

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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 Saratoga Senior Center
NEWSLETTER
 DECEMBER 2018



TUESDAY, DECEMBER 11TH



MEMBER HOLIDAY PARTY
2:00pm - 4:00pm
\$3, Please RSVP

Let's celebrate the holidays together by mixing and mingling while enjoying live entertainment, food and friends!

- Live music by Michael Panza
- Light buffet
- Raffle
- A visit from Santa Claus
- BYOB! Bring your favorite beverage.

Optional - Wear your best "Ugly Sweater"!

PAMPERING & PRESENTS
Hosted by Mary Martin Spa & Co.
3:30pm - 7:00pm, Open to the Public

All mini pampering sessions \$25 & under:
Hydrofacial, Light Rejuvenations, sample products, Makeup artist Courtney Vogel, Sample hair products by Kevin Murphy, Hair & Styling by JoMarie Gallo, Massage Therapist Stephen Tripoli

Wine, Food, and Tarot Card Readings
Wine Tasting by Old Tavern Farm Winery and lite hors d'oeuvres.

Shopping: Life Rocks Jewelry, Doterra Essentials Oils, Lavenair Farms, Pampered Chef, Saratoga Bread Basket Cookies, Layers Productions - dry gluten free food mixes, Saratoga Natural Body Care, Raffles, etc.

"SELL YOUR SILVER & GOLD"
3:30pm - 7:00pm
Mame Noonan "Party of Gold" will be at the Center

Bring your Silver and Gold jewelry, silverware, etc., to be tested and weighed, you will receive a check on the spot. Raise funds for YOUR Center and walk away with extra spending money for the Holidays!

Portion of the proceeds of these events go to the Senior Center

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HOLIDAY FESTIVITIES AT THE CENTER
Friday, December 21st, \$5 - includes breakfast, movie, cookies and soup!

8:30am - 9:30am	Breakfast (please RSVP)
10:00am	Holiday cookie decorating & holiday movie
12:15pm	Soup will be served
12:30pm - 1:30pm	Holiday Sing-a-long with Garland Nelson



"STATE OF THE CENTER" - ANNUAL MEMBER MEETING
Friday, December 14th, 12:30pm - 1:30pm at the Saratoga Senior Center

Join Lois Celeste, Executive Director, on discussing plans for 2019. We want to hear your needs and what programs you find to be most valuable. Please attend. More details inside.



MONTHLY CHEF DINNER at the Center
Wednesday, December 12th, Dinner served promptly at 5:30pm

Enjoy dinner at the Center cooked by chefs from Prime at Saratoga National.
Red Wine Braised Short Ribs, Garlic Whipped Potatoes, Honey Glazed Carrots, Braising Garlic Jus
Sign up at front desk. \$12 per person, members only.



Hours: Monday-Friday, 8am-4pm / Tuesdays, 8am-5pm
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

DECEMBER AT A GLANCE



TUESDAY'S TO GO DINNERS

A portion of every dinner sold goes directly to support the Center. All meals are provided by Three Vines Bistro & Bar. Call the Center to order now - 518.584.1621

Pick up is between 5-6:00pm every Tuesday at the Center. \$12.50/dinner.

12/4: Penne and Meatballs

12/11: Chicken Marsala with potato and veggies

12/18: Lasagna



IT'S TIME TO RENEW - 2019 MEMBERSHIP RENEWAL

It's renewal time! Please complete the invoice form and return it to the Center by January 1, 2019. In addition, due to our software conversion, we ask everyone to fill out the emergency contact information and sign the code of conduct. Also, take a moment to find out about our Presidential Membership option, we've added more benefits. We are looking forward to another exciting year!



BREAD BASKET HOLIDAY COOKIES ARE FOR SALE AT THE CENTER!

Cookies are a great 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 December 4th for \$13 each.



TRANSPORTATION Sponsored by Stewart's Shops, United Way and Price Chopper

Are you looking for transportation into the Center? Rides are available Monday through Friday from 8:30am - 10:30am and 12:30pm - 2:30pm. Please call the Center at 518.584.1621 ext. 206
\$2 round trip / Saratoga, \$5 round trip / non-city residents

"Happy Holidays from the Ceramics Class" December Mondays - the 3rd and 10th, 10am-1pm Friday's - the 7th and 14th, 10am-1pm

Stop in the Art Room, meet our ceramics instructors and members to glaze a holiday ornament for you to take home. Limit 1 per person. *Free, Members only.*

"State of the Center" - Additional Friday, December 14th, 12:00-1:30pm at the Center

Do you want to save money on your utility bills? Would you like to also hear about HEAP and Transportation services? NYSERDA Solar, HEAP applications and The Capital District Transportation Committee will be in attendance to answer any questions you may have.

