

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

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Saratoga Senior Center

2018 Trips
Inside!

(518) 584-1621 saratogaseniorcenter.org



5 Williams Street, Saratoga Springs, NY

Hours: M-F, 8-4

November 2017



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

Sponsored By Centers Health Care



Nov
3

NETWORKING SERIES:

Collette Trips Informational Presentation

Free and open to the public.

Interested in traveling next year? Join us for our first informational trip presentation for our 2018 excursions! Check out our trips page for complete list of destinations. Bus trip info will be available!

1-1:30PM - Imperial Cities featuring Prague, Vienna and Budapest

1:30-2PM - Colors of Morocco

2PM - Travel Buddies: Meet a friend to travel with through organized games!

EDUCATIONAL SERIES:

Save Energy, Save Dollars with Diane Whitton

2:30PM. Free and open to the public.

Join Diane for an informational presentation on how to reduce home energy use.

Nov
10

CASINO AND RACEWAY'S CULTURAL ART SERIES:

Saratoga Senior Center's Veterans Day Celebration

Tim Clark portrays "Charles Lindberg"

2PM. Free and open to the public.

Clark, a former U.S. Air Force B-52 pilot, will present a first person account of Lindbergh's life. In addition, Saratoga WarHorse will be here with information about their Veteran's program.

Nov
17

CASINO AND RACEWAY'S CULTURAL ART SERIES:

"Votes for Women" presented by Kim Harvish, Chapman Historical Museum

2PM

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

Celebrating the Suffrage Centennial of New York State (2017) with national and local stories and suffrage songs with a re-enactor.

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Monthly Dinners at the Center

Sign up for November's dinners on Wednesday, Nov., 1 at 9AM.

Harvey's Restaurant and Bar

Thurs., Nov. 2, 5:30PM.....\$12/pp



MENU:

Salad: Roasted beet salad with candied walnuts and goat cheese crumble balsamic dressing

Entree: Shepards Pie: slow cooked seasoned ground beef with mixture of onions celery and carrots and peas mixed in house made onion gravy topped with creamy mashed potatoes

DZ Restaurants

Thurs., November 16, 5:30PM...\$12/pp

MENU:

Soup: Butternut squash bisque

Salad: Artisan greens, white balsamic vinaigrette, candied walnuts, sliced apple, gorgonzola, dried cranberries

Entree: Lasagna, traditional beschamel and meat sauce with mozzarella and parmigiano

Dessert: Housemade carrot cake with cream cheese frosting



November Dinner Sponsored by:



Monthly Hot Breakfast

Wed., Nov. 1, 9-9:30 - NEW TIME!

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.

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



MONTHLY FEATURES...

History Mysteries with Kim Harvish (Hosted by Memory Cafe)

Wed., Nov. 1, 10AM. Open to all members.
\$2/members.....\$5/non-members
See a variety of items including hats and handbags to look at. Discuss their history/psychology. Samples lead- ing right up to the mid-20th century.

Opera Saratoga is Back! (Hosted by Memory Cafe)

Wed., Nov. 8, 10AM
Free and open to the public.
Opera Saratoga will celebrate National Opera Week with the return of Saratoga Sings! for Seniors. The concerts will feature a variety of beloved arias, duets and songs.

Sipping For Seniors at Bailey's Cafe

Thurs., Nov. 9, 6-10PM
Open to the public.
Stop in for dinner and drinks. All bartender tips and 20% of food and beverage sales benefit the Senior Center. Join our guest bartenders, including the return of senior center heartthrob Dan Maney, at Bai- ley's Cafe as they serve up some drinks for a cause.



Holiday Wreath Making with Marylou

Wed., Nov. 29 10-12PM. \$5 material fee. Scholar- ships available.
Supplies provided. Bring any extra decorations you want to include in your wreath.

USS Slater Presentation (Hosted by Memory Cafe)

Wed., Nov. 29 10AM. Free.
Presentation on the US Navy Destroyer Escort.

