

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

Non Profit .,
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Permit No. 120



(518) 584-1621 saratogaseniorcenter.org

5 Williams Street, Saratoga Springs, NY

Hours: M-F, 8-4

December 2017

Soup is back on for the chilly weather!

"SOUP"ER SOCIAL FRIDAYS
Fridays, 1:30-2:30PM - \$2 soup

Sponsored By Centers Health Care



Dec
1

EDUCATIONAL SERIES:

Charitable Giving - Year End Gifting with Debra Verni of Herzog Law Firm

Fri., Dec. 1st, 11AM. Free and open to the public.

NETWORKING SERIES:

Holiday Speed Friending

Fri., Dec. 1st, 1:30PM. Free and open to the public.

Like speed dating, but for making friends! Meet a new network of people to hang out, travel or simply chat with!

Dec
8

EDUCATIONAL SERIES:

End of Year Planning and Getting Ready for Next Year

Dec. 8, 11AM, Free and open to the public.

With Ray Bryan, Janney Montgomery Scott - "End of Year Planning"
and Thomas Layton, NY Long Term Care Brokers - "Long term care insurance: take advantage of the tax advantage."

CULTURAL ART SERIES:

Charlie Kuenzel Presents, Mineral Baths: Not Just for Saturday Nights

Fri., Dec. 8, 2PM

\$2/members \$5/non-members

Learn about the history of Saratoga's mineral baths. Sponsored by Zieker Eye.



Dec
15

"State of the Senior Center" Member Meeting and Holiday Party

Member Meeting

Fri., Dec. 15th, 12:30PM. Free. Sponsored by CDPHP.

As we are now in the tsunami of aging with our baby boomers driving our growth, we need to hear from you, as we grow with you. Lois will present on our growth and 2018 plans. What are your needs? What programs are most valuable to you? What do you need from your Senior Center?



A plan for life.

Holiday Party

Fri., Dec. 15th, 2-4PM. Free. Sponsored by Centers Health Care.

Let's celebrate the holidays! Mixing, mingling, entertainment, food & friends! • Music & Dancing by Steve Keller
• Light Fare • Raffles • A visit from Santa Claus • Photos by Walgreens • BYOB! Bring your favorite beverage.



Dec
22

Holiday Movies and Cookie Decorating

Fri., Dec. 22nd, 10-2PM. Free and open to the public.

Get in the holiday spirit with some classic holiday movies and cookie decorating. Cookie materials provided.

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Senior Center Wall of Honor - Purchase a tile for the holidays!

Give yourself or your loved one a gift that will last a lifetime. Purchase a tile and be honored on the walls of the senior center for years to come. You can create your own tile or have one designed for you. See the front desk for details or call 518-584-1621.



Bread Basket Cookies for sale!



Cookies are a great hostess gift during the holidays, but who has the time to bake? Our good friends at Saratoga's Bread Basket Bakery do! We will be selling tins of their delicious cookies beginning Dec., 4th for \$11 each.

Holiday Hot Breakfast

Fri., Dec. 1, 9-9:30



Catch up with friends or make new ones over a delicious pancake breakfast. Let staff cook for you as you wait for November dinner and trip sign up to begin at 9AM! Admission is \$5.

Open to the public! RSVP required. Sponsored by MVP.

HELP! We are at risk of losing this program next year. If you would like to keep this program, please support it.



Monthly Dinners at the Center

Sign up for December dinners on Fri., Dec. 1 at 9AM.



Ronnie and Ralphies @ 43 Phila

Monday, December 4th @5:30PM

Sponsored by Herzog Law Firm

Menu: Chicken and buttermilk chive dumplings

Dessert- Tres Leches



Longfellows

Monday, December 11th @5:30PM

Menu: Meatloaf with Mushroom Gravy

MONTHLY FEATURES...

Native American Storytelling with James Bruhac (Hosted by Memory Cafe)

Wed., Dec. 6, 10AM, Free and open to the public.

Listen to the stories of Native Americans from James Bruhac, an award winning author, storyteller, tracking expert, wilderness instructor and guide.

Holiday Card Making

Thurs., Dec. 7, 1PM, \$5 includes supplies

Make personalized holiday cards with rubber stamps and more. You may bring any little extra items you would like to add.

Saratoga Artifacts with Charlie Kuenzel (Hosted by Memory Cafe)

Wed., Dec. 13, 10AM, Free and open to the public.

View and discuss a variety of Saratoga artifacts from the Saratoga History Museum with Charlie Kuenzel.

Holiday Cookies and Stories (Hosted by Memory Cafe)

Wed., Dec. 20, 10AM, Free and open to the public.

Make & eat holiday cookies while you share fun holiday traditions.

Music with Jeff Walton (Hosted by Memory Cafe)

Wed., Dec. 27, 10AM, Free and open to the public.

Settle down from all the excitement of the holidays with a performance from Jeff Walton, who will perform your musical favorites.

REOCCURRING EVENTS..

Legal Aid

Thurs., Dec. 7 - 1:30PM

Call Office for the Aging at 884-4100 for an appointment.

Book Club Tues.

