

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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Saratoga Senior Center  
**NEWSLETTER**

OCTOBER 2019

**FUN FRIDAYS ARE BACK!**

Friday Activities sponsored by Saratoga Life  
Serving Soup 12:30pm - 1:00pm, \$2 per cup



**Friday, Oct. 4th,**  
10:00am: MOVIE "Upside" \$2 members

2:00pm, COOKING & TASTING WITH SIOBHAN  
*Free (1st Friday of the month)*

Getting back to basics; reviewing what you eat, how much, when, what you should be eating.

**Friday, Oct. 11th, 1:00pm**  
LIVE MUSIC \$2 members / \$4 non-members

Bonnie Greco - Singing your favorite jazz and easy listening songs

**Friday, Oct. 18th,**  
10:00am: MOVIE "Rocketman" \$2 members  
1:00pm TRAVEL "SHOW & TELL"

Bring in your favorite picture, souvenir or memory from one of your travels to share with the group.

**Friday, Oct. 25th,**  
9:00-11am, Game Day with Students of St. Peter's  
Remember Recess in School! Come on in and play pingpong, pool, giant connect 4, corn hole and more.

1:00pm CITIZENS EMERGENCY PREPAREDNESS

**SUNDAY FUN DAY - Football, Food & Fun!**

Sunday, October 6th, 12:00pm-4:00pm *Free. Please sign up.*

*New Program!* Come to the Center once a month on a Sunday Funday, watch the football game, play pool, corn hole, life sized connect 4, cards and more. We will supply the snacks and you bring the beverage. Join us on a Sunday once a month



**MEDICARE INSURANCE EXPO - "Changes in Medicare 2020"**

Tuesday, Oct. 8th, 9:30-12, *Free. Open to the Public. Sponsored by Clear Captions*

Presented by New York Statewide Senior Action Council and Office for the Aging.  
9:30-10:30 Presentation on Changes in Medicare. 10:30-12:00- Meet with Insurance Representatives:  
Aetna • Blueshield of NENY • CDPHP • Empire Blue Cross • Fidelis • MVP • United Healthcare • Wellcare •



**"TAKE 5" TUESDAY TO GO DINNERS AT THE CENTER**

Meals By 5 Points Deli, Sponsored by Aubrey Guri Team \$9.50/dinner.

Pick up is 4-5:30pm at the Center. Call 518-584-1621 by noon to place your order.  
Oct. 1st Manicotti stuffed w/Spinach, Sausage, Roasted Red Peppers and Garlic Bread  
Oct. 8th Roast Turkey w/Homemade Mashed Potatoes, Stuffing w/Gravy, Cranberry Sauce  
Oct. 15th Shepard's Pie  
Oct. 22nd Spiral Ham, Scalloped Potatoes, Green Beans, Dinner Roll.  
Oct. 29nd Swedish Meatballs over Egg Noodles w/Buttered Carrots



*A portion of every dinner sold supports the Center.*



**Monthly Chef Dinner at the Senior Center**

Sign up, \$12 per person, members only. Sponsored by CDPHP

Tuesday, October 15th, 5:30pm Dinner. Sperry's Restaurant. Menu - Salad, Bolognese  
Monday, October 28th, 5:30pm Dinner. Knights of Columbus - Salad, Lasagna  
Please sign up.



SARATOGA SENIOR CENTER



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

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# WHAT'S NEW AT THE CENTER

## NEW!

### GAMES

*Funded by Lawrence H. Pohl Charitable Fund*

We now have corn hole, giant connect 4, hula hoops to go along with ping pong and pool. Ask at the front desk.

### ROLLING WEIGHT RACK

*Funded by Lawrence H. Pohl Charitable Fund*

YAY! You can now roll your weights from the Kilmer Room to the Strength Class.

### OUTDOOR & MORE - Nature Walks

#### With Skidmore Outdoor Club

Come to Open House, meet with the Club and go for a short walk - 1pm Saturday, September 28.

## NEW CLASSES

### MAHJONG LESSONS

Date to be determined. Mahjong is a strategy game that originated in China. It's similar to rummy, but it's played with tiles instead of cards. Here's your chance to learn!

### YOGA WITH JANET

Wednesdays, 8:00-9:30.

Begins October 23rd. October is free.

Janet will guide you through a yoga flow class. This is not a gentle or chair yoga class.

### REIKI IS BACK \$2

#### 2ND THURSDAY OF THE MONTH, 9:30-12:00.

Reiki is a very specific form of energy healing, in which hands are placed just off the body or lightly touching the body, as in "laying on of hands." *Call for appointment.*

## SKIDMORE IS BACK IN THE HOUSE!

The students of Skidmore are in the house. We will have new interns and volunteers. Let's welcome them, invite them to your groups or just to chat. One new program is the Nature Walk Program with the Outdoor Club. There will be more to come!

