

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

Non Profit,
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Permit No. 120



Saratoga Senior Center



(518) 584-1621

saratogaseniorcenter.org

June 2018

Hours: M-F, 8am-4pm
Tuesdays: 8am-5pm

5 Williams Street, Saratoga Springs, NY



SIP HAPPENS ON TUESDAYS
Join us at the Thirst-Aid Station!
New Tuesday Social Hour @ the Center
Tuesdays from 3-4:30pm • \$5/Members



Join us every Tuesday @ the Center for a new social hour! We'll be offering light fare, activities, games, and more. BYOB! Look for drink tastings to be added as well. Please sign-up in advance and add some more fun to your Tuesday nights!

Tuesday To-Go Dinner Menu

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

6/5: Meetball Lasagna (sausage & meetballs)

6/12: Encrusted Chicken lightly dredged in flour, egg, & lemon butter sauce w/ bistro salad

6/19: Penne alla Romano (house made sweet sausage, Romano cheese, & delicate pink sauce)

6/26: Chicken Marsala (onions, mushrooms, & Marsala wine sauce)



June Breakfast & Sign-Ups

Mon. June 4th (New date for June)

Breakfast: \$5

Come enjoy a delicious breakfast spread while you wait for sign-ups to start!

DINNER!

This month's dinner is early in the month so sign-up is open immediately!

Farmer's Market

Sponsored by Centers Health Care
Fridays, 11am-1pm

The Farmer's Market will be returning to the Center! Keep an eye out for all your favorite offerings, coming mid-late June.



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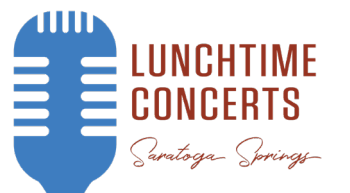
Tues. June 19th, 12:30-1:30pm

Free & Open to the Public

Ben & Jerry's, 34 Phila St. *Rain Location: Saratoga Senior Center

Featuring Orchard Project Performers

Artists from the Orchard Project theater program sing both original tunes and favorite musical theater hits.



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.



IT'S SUMMER!

“SOUP”ER SOCIAL FRIDAYS ARE NOW SOCIAL “SUNDAE” FRIDAYS

Ice cream socials are every Friday afternoon and ice cream is \$2. *Additional cafe items available upon request. Cafe open from 12:30-1:15pm. Sponsored by Centers Health Care



FRIDAYS ARE FULL FOR THE SUMMER!

- 11am-1pm: Farmers Market
- 12:30pm: Ice Cream
- 1pm: Movie, Presentation, or Social

FRIDAY NIGHTS @ THE CENTER!

Orchard Project is coming back into town! Don't miss their Friday Cabaret shows, free to members of the Senior Center only. *Members must RSVP to the front desk as we have limited seating available.*

Show Dates: June 8th, June 22nd, & July 6th
Shows will be held at the Center and start at 8pm.

To learn more about Orchard Project, visit www.orchardproject.com

June 8th: Movie \$3/Members, \$5/Non-Members

1pm: “Three Billboards Outside of Ebbing, Missouri” starring Woody Harrelson, Sam Rockwell, & Frances McDormand The story of Mildred Hayes, a woman in her early 50s, who goes to war against her local police force, believing them to be too inept to solve the murder of her daughter.

June 15th: Presentation “Life of a Global Nursing Leader”, Free

1pm: Roger Noyes presents on his great-great aunt, Clara D. Noyes, R.N., Life of a Global Nursing Leader. Clara was a famous wartime nurse during the early 20th century and became one of the strongest voices for the professional advancement of nurses in the face of institutional exploitation.

June 22nd: Movie \$3/Members, \$5/Non-Members

1pm: “Ladybird” starring Saoirse Ronan, Laurie Metcalf, & Timothée Chalamet
A warm, affecting comedy about a high school senior who must navigate a loving but turbulent relationship with her strong-willed mother over the course of her eventful and poignant senior year of high school.

June 29th: Movie, \$3/Members, \$5/Non-Members

1pm: “The Post” starring Meryl Streep, Tom Hanks, & Sarah Paulson
A thrilling drama about the unlikely partnership of Katharine Graham, the first female publisher of The Washington Post, and its driven editor Ben Bradlee, as they race to catch up with The New York Times to expose a massive cover-up of government secrets that spanned three decades and four U.S. Presidents. The two must overcome their differences as they risk their careers - and their very freedom - to bring long-buried truths to light.

