

Saratoga Senior Center
5 Williams Street
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Saratoga Senior Center



(518) 584-1621

saratogaseniorcenter.org

May 2018

Hours: M-F, 8am-4pm

Tuesdays: 8am-5pm

5 Williams Street, Saratoga Springs, NY

HEALTH FAIR & WELLNESS EXPO

TUESDAY MAY 1ST, 10AM-2PM • FREE

Join us at the Center for our annual Wellness Expo! Meet with a variety of specialists and healthcare professionals and enter to win raffles and freebies. You'll also get to take part in a variety of interactive activities including:

- Smoothie Making
- Cooking Class
- Blood Pressure Checks
- Ask a Pharmacist
- Aromatherapy
- Massages & More!
- 11:30am:** Mineral Bath Presentation w/ Charlie Kuenzel
- 12:30pm:** Affordable Healthcare Presentation w/ United Concierge Medicine

SPONSORED BY



NYC BUS TRIP *TICKETS STILL AVAILABLE!*

Sponsored by CDPHP

Tues. May 2nd

\$20/Members, \$45/Non-Members

Don't miss out on this incredible deal to spend a fun-filled day in NYC. Members, get a friend to join the Center and go for only \$10! (518) 584-1621



Elder Law Day

Tues. May 22nd, 9am-1pm

Free, Sponsored by Herzog Law Firm

Come learn a wealth of valuable information from local area professionals on wills, trusts, scams, and more.

NEW IN SARATOGA

LUNCHTIME CONCERT SERIES BEGINNING THIS MONTH

Tues. May 15th, 12:30-1:30pm
Free

First show featuring The Dylan Perillo Orchestra
Food from Esperanto's will be for sale at venue.

SARATOGA ARTS

experience · discover · create
Saratoga Arts made this program possible with a Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.



MAY LOCATION
@ The Saratoga Senior Center
5 Williams St.
More shows to follow!

SENIOR SUPPORT SERVICES

Please Call Jane at (518) 584-1621 ext. 206 for more information.

Community Connections

If you need help with transportation, respite, home visits, etc., please call the number above for assistance.

We also need volunteers for this program.

Do you have an hour to assist with visiting, transportation, shopping, and more? If so, please contact the number above to learn more about volunteer opportunities.

Alzheimer's Caregiver Support Group

10:30am-12pm, 3rd Thursday of every month
The group is free and open to the public. Sponsored by Home Helpers and the Goldberg Foundation.

Groups

Reminiscing: Wednesdays from 10-11am

Chit Chat: Mondays from 1-2pm

Free and open to the public

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

Start your Derby weekend @ the Center!



Derby Breakfast

Fri. May 4th, 8:30am-9:30am, \$5

What better way to kick off derby weekend than by joining us for our delicious monthly breakfast! Come chat, eat, and mingle while you wait for the Kentucky Derby Handicapping Seminar to star at 10am. Sign-up in advance!

Kentucky Derby Handicapping Seminar w/ the National Museum of Racing

Fri. May 4th, 10am, Free

Join us for a special themed seminar with Brien Bouyea, Director of Communications at the National Museum of Racing and Hall of Fame. Bouyea has hosted numerous handicapping seminars at the museum so don't miss out!

Silent Wings: Birds of Prey
Sponsored by The Wesley Community
Fri. May 4th, 1pm

\$2/Members, \$5/Non-Members

The Wildlife Institute of Eastern NY will be here to discuss the unique behavior of owls, the conservation issues that impact them, and the human impact on species survival. Meet the owls, hawks, and falcons up close and personal! Please sign-up in advance.