SOUPER" SOCIAL FRIDAY'S AT THE SENIOR CENTER SPONSORED BY CENTERS HEALTHCARE



- **12:30pm - 1:30pm: Soup by Knights of Columbus**
Soup is \$2.

"Souper" Social Friday Happenings

- **Friday, Dec. 7 at 1:30 - Judith Thomas, Classical Pianist, \$2**
Judith Thomas has been playing piano for 75 years, ever since hearing her 13 year old cousin play the Tchaikovsky B Flat Piano Concerto. Please RSVP.
- **Friday, Dec. 14 at 1:30 - Mike Beehner, Magician, \$2**
Enjoy an afternoon of magic tricks and fun! Following the Member Meeting.

- **Friday, Dec. 21 at 3pm - Brain Gym Presented by Kali Nagler, Saratoga Springs Library, Free**
Brain Gym is a gentle program that recognizes health benefits of movement, multi-sensory activities, and whole brain engagement
- **See front cover Holiday Festivities Schedule**
- **Friday, Dec. 28 at 1:30 - Movie "Mama Mia! Here We Go Again, \$2**

SENIOR SUPPORT SERVICES

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



Community Connections

Are you a Senior over 50 with no transportation and in need of food? The Senior Center is partnering with the Elks and local food pantries. Please call the number above for assistance or if you need help with respite, home visits, etc.

We also need volunteers for this program

Alzheimer's Caregiver Support Group

10:30am-12pm, 3rd Thursday of every month

Caring for someone with Alzheimer's disease can present exhausting challenges and take significant toll on a caregiver's health. But, a support group can give you the assistance and reassurance you need to manage stress and take time for your own much-needed care. *Free and open to the public.*

Groups

- **Reminiscing: Wednesdays from 10-11am**
Come meet a new friend & talk about the good ole' days!
- **Chit Chat: Mondays from 1-2pm**
We'll chat about new topics every week over some drinks.
- **Silver Foxes Men's Lunch Group: Second Thursday of every month at 11:45am**
- **Music Memories & Nostalgic Friday afternoon at 2pm.**

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2018 VAN TRIPS

(Members Only)

Norman Rockwell Museum, Stockbridge, MA

Tuesday, December 4th

Enjoy a gallery talk of Rockwell's work. Also exhibited is works by Frank E. Schoonover and Gregory Manchess. After the museum head to The Widow Bingham's Tavern at the Red Lion Inn for lunch. We leave the Center at 9am. *Pay \$15 at sign up. Please bring an additional \$18 for admission and money for lunch.*

Governor's Mansion at Christmas & Festival of Trees

Thursday, December 6th

Guided tour of the holiday decorated Governor's Mansion. Lunch at Albany Pump Station. After lunch swing by the Schenectady Festival of Trees. We leave the Center at 9:45am. *Pay \$10 at sign up. Please bring \$6 for admission to the festival of trees and additional money for lunch and shopping. Bring Photo ID.*

Silver Foxes

Thursday, December 13th

Join the men's lunch group and head to Skidmore Dining Hall for lunch. We leave the Center at 11:45am. *Pay \$2 at sign up. Please bring additional money for lunch.*

Proctor's Organ Concert with Greg Klingler - "Christmas Favorites"

Tuesday, December 18th

Get in the holiday spirit with Greg Klingler as he performs all you Christmas favorites. Lunch following the performance at Water's Edge Lighthouse. We leave the Center at 10:45am. *Pay \$10 at sign up. Please bring additional money for lunch.*

Holiday Lights in the Park

Wednesday, December 19th

The 22nd Annual Price Chopper/Market 32 Capital Holiday Lights in the Park is an all-new, drive-through spectacular with more than 125 displays and scenes in Albany's Washington Park. We leave the Center at 5:15pm. *Pay \$15 at sign up. Please bring additional money for snacks and shopping.*

Lunch Bunch – Raindancer Restaurant

Thursday, December 27th

Enjoy lunch at the iconic traditional American restaurant in Amsterdam. After lunch stop at Waterwheel Village Country Store for here amazing cheese and an excellent selection of craft beers, old fashion candy more. We leave the Center at 11am. *Pay \$10 at sign up. Please bring additional money for lunch and shopping.*

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. Money is due at sign-up for all trips.