Dec. 26 - 3PM

"Clara and Mr. Tiffany" by Susan Vreeland

Tarot Card Readings

Fri., Dec. 15, 1PM

Get your fortune read by the amazing Mary Shimp during our holiday party!

9 Miles East

Wednesdays, 10:55-11:20

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



Thank You to

The Kimberly Beth Kennedy Family Foundation

We would like to take this time to express our gratitude to The Kimberly Beth Kennedy Family Foundation, who gave a generous donation to the Saratoga Senior Center to be used towards general funding. We are so grateful for all of our supporters, as they allow us to provide affordable programming to our senior community.

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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 9:30-10:15 MVP Latin Moves 10-11: Osteo 10:30-11:30 Ballroom \$10 11-12:30: Gentle/Chair Yoga \$10 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 9-9:45: Tai Chi \$10 9-11 Computer Assistance 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 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 1:00 Rummy Cube 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 1:30-2:30: Soup 2-4 Computer Assistance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<p>WANTED: Small vacuum cleaner and food baggies wanted. Please see the front desk if you are interested in donating.</p>				<p>9AM Monthly Breakfast 9AM Trip and Dinner Sign Up 9AM Van Trip: Italian Market 11AM Charitable Giving 1:30PM Speed Friending</p>
4	5	6	7	8
<p>Last day for MVP Latin Moves until 2018 5:30PM Monthly Dinner: Ronnie and Ralphies</p>	<p>9AM Van Trip: Vermont Country Store</p>	<p>7AM Bus Trip: NYC 10AM Memory Cafe/ Reminiscing-JamesBruhac 10AM Fused Glass 10:55-11:20AM 9 Miles East</p>	<p>11:45AM Van Trip: Sassy Silver Dames 1PM Holiday Cards 1:30PM Legal Aid</p>	<p>11AM End of Year Planning 1:30PM "Soup'er Social Fridays 6PM Van Trip: Skidmore Basketball Game</p>
11	12	13	14	15
<p>5:30PM Monthly Dinner with Longfellows</p>	<p>1-3PM Polish Group</p>	<p>10AM Memory Cafe/ Reminiscing - Charlie Kuenzel 10:55-11:20AM 9 Miles East 5:15 Van Trip: Holiday Lights</p>	<p>11:45 Silver Foxes 1:30PM Conscious Aging</p>	<p>12:30PM State of the Senior Center Member Meeting 1:30PM "Soup'er Social Fridays 2-4PM Holiday Party</p>
18	19	20	21	22
	<p>10:45AM Van Trip: Proctors</p>	<p>10-12 Blood Pressure Clinic 10AM Memory Cafe/ Reminiscing - Holiday Cookies 10:55-11:20AM 9 Miles East</p>	<p>9AM Van Trip: Lunch Bunch at the Log Jam 10:30-2PM Alzheimers Support</p>	<p>10AM-2PM Movies and Cookies Decorating</p>
25	26	27	28	29
<p>Center Closed Happy Holidays!</p>	<p>3PM Book Club</p>	<p>10AM Memory Cafe/ Reminiscing - Jeff Walton 10:55-11:20AM 9 Miles East</p>	<p>1:30PM Conscious Aging</p>	

Introducing...our brand new website!

We are excited to announce that we have a new, mobile-friendly website. You can now:



- Sign up for/renew membership
- Sign up for classes
- View our newsletter
- View upcoming trips, class schedule and featured programs
- And much more! Visit saratogaseniorcenter.org today to check it out for yourself!

www.saratogaseniorcenter.org

It's Time to Renew - 2018 Membership Renewal



It's that time of the year again! By this time, you should have received an invoice, which was sent in your November newsletter to renew your 2018 membership. If you have not sent in your dues yet, please do so by January 1st. If you would like to renew online, you can visit the "Join Us" tab located at the top of our website. We hope you will join us for more fun in the new year!

Planning Your Legacy

Think about including life insurance. Life insurance gives you the ability to leverage your charitable generosity. You can make a meaningful difference just by naming the Saratoga Senior Center as a beneficiary on all or part of a life insurance policy you own. For more information please call Lois at 518-584-1621.

Saratoga Children's Theatre Presents: "Blue Christmas - Matthew Boyce as Elvis with the Suspicious Minds Orchestra" December 2, 2017, 6:30PM Dinner & Show at 7:30PM

Help support the Saratoga Children's Theater! Special senior rate of \$25 for senior center members only. Includes show and light dinner. Regular prices are \$45 for adults, \$35 for seniors. To purchase tickets, please see the front desk or call 518-584-1621.

Exclusive Member Rate!



SENIOR SUPPORT SERVICES...

Community Connections

Do you need help with transportation, respite, home visits, etc? Please call Jane at 584-1621 ext. 206. Your free hour could change a senior's life.

We need volunteers for this program...

Do you have an hour to assist with visiting, transportation, shopping & more? Please contact Lisa at 518-584-1621 ext 210.

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.

