

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

Non Profit ,.  
U.S. POSTAGE PAID  
Permit No. 120

## VAN TRIPS

### Albany Institute of Art

Friday, October 22.

Enjoy a guided tour touching on these current exhibitions: The Wyeths: Three Generations, Fashionable Frocks of the 1920s, Romancing the Rails: Train Travel in the 1920s and 1930s, The Hudson River School: Landscape Paintings from the Albany Institute. Lunch at Albany Pump Station after. Pay \$25 at sign up. Bring additional money for lunch.

### Rivers Casino & Resort Schenectady.

Wednesday, October 20th

Try your luck at the Rivers Casino. Slots, table games, food and more. We leave the Center at 9:00am, return about 4:00pm. Pay \$10 at sign up. Please bring an additional money for lunch and gaming.

### Lunch Bunch - The Log Jam Restaurant and Outlet Shopping.

Monday, October 25th.

The Outlets are the ultimate stop for anyone who loves to shop! All the stores are closely located to one another Work up an appetite shopping. Then head to The Log Jam for comfortable, casual dining - Adirondack style! Enjoy your lunch in a beautiful log cabin with gorgeous stone fireplaces. Leave the Center at 9:30am, return about 3:00 pm. Pay \$10 at sign up. Bring lunch and shopping money.

## SUPPORT YOUR SENIOR CENTER!

- Purchase our branded merchandise- They makes great gifts!
- Make a monetary donation through our website, by phone, or mail in a check.
- Amazon Smiles - Go to smile.amazon.com, select Senior Citizens Center of Saratoga Springs and a percentage of your purchase will be donated by Amazon!
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$10.00. Fifty percent of the sale goes to the Center! **PAPER TICKETS ARE BACK.**
- Clothing Bin - We have blue donation bins in our parking lot. We are paid per pound of clothes!
- Fundraisers - We have many fundraisers that benefit the Center. Watch our eblasts and newsletters.
- Annual Appeal - Look out for your annual appeal letter or make an online donation for the Center!
- Membership - We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. Or purchase a \$25 membership for a senior in need.



# Saratoga Senior Center NEWSLETTER

OCTOBER 2021



## & Medicare Expo Tuesday, October 5th

Sponsored by:



Tuesday October 5th, 10:00am - 1:00pm the Saratoga Senior Center  
**FREE! OPEN TO THE PUBLIC!**

Meet one on one with senior focused specialists, healthcare and Medicare professionals. Live music, presentations and more throughout the day!

11:00am-12:30pm: Hot Dogs and Snacks

- 10am: Medicare Scams presented by Gene Dumlo, NY Statewide Senior Action Council
- 11am: Balance Your Wellness Wheel with Sherri Rose
- Balance Assessment presented by Goodemote Physical Therapy. *Sponsored by Burke Funeral Home*
- 12:30pm: Live Music by Bonnie Grecco. *Sponsored by Saratoga Life*
- Tarot Card Reading
- Fresh Produce from Regional Food Bank
- Healthy Food & Nutrition with Siobhan from Cornell Cooperative Extension
- Individual Balance Assessment with Goodemote Physical Therapy



## OPEN HOUSE! Saturday, October 23rd, 10:00am - 1:00pm

Learn what the Center has to offer, grab a snack, mix and mingle with friends and meet new ones!

*Free and Open to the Public*

- 10:30 Live Music with Rick Bolton and Jackie Dugas
- 12:00 *Live Music with To Be Determined*
- Healthy Food & Nutrition with Siobhan from Cornell Cooperative Extension *And More.....*
- Tech assistance: Cell Phone, Ipad, Kindle, etc.
- Free Stewart's Ice Cream Sundaes
- Membership Specials, Raffles and More.....
- Watch your eblasts for updates

Sponsored by



## Free! CALLING ALL SENIORS! SENIOR FALL FEST! Tuesday, October 26th, 11:00am - 1:00pm

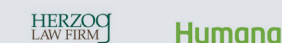
*Please RSVP!*

THE SARATOGA SENIOR CENTER AND THE SARATOGA YMCA  
INVITE YOU FOR A CELEBRATION OF SENIORS AT THE WEST AVE YMCA PAVILION

See all that the Senior Center and the YMCA has to offer the Seniors in our community!

