



Music & Mingling Challenges you to



to help keep our senior community safe

SARATOGA SENIOR CENTER



SUPPORT YOUR SENIOR CENTER!

Saratoga Senior Center's 65th Anniversary celebration challenge!

Music & Mingling Challenges you to "SIP FOR SENIORS"

THE CHALLENGE - IT'S EASY TO DO:

1. Video yourself, friends, family "sipping" your favorite beverage - Make it FUN!
2. Post it to social media and tag "@Saratoga Senior Center" (on Instagram, Facebook) & say you DONATED to "@Saratoga Senior Center".
3. Tag 1-3 people to do the same. *SPREAD THE WORD.*
4. **DONATE HERE**
Link: <https://saratogaseniorcenter.org/> and Click DONATE in the top right.

Consider having your "sip" in one of our new insulated wine tumblers!

GET YOURS TODAY!

A portion of every sale supports the Center

Sponsored by Alfred Z. Solomon Charitable Trust

We are now selling branded merchandise to help support the Senior Center! Purchase your Insulated Wine Cup and Koozie Kooler today by calling the front desk at 518.584.1621. Start the summer off ready to take your drinks anywhere!



\$30

Actual size of Koozie Kooler

\$25

Saratoga Senior Center NEWSLETTER

JULY 2020

THE SARATOGA SENIOR CENTER IS BACK - PARTIALLY!

Good news! The Center will be re-opening on a limited basis for in house classes beginning July 6th. We will also be continuing our ZOOM classes for members who are not ready to come to the Center. We will be continuing the \$15 per month unlimited class fee through the summer, whether you do ZOOM or come into the building. This fee applies to everyone. We have grants, underwriting and scholarships for anyone who needs them. We want all of you to participate. These are designated funds for members to take classes and be socially active, so we encourage you to sign up. Please reserve a seat for in-house classes, as seating will be limited. First sign up for July, pay your monthly fee, or call for a scholarship. Then call the front desk to reserve your seat in the in-house classes.

At the Center Class Schedule: (reserve a spot. seating will be limited)

Monday: 9am - Zumba 10am- Ceramics 1pm - Drawing	Wednesday: 9:30am - Mosaics 1pm - Pool
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Protocol for Coming to the Center:

- Must wear a mask - nose and mouth covered while walking around the center. May remove in class.
- Must sanitize hands upon entering
- Attend class only, there is no hanging around.
- Please stay home if not feeling well.
- Please expect a full check-in/checklist/screening upon arrival.

IN MEMORY OF ED KELLEY

The month of June is in memory of Ed Kelley. There is still time to participate in the blood drive.

RED CROSS BLOOD DRIVE



Tuesday, June 30. 12:00 to 6:00 p.m.
at the Saratoga Senior Center
Visit redcrossblood.org to schedule an appointment.

FRESH PRODUCE

WEDNESDAYS, 12-12:30
Sponsored by CDPHP



We are offering Curbside pick-up for produce and bread from 12:00-12:30pm. Please wear masks.

Deliveries available by request.
Schedule with Sydney on Monday and Tuesday by 3PM.
Call 518.584.1621 ext. 206

DO YOU NEED HELP?

The Senior Center is here to provide essential services. If you are a senior in need: Call 518.584.1621 ext. 206 .

- Weekly check in calls
- Fresh produce
- Grocery shopping
- Face Masks
- Free puzzles & books
- Tech assistance with: ZOOM, Facebook, My Active Center & More

JULY SPECIAL EVENTS

Music in the Yard! Live music from some of Saratoga's best musicians in our back yard. Bring your lunch, a chair or stay in your car! Let's welcome summer.



Sponsored by Empire Blue Cross Blue Shield.

- Jay Yager, Chris Dollard, and Bobby Vendetta
Tuesday, July 7th, 12:00pm
- Garland Nelson
Friday, July 10pm, 12:00pm



Donations appreciated!

BROOKS BBQ TUESDAY, JULY 14TH 3:30-6:30pm



Sponsored by CDPHP



To benefit the Saratoga Senior Center!