May To-Go Dinner Menu

A portion of every dinner sold goes directly to support the Center. Call the Center to order, pick-up between 5-6:30pm every Tuesday. \$12.50/dinner

- 5/1: Chicken Marsala w/ Potato & Vegetable
- 5/8: Veggie Lasagna
- 5/15: Chicken Parm w/ Penne
- 5/22: 2 "Meetball" w/ Penne
- 5/29: Penne Vodka



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HAPPENINGS IN MAY

Heart & Soul Line Dancing *New Time*
TUESDAYS @ 2:30PM STARTING IN MAY!
\$10/Members, \$20/Non-Members

Beginning in May, classes will now start at 2:30pm. We can't wait to see you all there! *No class on May 29th*

CDTA Travel Training
Tues. May 8th, 11am-12pm
Free

Come meet with a CDTA rep and learn about the travel training program, which helps people with trip planning, understanding route maps and schedules, and much more. They will also be explaining the new navigator card system, so be sure to check it out for a wealth of useful information!

Citizen Preparedness Presented By Red Cross
Tues. May 15th, 2:30pm, Free

This training will offer a comprehensive overview on how to prepare for natural and man-made disasters and how to respond to and recover from them. It will also provide information on types of common disasters, ways to prepare as an individual, family, and community member, what to do when disaster strikes, and what actions you can take afterwards to aid in your recovery. Includes 15 minutes of hands only CPR.

Biking Group (Led by Ginny & Steve, Partnering with Bikeatoga)
Wednesdays at 12:30pm, Starting in May

The biking group is starting this month! If you are in need of a helmet, or have any questions, please reach out to Colleen at (518) 584-1621 ext. 203. Mark your calendars! We'll be having an informational meeting on Wednesday May 9th for interested participants.

MONTHLY FEATURES

Movies

***Only one movie this month so don't miss out!**
Thurs. May 17th 1pm
\$3/Members, \$5/Non-Members
(Popcorn included!)

"The Greatest Showman" starring Hugh Jackman, Zac Efron, and Zendaya

AARP Safe Driving presented by Allan Miller

Tues. May 29th, 9am-4pm
 -\$20 AARP member
 -\$25 non-AARP member
 -Checks are made out to AARP
 -Must have valid NYS drivers license

MVP Medicare

Tues. May 29th, 11am-12pm
Free

Poker Lessons

Thursdays @ 10am
 We'll now be offering poker lessons every Thursday! Lessons are free, just check-in with the front desk if you're interested.

Interested in Playing Pickleball?

We are looking to get a group together to play at the Rec Center Tuesday and Thursday mornings. If you're interested, please call the front desk to let them know!

REOCCURRING EVENTS

Informal/Gentle Massages with Sam

Every Monday from 10am-12pm
Free: Members Only
 15-minute sessions. Donations support the Center.

Legal Assistance

Thurs. April 5th, 1:30pm
 Call Office For the Aging at 884-4100 for an appointment.

Reiki

Fri. May 18th, 1:30-3:45pm
Members Only, \$2/Session
 Sign-ups are required so be sure to stop by the front desk.

Join Our Book Club

Tuesday May 22nd - 3pm
 "The Dog Stars" by Peter Heller

Lunch from Office For the Aging Served Daily in our Dining Room

For menu information, please call Janet at (518) 584-1621 ext. 205 or (518) 884-4100 or visit www.saratoga-county.ny.gov.

