

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

October 2017



Bring your family  
and friends!

## OPEN HOUSE!!

Please join us...

**October 21st, 2017 from 10-2PM**

**Meet the Staff and Instructors!**

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

Learn about volunteer opportunities

**Food  
served all  
day long!**

**Schedule Includes:**

**10AM Mosaics Class**

**11AM Ceramics/Sculpture Class, Pilates, Fall Soup Demo and Tasting**

**12PM Wreath Making Class, Ice Cream Sundaes,**

**Meet and Greet with Skidmore's Men's Basketball Team**

**1PM Yoga**

**Tarot card readings all day - Blood pressure checks...and MORE!!**

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\$10**



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## SESSION 2 GETTING ORGANIZED FOR PEACE OF MIND



Presented by Charlie Joseph from Janney Montgomery Scott LLC and  
NY State Planning Attorney James LeBrou

**Wed., October 25 at 4PM-5PM**

Learn about important financial planning topics including beneficiary designations for wills, trusts, retirement plans and life insurance, locating and organizing your financial documents, life insurance reviews, investments; health care proxies; long-term care insurance and more. Lite fare and wine will be served.

Have you already attended session 1? Each one of Charlie's presentations is different. This is the perfect opportunity to ask questions you wanted to last time, but didn't!

### CREATE A CHARITABLE LEGACY WITH LIFE INSURANCE

Life insurance is a unique tool to consider using when planning a charitable gift. Because of the small annual premiums in relation to a large death benefit, it's possible for you to create a meaningful legacy at the Saratoga Senior Center:

Simply name the Center as the beneficiary of the life insurance policy that you already own.

-OR-

Gift your existing life insurance policy outright to the Center.

### Be part of our Wall of HONOR!

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

**FEATURE OF THE MONTH...**

Open enrollment  
is coming!...

**INSURANCE EXPO**  
**FREE AND OPEN TO THE PUBLIC!**  
Thurs., Oct. 19th 1-3pm



Presentation from 1-2PM, Meet with reps from 2-3PM  
**“Changes in Medicare” 2018**

*Presented by NY Statewide Senior Action Council and  
Saratoga County Office for the Aging*

Advocate Health - Aetna - Empire Blue Cross - BlueShield of North Eastern NY -  
CDPHP - EPIC - Fidelis - Humana - MVP - Today's Options - United Healthcare

**SOCIAL “SUNDAE” FRIDAYS**

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



Oct  
6

**NETWORKING SERIES:**  
**Speed Friending and Ice Cream**  
**1:30 - OPEN TO THE PUBLIC!**

Like speed dating, but for friends. This is the perfect opportunity to step outside your comfort zone and meet someone new in a non-intimidating environment! FREE AND OPEN TO THE PUBLIC!

Oct  
13

**EDUCATION SERIES:**  
**Financial Expo**  
**1:30 - FREE AND OPEN TO THE PUBLIC!**

Featuring:  
-NY Long Term Care Brokers: *Long Term Care Planning, Costs and Options: What's Your Plan?*  
-Herzog Law Firm: *The Power of a Power of Attorney*  
-Janney Montgomery Scott *Fill in the Blanks Between Investing Insurance and Power of Attorney*

Oct  
20

**CASINO AND RACEWAY’S CULTURAL ART SERIES::**  
**Charlie Kuenzel’s 10 People That Changed the History of Saratoga Springs**  
**2-3PM**  
**\$2/members \$5/non-members**

Join us for an informational and fun-filled presentation on the faces that shaped Saratoga Springs! Light snacks will be served.

Oct  
27

**CASINO AND RACEWAY’S CULTURAL ART SERIES::**  
**Greg Veitch Presents: All the Law in the World Won’t Stop Them**  
**Presentation and Book Signing**  
**1-2PM**  
**\$2/members \$5/non-members**

Crime. Corruption. Gambling. Learn about the history of the gangsters of Saratoga from 1821 to 1921. The Saratoga Springs of yesteryear would hardly be recognizable today! Gambling, violence, crime and the most blatant forms of corruption allowed gamblers and gangsters such as John Morrissey, Richard Canfield and Arnold Rothstein to take over the town and run untouched by the law. Light snacks will be served.