For administrative purposes and implementation of trips there are several new van policies the agency has put in place.

- Restaurants will now be automatically adding 18% gratuity to the checks. You can always leave more gratuity if you wish.
- Van trips will need a minimum of 6 attendees to go.
- We cannot guarantee which van will be used on a trip.
- There will be no refunds for van or bus trips unless the Center cancels the trip.

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.



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TRIPS & EXCURSIONS

(Money due at sign-up)

EXCURSIONS COMING IN 2019!

Collette Tours, Open to the Public)

America's Cowboy Country

May 26th-June 2nd, 2019 (\$3,799, double)

Trip Highlights: National Museum of Wildlife Art, Grand Tetons, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Crazy Horse Memorial, Mt. Rushmore, and Badlands National Park.

Discover Switzerland, Austria, & Bavaria

July 25th-August 3rd, 2019 (\$3,999, double)

Trip Highlights: Bern, Chateau de Chillon, Montreaux, GoldenPass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, and Oberammergau.

River Cruise - Magical Rhine and Moselle:

September 16th-25th, 2019 (\$4,799)

Trip Highlights: Amsterdam, Cologne, Moselle River, Cochem, Wine Tasting, Koblenz, Rudesheim, Siegfried's Mechanical Music Museum, Mannheim, Speyer, Strasbourg, and Titisee.

Spain and Portugal

October 23rd-November 5th, 2019 (\$4,999, double)

Trip Highlights: Explore Spain & Portugal's priceless treasures of art, history and culture, set against a backdrop that spans sunny Mediterranean shores and grand mountain ranges.

New! Morocco & Spain

November 2nd-14th, 2019 (\$4499, double)

Trip Highlights: Madrid, Cordoba, Royal Alcazar of Seville, Flamenco Show, Jerez de la Frontera, Tangier, Chefchaouen, Fes, Mausolaum of Mohammed V, MArrakech, ElBahia Palace, Koutoubia Mosque and more.

London and Paris

November 6th-13th, 2019 (\$3,499, double)

Trip Highlights: Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and Seine River Cruise.

Spotlight on San Antonio Holiday

December 5th-9th, 2019 (\$2,109)

Trip Highlights: Mission San Jose, The Alamo, LBJ Ranch, Fredericksburg, Choice of South Texas Heritage Center or San Antonio Botanical Gardens, El Mercado, & Paseo del Rio Cruise.



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THE SEASON OF GIVING

- All members will receive our Annual Appeal mailing. Each and every donation makes a difference to YOUR Saratoga Senior Center's ability to fulfill its mission as a resource in the Saratoga County area for Seniors.
- Do you shop on AMAZON? If so, you can use AMAZON SMILE and click on the Saratoga Senior Center, a portion of sales gets donated back to YOUR center!
- Purchase your Hoffman Car Wash tickets at the front desk, a portion gets donated to YOUR Senior Center. \$10 each.

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	9-12: Watercolor	9:30-2: Rug Hooking (\$5)	8:30-9:30: Osteo 3	10-11:15: Yoga (\$10)
9:00: Walking Club	10-11:15: Gentle Yoga (\$10)	10:00: Reminiscing	9-11: Tarot Card Readings (last Thursday)	10-12: Ceramics & Sculpture (\$20)
9:30-11:30: Ceramics & Sculpture (\$20)	11:30-12:15: Aerobics (\$10)	10:00: Snowshoeing	9-12: Mosaics (\$20)	10-12: Poker
10-10:45: Zumba MVP Gold (9/17 through 12/3/18)	12: Men's Barber (\$5 per service)	10:00: Ukulele Jam	9-12: Fused Glass (\$10/class)	12-4: Ceramics & Soapstone Carving Lab
10-11: Osteo	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	10-12: Knit & Crochet	10-11: Osteo	12:30-1:30: Swinging Singing Seniors
11-12:30: Gentle/Chair Yoga (\$10)	1-4pm Ping Pong and Pool	11-10-12: Zumba Gold (\$2)	10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday)	12:30: Social "Souper" (Please see schedule in newsletter for details)
12:30-4: Bridge	1:30-2:15: Pilates (\$10)	12:30-2:30: Wii Bowling	11:30-12:15: Aerobics (\$10)	1:30: Movies/Presentation/Social
1:30-3: Painting (\$10)	3-4: Book Club (last Tuesday)	1:00: Strength w/Aidan (\$2)	12:30-4: Canasta, Rummy, Mahjong, Pinochle	2-3: Music & Memories and Nostalgia; Skidmore Students
1-4: Canasta		1-4pm Ping Pong and Pool	1-4pm Ping Pong and Pool	1:30-3:45: Reiki (Dec 7th. Sign-up required. Members only, \$2)
1-2: Chit Chat		2:15: Tai Chi (\$10)		
		3:00: Embury Class (One Wednesday a Month)		