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

Come meet a new friend, enjoy ome iced tea and lemonade, and talk about the good ole’ days!

Chit Chat: Mondays from 1-2pm

We’ll chat about new topics every week over some iced tea and lemonade.

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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) 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: Golf League 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) 1:45: 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: Biking Group 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 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) 10-11: Osteo 10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday) 11:30-12:15: Aerobics (\$10) 12:30-4: Canasta, Rummy, Mahjong, Pinochle 1:30: 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: Social Sundae Fridays (Please see the previous schedule in the newsletter for full details) 1: Movies/Presentation/Social |

JUNE HAPPENINGS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| | Tarot Card Readings Thurs. June 28th, 9-11am (\$5 suggested Donation) Get your fortune read by the amazing Mary Shimp! | NO Stained Glass June-September, restarting in October | | 1 12:30pm: Ice Cream Social |
| 4 8:30am: Breakfast 9am: Trip & Dinner Sign-Up 10am-12pm: Massage 1pm: Chit Chat | 5 2:30pm: Line Dancing 3pm: Sip Happens 5-6:30pm: To-Go Dinner | 6 10am: Ukulele Jam 10am: Reminiscing 5:30pm: Morton's Dinner | 7 | 8 12:30pm: Ice Cream Social 1pm: Movie 8pm: Cabaret |
| 11 Last day of MVP Zumba until next session! 10am-12pm: Massage 1pm: Chit Chat 5:30pm: Staff Dinner | 12 1pm: Polish Group 2:30pm: Line Dancing 3pm: Sip Happens 5-6:30pm: To-Go Dinner | 13 Van Trip: Valley Cats 10am: Ukulele Jam 10am: Reminiscing | 14 11:45am: Silver Foxes 1:30pm: Conscious Aging | 15 12:30pm: Ice Cream Social 1pm: Clara Noyes Presentation 1:30pm: Reiki |
| 18 10am-12pm: Massage 1pm: Chit Chat | 19 Van Trip: Berkshire Garden 12:30pm: Lunchtime Concert 2:30pm: Line Dancing 3pm: Sip Happens 5-6:30pm: To-Go Dinner | 20 Van Trip: "Some Lovers" Play 10am: Ukulele Jam 10am: Reminiscing 3pm: Embury Activity | 21 Van Trip: Oakwood Cemetery 10:30am: Alzheimer's Caregiver Support Group | 22 12:30pm: Ice Cream Social 1pm: Movie 8pm: Cabaret |
| 25 10am-12pm: Massage 1pm: Chit Chat | 26 Van Trip: Hancock Shaker 2:30pm: Line Dancing 3pm: Sip Happens 5-6:30pm: To-Go Dinner | 27 Van Trip: ADK Cruise 10am: Ukulele Jam 10am: Reminiscing 2:30pm: MVP | 28 9-11am: Tarot Card Readings 1:30pm: Conscious Aging | 29 12:30pm: Ice Cream Social 1pm: Movie |

MONTHLY (CHEF) DINNER AT THE CENTER

Sign up for June dinner right now!

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!

MORTON'S THE STEAKHOUSE
Wed. June 6th, 5:30pm, \$12/person


Caesar Salad

Chicken Bianco

Sauteed Garlic Green Beans

Sour Cream Mashed Potatoes

Bread Pudding



HAPPENINGS IN JUNE

Heart & Soul Line Dancing
LAST MONTH UNTIL THE FALL
\$10/Members, \$20/Non-Members
 This will be the last month of line dancing until the Fall so be sure to sign-up and get your fix! *No class on June 19th.*

Alzheimer's Presentation: "The Basics: Memory Loss, Dementia, & Alzheimer's Disease"
Tues. June 5th, 2:30pm, Free
 This program provides information on detection, cause, risk factors, stages of disease, and more.

Alzheimer's Presentation: "Effective Communication Strategies"
Tues. June 19th, 2:30pm, Free
 Communication is more than just talking and listening. Learn to decode the verbal and behavioral messages delivered by someone with dementia.

Golf League
Tuesdays, Tee Time between 10-10:30am

Biking Group
Wednesdays @ 12:30pm

SAVE THE DATE!
 Brooks BBQ will be Tuesday July 17th @ the Center so be sure to mark your calendars now.