- Live Music with Garland Nelson
- Dancing
- Outdoor Games & Fall Activities
- Free BBQ Lunch
- Cider & Donuts
- Pitney Meadows Farm

Sponsored by



**Call the Saratoga Senior Center to reserve your spot!**  
518-584-1621

SARATOGA SENIOR CENTER



Hours: Monday-Friday 8am-4pm

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

# WHAT'S NEW THIS MONTH! ... adding new programs all the time.

**Bright Cards Memory Program with Donald Ambrose.** Mondays, 11am. Begins October 4th.

Brain Games is back!! The Bright Cards method will provide you with a fun, working and practical way to exercise your brain and improve a means of memorizing facts.



**All Bodies Can - Dance Class** facilitated by Taylor Johnson, Skidmore Intern. Mondays & Tuesdays 9-11am. Begins Sept. 27th. This is a movement class for any person who is willing to move. All bodies can and are able to move in some way, shape, or form. Dancing is good for the body, mind, and soul, no matter the age or mobility.



**Dancing with the Seniors** facilitated by Monica Stoeber. 2pm. The first & 3rd Monday of the month. Begins October 4th.. Come and learn the basic steps of dancing and listen to great music. No experience required. Let's have fun! Monday 10/4 & 10/18. Monday 11/1 & 11/15. Monday 12/6 & 12/20.

**Immune System Booster** facilitated and sponsored by BlueShield of NENY

Tuesday, October 12th. 11am

This year especially, we are all seeking ways to stay healthy and give our immune system a boost during cold and flu season. Join us for a discussion on how we can use food to help us stay strong.



**Tech Fair with Skidmore Students.** Thursday, October 14th. 1- 3 p.m.

Skidmore students will be here to help you with ANY & ALL questions regarding technology!

How to use: E-mail, cell phones, IPADS, Laptops, Kindles and more! Have you always wanted to try ZOOM, Facebook, Instagram, Spotify for music or order groceries for delivery? Here is your chance to learn.



**NABA Low Vision Tech and Wellness Expo.** Tuesday, October 19th. 9-12pm. Free. Open to the Public.

Meet the low vision technology professionals, local community services and NABA rehabilitation staff. Highlighted Presentation Topics: "What Low Vision Is & Today's Treatment", Gregory Pinto, MD Paul Pinto & Blackstone, MDs, & Caring for Vision with Diabetic Retinopathy, Amal Hussain, MD Saratoga Ophthalmology.



**Holiday Wreaths with Marylou.** Tuesday, October 19th. 1pm. \$5 supply fee.

It's that time of year when the holidays are right around the corner! Join Marylou and make your festive fall or winter wreath. Supplies provided. If you have special items you want to put on your wreath, feel free to bring them in. Please sign up!

**Breakfast & Learn - "Discussion About Long Term Care"** facilitated by Renee Birnbauam and Meloni Pratt of Choice Connections. Thursday, October 21st. 10-11am. Please sign up.

Enjoy a continental breakfast and learn all the updated information long term care. Topics include: Understand home care options; cost, levels of care. Understand senior housing; cost, amenities, levels of care. Review funding options available for care. Other care options and resources available in the community.

**Gangsters of Saratoga presented by Greg Veitch.** Friday, October 29th. 11am.

Greg tells the story of gambling, crime and corruption in the Spa City. Tales of bootleggers and shootouts, liquor raids and gambling dens, murder and political payoffs. Touching on such tales of nationally known gangsters like Meyer Lanky, Charles "Lucky" Luciano, Dutch Schultz and their exploits at Saratoga.

