

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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 Saratoga Senior Center
NEWSLETTER
 AUGUST 2019

**THE SARATOGA SENIOR CENTER
IS THE AUGUST PLACE TO BE!**

See special program offerings below and enter our raffle just by participating. Or just try something new!



AUGUST RAFFLE:

Enter to win one of these fantastic prizes! Unlimited entries. Drawing at end of the month.

- One night stay Marriott Courtyard, Clifton Park
- Hand made wooden Saratoga sign / Hand made wooden Coffee sign
- \$25 gift certificate to Briarwood Flower Shoppe, Ballston Spa
- Wooden flower sign
- Insulated picnic wine & cheese tote
- 2020 Senior Center Membership

ENTERING IS EASY!

Either try a new and different class for FREE, attend our Annual Staff Dinner, bring in a non-member / friend, attend the Summer Social, and/or try one of our Social Groups:

- *Chit Chat* - Monday, August 5th, 1-2pm, serving ice cream novelties
- *Reminiscing* - Wednesday, August 14th, 10-11am, serving make your own sundaes
- *Music, Memories & Nostalgia* - Thursday, August 15th, 1-2pm, serving a candy bar buffet
- *Getting Better with Age* - Thursday, August 22nd, 11am-12pm, serving pizza
- *Travel Club* - Friday, August 30th, 11am-12pm, serving pizza.



SUMMER SOCIAL

Friday, August 2nd, 10:00am-12:30pm, Free

- **On Sale Today! SPAC - Food and Wine Festival Grand Tasting Tickets for Sat., October 5th**
Purchase your special member priced tickets for \$75 today! Not a member? Join today and take advantage of this special member perk! See inside for details.
- **10-11am: Music "Hot Club Saratoga with Special Guest - Denis Chang."** Taiwanese-Canadian guitarist Denis Chang's formative years were spent alongside the greatest Gypsy Jazz musicians.
- **11am-12pm: Make your own Sundaes**
- **Games, music and fun!**

Bring a friend
& get a free
entry to the
raffle!



MEET & GREET WITH DONNA BROTHERS, FORMER JOCKEY, NBC SPORTS COMMENTATOR AT OUR ANNUAL STAFF DINNER.

Monday, August 19th, 5:30pm, \$10. Sponsored by Centers Healthcare

Let Us Be Your Chef!

- | | |
|---|--|
| Lawrence - Chilled Beet, Asparagus & Feta Salad | Lois - Sausage & Peppers |
| Joann - Summer Salad | Colleen - Cajun Chicken with Honey Mustard |
| Tawn - Mac & Cheese | Brigitte - Cheesecake Bites |
| Jody - Sausage & Kale Soup | Kris - Texas Sheetcake |
| | And more.... |



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

FRIDAYS AT THE CENTER

Friday Activities sponsored by Saratoga Life

SL

**I SCREAM, YOU SCREAM,
WE ALL SCREAM FOR ICE CREAM!**
Fridays, 12:30-1:00pm, \$2

FARMERS' MARKET
Every Friday, 11:00am-1:00pm
OFA Farmers' Market coupons accepted

**Friday, August 2nd, 10:00am-12:30pm, Free
SUMMER SOCIAL**

- **10:00-11:00am: Music "Hot Club Saratoga with Special Guest - Denis Chang."** Taiwanese-Canadian guitarist Denis Chang's formative years were spent alongside the greatest Gypsy Jazz musicians.
- **11:00am-12:00pm: Make your own Sundaes**
- **SPAC - Food and Wine Festival Grand Tasting Tickets for Saturday, October 5th**
Purchase your special member priced tickets for \$75 today! Not a member? Join today and take advantage of this special member perk!
- **Games, music and fun!**

Bring a friend - get a free entry to the raffle!

**Friday, August 9th, 10:00am, \$2.00
MOVIE - Bohemian Rhapsody**

A chronicle of the rock band Queen, who rose to fame thanks to their revolutionary sound and the theatrics of their front man, the iconic Freddie Mercury.

**Friday, August 16th, 11:00am,
\$2 members / \$4 non-members
LIVE MUSIC - "Hot Club Saratoga with Max O'Rourke."** Sponsored by Empire BlueCross BlueShield
Max is a guitarist and composer, born and raised in Vermont.