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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 9:30 -12: Walking Club 9:30-11:30: Ceramics & Sculpture \$20 10-11: Osteo 11-12:30: Gentle Yoga/ Chair Yoga \$10 9:30-10:15 MVP Latin Moves 12:30-2:30: Painting & Drawing \$10 12:30-4: Bridge 1-4: Canasta, Mahjong 1-3: Pool League 3-4 Computer Assistance	9-12: Watercolor Golf - tee times TBD 9-9:45: Tai Chi \$10 9-11 Computer Assistance 10 Bikatoga 10-11:15 Gentle Yoga \$10 11:30-12:15: Aerobics \$10 1-2:30: Soapstone Carving \$10/\$25 1:30-2:15: Pilates \$10	8:30-9:15: Guided Meditation with Janet \$4 NEW! 8:45-9:45: Go with the Flow Yoga \$10 9:30-2: Rug Hooking \$5 10 Reminiscing/Memory Cafe 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 2:00 Rummy Cube 2:30 Write Your Story 3-4 Computer Assistance	8:30-9:30: Osteo 3 9-12: Mosaics \$20 10-11: Osteo 10:30-12: Alzheimers Support Group (3rd Thurs.) 11:30-12:15: Aerobics \$10 12:30-4: Canasta, Rummy, Mahjong, Pinochle 1:30 Conscious Aging (2nd & 4th Thursday) 2:30-4: Writer's Workshop	10-12: Ceramics & Sculpture \$20 10-11:15: Go with the Flow Yoga \$10 10-12: Poker 12:30 Swinging Singing Seniors 12-4: Ceramics & Soapstone Carving Lab 1-2 Ice Cream 1:30-3: Social "Sundae" Fridays 2-4 Computer Assistance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30-9:30 Monthly Breakfast Sponsored by Zieker Eye 9:30 Trip and Dinner Sign Up	3	4 10:55-11:20 9 Miles East	5 9:15 Van Trip: Duck Boats 1:30 Legal Services	6 9:30 Van Trip: Warrensburg Fish Hatchery 11-1 Farmers Market
9  CENTER CLOSED	10 10 Van Trip: Lunch Bunch 11-1 Flu Shots 1-3 Polish Club	11 10 Fused Glass 10:55-11:20 9 Miles East 5:30 Monthly Dinner	12 11:45 Van Trip: Silver Foxes	13 11-1 Farmers Market 1:30 Financial Expo
16	17 9:45 Van Trip: Haunted Capital Tour 2-3 Advocate Health	18 9-11 Flu Shots 10-12 Wreath Making 10-11 Memory Cafe Music 10:15 Trip: Lake George 10:55-11:20 9 Miles East 11 Blood Pressure	19 12:40 Van Trip: Judy Garland @ JCC 1-3 Insurance Expo	20 11-1 Farmers Market 1-3 MVP 1:30 Strides Program 2 Charlie Kuenzel
23	24 10-12 CDPHP 1-3 MVP 3 Book Club 8:15 Van Trip: Hall of Fame	25 10 Fused Glass 10:55-11:20 9 Miles East 11 Memory Cafe with Jeff Walton Singalong 4 Getting Organized for Peace of Mind 5:30 Monthly Dinner	26 9:15 Van trip: The Mount 10:30-12 Alzheimers Support 2-4 CDPHP	27 11-1 Farmers Market 1 <i>All the Law in the World</i> <i>Won't Stop Them</i> with Greg Veitch
30	31 Happy Halloween! 10-11 Advocate Health 	<b>Open House</b> <b>October 21st, 2017 from 10-2PM</b> <i>Make your own ice cream sundaes - Meet and greet with the Skidmore Men's Basketball team - Arts and crafts - Free exercise classes - Tarot card readings - Blood pressure readings...and more!!</i> 		

## OCTOBER HAPPENINGS...

**Legal Services Thurs., Oct. 5 - 1:30PM.** Call Office for the Aging at 884-4100 for an appt.

**Fall Wreath Making with Marylou, Wed., Oct. 18, 10-12 -FREE!** Supplies provided. Bring any extra decorations you want to include in your wreath.

**Book Club Tues., Oct. 24 - 3PM**

"Mountains beyond Mountains: The Quest of Dr. Paul Farmer, A Man Who Would Cure the World" by Tracy Kidder.

