

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

Non Profit ,  
U.S. POSTAGE PAID  
Permit No. 120

The Adult and Senior Center of Saratoga Springs  
5 Williams Street  
Saratoga Springs, NY 12866  
Phone: 518 584-1621 • Fax: 518 581-8608  
Hours: Monday-Friday 8-4  
Visit us online at [saratogaseniorcenter.org](http://saratogaseniorcenter.org)



September 2016 Newsletter  
Issue 9 • Volume XVI



## Annual Open House!

Saturday, September 24th, 10-3pm  
Family Friendly Activities!  
Bring your parents, grandparents & friends!

*Meet the Staff and Instructors!*

Explore: Trips, classes & services available to adults age 50 and up.  
Find volunteer opportunities

Meet with representatives from MVP, Community Connections, OFA, Saratoga Hospital, Wesley.

### Entertainment:

- Saratoga Children's Theater
- Steve Keller
- Historical Stories of Saratoga Activities

- Try one of our exercise classes
- Join in a family Art project
- Indulge in a massage
- Tarot Card Reading
- Blood Pressure Clinic

### More Fun:

- Stewart's Ice Cream Sundaes
- Smoothies
- Handmade Ceramic Bowl Sale
- Outdoor Games
- Popcorn and Cotton Candy
- Photo Booth
- Book Sale

*Current members - bring a friend to join as a new member and get a free class!*

*Donations: Ice cream - Stewart's, Photo booth - Nemer Auto Group, Out door games and snacks - Saratoga Bounce*

## Save the Date!

### "Lunch, Learn & Lend a Hand"

Friday September 30, 1:00-3:30pm  
at The Saratoga Senior Center

*"Educate the Community about senior services and recruit volunteers to help seniors"*

Hosted by the Mayor's Senior Advisory Committee.

- Lunch
- Welcome Message from Mayor Joanne Yepsen
- Panel Discussion: Senior services and volunteer opportunities in our community.

Please call the Senior Center to RSVP. 518-584-1621

*Panel discussion participants include: Saratoga Senior Center and Community Connections, NY Connects, Saratoga Hospital, SSHA, Saratoga Office of Community Development, Wesley, and Veterans Assoc.*

## September Happenings

**Albany Medical Presentation** Fri., Sept. 9, 1:00pm. "Urogynecology - urinary incontinence and pelvic floor dysfunction. "Free & Open to the Public.

**Health Screening** Mon., Sept. 12, 10-12. Blood Pressure, Cholesterol and Glucose check. Free & Open to the Public.

**Polish Art, History & Culture** Tues., Sept. 13, 1:00pm. Come and chat about the history, culture, art and people of Poland. Free.

**Saratogian Parking Lot Fundraiser** Thurs., Sept., 15th 6-10pm. Easy way to support the Center! Park at the Saratogian lot! *Volunteers needed.*

**Flu Shots.** by Walgreens. Fri, Sept. 16, 10-12. Please sign up. Bring insurance card. Open to the Public.

**"Dizziness, Vertigo, and Falls-Minimizing Your Risk"** presented by Eric Diem, PT of Saratoga Hospital Regional Therapy. Tues., Sept. 27th, 1:00pm. Free & Open to the Public.

## THE WESLEY COMMUNITY

EMBURY APARTMENTS

### Independent Senior Living

Recently Renovated Apartments  
(Income and age restrictions apply)  
133 Lawrence St., Saratoga Springs, NY 12866  
Phone: 691-1551  
[www.TheWesleyCommunity.org](http://www.TheWesleyCommunity.org)  
[www.Facebook.com/TheWesleyCommunity](http://www.Facebook.com/TheWesleyCommunity)



### Non-Medical Care at Home



- Transportation
- Meal Preparation
- Light Housekeeping
- Errands

Making *Life Easier*

Care plans are tailored to meet your needs and budget.  
Call for a FREE In-Home Consultation.

(518) 584-5885 • [www.HomeHelpersNY.com](http://www.HomeHelpersNY.com)

WELLS FARGO ADVISORS

**Raymond Bryan**  
Financial Advisor  
Direct: (518) 581-5054  
[raymond.bryan@wellsfargoadvisors.com](mailto:raymond.bryan@wellsfargoadvisors.com)

Wells Fargo Advisors, LLC, Member SIPC,  
© 2013 Wells Fargo Advisors, LLC. All rights reserved.