## HISTORIANS AT THE CENTER - The Reminiscing Group invites you to "Spirits of Sacandaga"

Wednesday Oct. 2nd, 10-11am. *Free and Open to the Public.*

The Sacandaga Valley is steeped in history, but is there something MORE lurking in the serene woods and cool waters? Join Saratoga County Historian Lauren Roberts for bone-chilling ghost stories, from tales of witches and haunted houses, to the spirits of Revolutionary War soldiers!!



## "BREAKFAST & LEARN"

Medicare Open Enrollment presented and sponsored by Empire Blue Cross

Wednesday, Oct. 23rd, 8:30am- breakfast. 9am presentation. \$3.00 for breakfast. Presentation only - free.

Order breakfast sandwiches at sign up,



## "STRATEGIES: PLANNING FOR THE FUTURE, NOW AND IN TIMES OF CRISIS",

Presented by Carrianna Eurillo, Esq., and Global Wealth and Investment Management

Thursday Oct. 24th, 6:00 pm. *Free. Open to the Public.*

Achieve a better understanding of navigating the long-term care continuum as they take a focused look at the sometimes competing issues of estate planning, asset protection, and planning. Whether you are faced with crisis planning, looking to create a cohesive plan for the future, or somewhere in between, you will take something valuable away from this seminar. Get the latest updates and practical information on legal and financial means of tackling these issue head-on.

## CITIZENS EMERGENCY PREPAREDNESS TRAINING Presented by the NY Army National Guard

Friday Oct. 25th, 1:00 pm. *Free and Open to the Public.*

This training teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. Participants will be advised on how to properly prepare for any disaster, including developing an emergency plan and stocking up on emergency supplies.

## AARP SAFE DRIVING PRESENTED BY ALLAN MILLER

Tuesday, October 29th, 9:00am-3:00pm

\$20 AARP member/\$25 non member.

Checks made out to AARP. Must have valid NYS drivers license. AARP member number required at sign up, bring AARP membership card to the class. Bring your lunch.

## COMING IN NOVEMBER -

- Veteran's Day Celebration, Friday, Nov. 8th. Gary Ferris presents a Vietnam Era Radio Sho
- Brooks BBQ - Nothing like the smell of a good BBQ to warm you up on a cold night! Tuesday, Nov., 19, 3:30-6pm
- Volunteer Appreciation Lunch - We love our volunteers and want to have a special luncheon honoring you. Date TBD

## 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 UNITED HEALTHCARE

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays at 10:00am. 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.

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### 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 9-3:30, 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](mailto:KgKeary@alz.org).

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## 2019 VAN TRIPS

(Members Only)

### Sights of Cambridge, NY Thursday, October 10th

Enjoy a scenic ride to Cambridge. 1st stop - Battenkill Bookstore, a bright, airy, place that makes you want to grab a seat by the window and start your book right away. Grab lunch at the Round House Bakery, an awesome food experience, with many locally obtained ingredients, amazing coffee, baked goods made with love. On the way home take a tour of New Skete, see the breathtaking churches, the extensive gardens and waterfall feature, learn about its history, art and culture. Have a slice of cheesecake. Stop by the Nuns and purchase cheesecake to take home. *Pay \$16 at sign up. Leave the Center at 9am.*

### NY Giants Football Game Sunday, October 20th 1:00 PM Game



Join us for a trip to Giants Stadium to watch the NY Giants play against the Arizona Cardinals. Have a tailgate party prior to the big game. Bring your own favorite beverage and additional money for stadium snacks. Dress accordingly. *Pay \$190 at sign up, includes ticket, parking, van, food and bottled water. Leave the Center at 6:30am.*

### Ice Hockey Action Wednesday, October 23rd 7:00 PM Game



Watch the Adirondack Thunder (affiliate of NJ Devils) play the Maine Mariners in Glens Falls. This is a night game. Must sign up by Friday October 11. *Pay \$30 at sign up, bring spending money. Leave at 5:15pm.*

### Patrick Tobin sings "Sinatra" at Albany JCC Thursday, October 24th

*Must sign up by September 30th*  
Singing professionally since 1996, Patrick is a critically acclaimed Frank Sinatra tribute artist. He has performed with the Springfield Symphony Orchestra and in the Tropicana Hotel and Resorts in Atlantic City and more. He is known for his laid back style and love of having fun with the audience. *Pay \$22 at sign up. Leave at 12:15pm.*

### Saratoga Casino Saratoga Tuesday, October 29th

Save your pennies and quarters! The slot machines are calling your name! The Saratoga Casino is the place for over 1,700 exciting slots and electronic table games. Enjoy lunch at the Garden Buffet. *Pay \$2 at sign up. Please bring additional money for lunch. Leave at 9:30am and return about 2pm.*