SARATOGA SENIOR CENTER
 PROGRAMMING @ EMBURY



Free For Members
Wednesday May 23rd: Drilling For Hope @ 3pm

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WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged. **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) 10-10:45: Zumba (see calendar) 10-11: Osteo 10-12: Massage 11-12:30: Gentle/Chair Yoga (\$10) 11:00-11:45: Bridge Lessons 12:30-4: Bridge 12:30-2:30: Painting & Drawing (\$10) 1-4: Canasta, Mahjong 1-2: Chit Chat 1-3: Pool League 2-4: Ping Pong	9-12: Watercolor 9-9:45: Tai Chi (\$10) 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) 2:30-3:30: Line Dancing (\$10/Member, \$20/Non-Member) 2:30pm: Guided Meditation w/ Janet (\$4)	8:30-9:45: Yoga 9:30-2: Rug Hooking (\$5) 10: Reminiscing 10: Ukulele Jam 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 1-3: Pool & Ping Pong 1-4: Stained Glass (\$20) 3: Embury Class (One Wednesday a Month)	8:30-9:30: Osteo 3 9-11: Tarot Card Readings (Last Thursday) 9-12: Mosaics (\$20) 9-12: Fused Glass (\$10/class) 10: Poker Lessons 10-11: Osteo 10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday) 11:30-12:15: Aerobics (\$10) 12:30-4: Canasta, Rummy, Mahjong, Pinochle 1: Movies (twice a month) 1:30: Conscious Aging (2nd & 4th Thursday)	10-11:15: Go with the Flow Yoga (\$10) 10-12: Ceramics & Sculpture \$20 10-12: Poker 12-4: Ceramics & Soapstone Carving Lab 12:30-1:15: Swinging Singing Seniors 12:30: "Soup"er Social Fridays (Please see the previous schedule in the newsletter for full details)

MAY HAPPENINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9am: Trip & Dinner Sign-Up 10am-2pm: Wellness Expo 2:30pm: Line Dancing 5-6:30pm: To-Go Dinner	NYC Bus Trip 10am: Ukulele Jam 10am: Reminiscing	10am: Poker Lessons 11:45am: Golden Gals 1:30pm: Legal Assistance	8:30am: Derby Breakfast 10am: Handicapping Presentation 12:30pm: Soup & Cafe 1pm: Silent Wings
7	8	9	10	11
10am-12pm: Massage 1pm: Chit Chat	Van Trip: Dance Museum 11am: CDTA Travel Training 2:30pm: Line Dancing 3pm: MVP Event 5-6:30pm: To-Go Dinner	10am: Ukulele Jam 10am: Reminiscing	CIA Bus Trip 10am: Poker Lessons 11:45am: Silver Foxes 1:30pm: Conscious Aging	Van Trip: Tulip Fest 12:30pm: Soup & Cafe 1pm: Mary Cuffe Perez
14	15	16	17	18
Last day of MVP Zumba until next session! 10am-12pm: Massage 1pm: Chit Chat 5:30pm: Staff Dinner	12:30pm: Lunchtime Concert 2:30pm: Line Dancing 2:30pm: Red Cross Training 5-6:30pm: To-Go Dinner	10am: Ukulele Jam 10am: Reminiscing 5:30pm: Board Meeting	Van Trip: Lunch Bunch 10:30am: Alzheimer's Caregiver Support Group 1pm: Movie	12:30pm: Soup & Cafe 1pm: Speed Friending 1:30pm: Reiki 2:30pm: Brain Gym
21	22	23	24	25
10am-12pm: Massage 1pm: Chit Chat	Van Trip: Thomas Cole House 9am-1pm: Elder Law Day 2:30pm: Line Dancing 5-6:30pm: To-Go Dinner	10am: Ukulele Jam 10am: Reminiscing 3pm: Embury 5:30pm: Home of the Good Shephard Dinner	Van Trip: Hudson Walkway 10am: Poker Lessons 1:30pm: Conscious Aging	12:30pm: Soup & Cafe 1pm: Drilling For Hope
28	29	30	31	
The Center is CLOSED in observance of Memorial Day CLOSED	9am-4pm: AARP Defensive Driving 11am-12pm: MVP 2:30pm: Line Dancing 5-6:30pm: To-Go Dinner	Van Trip: Naumkeag 10am: Ukulele Jam 10am: Reminiscing	9-11am: Tarot Card Readings 10am: Poker Lessons 6-10pm: Music & Mingling Gala	Tarot Card Readings Thurs. May 31st, 9-11am (\$5 suggested Donation) Get your fortune read by the amazing Mary Shimp!

MONTHLY (CHEF) DINNERS AT THE CENTER

Sign up for April dinners on Tuesday May 1st at 9am.