Navigating the Medicare Maze

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

NEW! Ballroom Dancing

Mondays 10:30 11:30AM
\$10/month
Do you love to watch dancing with the stars? Always wanted to learn to dance? Come learn the basics of ballroom dance with Leigh Berenis from Saratoga Children's Theatre. No partners necessary.

REOCCURRING EVENTS..

Legal Services

Thurs., Nov. 2 - 1:30PM
Call Office for the Aging at 884-4100 for an appt.

Book Club Tues.

Nov. 28 - 3PM
"Clara and Mr. Tiffany" by Susan Vreeland

Tarot Card Readings

Thurs., Nov. 30, 9-11AM
Get your fortune read by the amazing Mary Shimp!
Please sign up. (By donation)

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.



SAVE THE DATE...

Dec 1 - 11AM Charitable Giving - Year End Gifting
Debra Verni, Herzog Law Firm

Dec 8 - 11AM End of Year Planning and Getting Ready for Next Year with Ray Bryan, Janney Montgomery Scott and Thomas Layton, NY Long Term Care Brokers

Dec 15 - 12:30PM Member Meeting - "State of the Senior Center" followed by our Holiday Party from 2-4PM

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WEEKLY ACTIVITIES

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

**Prices listed are per month.

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 Dance \$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 Golf - tee times TBD 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 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 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	2	3
		9AM - Breakfast 9AM-Trip and Dinner sign up 10AM Memory Cafe/ Reminiscing - History Mysteries	1:30PM Legal Aid 2-4 PM CDPHP 5:30PM Monthly Dinner	1:30PM "Soup"er Social Fridays: Soup Returns 1-2PM 2018 Excursions 2:30PM Save Energy, Save \$
6	7	8	9	10
	10AM-12PM MVP Election Day - All classes will be in the Kilmer Room.	10AM Opera Saratoga 10AM Memory Cafe/ Reminiscing 10AM Fused Glass	9:30AM Van Trip: Hyde Museum 10AM-12PM Empire BCBS 11:45AM Van Trip: Silver Foxes 1:30PM Conscious Aging 6-10PM Sipping for Seniors @ Bailey's	1:30PM Soup 1-3PM CDPHP 2PM Tim Clark portrays "Charles Lindberg" Veteran's Day
13	14	15	16	17
10AM-12PM United Health Care 1-3PM UHC	10-11AM Aetna	9AM Van Trip: USS Slater 10AM Memory Cafe/ Reminiscing 10AM Fused Glass 11AM Blood Pressure	8:30AM Van Trip: Arkell Museum 10:30AM Alzheimers Support 5:30PM Monthly Dinner	9:30-11:30AM MVP 1:30PM Soup 2PM Votes For Women
20	21	22	23	24
	11AM Van Trip: Tuesday Music at Noon	10AM Memory Cafe/ Reminiscing NO ZUMBA	Center Closed Happy Thanksgiving!	Center Closed Happy Thanksgiving!
27	28	29	30	
	10-11AM Aetna 1-2PM Volunteer Lunch 3PM Book Club	10AM Memory Cafe/ Reminiscing - USS Slater 10AM Holiday Wreath Making 10AM-12PM MVP	9-11AM Tarot Card Readings 10AM-12PM Empire BCBS	



RENEW YOUR MEMBERSHIP

2018 MEMBERSHIP RENEWAL - ONLINE OR BY MAIL

It's that time of year again! We would like to take this time to thank all of our members for making 2017 a blast! We will be sending out a membership renewal invoice in the upcoming weeks and hope you will join us again in 2018 for more fun. As we work towards a paperless option, please consider renewing your membership online by visiting the "Join Now" page on our website.

ATTENTION SNOWBIRDS!

If you are leaving to go south for the winter, please see the front desk to update your address so you can continue to receive our newsletter throughout the winter.



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. To answer your questions please contact us at 518-584-1621



Senior Center Wall of Honor - A thoughtful holiday gift!

Get a head-start on your holiday shopping! Give yourself or your loved one a gift that will last a lifetime. Purchase a tile and be honored 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.

WANTED: If you have a spare pair of hedgeclippers you would like to donate, please drop them off at the front desk! Thank you!