### Lunch Bunch Thursday, October 31st

Steininger's - A very special restaurant in Salem, New York with a Fine European Chocolate Shop inside. *Pay \$10 at sign up. Please bring additional money for lunch and delicious chocolate treats! Leave the Center at 10:30am.*

### Proctors and Capital Rep Show Tickets on sale now!

- 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



### 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.

### ONE DAY BUS TRIPS 2019!

Subsidized by Adirondack Trust Co. Community Fund  
Open to the Public

### 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!

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# TRIPS & EXCURSIONS

## EXCURSIONS 2020

Collette Tours, Open to the Public

### Discover Spectacular South Africa Culture & Nature in Harmony

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

Tap into South Africa's harmonious mix of cultures, cosmopolitan cities, magnificent wildlife and fertile wine country.

### Discover Panama: The Land Between the Seas

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

Between the Atlantic and Pacific oceans lies Panama, a country where bustling cities surround Spanish ruins, and rainforests cradle luxury resorts.

### Shades of Ireland

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

Set out on our most popular Irish adventure. Experience all of the charms of this enchanted country, including its welcoming people.

### Discover South Dakota

featuring Mount Rushmore & The Badlands

June 5th-11th, 2020 (\$2,599 double)

Discover the spirit of the American West and come to know the legends of the past.

### Discover Mackinac Island

featuring the Grand Hotel & Chicago

July 10th-17th, 2020 (\$3,599 double)

This classic Midwestern destination tour features Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island.

### The Azores

Jewels of Portugal

August 21st -30th, 2020 (\$4,599 double)

Enter an untouched paradise on an adventure through the Azores, the archipelago gems of Portugal.

### Painted Canyons of the West

Featuring Utah's Five National Parks

September 13-21, 2020, (\$3,649 double)

Explore the kaleidoscope of colors that is America's stunning canyon lands, on a journey that takes you across Utah's scenic byways and beyond.

### Discover Scotland

September 28th-October 7th, 2020 (\$4,049 double)

From rugged sea-sprayed islands to stately castles drenched in history, Scotland's treasures never fail to amazing visitors. *Informational Slideshow - Nov., 13th, 1:30pm*

### Croatia & its Islands

Small Ship Cruising on the Adriatic Coast

October 13th-24th, 2020 (\$4,999 double)

From medieval architecture to ethereal waterfalls, coast along the sparkling Adriatic Sea and experience the best of Croatia.

### Discover the South Pacific Wonders Australia and New Zealand

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

From the tropical splendor of the Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of two amazing countries.

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

### MORE 2020 TRIPS - Details coming soon

Spotlight on Sante Fe Holiday -

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

### MULTI DAY BUS TRIPS 2020!

(Diamond Tours, Open to the Public)

### Mystic, Foxwoods & Newport

June 14-16, 2020 \$345 double occupancy

3 days/2 nights. 4 meals - 2 Breakfast/2 Dinners.

This trip combines stately New England beauty with resort excitement! Your group will stay at the Two Trees Inn at Foxwoods - a quintessential country inn complete with a restaurant, bar and heated indoor pool. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

### Charleston, South Carolina

September 13-19, 2020 \$920 double occupancy

7 days /6 nights: 10 meals - 6 Breakfasts/4 Dinners  
Historic Charleston is bursting with Southern charm and hospitality. The city feels a bit like it's suspended in time, thanks to its antebellum architecture and surrounding plantation landscapes.

### ONE DAY BUS TRIPS 2020!

(Diamond Tours, Open to the Public)

### Where Do You Want To Go?!

Looking for 1 Day Bus Trip ideas!

Leave your ideas/suggestions in the box where Colleen's desk is. The trips need to be within 4 hours of the Senior Center.



Saratoga Life

Ask me about

MEDICARE!