## OCTOBER FOOD PROGRAMS

**Free Dine-In Box Lunch Program.** Mondays in October, 12:00. sponsored by Saratoga National Bank Limited amount of lunches. You must sign up in advance each week and dine in at the Senior Center.



**Free BBQ Lunch Under the Tent!** Friday, October 15th. 11:30-12:30.

Hot Dogs, Popcorn and more! Please sign up in advance.

**Free Breakfast - Bagels and Juice!** Wednesday, October 20th. 8:30-10:30.

Thank you to Trackside Grill for the donation of bagels and juice.



Dinners sponsored by Home of the Good Shepherd & Humana.



**Old Bryan Inn Dinner.** Tuesday, October 12th. To Go Option - 3-4:30pm. Dine In Option - 4:30pm. \$11.00 Menu to be determined! Watch your eblast! How can it be anything but delicious!

**Simply Food by Maura.** Tuesday, October 26th. \$11

Roast Turkey Dinner - stuffing, mashed potato, gravy, green beans. To Go dinner only 3-4:30, curbside pick up.

Thank you to our newsletter sponsors for their continued support!



## A plan for life.

Capital District Physicians' Health Plan, Inc.

### The Heart of Senior Home Care Services



INDEPENDENT LIVING | ASSISTED LIVING | LONG TERM CARE  
THERAPY AND REHABILITATION | HOME CARE  
A non-profit organization | 131 Lawrence Street, Saratoga Springs, NY 12866  
518.584.1200 | thewesleycommunity.org



bsneny.com/medicare

BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and Blue Shield Association.



To us, it's personal.

518.580.1042

www.HomeInstead.com/341

- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Errands & Shopping
- Alzheimer's Care
- Respite Care
- Companionship

## Turning 65? Retiring?

You can count on MVP to help you find the right Medicare plan.

Call 1-800-324-3899  
TTY: 1-800-662-1220

Monday-Friday, 8 am-8 pm

Visit [joinMVPmedicare.com](http://joinMVPmedicare.com)



Home of the Good Shepherd Choose a Place Where Excellence is the Standard.

Assisted Living • Enhanced Assisted Living  
Memory Care Assisted Living

Saratoga: 584-3317 • Wilton: 580-0702 • Malta: 581-7600  
Coming soon: Moreau!

- 24 Hour Care, LPN's & RN's on Site
  - Private Suites, Daily Activities, Transportation
  - Customized Care Plans for Each Resident
- www.homeofthegoodshepherd.com

Proud of our healthy relationship



SARATOGA HOSPITAL  
people you trust. care you deserve.

587-3222 \* [SaratogaHospital.org](http://SaratogaHospital.org)

Family is Everything.



Make sure they are taken care of.

HERZOG  
LAW FIRM  
call for a FREE one hour consultation.  
518.465.7581

For all your estate planning needs.

- Estate Planning
- Elder Law
- Nursing Home Planning
- Health Care Proxies
- Special Needs Planning
- Estate Administration