## Organize Senior Moves Saratoga

"Makes Moving Easier" • [www.organizeseniormoves.com](http://www.organizeseniormoves.com)

### Helping seniors make their moves

Organize Senior Moves Saratoga guides people through the difficult task of downsizing.

- Design Layouts
- Downsizing
- Organizing
- Packing
- Unpacking
- Experienced: 100+ moves
- Set up new home
- Estate Sales
- Stage old home sale
- Oversee whole move



(518) 339-6402  
FREE CONSULTATION

With Organize Senior Moves Saratoga...this will be the best move you've ever made!

**THE SUMMIT AT SARATOGA** | *Live well. Age well.*  
**Independent Senior Living Community**  
 518-926-9003 | SummitSaratoga.com  
 1 Perry Road | Saratoga Springs, NY 12866

**Proud home to some of the happiest people in the Adirondacks.**  
 Skilled nursing, rehabilitation, adult day care and assisted living facilities.  
 To learn more visit [www.CentersHealthCare.com](http://www.CentersHealthCare.com)



**PREMIER Independent Senior Living**  
**The Grove AT NEUMANN**  
 293 LAKE AVE. SARATOGA SPRINGS  
[www.TheGroveAtNeumann.com](http://www.TheGroveAtNeumann.com)  
**Now Open!**  
 Call for a Tour 518.587.7600 x15



Bonacio Construction Inc. www.bonacio.com  
 The Grove is 55+ luxury apartment living in a historical, private setting.  
 • 1 & 2 Bedroom options • Beauty Salon & Spa Services  
 • Indoor Pool & Fitness • Maintenance Free Living  
 • Movie Theater • Minutes from Downtown Saratoga




**Tunison Funeral Home**  
 "WE CARE BECAUSE EVERY LIFE HAS A STORY"  
*Providing the community with professional service and affordable arrangements since 1861.*  
 105 Lake Avenue, Saratoga Springs, NY 12866  
 (518) 584-0440  
[tunisonfuneralhome@yahoo.com](mailto:tunisonfuneralhome@yahoo.com)  
[www.tunisonfuneralhome.com](http://www.tunisonfuneralhome.com)



**Diagnostic and Rehabilitative Audiology**  
**Hearing Care RESOURCES LLC**  
 For Appointments: (518) 580-0080  
 Office Hours: Monday through Friday By Appointment  
 12 Mountain Ledge, Suite 2 | Wilton, NY 12831  
[www.Hearing.Pro](http://www.Hearing.Pro)




**September Dinner**

**"To Be Determined"**  
*"I am still working on the September Dinners, but dont worry we will have fabulous meals for you!"*  
**September Dinner sign up - Wed. Sept. 7 @ 10am**  
 \$10 per person. Members only.  
 Sponsored by MVP 


**"Memory Cafe"**  
 The challenges of living with memory loss can sever social connections at a time when it is needed most. Memory Café gatherings are one way to share your stories and socialize with others who have been diagnosed with memory challenges in a supportive, fun way. Join us on the 2nd and 4th Thursday of each month 10:30-12.  
**Free.**  
**Open to the public! Light refreshments served!**  
**September Activities:**  
 9/8 Gentle Yoga with Lin  
 9/22 Social Hour

**Support Groups & Services**

- Alzheimer's Caregiver Support Group - 3rd Thursday of each month, 10:30-12:00. 
- Alzheimer's Satellite Office with Kym Hance - Every Tuesday 9-12pm. Questions, referrals or just a chat. All Alzheimer services are free and open to the public.

**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 208.  
**Do you need help?** with transportation, respite, home visits, etc. Please call 584-1621 ext. 202.

**Navigating the Medicare Maze!**

  
 Do you have questions about Medicare? Which plan suits you best? Meet with representatives from the health insurance companies to prepare yourselves for open enrollment. See the schedule below.