518-879-8958

# 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	9-10:30: Watercolor Lab	NEW! 8-9:30: Yoga with Janet(\$10) Starts 10/23	8:30-9:30: Healthy Bones	9-3: Alzheimer Office Hours
9:30: Walking Club (\$5)	10-11:15: Gentle Yoga (\$10)	Janet(\$10) Starts 10/23	9-11: Tarot Cards (last Thursday)	10-12: Clay Arts (\$20)
9:30-11:30: Clay Arts (\$20)	1000:: Free Produce	9:30-2: Rug Hooking (\$5)	9-12: Mosaics (\$20)	10-12: Poker (\$2)
10-11: Healthy Bones	11:30-12:15: Aerobics (\$10) -	10:00: Reminiscing	9-12: Fused Glass (\$10/class)	12-2:30: Artist Lab
11-11:45: Zumba with Emily (\$2)	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	10:00: Ukulele Jam	9:30-12:30: Reiki (2nd Thurs)	12:30: Cafe - Soup \$2 per cup
11-12:30: Gentle/Chair Yoga (\$10)	1-4: Ping Pong and Pool	10-12: Knit & Crochet	10-11: Healthy Bones	1:00: Mexican Train Dominoes (4th Friday)
12:30-4: Bridge (\$5)	1:30-2:15: Pilates (\$10)	12:30-2: Bingo	10:30-12: Alzheimer Support Group (3rd Thursday)	1:00pm: "Fridays at the Center" Movies/Presentation/Social
1-2: Chit Chat	3-4: Book Club (last Tuesday)	12:30-2:30: Wii Bowling	11-12: Getting Better with Age	
1-4: Canasta (\$2)		1:00: Strength w/Aidan (\$2)	11:30-12:15: Aerobics (\$10)	
1:30-3: Painting (\$10)		1-4 Ping Pong and Pool	12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)	
			1-2: Music, Memories	
			1-4: Ping Pong and Pool	



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, Oct. 31st, 9am-11am. Sign up!

Card reading by Mary Shimp! \$5 suggested donation

### Book Club - New Members Welcome:

Tuesday, Oct. 29th, 3:00pm

"The Bean Trees" by Barb Kingsolver

Tuesday, Nov. 26th, 3:00pm

"The Women In the Castle" by Jessica Shattuck.

### Reiki \$2.00

2nd Thursday of Month, 9:30-12:30

Call the front desk for appointment

### Computer/Technology Assistance

all the front desk for an appointment.

### Smartphone Skills for Seniors

Friday, Oct. 4, 9-10am (2nd Friday of month except October))

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

### Cooking with Siobhan

1st Friday of the month at 2pm. Free.

Learn easy healthy ways to prepare food.

### Saratoga County Office For the Aging

Programs. For information and to sign up, please call (518) 884-4100 .

- Lunch**

Served Daily in our Dining Room

- Healthy Bones for Life - Exercise Class**

Monday: 8:30-9:30am and 10-11:00am

Thursday: 8:30-9:30am and 10-11:00am

- Legal Assistance**

Thursday, October 3rd, 1:30pm

### Fall Harvest Festival at Milton Park

Presented by County Board of Supervisors, Office for the Aging, and The Veterans' Agency. Call 518-884-4996 for details.

**Non-Medical Care at Home**



-  Transportation
-  Meal Preparation
-  Light Housekeeping
-  Errands

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# OCTOBER 2019

Thank you to United Healthcare for sponsoring our Social Activities.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	No Aerobics 4:00pm: 5 Points To Go Dinner	10:00am: Lauren Roberts- Historian	10:00: Progressive House Crawl 1:30pm: Legal Assistance	9-10am: Smartphone w/ Damian 10am: Movie "Upside" 12:30pm-1:00pm: Soup 2:00pm: Cooking w/Siobhan <u>Sun 10/6 - 12-4: Sunday FunDay</u>
7	8	9	10	11
11-11:45am: Zumba with Emily	9:30-12: Medicare Expo 4:00pm: 5 Points To Go Dinner		9am: Van Trip - Cambridge 9:30-12:30: Reiki	12:30pm-1:00pm: Soup 1:00pm: Music
14	15	16	17	18
 The Center is Closed	4:00pm: 5 Points To Go Dinner 5:30pm: Dinner by Sperry's		BUS TRIP: Salem Mass. 10:30am-12:00pm: Alzheimer's Support Group	10am: Movie - "Rocketman" 11am-1:00pm: Empire Blue Shield 12:30pm-1:00pm: Soup 1:00pm: Travel "Show & Tell" <u>Sun 10/20 - Van Trip-Giants Game</u>
21	22	23	24	25
11-11:45am: Zumba with Emily	10:00am: Fresh Produce 4:00pm: 5 Points To Go Dinner	8:30am: Breakfast & Learn NEW! 8-9:30: Yoga with Janet 10:00-12: CDPHP 5:15pm: Van Trip - Hockey Game	12:15pm: Van Trip - Frank Sinatra 6pm: Planning Strategies Presentation	9-11am: Game Day with St. Peter's 12:30pm-1:00pm: Soup 1:00pm: Mexican Train Dominoes 1:00pm: Emergency Preparedness
28	29	30	31	
11-11:45am: Zumba with Emily 5:30pm: Dinner - Knights of Columbus	9am: Van Trip -Casino 9:00-3:00: AARP Driver Safety 11am-1:00: Empire Blue Shield 3:00pm: Book Club 4:00pm: 5 Points To Go Dinner	NEW! 8-9:30: Yoga with Janet	9:00am-11:00am: Tarot Cards 10:30am: Van Trip - Lunch Bunch	