7 Southwoods Blvd.  
Albany, NY 12211

47 West Harrison St.  
Saratoga Springs, NY 12866

688 Aaron Court  
Kingston, NY 12401

www.herzoglaw.com

# The Pines at Glens Falls

Center for Nursing & Rehabilitation



Saratoga Life  
Ask me about

**MEDICARE!**

518-879-8958

# OCTOBER PROGRAMMING

**"HELLO OCTOBER! BRING HAPPINESS TO ALL!"**

**In House & ZOOM Classes, Presentations, Food and More!**

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi	9:00: All Bodies Can <i>(center &amp; zoom)</i>	9:30: Mosaics	10-10:45: Low Impact Cardio & Strength <i>(center &amp; zoom)</i>	9-1: Arts Lab
9:30: Walking Club	9-9:45: SilverSneakers Classic <i>(center &amp; zoom)</i>	9:30-1:00: Rug Hooking	10:00: Ukelele	9-12: Poker
9:00: All Bodies Can <i>(center &amp; zoom)</i>	10:00: Meditation <i>(center &amp; zoom)</i>	10:00: Knit & Crochet	10-2: Tarot Cards <i>(last Thursday of month)</i>	10:00:Healthy Bones
9:30-12:30: Clay Arts	11:30-12:30: Gentle Yoga <i>(center &amp; zoom)</i>	10:15-11: Zumba <i>(center &amp; zoom)</i>	10:00: Regional Foodbank Pickup	10:30: Caregiver Support Group <i>(2nd Fri of month)</i>
9:30: Pitney Meadows	1-4: Pool League	12:30: BINGO	11:00-11:45 Gentle Yoga <i>(center &amp; zoom)</i>	11:00:Music & Memories
10:00: Healthy Bones	3-4: Book Club <i>(see calendar)</i>	1-4: Canasta	12:30: Mahjong	1-4: Pool League
10-11:Chair Yoga <i>(center &amp; zoom)</i>		1-1:45: Strength w/ Aidan <i>(center &amp; zoom)</i>	1-4: Pool League	
11:00:Brain Games		1-4:Pool League	1-4: Pinochle	
12:30: Bridge		2:00 Yoga		
1-2: Chit Chat				
1-4: Pool League				
2:00: Dancing				



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

A plan for life.

**Thank you Blue Shield of Northeastern NY for sponsoring our Outdoor Activities.**



## SPECIAL EVENT SCHEDULE

- Monday 9-12. *(2nd Mon. of month)*. Men's Haircuts
- NEW! Mon & Tues. 9am. All Bodies Can - Dancing.
- NEW! Mon & Fri. 10am. Healthy Bones.
- NEW! Mon. 11am. Memory Games.
- NEW!. Mon. 12:00. Free Box Lunch Program. *See details*
- NEW! 1st & 3rd Mon. 2pm. Beginning Dance
- NEW TIME! Wednesdays. 12:30. Bingo.
- Thursdays*(last Thurs of month)*. 10-2. Tarot Card Reading.
- NEW! 2nd Fri of Mon. 10:30. Caregiver Support Group.
- Tues. Oct. 5th. 10am. Health & Medicare Expo.
- Tues., Oct., 12th. Longfellows Dinner.
- Tues. Oct. 12th. 11am. Immune System Booster Program
- Tues., Oct., 14th. 1-3. Tech Fair with Skidmore.
- Fri., Oct., 15th. 11:30. Lunch & BBQ.
- Tues, Oct. 19th. 9-12.. NABA Low Vision Tech Fair.
- Tues, Oct. 19th. 1pm. Holiday Wreath Making.
- Wed., Oct. 20th. 8:30-10:30. Continental Breakfast.
- Sat. Oct. 23rd. 10am. Open House.
- Thurs., Oct., 21st. 10am. Breakfast & Learn - "Long Term Care Presentation".
- Tues. Oct. 26th. 11am. Senior Center & YMCA Fall Fest.
- Tues., Oct., 26th. 3:00-4:00. Book Club.
- Tues., Oct., 26th. 3-4:30. Turkey Dinner To Go.
- Fri., Oct. 29th. 11am. TBD. Gangsters of Saratoga with Greg Veitch.

**THE SARATOGA SENIOR CENTER WILL BE CLOSED MONDAY OCTOBER 11TH FOR COLUMBUS DAY!**

## BOOK CLUB AT THE CENTER

**Tues., Oct., 26th 3pm. NEW MEMBERS WELCOME!**

**The Story of Arthur Trulove by Elizabeth Berg.**

A moving novel about three people who find their way back from loss and loneliness to a different kind of happiness. Arthur, a widow, meets Maddy, a troubled teenage girl who is avoiding school by hiding out at the cemetery, where Arthur goes every day for lunch to have imaginary conversations with his late wife. The two strike up a friendship that draws them out of isolation. Maddy gives Arthur the name Truluv, for his loving and positive ways. With Arthur's nosy neighbor Lucille, they create a loving and unconventional family.