Memory Cafe/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:

12/6 @ 10AM James Bruhac - Native American Storytelling

12/13 @10AM Charlie Kuenzel - Saratoga Artifacts

12/20 @10AM Make & eat holiday cookies while you share fun holiday traditions

12/27 @ 10AM Music with Jeff Walton

VAN TRIPS

Fri., December 1 - Italian Christmas Market at the American Italian Museum

Share and celebrate in the old Italian tradition of the "Christmas Market." Marvel at the exquisite, room-sized annual Italian Nativity featuring live mosses and life-like figurines. Some of the unique Italian merchandise offered includes: Italian language greeting cards, "Made-in-Italy" items, wooden Ceppo, Befana figures, themed ornaments, plaques, novelties, delicious homemade Italian baked goods, etc. as well as hand-crafted items by talented vendors. Pay \$10 van fee at sign up, bring lunch money with you. Leave the center at 9:30AM.

Tues., December 5 - Vermont Country Store

Take a journey into the general store of yesteryear with The Vermont Country Store. As the purveyors of practical and hard-to-find products, we offer you a host of quality merchandise from around the block and around the world. Browse through our site for wonderful, classic products that can help simplify your life. Lunch at Bryant House. If time permits, take a short walk to the garden and nature trail. Pay \$15 at sign up, bring money for lunch and shopping. Leave at 9AM. Return about 4:00.

Thurs., December 7- Sassy Silver Dames - NEW!

You've all been asking for it, so here it is! Introducing our new womens lunch group! Pay \$1 at sign up and bring \$12 for lunch at the Skidmore Dining Hall. Leave the center at 11:45.

Thurs., December 8 - Skidmore Basketball Game

Support the Skidmore Basketball Team by attending one of their games! Pay \$2 van fee at sign up. Game is free. Bring money with you for snacks. Leave the center at 5:30PM.

Wed., December 13 - Holiday Lights in the Park

The 21st Annual Price Chopper/Market 32 Capital Holiday Lights in the Park features 125 displays and scenes in Albany's Washington Park. Leave the center at 5:15PM. Pay \$15 at sign up.

Thurs., December 14 - Silver Foxes at Skidmore Dining Hall

Join our men's group for lunch. Pay \$1 at sign up and bring \$12 for lunch at the Skidmore Dining Hall. Leave the center at 11:45.

Tues., December 19 - Proctors Organ Concert - Greg Klingler (Christmas Favorites)

Get in the holiday spirit with Greg Klingler as he performs all your Christmas favorites! Lunch following the performance at Waters Edge Lighthouse. Pay \$10 at sign up. Bring money for lunch and a snack. Leave the center at 10:45AM. Return around 2:30PM.

Thurs., December 21 - Lunch Bunch at The Log Jam

A pot-belly stove warmly greets you at the front door, wood plank floors, and three stone fireplaces provide the perfect Adirondack setting. Shop at the outlets after lunch. Pay \$10 at sign up & bring lunch money. Leave the center at 9:30AM. Return around 3:30PM.

****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.**

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. Inquire at front desk.

2018 ONE DAY BUS

MORE TRIPS

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

~ Von Trap Family Lodge, Burlington with possible Stowe option - Summer 2018

~ CIA Tour, lunch and winery - Fall 2018

~ NYC - December 2018

~ More to come!

2018 MULTI-DAY BUS TRIPS

• **Washington DC** (5 days 4 nights) \$599 **Deposit and final payment due January 15th, 2018

March 16-20th

Trip Highlights: 8 meals: 4 breakfasts, 4 dinners, two guided tours featuring the WWII Memorial,

Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more!

• **Virginia Beach, Colonial Williamsburg, & Historic Norfolk** (7 days- 6 nights) \$815

\$75 deposit due by 6/14/18

October 14th-20th

Trip Highlights: 10 meals, 6 breakfasts, 4 dinners, the VIRGINIA BEACH BOARDWALK, guided tour of Colonial Williamsburg, dinner cruise on the SPIRIT OF NORFOLK, admission to the NAUTICUS & BATTLESHIP WISCONSIN and more!

• **Niagara Falls (Canadian) & Toronto** (5 days 4 nights) \$539....\$75 deposit due by 2/11/18

June 11-15th

Trip Highlights: 8 meals: 4 breakfasts, 4 dinners, GUIDED TOURS OF NIAGARA FALLS & TORONTO, a visit to Casa Loma, NIAGARA-ON-THE-LAKE & QUEEN VICTORIA PARK, a journey to The Falls on a "HORNBLOWER NIAGARA CRUISE" and much more!

2018 EXCURSIONS



2018 Excursions

Presented by Collette

Shades of Ireland (Trip Date: April 26-May 5, 2018)

Pacific Northwest + California featuring Washington and Oregon (Trip Date: July 15-22, 2018)

Imperial Cities featuring Prague, Vienna and Budapest (Trip Date: Sept. 3-13, 2018)

Colors of Morocco (Trip Date: Oct. 31-Nov. 10, 2018)

Jan. 17 - Informational Presentations:

1PM - Americas Music Cities (Nashville, Memphis, New Orleans) (Trip Date: Dec. 7-14, 2018)

1:30PM - Iceland's Magical Northern Lights (Trip Date: March, 13-19, 2019)