

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

Non Profit,
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Saratoga Senior Center NEWSLETTER

JULY 2019



**EAT IN,
TAKE OUT
OR VALET**

BROOKS BBQ

TUESDAY, JULY 16TH, 4:00pm-6:30pm

Sponsored by Empire BlueCross BlueShield
to benefit the Saratoga Senior Center & Saratoga Children's Theatre

Chicken Dinner: \$12.50

Rib Dinner: \$14.50

All dinners include Baked Potato, Coleslaw, Roll & Butter

- **Pick up or eat in at the Saratoga Senior Center**
- **Bulk Orders Delivery (15 or more):** We will deliver to your office or place of business!
- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!

Call the Center to order now! (518) 584-1621



**No To Go
Dinner on
July 16th**

"TAKE 5" TUESDAY TO GO DINNERS AT THE CENTER

Meals By 5 Points Deli, Sponsored by Aubrey Guri Team

A portion of every dinner sold supports the Center. *\$9.50/dinner.*

Pick up is 4-5:30pm at the Center. Call 518-584-1621 by noon to place your order.

July 2nd	BBQ Pulled Chicken, Coleslaw, Mac-N-Cheese & Roll
July 9th	Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
July 23rd	Manicotti stuffed with Spinach, Roasted Red Peppers and Sweet Sausage and Garlic Bread
July 30th	Meatloaf, Seasoned Potato Wedges, Corn



SPAC TICKETS - SPECIAL MEMBER PRICING!

Have you purchased your SPAC tickets yet? Are you a member of the Center? Get your tickets to the Ballet, Orchestra, Chamber Music and more for ridiculously low prices at the Senior Center Front Desk! Not a member? Join today and take advantage of this member perk and more! One ticket per member per show. Purchase at Front Desk. For information call 518-584-1621.



TRAVEL SLIDESHOW

Wednesday, July 17th, 1:30pm-3:00pm at the Saratoga Senior Center

Explore our excursion to Spectacular South Africa during this trip highlights presentation. *\$50 off for every attendee that puts a deposit down that day. Free and Open to the Public.* See inside for details.

SUMMER HOURS AND CHANGES

- The Saratoga Senior Center will close at 2:30pm on Fridays during July and August.
- There will be no Reiki during the summer - it will resume in September.
- There will be no Aerobics on Tuesday, July 2nd, or Thursday, July 4th, and no Tai Chi on Wednesday, July 3rd.



Hours: Monday-Thursday, 8am-4pm / Tuesdays, 8am-5pm / Friday, 8am-2:30pm
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

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FOOD, FUN & FRIENDS AT THE CENTER

FRIDAY'S AT THE CENTER

Friday Activities sponsored by Saratoga Life

SL

**I SCREAM, YOU SCREAM,
WE ALL SCREAM FOR ICE CREAM!**

Every Friday, 12:30pm-1:00pm

Serving Ice Cream, \$2 per cup

Friday, July 12th, 10:00am, \$2.00

MOVIE - The Upside

with Kevin Hart, Bryan Cranston and Nicole Kidman

Friday, July 19th, 11:30am-12:30pm

Office For the Aging will be here to distribute Farmers' Market coupons. If you have any questions, please contact Office For the Aging at (518) 884-4100.

FARMERS' MARKET

Every Friday, 11:00am-1:00pm

OFA Farmers' Market coupons accepted



LUNCHTIME CONCERT SERIES AT NOON

Every Tuesday, June 4th - July 9th. Free & Open to the Public.

**Rain Location: Saratoga Senior Center*

Tuesday, July 2nd, 12:00pm: The McKrell's

Location - The Saratoga Senior Center

Upcoming Shows!

July 9th: Annie and the Hedonists - at Ben and Jerry's

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.



SILVER SNEAKERS BALANCE BUILDER WORKSHOP

Sponsored by Empire BC/BS
Tuesday, July 9th, 10:00am-11:00am at the Saratoga Senior Center. Free & Open to the Public.

Hosted by Kristina from Silver Sneakers, this workshop will teach you how to build balance, improve strength and increase flexibility! For questions or more information, please call 518.584.1621, ext 203.