**Tarot Card Readings Thurs., Oct. 26 - 9-11AM**

Get your fortune read by the amazing Mary Shimp! Please sign up. (By donation)

**Strides: Lions for Diabetes Awareness, Oct. 20 - 1:30**

Join us for a short presentation on how to get involved in the Strides program. Event date: 11/18, 8:30-1

**Flu Shots -FREE! You must sign up.**

Rite Aid: Tues., Oct. 10, 11-1

Walgreens: Wed., Oct. 18, 9-11AM

**Navigating the Medicare Maze**

Representatives from various health insurance companies will be at the center answering questions on Medicare. See the calendar for dates and times.

**Guided Meditation - Wednesdays, 8:30-9:15**

Presented by Janet Dunn \$4 month

Learn a simple way to relax, breathe and meditate.

Open to beginners and seasoned meditators.

**NEW Pinochle - Thursdays, 12:30-4**

Join us every Thursday as we form this new group!

**Bikeatoga with Doug Haller - Tuesdays, 10AM**

Join Doug Haller at 10AM on Tuesday mornings for a bike ride through Saratoga Spa State Park. Call the front desk to sign up. Meet at the warming hut in the park.

**Golf - Tuesdays, Tee time TBD**

Join our friendly golf club. Sign up at front desk. Play at Spa State Park golf course - 9 holes.

## SENIOR SUPPORT SERVICES...

### Community Connections

Your free hour could change a senior's life. Do you have an hour to assist with visiting, transportation, shopping & more? Please contact Lisa at 518-584-1621 ext 210.

### We need volunteers for this program...

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

### Alzheimers Caregiver Support Group

Caregiver Support Group  
3rd Thursday of the month 10:30-12. FREE AND OPEN TO THE PUBLIC! Sponsored by Home Helpers and the Goldberg Foundation.

## FOOD, FOOD & MORE FOOD...

### Monthly Dinners

**Osteria Danny - Wed., Oct. 11 - 5:30PM**

*Chicken Marsala, Orzo, Salad*

*Rice Pudding*

**\$12/person**



**9 Miles East - Wed., Oct. 25 - 5:30PM**

*Pizza, Soup, Salad and Bread*

**\$12/person**



9 Miles East

### Monthly Hot Breakfast

**Mon., Oct. 2 8:30-9:30AM**

Let staff cook for you as you wait for October dinner and trip sign up to begin at 9:30AM! Menu will be eggs, sausage, gravy and biscuits. Admission is \$5. Open to the public! RSVP required. Sponsored by Zieker Eye.



ZIEKER EYE

**9 Miles East Wednesdays, 10:55-11:20**

A convenient local weekly meal delivery service to the center to make it easy for you to enjoy healthy, delicious food including vegan and gluten-free options.



9 Miles East

## Mini Farmers Market

**at the Senior Center, 11AM-1PM**



Every Friday, farmer Cliff Samson as well as Lloyd and Ann Helman will be at the center bringing you fresh quality vegetables and fruit grown right in Ballston Spa! OFA farmer's market coupons accepted. Sponsored by Centers Health Care.

**Memory Cafe is back and merging with our**

**Reminiscing Group! Wednesdays, 10-11 Free. Open to the public!**

**Memory Café:** Provides a supportive environment for you and your caretaker to meet new friends, reminisce and socialize.

**Reminiscing:** Come meet a new friend, enjoy a cup of coffee and talk about the good ole' days!

**Memory Cafe/Reminiscing Entertainment Schedule:**

10/18 - Live music

10/25 - Live music with Jeff Walton

## VAN TRIPS

**Thurs., October 5 - Duck Boats** - Make a splash as you receive a 90 minute tour on the Hudson River for a spectacular view of the Albany skyline. Points of interest along the tour include: Quackenbush House, Albany's Warehouse District, Nipper the RCA Dog, Ten Broeck Mansion, St. Joseph's Church, Palace Theater and more! Pay \$40 at sign up. Bring money with you for lunch at the Albany Pump Station. Leave the center at 9:15. Return around 2PM.