**Friday, August 23rd, 9:00am, \$3.00
BREAKFAST & LEARN**

Katie Keary, our representative from the Alzheimer's Association will be here to talk about her new office hours at the Senior Center, services the Alzheimer's Association provides, and upcoming programs. *Presentation only is free.*

**Friday, August 30th, 11:00am-12:00pm
TRAVEL CLUB, serving pizza**

Colby from Collette will be here to talk about our trips for 2020. Take a look at our travel book and pick somewhere you want to go. 2020 trips include:

- Discover Spectacular South Africa
- Discover Panama: The Land Between the Seas
- Shades of Ireland
- Discover the South Pacific Wonders - Australia and New Zealand
- Discover Scotland
- Spotlight on Sante Fe Holiday
- Painted Canyons of the West - Utah's 5 National Parks

SPAC'S FAMOUS FOOD & WINE FEST JUST GOT BETTER!

NEW DATE - OCTOBER 5TH

SPECIAL MEMBER PRICED TICKETS ON SALE AT THE CENTER ON FRIDAY AUGUST 2ND! \$75 SENIOR CENTER MEMBER.

On October 5, SPAC will celebrate the bounty of the region from the Hudson Valley to the Adirondacks with curated gourmet tastings that focus on sustainability, international wine and local distillery and brewery tastings, art and performance by musicians and artists within the community, and more!
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.

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!
- **Charitable Giving** - 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 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.

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

SUPPORTED BY UNITE HEALTHCARE

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays at 10:30am. Please check in on the Pastry & Produce button on the computer.

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.



GROUPS & GATHERINGS

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.

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.*

Alzheimer's Office Hours at the Center

Every Friday from 9-2:30, a local representative from the Alzheimer's Association will be at the Saratoga Senior Center 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 September - Memories in the Making Training.



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2019 VAN TRIPS

(Members Only)

Lake George Youth Theater Presents: "Mama Mia"

Thursday, August 1st

Set in the Greek islands, Donna is preparing for her daughter's wedding. 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.

Rivers Casino

Tuesday, August 6th

Save your change! Go to the casino and play some slots, poker or table games. Also on site is a dining and a spa. Pay \$10 at sign up, includes van. Bring additional money for gaming and lunch. Leave at 8:15am.

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.

Berkshire Botanical Gardens

Tuesday, August 20th

Tuesday is 1/2 price senior day. Enjoy a public guided tour of horticulture and garden design. A "museum of living things," the Garden features dozens of display areas that are educational and highly ornamental, with plant collections emphasizing plants that are native to the Northeast. Have lunch at Pleasant and Main, a hidden cottage restaurant in the gorgeous Berkshires. Pay \$22 at sign up. Please bring additional money for lunch. Leave at 8:30am and return about 4pm.

Old Fort House Museum, Fort Edward

Tuesday, August 13th

Take a trip back through time as you visit the tavern of the 1770s, the living room of the 1830s, the bedroom of the 1850s, and permanent exhibit dedicated to Solomon Northup. On the way stop at Rogers Island Visitors Center see exhibits related to early Native Americans and the Revolutionary War. Lunch at the Anvil Inn. Pay \$10 at sign up, bring \$10 admission (\$5 for each museum plus lunch money. Leave at 10:00am.

Saratoga Race Track: Walking Tour and Breakfast

Thursday, August 22nd

Rise and shine! We will order breakfast sandwiches from 5 Points, go to the track and watch the morning workout. Then we will take a 45 minute walking tour of the historic building. Order breakfast sandwich at sign up. Pay \$10 at sign up. Leave at 7:45 am.

Howe Caverns

Tuesday, August 27th

Enjoy the experience, descending 156 feet below the Earth's surface to explore six million year old caves. Travel through the enormous main cavern, immense galleries and under huge boulders which hang precariously overhead. You will experience the mystique of the River Styx, the wonders of Titan's Temple and The Giant Formation on your journey. Lunch at Grapevine Farms. Pay \$10 at sign up, bring \$22 admission plus lunch money. Leave at 8:30am.

Saratoga Battlefield

Thursday, September 5th

Here in the autumn of 1777 American forces met, defeated and forced a major British army to surrender. This crucial American victory renewed patriots' hopes for independence, secured essential foreign recognition and support, and forever changed the face of the world. Enjoy a tour of the beautiful park & its history with a step on guide. Lunch at Sweet Lou's. Pay \$20 at sign up, bring lunch money. Leave at 9:15am. Must have a minimum of 8 for trip to go.

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. *A few seats still available!*

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TRIPS & EXCURSIONS

EXCURSIONS

Collette Tours, Open to the Public

Morocco & Spain

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

Highlights: Madrid, Cordoba, Royal Alcazar of Seville, Jerez de la Frontera, Tangier, Chefchaouen, Mausoleum 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.

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.