NEW! ALZHEIMER'S AT THE CENTER

A local representative from the Alzheimer's Association of Northeastern New York will be at the Saratoga Senior Center on Fridays from 9am-3pm, to meet with individuals and families who need information, referral and support services. Please schedule an appointment with Katie Keary at 518-867-4999, ext. 1680 or KgKeary@alz.org. Coming in August: "Memories in the Making" is a unique fine arts program for people with Alzheimer's disease or other dementias that offers a creative and non-verbal way of communicating and capturing precious moments through art.



HOW TO SUPPORT YOUR SENIOR CENTER

Want to give back to the Center and support our seniors? Here's a list of all the ways you can help!

- **Amazon Smile** - Do you shop on Amazon? A percent of your sales can benefit the Senior Center. Visit smile.amazon.com, login into your Amazon account as usual, and select Senior Citizens Center of Saratoga as your charity. That's it!
- **Hoffman's Car Wash** - For every \$10 car wash ticket you purchase (we sell them here), we get a \$4 donation from Hoffman!
- **Clothing Donations** - For every pound of clothing donations we receive (the blue box in the parking lot), the Center gets a donation!
- **Tuesday To-Go Dinners** - Buy a 5 Points Deli to-go dinner every Tuesday night, pick it up at the Center, and a portion of the proceeds goes to the Center.

A discount for seniors who want the freedom of NO home ownership

Karen Wojcik-Hess Homes

518-366-8141
kwhhomes@gmail.com

KarenGoNY.com

SENIOR SUPPORT SERVICES

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

ADVOCACY, INFORMATION AND REFERRAL

COMMUNITY CONNECTIONS

Supported by Saratoga Hospital, Saratoga OFA and The Wesley Community

Are you a senior over 50 who needs help with friendly visits, transportation, light chores or errands? *We need volunteers to help with this program.*

Call Nicole at 518-584-1621, ext. 206.



TRANSPORTATION

Supported by Stewart's Shops, United Way and Price Chopper's Golub Foundation

Are you looking for rides into the Center? Rides are available Monday - Friday to the Center. *\$2 Saratoga City residents/ \$5 non-city residents.* Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper.

Call Nicole at 518-584-1621, ext. 206.



FRESH PRODUCE

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays after 11am. Everyone must check in on the Pastry and Produce button on the computer. Bring your own bags.

FOOD ASSISTANCE

The Senior Center is partnering with the Elks and local food pantries to get food to you if you can't get to them. Call Nicole at 518-584-1621, ext. 206.

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GROUPS & GATHERINGS

New Time! GETTING BETTER WITH AGE!
"the things wisdom didn't tell me"



Sponsored by Herzog Law

11:00-12:00, Thursdays Free

Ever asked yourself "Now what?" "What's next?". Come join our new group to find out! Through informative, interactive discussion groups, we will explore coping skills and tools to help with the challenges of aging.

Reminiscing: Wednesdays from 10-11am
Sponsored by Home of the Good Shepherd



Meet a new friend & talk about the good ole' days!

Chit Chat: Mondays from 1-2pm

Join us for a fun hour of chit chat, laughs and snacks.

"Silver Foxes" Second Thursday of every month at 11:45am

Join the Silver Foxes Men's Lunch Group at Skidmore Dining Hall for good food, camaraderie and laughs.

Music, Memories & Nostalgia: Thursdays from 1-2pm

Love music?! Join us for an hour of music that will trigger memories and transport you back in time.

Alzheimer's Caregiver Support Group
Sponsored by Home Helpers



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

Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance you need. *Free and open to the public.*

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2019 VAN TRIPS

(Members Only)

Silver Foxes

Thursday, July 11th

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.

Lunch Bunch - Algonquin Restaurant on Lake George and Shopping in Bolton Landing

Thursday, July 18th

Take in the breath-taking views while dining on great salads, sandwiches, and burgers. The "A" is famous for the "Fish Point" and the "Hens and Chicken." Then stroll through the quaint village of Bolton Landing to do some shopping or have some ice cream! Pay \$10 at sign up. Please bring additional money for lunch and shopping. Leave at 10:30am.