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

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:

11/1 @ 10AM - History Mysteries with Kim Harvish (Chapman Museum)

11/8 @ 10AM Saratoga Sings- Opera Saratoga Performance

11/29 @10AM USS Slater Presentation with Charles Stark

VAN TRIPS

Tues., Nov. 7 - Lunch Bunch at the Cheesecake Factory - Get a kick-start on your holiday shopping at Colonie Center! Then meet back at the Cheesecake Factory to enjoy a delicious lunch. Pay \$10 at sign up. Bring money for shopping with you and lunch money. Leave the center at 9:30. Return about 2PM.

Thurs., November 9 - 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.

Thurs., November 9 - The Hyde Museum, "A Shared Legacy: Folk Art in America" Guided Tour - Until the late nineteenth century, American homes were decorated with paintings, furniture, and decorative pieces made by regional artists, few of whom had received any formal artistic training. This exhibition celebrates the nation's vibrant folk art traditions in the era before the rise of the professionally trained artist. Pay \$18 at sign up. Bring money for lunch at Docksider on Glen Lake. Leave the center at 9:30. Return around 3PM.

Tues., Nov. 14 - Albany Insitute of History and Art, "Well Dressed in Victorian Albany" - Enjoy this rare opportunity to see one of the museums treasures: garments spanning 250 year and worn by Upstate New Yorkers of all ages, social and economic classes. Pay \$18 at sign up. Bring money for lunch at the Orchard Tavern. Leave the center at 9AM. Return around 3PM.

Wed., November 15 - USS Slater Tour and Historic Cherry Hall - Step back into July 1945. See, hear, smell, and touch the experiences and objects first used by the teenage boys and young men who lived and fought onboard the USS SLATER DE766 during World War II. Then visit the Historic Cherry Hall, the former home of Philip and Maria Van Rensselaer. Cost is \$21, includes van fee and admission. Bring money for lunch. Leave the center a 9AM. Lunch at the Albany Pump Station from 12-1:30PM. Return around 4PM.

Thurs., Nov. 16 - Arkell Museum, "Masterworks on Paper" - Exhibit includes the work of Cassatt, Hopper, Shinn, Marsh, Homer, O'Keeffe, Grandma Moses, Whistler, and more. Leave the center at 8:30AM. Pay \$21 at sign up. Includes admission and van fee. Bring money for shopping and lunch at the Black Cat Bakery. Return around 3PM.

Tues., Nov. 21 - St. Pauls "Tuesday Music at Noon" - Enjoy a beautiful piano concert in one of the few, totally integrated Tiffany interior churches in the county. Lunch will be at Dinosaur BBQ. Pay \$10 at sign up. Bring money for lunch with you. Leave the center a 11AM. Return around 3:15PM.

Thurs., November 30 - Albany Museum - Featuring new exhibits including NYS on 1st World War, Hudson Valley Ruins, Celebrating NY's Suffrage Centennial and more. Pay \$10 at sign up. Bring \$5 for admission and money for lunch at the Albany Pump Station. Leave the center at 9:30. Return around 3:15PM.

***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

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

NYC - Wed., Dec. 6 - HURRY! SEATS ARE SELLING FAST!

\$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!

2018 ONE DAY BUS

Trips TBA at our "Trip Buddies" event on 11/3 from 2-3PM. See front page for details.

2018 MULTI-DAY BUS TRIPS

• **Washington DC** (5 days 4 nights) \$599

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!

EXCURSIONS



2018 Excursions - Informational Slideshows

Presented by Collette

Oct. 18

2:30-3PM - Shades of Ireland (Trip Date: April 26-May 5, 2018)

3-3:30PM - Pacific Northwest + California featuring Washington and Oregon (Trip Date: July 15-22, 2018)

Nov. 3rd

1-1:30PM - Imperial Cities featuring Prague, Vienna and Budapest (Trip Date: Sept. 3-13, 2018)

1:30-2PM - Colors of Morocco (Trip Date: Oct. 31-Nov. 10, 2018)

Jan. 17

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)