**Fri., October 6 - Warrensburg Fish Hatchery** - Take a tour of the Warren County Fish Hatchery, which features domestic brook trout, rainbow trout, landlocked Atlantic salmon, and heritage brook trout. Pay \$15 van fee at sign up. Leave the center at 9:30. Lunch will be held at the Sagamore. Bring money for lunch with you. This trip requires a fair amount of walking. Please dress appropriately for the weather.

**Tues., October 10 - Lunch Bunch at Fo' Castle Farms** - Enjoy lunch, shopping and apple picking! Fo' Castle Farms is located in Burnt Hills and carries an assortment of goods including windchimes, lamps, throws, collectibles, toys, jams, jellies, honey, candles, lotions, soaps and more. Pay \$10 at sign up. Bring money for lunch and shopping. Leave the center at 10AM, return around 1PM.

**Thurs., October 12 - 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.

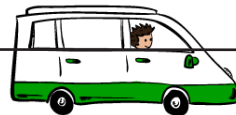
**Tues, October 17 - Haunted Tour of the Capital Building** - Does the night watchman who died in the Capitol fire of 1911 still make his rounds? Which two United States Presidents visited the Capitol after they died? What happened to the "lost" Capitol murals and their eccentric artist? Does the secret demon carved in stone hold a Capitol curse? Learn about the legends connected with this historic building. Pay \$10 van fee at sign up. Bring lunch money. Leave at 9:45. Tour is from 11-12. Lunch at the Albany Pump Station at 12:30. Return around 2:15PM.

**Wed., October 18 - Lake George Steamboat** - Enjoy a serene luncheon cruise on the Lac du Saint Sacrement on Lake George. Leave the center at 10:15. Pay a \$45 at sign up. Includes van fee, lunch and boat ride.

**Tues., October 24 - Baseball Hall of Fame** - Visit the "home of baseball!" Pay \$30 at sign up. Bring money for lunch with you. Lunch at the Back Alley Grill. Leave the center at 8:15AM, return around 4:45PM.

**Thurs., October 26 - The Mount Estate and Gardens** - Take a guided tour of Edith Wharton's home. The Mount is a turn-of-the-century home, designed and built by Edith Wharton in 1902. A National Historic Landmark, today The Mount is a cultural center that celebrates the intellectual, artistic and humanitarian legacy of Edith Wharton. Lunch at 51 Park. Leave the center at 9:15. Pay \$31 at sign up. Bring money for lunch.

**\*\*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.**



### Volunteer Driver Perks

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver! As a driver, you will receive \$10 towards lunch and up to \$25 for admission. Thank you to the Community Foundation for making this possible.

### Trip Scholarship Opportunities

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

## MORE TRIPS

### ONE DAY BUS TRIPS

Brought to you by Adirondack Trust Community Fund

**NYC - Dec. 6**

\$40 member/non member \$65

*Seats still available!*

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

Bus trips and excursions are open to the public, regardless of age. Bring your friends, family or grandkids!



### 2018 Excursions - Informational Slideshows

Presented by Collette

**Oct. 18**

2:30-3PM - *Shades of Ireland*

3-3:30PM - *Pacific Northwest + California ft. Washington and Oregon*

**Nov. 3rd**

1-1:30PM - *Imperial Cities ft. Prague, Vienna and Budapest*

1:30-2PM - *Colors of Morocco*



at **PROCTORS**

TICKETS ON SALE!

Van Trip

Thurs., Feb. 22, 2018

Les Misérables

\$61/person + \$10 van fee

Thurs., May 3, 2018

The King and I

\$57/person + \$10 van fee



Dec. 9th - 1PM

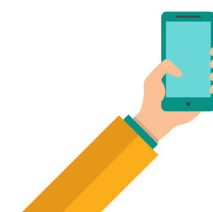
HMT Theater presents:

A Christmas Carol

\$27/person

TICKETS ONLY.

NO TRANSPORTATION.



### COMPUTER ASSISTANCE - NOW OFFERED EVERYDAY!

Do you need help using your cell phone, tablet or computer? Want to learn the basics of your smart phone or how to use helpful apps like Uber? Schedule an appointment to sit down one-on-one with our tech experts! See calendar for time slots. Please call the front desk at 518-584-1621 to schedule your appointment.



Thank you to the Melanie Foundation for choosing us as this year's recipient of The Saratoga Palio Race.