The Clark, Renoir: The Body. The Senses

Tuesday, July 23rd

Over the course of his long career, Renoir continually turned to the human figure for artistic inspiration. The body—particularly the nude—was the defining subject of Renoir's artistic practice. One hundred years after his death, Renoir still courts controversy. Visit the many other exhibits on your own. Have lunch at the Clark's Cafe 7. This is not a docent guided tour. Pay \$35 at sign up. Please bring additional money for lunch. Leave at 8:30am.

Islands of the Narrows Cruise on Lake George

Thursday, July 25th

Take a leisurely 14-mile afternoon trip through the many Islands of Lake George. The area called The Narrows, is easily the most scenic, peaceful, calming and beautiful spot on the entire lake. No roads line the water's edge and it is easy to imagine life here hundreds of years ago. See for yourself why Lake George is called the "Queen of American Lakes". Pay \$36 at sign up. Please bring additional money for lunch & snacks. Leave the Center at 12:45pm.

The Wild Center at Tupper Lake

Tuesday, July 30th

We'll be taking a Wild Walk up a trail of bridges to the treetops of the Adirondack forest. This walk is designed to transform the way we see into the natural world by offering up the perspective of the rest of nature. This trip is accessible or all ages and abilities. Lunch will be on site at The Waterside Cafe. Pay \$15 at sign up. Please bring \$20 for admission & additional money for lunch. Leave the Center at 8:15am.

Lake George Youth Theater Presents: "Mama Mia"

Thursday, August 1st

Set in the Greek islands, Donna is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day. Set to the music of ABBA. Pay \$22 at sign up, includes van, & admission. Leave at 11:45am.

A day-long Adirondacks Photography Trip with Dale Willman. For early risers!

Thursday, August 15th

Get your cameras ready! Start with sunrise photos on the shores of Lake George, breakfast at the Sagamore. Continue to Up Yonda Farm, Chapel Pond. Lunch at Noonmark Diner. Pay \$15 at sign up. Please bring additional money for breakfast, lunch & ice cream! Leave at 5:30am, return about 4:30pm.

Proctors and Capital Rep for 2020 / Tickets on Sale now!

- Fiddler on the Roof at Proctors
Thursday, February 20, 2020, 1:30pm, \$66 due at sign up
- Cats! at Proctors
Thursday, April 30, 2020, 1:30pm, \$66 due at sign up
- Sister Act! at Capital Rep
Wednesday, August 5, 2020, 2:00pm, \$63 due at sign up

MULTI DAY BUS TRIPS 2019!

(Diamond Tours, Open to the Public)

Canadian Island of Coudres - Quebec Bus Tour

A valid US passport or passport card required.

September 24-29, 2019 \$849 double occupancy

6 days / 5 nights: 11 meals - 5 Breakfasts / 1 Lunch / 5 Dinners

A well kept secret nestled between the Saint Lawrence River and the Laurentian Mountains; relax and rejuvenate in this little oasis during your three night stay. Trip Highlights: The Amazing Island of Coudres, Guided Tour of Quebec City, Whale Watching. Deadline for sign-ups: July 17, 2019.

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TRIPS & EXCURSIONS

EXCURSIONS

Collette Tours, Open to the Public

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.

Morocco & Spain

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

Highlights: Madrid, Cordoba, Royal Alcazar of Seville, Jerez de la Frontera, Tangier, Chefchaouen, Mausolaum of Mohammed V, Marrakech, ElBahia Palace, Koutoubia Mosque.

London and Paris

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

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 double)

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.

Discover Spectacular South Africa Culture & Nature in Harmony

March 19th-31st, 2020 (\$5,199 double)

South Africa's cosmopolitan cities, posh resorts, expansive desert, magnificent wildlife and fertile wine country combine with a harmonious mix of many cultures to create a beautiful mosaic to discover on this fascinating tour.

Informational Slideshow - Wed., July 17th, 1:30-3pm

Shades of Ireland

May 16th-25th, 2020 (\$4,099 double)

From vibrant and history-filled Dublin, across rolling green hills to the dramatic coast, experience all of Ireland's charm on this magical tour of the Emerald Isle. Live like royalty during an overnight stay on the grounds of a castle. Visit Waterford, Ireland's oldest city. See the Atlantic from the stunning 700-foot Cliffs of Moher and the beauty of the Ring of Kerry. Journey to historic Blarney Castle, lean back and kiss its famous stone!