- Humana** -Presented by Jim Meyer  
Tues., Sept. 6, 10am-12.
- MVP**- presented by Kim Weaver  
Tues., Sept 13, 1-3pm, Tues., Oct. 18, 10-12, Tues., Nov. 11, 9-11am
- CDPHP** - presented by MaryJo Murray  
Thurs., Nov 3, 10-12, Tues., Nov 15, 10-12, Tues., Nov 22, 2-4.
- "Insurance Expo"** - Wed., Oct. 12, 1-4pm. All insurance companies and a presentation on "Changes in Medicare" presented by Statewide Senior Action Council. **"Save the Date"**  
*All events Free and Open to the Public*

**Also in September**

**"OFA Senior Picnic"** Thurs., Sept. 8. \$4.00. Lunch served at noon. Call Office for the Aging for information. 518-884-4100.  
**NEW Time for Walking Group** - The Monday walking group is back to 9:30am start for fall.  
**MVP Latin Moves** Mon. at 11-11:45 am. Sept. 19- Dec. 5 Please sign up! Free.  
**Stained Glass** - Thursdays 9-12. Gus Poppall is back to lead his mighty followers! Welcome back.  
**Reminiscing Group** Weds., at 10:15. Join your friends and take a trip down memory lane.  
**Computer, Phone & iPad Help** Students in the house! Tues., Wed., Thurs., 3-4pm. Sign up!  
**Tarot Card Reading with Mary Shimp** Thurs.,Sept., 29, 9-11. Donation. Call for appointment  
**Book Club** Tues., Sept., 27 at 2:30. "Up Island" by Anne Rivers Siddons. *New members welcome!*  
**Legal Services** Thurs., Sept., 1st, 1:30pm. Call Office for the Aging at 884-4100 for an appointment.


**Volunteers Needed**  
 To deliver newsletters to Franklin Community Center, Saratoga Regional Therapy, and Prestwick Chase. To help at Open House. To help at Saratogian parking lot. To drive Van trips.

**Senior Center Wish List**  
 Need prizes for BINGO - do you have any nickknacks or chotzskies laying around? Also need a Dust buster, DVD player.



**Looking to October**

**NEW Class! Fiction Writing.** Beginning Tuesdays Oct., 4, 3-4pm. Do you like reading fiction? Love stories, adventure, and so forth? How about trying your hand at writing fiction? A published author can teach you the basics right here in the Senior Center. Free.  
**Save the Date-** Insurance Expo Wed.,Oct., 12, 1-4pm. Free & Open to the Public

  
**A plan for life.**  
 Capital District Physicians' Health Plan, Inc.

*William J. Burke & Sons / Bussing & Cunniff, Inc.*  
*Funeral Homes*

- Locally Owned and Operated
- Pre-Need Planning
- Cremations Arranged
- Financially Within the Means of All



- Proudly Serving Veterans
- Serving All Faiths With Dignity Since 1878

628 NORTH BROADWAY, SARATOGA SPRINGS, NY 12866 • 518-584-5373  
[www.burkefuneralhome.com](http://www.burkefuneralhome.com) • [burke@burkefuneralhome.com](mailto:burke@burkefuneralhome.com)  
 MARK T. PHILLIPS • R. THOMAS ARMER • DANIEL J. DECILLE • THOMAS E. SIMONE • NICHOLAS D. DECILLE



**PRESTWICK CHASE AT SARATOGA**  
**For the Best Season of Your Life**  
**Upstate New York's Premier Adult Living Community**  
**(518) 584-7766** 100 Saratoga Blvd. Saratoga Springs  
[www.prestwickchase.com](http://www.prestwickchase.com)



Serving the Real Estate needs of the Capital Region Since 1922

  
**BERKSHIRE HATHAWAY**  
 HomeServices  
 Blake, REALTORS®  
**518-584-0060** 376 Broadway, Saratoga Springs  
[www.BHHSBlake.com](http://www.BHHSBlake.com)  
**Call for a FREE no obligation Home Evaluation!**

# TRIPS!

*Trips must be prepaid. We do not give refunds if you decide to cancel. Please arrive 15 mins. prior to departure.*