REOCCURRING MONTHLY EVENTS

Tai Chi

Wednesdays from 2:15 - 3:15pm

Chuck Loboskey is currently a Tai Chi instructor at the YMCA. He is certified in Tai Chi for Arthritis and Chair Tai Chi. \$10 for the month.

Legal Assistance

Thursday, December 6th, 1:30pm

Call Office For the Aging at 884-4100 for an appt.

Tarot Card Readings

See you in January!

Get your fortune read by the amazing Mary Shimp! \$5 suggested donation.

Join Our Book Club:

Tuesday, December 18th, 3pm

"Celine" by Peter Heller

9 Miles East:

Wednesdays, 10:55am - 11:25am

Every week, 9 Miles East Farm brings healthy meals and soups all prepared



with high-quality local and organic ingredients, as well as bags of freshly harvested vegetables and farm eggs available for purchase.

Men's Barber on Board

Every Tuesday, 12:00pm

Dan Brown will be at the Senior Center to cut hair, face shave, mustache and beard trim. *Make your appointment at the front desk. \$5 per service, members only.*

Swinging Singing Seniors with Judith Thomas

Every Friday, 12:30pm - 1:30pm

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. You also have the opportunity to meet with insurance representatives before Open Enrollment to learn about the coverage that meets your needs and your budget. Free and open to the Public.

Computer/Technology Assistance (Skidmore is back)

Available everyday - call the front desk for times.

Reiki

Friday, December 7th, 1:30pm

A Japanese technique for stress reduction and relaxation that also promotes healing. \$2, members only.

Coming Soon! for the Snow Season!

Snow Shoe Club starts Wednesday at 10am and first meeting is December 14th at 11:30am at the Center.

DECEMBER

HAPPY HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Starting December 1st, Bread Basket will be selling Christmas cookies for \$13 Don't miss out on any of our Holiday Events!			
3	4	5	6	7
Trip Sign ups 10-10:45am: MVP Zumba Gold (Last Class of the year) 5:30pm: Annual Board Meeting	9am: Van Trip - Norman Rockwell 1-4pm: Ping Pong and Pool	7:00am: NYC Bus Trip 10:00am: Reminiscing 1-4pm: Ping Pong and Pool	9:45am: Van Trip - Governor Mansion 1:30pm: Legal Assistance 1-4pm: Ping Pong and Pool	12:30pm: "Souper" Social 1:30pm: Reiki 1:30pm: Judith Thomas "concert" 2-3pm: Music & Memories
10	11	12	13	14
	2-4pm: Member Holiday Party 3:30-7pm: "Party, Pampering & Presents"	10:00am: Reminiscing 1-4pm: Ping Pong and Pool 5:30pm: Dinner with Prime	11:45am: Silver Foxes Van Trip 1-4pm: Ping Pong and Pool	12:00pm: NYSERDA, HEAP & CTDTA 12:30pm: "Souper" Social 12:30: Member Meeting 1:30pm: Magician
17	18	19	20	21
	10:45am: Van Trip - Proctor's Organ Concert 1-4pm: Ping Pong and Pool	10:00am: Reminiscing 1-4pm: Ping Pong and Pool 5:15pm: Van Trip - Holiday Lights	10:30am-12pm: Alzheimer's Caregivers Support Group 1-4pm: Ping Pong and Pool	<i>Holiday Festivities at the Center See front page for details</i> 8:30 Breakfast, Sign up 12:30pm: "Souper" Social 3pm: Brain Gym
24	25	26	27	28
Closed at 12:30pm	Center is Closed!	10:00am: Reminiscing 1-4pm Ping Pong and Pool	9-11am: Tarot Card Reading 11am: Van Trip -Lunch Bunch 1-4pm: Ping Pong and Pool	12:30pm: "Souper" Social 1:30pm: Movie
31				
New Year's Eve The Center is Open				