Informational Slideshow - Wed., Oct. 16th, 1:30-3pm

MORE 2020 TRIPS - Details coming soon

Discover Scotland

Spotlight on Sante Fe Holiday

Discover the South Pacific Wonders Australia and New Zealand

November 3rd-17th, 2020 (\$6,999 double)

Explore two great countries in the Southern Hemisphere – Australia and New Zealand. From the tropical splendor of the Great Barrier Reef on Australia's northeast coast to the ethereal beauty of glacial fjords on New Zealand's South Island and Maori cultural and geothermal wonders on New Zealand's North Island, this journey to the lands "Down Under" brings you the best of both countries at an enjoyable pace.

Informational Slideshow - Wed., Dec. 4th, 1:30-3pm

ONE DAY BUS TRIPS 2019!

Subsidized by Adirondack Trust Co. Community Fund

Lake Placid

Sponsored by Empire BlueCross BlueShield
Tuesday, July 9, 2019

Cost is \$28/Members, \$53/Non-Members

A visit to Lake Placid is a complete experience. Downtown there are art galleries to explore, spas to pamper yourself in, and a wide range of restaurants to dine. Don't forget about the beauty of Mirror Lake and Lake Placid. Optional boat cruise on Lake Placid for \$16.50, limited seats.

Culinary Institute of America (CIA)

Sponsored by Saratoga Life - Medicare Products
Wednesday, September 11, 2019

Cost is \$90/Members, \$115/Non-Members

A tour of the famous Culinary Institute of America, followed by a set-menu lunch at American Bounty restaurant. End the day with a tour and tasting at Brotherhood Winery.

Salem, Massachusetts - Sponsored by CDPHP
Thursday, October 17, 2019

Cost is \$45/Members, \$70/Non-Member

Historic Salem is a city of layers—one historical era layered upon another. But don't forget to explore the witchy side of Salem too! Optional hop on/hop off trolley is an additional \$18. Sign up for trolley with trip signup.

New York City Trip: Bryant Park - Sponsored by CDPHP
Wednesday, December 4, 2019

Cost is \$42/Members, \$67/Non-Member

Celebrate Christmas in NYC! We'll get you to the city and then you're on your own to explore the big apple!

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.

- There are no refunds for van or bus trips unless canceled by the Center.

WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged
 **Prices listed are per month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Healthy Bones 9:00: Walking Club (\$5) 9:30-11:30: Clay Arts (\$20) 10-10:45: Zumba MVP Gold (6/17-7/29) 10-11: Healthy Bones 11-12:30: Gentle/Chair Yoga (\$10) 12:30-4: Bridge (\$5) 1-2: Chit Chat 1-4: Canasta (\$2) 1:30-3: Painting (\$10)	Time TBD: Golf League 9-10:30: Watercolor Lab 10-11:15: Gentle Yoga (\$10) 11:30-12:15: Aerobics (\$10) - no aerobics on July 2nd 1-2:30: Soapstone and Alabaster Carving (\$10/\$25) 1-4: Ping Pong and Pool 1:30-2:15: Pilates (\$10) 3-4: Book Club (last Tuesday)	9:30-2: Rug Hooking (\$5) 10:00: Reminiscing 10:00: Ukulele Jam 10-12: Knit & Crochet 11:30: Biking 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan (\$2) 1-4: Ping Pong and Pool 2:15: Tai Chi (\$5 - new price) no Tai Chi on July 3rd	8:30-9:30: Healthy Bones 9-11: Tarot Cards (last Thursday) 9-12: Mosaics (\$20) 9-12: Fused Glass (\$10/class) 10-11: Healthy Bones 10:30-12: Alzheimer Support Group (3rd Thursday) 11-12: Getting Better with Age 11:30-12:15: Aerobics (\$10) 12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2) 1-2: Music, Memories 1-4: Ping Pong and Pool	9-3: Alzheimer Office Hours 10-12: Clay Arts (\$20) 10:00: "Fridays at the Center" Movies/Presentation/Social 10-12: Poker (\$2) 11-1: Farmers' Market 12-2:30: Artist Lab 12:30: Cafe - Ice Cream \$2 per cup 1:00: Mexican Train Dominoes (4th Friday)



Thank you to CDPHP for sponsoring our Health and Wellness classes.