Each month a different local restaurant and chef brings their specialties and delicacies to the Center. For just \$12 per dinner, you can try out each restaurant and meet new friends. We can't wait to see you there! BYOB!

STAFF DINNER W/ GUEST CHEF ED KELLEY

Mon. May 14th, 5:30pm
\$12/person
Chicken Cacciatore

HOME OF THE GOOD SHEPHERD BBQ Wed. May 23rd, 5:30pm, \$12/person

Smoky BBQ Pulled Pork Sandwich
Brown Sugar Baked Beans
Roasted Medley of Eggplant, Peppers, Zucchini, & Summer Squash
Chilled Dill Potato Salad
Strawberry Short Cake



"SOUP"ER SOCIAL FRIDAYS

Come to the cafe at the Center! We'll be offering soup, pizza, hot dogs, snacks, and more. You'll also enjoy a fun social activity every week. Good food, mingling and friends, and fun activities to start your weekend off right!

*Soup and cafe menu open 12:30-2pm. Please sign-up in advance. Sponsored by Centers Health Care



May 4th: Silent Wings: Birds of Prey
\$2/Members, \$5/Non-Members, Please Sign-Up in Advance
1pm: See front cover for all the details! Sponsored by The Wesley Community.



May 11th: Mary Cuffe Perez, Free
1pm: Join writer, Mary Cuffe Perez, as she shares her work Barn Stories, a collection that chronicles her 15 years managing a horse boarding business on a Saratoga County Farm.

May 18th: Speed Friending, Free 1:30-2:30pm
Brain Gym, Free 2:30-3:30pm: Sponsored by the Saratoga Springs Public Library

May 25th: Drilling For Hope, Free
1pm: Join us for an inspiring presentation from Karen Flewelling, founder of Drilling For Hope and senior center member. Drilling For Hope is a charitable organization that seeks to provide water to villages without access by building wells.

8TH ANNUAL MUSIC & MINGLING GALA TO SUPPORT THE SARATOGA SENIOR CENTER



This event to benefit the Saratoga Senior Center will be held May 31st, 2018 from 7-10pm at the Saratoga Polo Field. Known as the "kick-off event of the season," this exciting evening will feature an open bar, gourmet foods by The Old Daley Inn, cigar tastings, lawn games, live music by Grand Central Station, Tarot Card readings, a fire pit, a silent and a live auction, and much more!

Tickets can be purchased at the front desk or through our website, www.SaratogaSeniorCenter.org. Cost is \$125/ticket

Golden Gals at Skidmore: Thursday May 3rd

Our fun group of golden gals will be off for their monthly lunch at Skidmore College. Cost is \$2. Please bring additional money for lunch.

National Museum of Dance: Tuesday May 8th

Come enjoy a docent lead tour of the National Museum of Dance, lead by senior center member Judi Fiore, and learn what the insiders know! After we'll be stopping at 2 West Bar & Grille for lunch. Cost is \$2. Please bring additional money for lunch. We leave the Center at 10:15am.

Tulip Festival: Friday May 11th

Enjoy a guided tour of over 150 different kinds of tulips in Washington Park with City Gardener Jessica Morgan. Afterwards, we'll be having lunch at Albany Pump Station. Cost is \$10. Please bring additional money for lunch. We leave the Center at 9:15am.

Silver Foxes at Skidmore: Thursday May 10th

The men's lunch group is back on this month and ready to head to the Skidmore Dining Hall for lunch. Cost is \$2. Please bring additional money for lunch.

Lunch Bunch at The Raindancer Restaurant: Thursday May 17th

Enjoy a delicious lunch at the well-known Raindancer Restaurant in Amsterdam. Additionally, we'll be stopping by the Waterwheel Country Store on the way home. Cost is \$10. Please bring additional money for lunch and shopping. We leave the Center at 11:15am.