## “Seniors on the Go! VAN TRIPS (Membership required)

- **Thurs., Sept., 8: “Silver Foxes”:** Join our men’s group for lunch. Pay \$1 at sign up & bring \$12 for lunch at the Skidmore Dining Hall. Leave the center at 11:45.
- **Fri., Sept., 9: “Chesterwood”:** a National Trust Historic Site, is the country home, studio and gardens of America’s foremost sculptor of public monuments, Daniel Chester French. Pay \$35 van, and self-guided tour at sign up. Dine at the Red Lion Inn. Bring lunch money. Leave at 8:30am. Return about 4:30pm
- **Tues., Sept., 20: “The Big “E””:** also known as The Eastern States Exposition, is billed as “New England’s Great State fair”. It is the largest agricultural event on the eastern seaboard and the fifth-largest fair in the nation. Pay \$20 van fee at sign up. Bring \$12 admission and lunch money. Leave at 8:00am. Return about 4:30pm.
- **Thurs., Sept. 22: “Where Lovers Live” - A Musical Tapestry of Love Standards performed by Sylvia Mims”:** Enjoy this beautiful Autumn concert at the Albany Jewish Community Center. Stop for an early lunch at The Fountain. show. Pay \$30 at sign up for van and admission. Bring lunch money. Leave at 10:45. Return about 3:30.
- **Fri., Sept., 23: “MassMoca”:** is a museum in a converted factory building complex located in North Adams, Mass. It is one of the largest centers for contemporary visual art and performing arts in the United States. Pay \$35 van, admission and guided tour at sign up. Eat lunch in the “Lickety Split” Cafe. Bring lunch money. Leave at 9:00am. Return about 4:30pm.
- **Tues., Sept., 27: “Southern Comforts”:** is a funny and heartwarming December-December romantic comedy about a grumpy Yankee widower and a vivacious widow from Tennessee who find what they least expected – a second chance at love. When they decide to “tie the knot”, the fireworks that ensue are funny, awkward, and enchanting. Presented by Lake George Dinner Theater. Pay \$65 van, admission and lunch at sign up. Must preorder lunch at sign up. Leave at 10:15. Return about 4:00pm
- **Fri., Sept., 30: Lunch Bunch: “Prospector’s ”** Located in the beautiful farmlands of Schaghticoke. With a gorgeous rustic interior and a variety of antiques adorning the rough-cut wooden walls and posts, Prospectors captures the essence of the old Wild West. Leave at 11:30 am. Return around 3:00pm. Pay \$10 at sign up & bring \$ for lunch.
- **Sun., Oct., 23: “Shrek The Musical”:** With a great score and a heartwarming, funny plot, this award-winning twisted fairy tale is irreverent fun. Join HMT for this story of everyone’s favorite ogre who goes on a life-changing adventure. The Prince isn’t charming, the Princess isn’t sleeping, the sidekick isn’t helping and the ogre is the hero. Unexpected, wise-cracking and clever – musicals will never be the same again! Pay \$29 van and admission at sign up. Leave at 1:15. Return about 4:30pm. *Must sign up by Sept. 27.*

### 2016 One Day Bus Trips

Open to non-members, you do not have to be a Saratoga resident.

Must be able to travel independently.

- **New York City** - December 7, \$34, non-member \$54




*Bus trips sponsored by Adirondack Trust Community Foundation*



### 2017 Excursions

- Discover Croatia, Slovenia and the Adriatic Coast - March 25-April 5, 2017  
*Book before November 25, 2016 and Save \$400 for a double occupancy rate of \$2999*
- Canadian Rockies & Glacier National Park featuring the Calgary Stampede  
Monday, July 10 -17, 2017  
*Book before January 10, 2017 and Save \$100 for a double occupancy rate of \$3799*