Thank you to Herzog Law for sponsoring our Arts and Crafts classes.

REOCCURRING MONTHLY EVENTS

Tarot Card Readings

Thursday, July 25, 9am-11am. Sign up!

Card reading by Mary Shimp! \$5 suggested donation

Book Club - New Members Welcome:

Tuesday, July 30th, 3:00pm

"Waiting for Eden" by Elliot Ackerman. This is a classic triangle story of love and friendship, a ghost story, a captivity narrative and a study of human endurance and suffering.

Biking Group

Wednesdays at 11:30am

Led by Ginny & Steve. Biking for all levels. Most biking is done in the Saratoga State Park. Call the front desk to sign up and get further information.

Computer/Technology Assistance

Call the front desk for an appointment.

Smartphone Skills for Seniors

Friday, 9-10am (2nd Friday of month)

Shrink the technology gap! Join IT specialist Damian Redman for tips and personalized assistance for your iPhone, iPad, or Android device.

Golf League

Tuesday morning Tee Times (time TBD)

Play a friendly round of golf at the Spa State Park.

Please sign up at the Front Desk.

SARATOGA COUNTY OFFICE FOR THE AGING PROGRAMS:

Lunch: Served Daily in our Dining Room
 For menu information, please call (518) 584-1621 ext. 205 or (518) 884-4100 or visit www.saratogacountyny.gov.

Healthy Bones for Life - Exercise Class (formerly Osteo)

Monday: 8:30-9:30am and 10-11:00am
 Thursday: 8:30-9:30am and 10-11:00am
 Sign up at Office for the Aging, (518) 884-4100.

JULY 2019

Thank you to United Healthcare for sponsoring our Social Activities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00am-10:45am: MVP Zumba	2 11:00am: Fresh Produce 12:00pm: Music at Noon: "The McKrells" at the Center 4:00pm: 5 Points To Go Dinner	3		5 9-2:30pm: Alzheimer Office Hours 11am-12:30pm: Farmers' Market <i>The Center closes at 12:30pm</i>
8 10:00am-10:45am: MVP Zumba	9 BUS TRIP: Lake Placid 10am: Balance Builder Workshop 11:00am: Fresh Produce 12pm: Music at Noon: "Annie and the Hedonists" at the Ben & Jerry's 4:00pm: 5 Points To Go Dinner	10	11 11:45am: Van trip - Silver Foxes	12 9-2:30pm: Alzheimer Office Hours 9:00-10:00am: Smartphone Skills with Damian 11am-1:00pm: Farmers' Market 12:30pm-1:00pm: Ice Cream <i>The Center closes at 2:30pm</i>
15 10:00am-10:45am: MVP Zumba	16 11:00am: Fresh Produce 4pm-6:30pm: BROOKS BBQ	17 1:30pm-3:00pm: Travel Slideshow on South Africa	18 10:30am: Van Trip Lunch Bunch 10:30am-12:00pm: Alzheimer's Support Group	19 9-2:30pm: Alzheimer Office Hours 11am-1:00pm: Farmers' Market 11:30am-12:30pm: Farmers' Market OFA Coupon Distribution 12:30pm-1:00pm: Ice Cream <i>The Center closes at 2:30pm</i>
22 10:00am-10:45am: MVP Zumba	23 8:30am: Van Trip - The Clark 11:00am: Fresh Produce 4:00pm: 5 Points To Go Dinner	24	25 9:00am-11:00am: Tarot Cards 12:45pm: Van Trip - Islands of the Narrows Cruise on Lake George	26 9-2:30pm: Alzheimer Office Hours 11am-1:00pm: Farmers' Market 12:30pm-1:00pm: Ice Cream 1:00pm: Mexican Train Dominoes <i>The Center closes at 2:30pm</i>
29 10:00am-10:45am: MVP Zumba	30 8:15am: Van Trip - The Wild Center at Tupper Lake 11:00am: Fresh Produce 3:00pm: Book Club 4:00pm: 5 Points To Go Dinner	31		