Thomas Cole House: Tuesday May 22nd

We'll be enjoying a guided tour of the Thomas Cole House, a National Historic Landmark, that includes the home and studio of painter Thomas Cole, founder of the Hudson River School of American Painting. After the tour, we'll be stopping for lunch at New York Restaurant. Cost is \$29. Please bring additional money for lunch. We leave the Center at 9:15am.

Walkway Over the Hudson: Thursday May 24th

This walk is for you if you're looking for beautiful views and a unique stroll on the longest raised pedestrian walkway in the world. After, we'll be stopping by Alex's Restaurant in Poughkeepsie for lunch. Cost is \$15. Please bring additional money for lunch. We leave the Center at 8:30am.

Naumkeag: Wednesday May 30th

Experience Gilded_Age style and splendor at this marvelous estate, renowned for its elegant gardens and rare Berkshire "Cottage" and panoramic views. We will be taking a guided tour of the house and gardens. After, we'll be having lunch at the Red Lion Inn. Cost is \$31. Please bring additional money for lunch. We leave the Center at 9:15am.

Tri-City Valley Cats Baseball Game: Wednesday June 13th

Come enjoy and exciting minor league baseball exhibition game, featuring the Tri-City Valley Cats vs. the Albany Dutchmen. Cost is \$20. We leave the center at 9:15am. Sign-ups due by May 11th!

Yankee Game at Yankee Stadium: Thursday August 16th

Sign-ups start early for this fun-filled day to see the New York Yankees play the Tampa Bay Rays at Yankee Stadium. Cost is \$91/person, which includes van, train, and tickets. This will be a long day, leaving Saratoga at 6:45am and returning home around 10pm. We'll also be walking from the train station to the stadium so be prepared! Sign-ups are due by June 22nd. If you're interested, stop by the front desk ASAP!

2018 ONE-DAY BUS TRIPS**Burlington and Von Trapp House: Thursday July 12th, 2018, Cost is \$45/Members, Non-Members \$70**

Spend the morning touring Burlington and eating lunch on your own. Then meet back up with the group for an exciting tour of the Von Trapp house, including a guided history, documentary viewing, and a Q&A with a Von Trapp family member. There will also be an option to do a brewery tour and tasting after the house tour. \$15 due at sign-up.

New York City Trip: Wednesday December 5th, 2018

We'll get you all down to the city and then you're on your own to explore the big apple! We can assist with getting you tickets and reservations but the day will be yours to do as you please.

2018 MULTI-DAY BUS TRIPS (DIAMOND TOURS)**Niagara Falls (Canadian) & Toronto (5 days 4 nights) \$539** (\$75 deposit due at sign-up)

June 11-15th (Limited seating available, reserve your spot now!)

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!

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

October 14th-20th (\$75 deposit due by June 16th, 2018)

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!

2018 EXCURSIONS (COLLETTE TOURS)**Imperial Cities (feat. Prague, Vienna, & Budapest):** September 3rd-13th, 2018 (\$3,859)

Spotlight on Rome: October 4th-10th, 2018 (\$3,499)

Colors of Morocco: October 31st-November 10th, 2018 (\$4,159)

Tropical Costa Rica: December 1st-9th, 2018 (\$2,899)

Informational Presentation: April 25th at 1pm

America's Music Cities (feat. Nashville, Memphis, & New Orleans): December 7th-14th, 2018 (\$3,199)

Informational Presentation: April 25th at 1pm

Iceland's Magical Northern Lights: March 13th-19th, 2019 (\$3,599)

Informational Presentation: July 11th at 1pm

**TRIP SCHOLARSHIP OPPORTUNITIES**

We are fortunate enough to have received some funding that will allow us to offer needs-based scholarships to some of our members. These scholarships are designed to offer you a chance to take advantage of some of the very fun trips we plan for our members. Scholarships are based on availability, and some restrictions apply, but if you're interested, please reach out to JoAnn at the front desk (518-584-1621) or Community Connections (518-584-1621 ext. 210).

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.