# September Special Events - Please Sign Up!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Don't forget to come to the Senior Center's "Open House" on Saturday, September 24, from 10-3! Entertainment, Ice cream and Fun!</b></p>			1 1-3: Computer Help 1:30: Legal Services	2
 <b>Center Closed</b>	5 9-12: Alzheimer hours <b>10-12: Humana</b> 1-2:30: Soapstone Carving 3-4: Computer Help	6 10-12: Fused glass 10:00: Dinner Sign Up 10:15: Reminiscing Group 12:30-2: Bingo 1-4: Bridge 3-4: Computer Help	7 10:30-12: Memory Cafe <b>11:45: Trip - Silver Foxes</b> 12: OFA "Senior Picnic" 1:30-3: Conscious Aging 3-4: Computer Help	8 <b>8:30: Trip - Chesterwood</b> 1:00: Albany Medical Center presentation
12 10-12: Health Screening	13 9-12: Alzheimer hours <b>12-9pm: Primary Election</b> <b>1-3:MVP</b> 1-3: Polish Art & History 1-2:30: Soapstone Carving 3-4: Computer Help	14 10:15: Reminiscing Group 12:30-2: Bingo 1-4: Bridge 3-4: Computer Help	15 10:30-12: Alzheimer Support Group 3-4: Computer Help  <b>"Saratogian Parking Lot Fundraiser 6-10pm."</b>	16 <b>10-12: Flu Clinic by Walgreens</b>
19 11-11:45: MVP Latin Moves 	20 9-12: Alzheimer hours <b>8:00: Trip - The Big E</b> 1-2:30: Soapstone Carving 3-4: Computer Help	21 10-12: Fused glass 10:15: Reminiscing Group  12:30-2: Bingo 1-4: Bridge 3-4: Computer Help	22 10:30-12: Memory Cafe <b>10:30: Trip - "Where Lovers Live" Concert</b> 1:30-3: Conscious Aging 3-4: Computer Help	23 <b>9:00: Trip - Mass MoCA</b>  <b>Sat., 9/24 Senior Center Open House 10-3</b>
26 11-11:45: MVP Latin Moves	27 9-12: Alzheimer hours. <b>10:15: Trip - Dinner Theater</b> 1-2:30: Soapstone Carving 1-1:45:"Dizziness, Vertigo and Falls" 2:30: Book Club 3-4: Computer Help <b>Payment due for "Shrek the Musical"</b>	28 10:15: Reminiscing Group 12:30-2: Bingo 1-4: Bridge 3-4: Computer Help	29 9:00: Tarot Card Readings with Mary Shimp 3-4: Computer Help	30 <b>11:30: Trip - Lunch Bunch</b> 1:00: "Lunch, Learn & Lend a Hand"

## Regular Weekly Activities

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30-9:30:</b> Osteo 3 <b>9:30-12:</b> Walking Club <b>9:30-11:30:</b> Ceramics <b>10-11:</b> Osteo 1&2 <b>11-11:45:</b> MVP Latin Moves (9/19-12/5) <b>11-12:30:</b> Yoga <b>12:30-2:30:</b> Painting & Drawing <b>12:30-4:</b> Bridge <b>1-4:</b> Canasta, Mahjong <b>1-3:</b> Pool League	<b>9-12:</b> Watercolor <b>9-12:</b> Alzheimer's Association <b>10-11:15:</b> Gentle Yoga <b>11:30-12:15:</b> Aerobics <b>1-2:30:</b> Soapstone Carving <b>1:30-2:15:</b> Pilates <b>2:30:</b> Book Club (last Tues. of month) <b>3-4:</b> Fiction Writing (Beginning in Oct.)	<b>9:30-2:</b> Rug Hooking <b>9:45-11:</b> Gentle Yoga <b>10:</b> Fused Glass(see calendar) <b>10-12:</b> Knit & Crochet <b>10:15:</b> Reminiscing <b>11:10:</b> ZUMBA Gold <b>12:30-2:</b> Bingo <b>12:30-2:30:</b> Wii Bowling <b>1:00:</b> Strength with Aidan <b>12:30-4:</b> Bridge	<b>8:30-9:30:</b> Osteo 3 <b>9-12:</b> Stained Glass/Mosaics <b>10:30-12:</b> Alzheimers Support Group (3rd Thurs.) <b>10:30-12:</b> Memory Cafe (2nd & 4th Thurs) <b>11:30-12:15:</b> Aerobics <b>12:30-1:30:</b> Osteo 1&2 <b>12:30-4:</b> Canasta, Rummy <b>1:30:</b> Conscious Aging (2nd & 4th Thurs) <b>2:30-4:</b> Writer's Workshop	<b>10-12:</b> Ceramics <b>12-4:</b> Ceramics & Soapstone Carving Lab

THANK YOU!! • To Ed Kelley for our August dinner •To Prestwick Chase and the McNeary Family for the "Taste of Travers" and designating the Center as the beneficiary •