Chicken Dinner: \$13
Rib Dinner: \$15
Dinners include Baked Potato, Coleslaw, Roll

- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!
- **Curbside Day of Sales** - Forgot to order your dinner! You can come and get your meal day of.
- **Bulk Orders Delivery (15 or more):** We will deliver to your office or place of business!

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

SARATOGA SENIOR CENTER



5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

SUMMER TRANSITIONAL PROGRAMMING

Join our "New Normal" Virtual Class Offerings and Limited In house Classes

Check out our new slate of Zoom and in house classes! Our Skidmore Interns are offering some very exciting classes! Zoom classes will be part of our "new normal" programming. There is a \$15 fee for unlimited monthly classes - Mix & Match Zoom and inhouse. Grants are available for everyone. You can also sign up through "My Active Center" or by calling the front desk.

JULY ZOOM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1pm: Drawing	10:00-11:00: Meditation 11-12:00: Yoga 1-2: Beginning Ballet 2-3: Writing Poetry 3:00-4: Book Club (last Tues of month)	9:00-10: Rug Hooking 11-12:00: Wandering Wed. - Museum Tour (No class 7/1) 1-2: Strength	9:00-10: Stretching 10:00-11:00: French 12-1:00: Cards	9-10: Smartphone Tech 7/10 Apple Tech-Apple Wallet July 17 11-12:00: Brain Corner 12-1: Armchair travel-"Let's Go to Norway" 6/26 No classes 7/3	"Madcap Saturdays" <i>Sponsored by Alfred Z. Solomon Charitable Trust</i> 10:00-11:00: Morning Gossip No classes 7/4

JULY IN HOUSE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Madcap Mondays" <i>Sponsored by Alfred Z. Solomon Charitable Trust</i> 9:00-9:45: Zumba 10-12:00: Clay Arts 1-3: Drawing		9:30-11:30: Mosaics 1-4: Pool			



Thank you CDPHP for sponsoring our Health and Wellness classes.



Thank you Blue Cross Blue Shield for sponsoring our Outdoor Activities.



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

NEW ZOOM CLASSES WITH OUR SKIDMORE INTERNS!

Ballet – Beginning (Will)

A class for the beginner, focused on positions of the arms and legs, ballet vocabulary, and proper alignment. Students will leave the class with a firmer understanding of proper posture, balance, and flexibility.

Poetry Writing - Haiku, Ode, & Beyond. (Will)

This workshop encourages personal discovery & the development of individual poetic "voice" through the use of directed exploration & writing exercises.

Wandering Wednesdays – Virtual Museum Tours (Elizabeth)

"Travel" to a different art museum every week. We will explore exhibits and museums from all over the country. Where we will tour: The National Museum of Women in the Arts, The Albright-Knox, The MoMa, Cooper Hewitt Museum of Design and more.

DO WE HAVE YOUR EMAIL?

It is important that we have your email address through the "new normal". Our weekly eblasts keep you updated on classes and everything new. In efforts to go paperless, our monthly newsletter is being sent through emails to save costs. If we don't have your email please call the front desk.

Stretching (Noah)

Join Noah, a spring board diver, in a stretching routine that will jumpstart your day. Using aspects of yoga, stretching and pilates you will feel stronger and more flexible.

Conversational French (Noah)

Are you a beginner, advanced or in between? Join Skidmore student Noah and others in a fun, casual and informal conversation in French language.

The Morning Tea/Gossip: (Elizabeth & Jackie)

Just like reading a People magazine. Brief introduction and discussion to the celebrity gossip (focusing on non-political). *Hairdresser atmosphere from home!*

Brain Health & Cognitive Aging (Libby)

A look into psychological research and discussions ranging from memory loss to ageism, and from mental health to ways to maintain your brain.



OFFICE FOR THE AGING EVENTS

Farmer's Market Coupons Drive-Thru Event.

At the Saratoga County Fair Grounds
162 Prospect Street, Ballston Spa
518-884-4100
Wed., July 22 1-4pm and Wed., Aug. 19 1-4pm

Thank you to our newsletter sponsors for their continued support!



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