MONTHLY FEATURES

MVP Zumba (Will resume 6/18-7/30, 10-10:45am)
 *No class 7/2 and 7/9)

Computer Assistance is Back! (Thursdays 10am-12pm)
 Kelsey will now be here for computer assistance every Thursday from 10am-12pm. Sign-up at the front desk if you're interested!

SARATOGA SENIOR CENTER
 PROGRAMMING @ EMBURY



Free For Members
Wednesday June 20th: Painting Ceramic Christmas Ornaments @ 3pm

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. June 7th, 1:30pm
 Call Office For the Aging at 884-4100 for an appointment.

Reiki: Fri. June 15th, 1:30-3:45pm (Members Only, \$2)
 Sign-ups are required so be sure to stop by the front desk.

Join Our Book Club: Tues. June 26th - 3pm
 "The Memory Garden" by M. Rickert

Office For the Aging Lunch 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.saratogacountyny.gov

2018 VAN TRIPS (Money Due at Sign-Up)

Lunch Bunch at “Up River Cafe”: Tuesday June 12th

Join us for a delicious lunch trip to the Up River Cafe in Lake Luzerne. Cost is \$10. Please bring additional money for lunch. We leave the Center at 10:30am.

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

Come enjoy an 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.

Silver Foxes at Skidmore: Thursday June 14th

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.

Berkshire Botanical Garden: Tuesday June 19th

This exciting guided walking tour, led by experienced Garden Guides, will give us an in-depth interpretation of the gardens, including seasonal highlights. After the tour, we will be stopping by the Red Lion Inn for lunch. Cost is \$15. Please bring \$14 for admission and additional money for lunch.

“Some Lovers” at the Adirondack Theater Festival: Wednesday June 20th

“Some Lovers” follows the story of a couple caught between their present and their past. This captivating tale leaps across time as an unforgettable melody transports these lovers back to their younger selves. We’ll also be enjoying an after-show talk. Cost is \$49. We leave the Center at 1:15pm. *If at least 10 people sign-up, the cost will be reduced.

Oakwood Cemetery Tour: Thursday June 21st

We will be taking a guided walking tour of the historic Oakwood Cemetery, filled with interesting stories and beautiful monuments, including a tour of the National Historic Landmark Gardner Earl Chapel, Uncle Sam’s grave, the panoramic overlook, and much more. After the tour, we’ll be stopping by Slidin’ Dirty for lunch. Cost is \$25. Please bring additional money for lunch. We leave the Center at 10am.

Hancock Shaker Village: Tuesday June 26th

We’re headed to the historic Hancock Shaker Village for a fun filled day. We’ll also be having lunch at an on-site cafe. Cost is \$35. Please bring additional money for lunch. We leave the Center at 9:30am.

ADK Cruise: Scenic Saratoga Lake Cruise: Wednesday June 27th

Join us as we cruise Saratoga Lake on the “General Schuyler,” a 50ft classic 1900’s Fantail Launch. After, we’ll be stopping by the well-known Dairy Haus for some delicious ice cream. Cost is \$23. Please bring additional money for ice cream. We leave the Center at 10:30am. *We also have two vans for this trip so we can accommodate 24 people!

Summer Luncheon featuring Laura Roth: Thursday July 19th

We’re headed to the Hilton Garden Inn in Clifton Park for a 4 course lunch with live entertainment from Laura Roth, one of the world’s leading cabaret singers. Cost is \$49.50. Please bring additional money for drinks, if you wish. We leave the Center at 11:15am.

Lake George Youth Theater: “Chicago”: Friday July 27th

You won’t want to miss this exciting production of “Chicago” put on by the Lake George Youth Theater. After the show, we’ll be stopping for lunch at the name of the Log Jam. Cost is \$20.50. Please bring additional money for lunch. Sign-ups are due by July 10th.

“Front Page Flo” at the Adirondack Theater Festival: Wednesday August 8th

In post WWII NYC, the newspaper is king and rambunctious reporter Flo is hungry for her big break. So when a Soviet spy lands in Manhattan, Flo follows the scoop - and discovers more than she bargained for. We’ll also be enjoying an after-show talk. Cost is \$49. Sign-ups due by July 15th. *If at least 10 people sign-up, the cost will be reduced.

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. *Limited seating left.*

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 ***SEATS STILL AVAILABLE, SIGN UP ASAP!***

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 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.