Discover Panama: The Land Between the Seas

April 17th-25th, 2020 (\$3,099 double)

Explore the colors and natural beauty of Panama. Cruise through the canal aboard the Pacific Queen on a partial transit and stay at the Gamboa Rainforest Reserve. Travel via dugout canoe to meet the indigenous Emberá people. Explore bustling local markets. Visit the historic district in Panama City, Casco Viejo, and the Miraflores Locks Visitor Center. Stay in Anton Valley, a community nestled entirely within a volcano crater. Meet the locals and learn about Panamanian folklore and artisan crafts, and the traditional pollera dress.

Informational Slideshow - Wed., Sept. 18th, 1:30pm

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., Sept. 18th, 1:30pm

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

MORE 2020 TRIPS - Details coming soon

Discover Scotland

Spotlight on Sante Fe Holiday

Painted Canyons of the West - Utah's 5 National Parks

ONE DAY BUS TRIPS 2019!

Subsidized by Adirondack Trust Co. Community Fund

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.

Sign up before it is sold out!

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) 10-11: Healthy Bones 11-12:30: Gentle/Chair Yoga (\$10) <i>(no yoga in August)</i> 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) - 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 <i>(last Tuesday)</i>	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 - <i>new price</i>)	8:30-9:30: Healthy Bones 9-11: Tarot Cards <i>(last Thursday)</i> 9-12: Mosaics (\$20) 9-12: Fused Glass (\$10/class) 10-11: Healthy Bones 10:30-12: Alzheimer Support Group <i>(3rd Thursday)</i> 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) time TBD: "Fridays at the Center" Movies/Presentation/Social 10-12: Poker (\$2) 11-1: Farmers' Market 12-2:30: Artist Lab 12:30: Swinging Singing Seniors 12:30: Cafe - Ice Cream \$2 per cup 1:00: Mexican Train Dominoes <i>(4th Friday)</i>



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, August 29, 9am-11am. Sign up!

Card reading by Mary Shimp! \$5 suggested donation

Book Club - New Members Welcome:

Tuesday, August 27th, 3:00pm

"Less" by Andrew Sean Greer.

Biking Group

Wednesdays at 11:30am

Led by Ginny & Steve. Biking for all levels. Call the front desk to sign up and get further information.

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.

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.

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

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.

Legal Assistance

Thursday, August 1st, 1:30pm

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

Non-Medical Care at Home

- Transportation
- Meal Preparation
- Light Housekeeping
- Errands

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AUGUST 2019

Thank you to United Healthcare for sponsoring our Social Activities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tickets on Sale now! Proctors and Capital Rep for 2020. <ul style="list-style-type: none"> Fiddler on the Roof At Proctors Thursday, February 20, 2020, 1:30pm \$66.00 due at sign up Cats! At Proctors Thursday, April 30, 2020, 1:30pm. \$66.00 due at sign up Sister Act! At Capital Rep Wednesday, August 5, 2020, 2:00pm. \$63.00 due at sign up 			1 11:45am: Van trip - "Mama Mia" 1:30pm: Legal Assistance	2 <i>The Center closes at 2:30pm</i> 10-Summer Social - Live Music , ice cream & fun! 11am-1:00pm: Farmers' Market
5 1-2pm: Chit Chat- Try a Class - serving ice cream novelties	6 8:15am: Van trip - Rivers Casino 10:30am: Fresh Produce	7	8	9 <i>The Center closes at 2:30pm</i> 9-10am: Smartphone w/ Damian 10-Movie - "Bohemian Rhapsody" 11am-1:00pm: Farmers' Market 12:30pm-1:00pm: Ice Cream
12	13 10am: Van Trip -Old Fort House1- 10:30am: Fresh Produce	14 10-11am: Reminiscing- Try a Class - serving make your own sundaes	15 5:30am: Van Trip Photo trip 10:30am-12:00pm: Alzheimer's Support Group 1-2pm: Music & Memories- Try a Class - serving candy bar buffet	16 <i>The Center closes at 2:30pm</i> 11am-1:00pm: Farmers' Market 11:00am- Live Music 12:30pm-1:00pm: Ice Cream
19 5:30pm: Annual Staff Dinner - Meet & Greet with Donna Brothers	20 8:30am: Van Trip -Bershire Botanical Gardens 10:30am: Fresh Produce	21	22 7:45am: Van trip - Track Breakfast 11-12: "Getting Better with Age - Try a Class- serving pizza	23 <i>The Center closes at 2:30pm</i> 9am: Breakfast & Learn 11am-1:00pm: Farmers' Market 12:30pm-1:00pm: Ice Creams
26	27 8:30am: Van Trip- Howe Caverns 10:30am: Fresh Produce 3:00pm: Book Club	28	29 9:00am-11:00am: Tarot Cards	30 <i>The Center closes at 2:30pm</i> 11-12: Travel Club- Try a Class - serving pizza 11am-1:00pm: Farmers' Market 12:30pm-1:00pm: Ice Cream