

South Pacific Wonders
 October 24 -November 7, 2017

Thank you to Saratoga Hospital, The Wesley Community, Home Helpers and CDPHP for sponsoring our Health and Awareness Expo; Zieker Eye for sponsoring our Dazzle Dogs event; United Healthcare for sponsoring our health screening; the staff at Fish at 30 Lake for a delicious dinner and Chef Ed Kelley, Colleen Kelley and Tara Hutchins for the lasagna dinner!

THE 7TH ANNUAL MUSIC AND MINGLING EVENT
THURSDAY, JUNE 2 - 7-10:30PM
@ THE SARATOGA POLO FIELD



IANNIELLO ANDERSON, P.C.
 Turbine Services, Ltd., Mr. and Mrs. Vincent Riggi and Mr. and Mrs. Ron Riggi

WANTED: Bowling Balls wanted for senior art project!

SENIOR SUPPORT SERVICES

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.



Community Connections
 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 Kris at 518-584-1621 ext 206.
 Do you need help with transportation, respite, home visits, etc? Please call 584-1621 ext. 206.

VAN TRIPS

****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.**

Tues., June 6 - La La Land at Crandall Library - Come enjoy the academy award winning film, La La Land in the Christine McDonald Community Room. We will stop for lunch on the way there at Davidson Brothers. Pay \$10 van fee at sign up. Bring money for lunch. Leave the center at 11:30, return about 4:30PM.

Thurs., June 8 - Silver Foxes - 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.

Mon., June 12 - Spring St. Gallery - Featuring "Faces of Uganda," the photographic journey of Karen Flewelling's humanitarian work. Karen is a Senior Center member, Saratogian and the creator of "Drilling For Hope," funding wells for clean water. Leave the center at 11:30. Return about 1:15PM. Pay \$2 van fee and \$5 donation minimum.

Tues., June 13, Hildene Family Home - Situated on 412 acres of quintessential Vermont landscape, Hildene has 14 historic buildings, including The Lincoln Family Home. Take a tour, enjoy lunch and the many walking trails and gardens around the property. Meet at the Senior Center at 9AM. Return about 4:30PM. Pay \$49 at sign up. Includes lunch.

Thurs., June 15 - Tri City Valley Cats Baseball Game - Pay \$20 at sign up. Box lunch included in fee (hot dog, apple, cheese stick and water). Leave the center at 9AM, return around 3PM.

Tues., June 20 - Fenimore Art Museum - Come view three great exhibits including: The Art of Figure Skating Through the Ages: The Dick Button Collection and a stop at the Farmer's Museum. Leave the center at 8:00AM. Return around 5:30PM. Pay \$44 at sign up, which includes guided tour, lunch and van fee. Order box lunch at sign up.

Wed., June 21 - Nuns of New Skete - Tour the historic churches, gardens and waterfalls in New Skete, located in Cambridge, NY. Visitors will also have the opportunity to listen to a lecture given by one of the brothers and to enjoy a delicious slice of cheesecake. Pay \$10 at sign up. Bring \$6 for admission and lunch money. Leave the center at 10:30AM. Return around 4:30PM. Early lunch at the Greenwich Village Cafe.

Thurs., June 22 - Bons Mini Golf - Enjoy a friendly game of mini golf with some friends! This course is handicap accessible. Lunch at Up River Cafe. Pay \$10 van fee at sign up. Bring money for admission and lunch with you. Leave the center at 10AM. Return about 4PM.

Tues., June 27, Lunch Bunch: Tavern on the Lake (Lake George) - Enjoy shopping and lunch in Bolton Landing! Leave the center at 9:30AM. First stop will be town for shopping and then lunch reservations at 1PM. Return around 3PM. Pay \$10 van fee at sign up. Bring money for lunch and shopping.

Wed., July 12 - Circus Smurkus at Saratoga Casino - Come see Vermont's award winning international youth circus including acrobats, juggling, tightrope and more! 2 hour show with bleacher seating. Pay \$27 at sign up, which includes admission and van fee. Meet at the center at 12:15PM. You must sign up by June 12.

at PROCTORS TICKETS ON SALE!

Thurs., Feb. 22, 2018
Les Miserables
\$61/person + \$10 van fee
Sign up by June 16th

Thurs., May 3, 2018
The King and I
\$57/person + \$10 van fee

SPAC SARATOGA PERFORMING ARTS CENTER

Philadelphia Orchestra & NYC Ballet Tickets

Members of the Senior Center are invited to join SPAC during their New York City Ballet and Philadelphia Orchestra summer residencies this July and August at the EXCLUSIVE \$20 ticket rate.

You must provide your own transportation. Book your seat now! Beat the rush and take advantage of this great deal!

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 9:30-12: 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) 12:30-4: Bridge 1-4: Canasta, Mahjong 1-3: Pool League	9-12: Watercolor 9-9:45: Tai Chi \$10 10-11:15: Gentle Yoga \$10 11:30-12:15: Aerobics 12:15-1 Memory Making Art Therapy 1-2:30: Soapstone Carving \$10/\$25 1:30-2:15: Pilates \$10	9:30-2: Rug Hooking \$5 10-11: Reminiscing 10: Fused Glass \$10/class. (see below) 10-12: Knit & Crochet 11: ZUMBA Gold \$2 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00:Strength w/Aidan \$2 2:30 Write Your Story: Crafting Short Memiors	8:30-9:30: Osteo 3 9-12:Stained Glass \$10 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 \$10 10-12: Poker 12-4: Ceramics & Soapstone Carving Lab 1:30-3: Sundae Social Fridays
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome back snowbirds! 			1 1:30 Legal Aid Music and Mingling	2 10-12 Farmer's Market 2 Social Hour
11 ZUMBA 3:30-6 To Go Dinner 5	11 NABA Vision Day 11:30 Van Trip: Crandall Library 6	7 Bus Trip NYC (leave from train station) 10 Fused Glass 7	8 11:45 Silver Foxes 1:30 Conscious Aging 2-3 MVP 8	9 10-12 Farmer's Market 12:30 Physical Therapy with Centers Health Care 1:30 Financial Expo 9
11 ZUMBA 11:30 Van Trip: Spring St. 3:30-6 To Go Dinner 5:30 Dinner: Embassy 12	9 Van Trip: Hildene Family Home 1 Preventing and Managing Diabetes 13	14 10 Fused Glass 11-12 Blood Pressure Van Trip: Nuns of New Skete 14	15 9 Van Trip: Tri-City Valley Cats 1-2 Short-term Care Insurance 15	16 10-2 Summer Sizzle 10 Health Screenings 10-12 Farmer's Market 16
11 ZUMBA 3:30-6 To Go Dinner 5:30 Dinner: Spring St. 19	No Tai Chi 8 Van Trip: Fenimore Art Museum 20	21 10 Fused Glass 11-12 Blood Pressure Van Trip: Nuns of New Skete 21	22 10 Van trip: Mini Golf 1:30 Conscious Aging 22	23 10-12 Farmer's Market 2 Solomon Northup 23
11 ZUMBA 3:30-6 To Go Dinner 26	9:30 Van trip: Lunch Bunch 3 Book Club 27	28 9-11 Tarot Cards 1-2 MVP 28	29 8:30-9:30 Breakfast 9 Trip/Dinner SignUp 10-12 Farmer's Market 2 Grants Cottage 29	30

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