## TAROT CARD READINGS *facilitated by Mary Shimp*

**Last Thursday of the month. 10-2pm. \$5 donation.**  
Do you have some unanswered questions about your life? A tarot card reading provides guidance to gain an insight into what the future holds. Call to make a 15 minute appointment.

**BARBER AT THE CENTER! \$5 haircuts for men. 2nd Monday of the Month - 9:00-12pm.**

Ryan will be coming to the Center to cut our men members hair. Must call the front desk to make an appointment.

## Thank You for Your Kindness and Support!

Thank you to Pitney Meadows for our delicious fresh produce. Thank you to Skidmore Peer Health educators for Paint n' Sip. Thank you to NY Statewide Senior Action Council for presenting us with important information. Thank you to Key Bank and Skidmore students for the tech assistance! Thank you to Target, Saratoga Casino Hotel Foundation and NYS Caregiving and Respite Coalition for your support. A huge thank you to all our volunteers, you keep our world rockin'!

## WE ARE HERE TO HELP YOU

### Alzheimer's Caregiver Support Group

**10:30am-11:30am, 2nd Friday of every month.**

Begins October 8th. .

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.

**Thank you to New York State Caregiving and Respite Coalition** for the Caregiver respite grant. If you are a caregiver and would be interested in respite assistance from the Saratoga Senior Center, please call Support Services at 518584-1621 ext. 206.

### SENIOR SUPPORT SERVICES ADVOCACY AND INFORMATION REFERRAL

*CALL THE CENTER IF YOU NEED ASSISTANCE*

### FOOD ASSISTANCE

**Supported by BlueShield of NENY**

The Senior Center is partnering with the Regional Food Bank so we can provide Thursday produce available for 11am pick-up at the Center. Home delivery for produce is based on need and volunteer availability. Contact Senior Support Services at ext. 206 to register.

### COMMUNITY CONNECTIONS

Are you a senior over 50 who needs no-contact assistance with grocery shopping, medical transportation, yard work, check-in calls or errands? Contact Senior Support Services at ext. 206. We need volunteers to help with this program!

### TRANSPORTATION

We are providing transportation to medical appointments, shopping, groceries, etc. Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper. Contact Senior Support Services at ext. 206.

### SENIOR LIFE TRANSITIONS

Are you confused and troubled by a worsening health condition or serious illness? Overwhelmed by the complexities of the health system? Wondering how to sort all this out, and what it means for the future? Our new Senior Life Transitions Program may be able to assist you with these challenges: supporting you in transition, helping you plan for possible futures, empowering you to best age-in-place. The program is facilitated by Phil Di Sorbo, our national Board Certified Patient Advocate.

Call Phil at the Saratoga Senior Center to see if Senior Life Transitions may be able to assist you. 518-584-1621 ext.206.

### REGIONAL FOOD BANK

Thurs. 11-12:30. *Sponsored by Blue Shield of NENY*

Fresh produce pickup in the back yard under the tents. Deliveries available by request. Call Senior Support Services. at 518.584.1621 ext. 206.

### FALL RAKING - SUNDAY 10/24.

Call Senior Support Services if you need help with your lawn. Limited spots available, first come first served. 518-584-1621, ext 209

## TRIPS & EXCURSIONS! LET'S GET AWAY!

### FIND THE VAN TRIPS ON THE BACK COVER!

### EXCURSIONS 2022

Tropical Costa Rica. February 19-27, 2022.  
South Pacific Wonders. March 15-April 1, 2022.  
Charleston, Jekyll Island & Savannah. April 25-May 1, 2022.  
Rome & the Amalfi Coast. May 17-26, 2022.  
Netherlands, Belgium & France  
feat. the Floriade Expo. June 4-15, 2022.  
Canadian Rockies & Glacier National Park. July  
California Dreaming. September 19- 26, 2022  
Music Cities Holiday. December 4-11, 2022.



### ONE DAY BUS TRIPS 2021



### BURLINGTON/SHELburne MUSEUM

**Fall Foliage Scenic Trip Sponsored by Blue Shield  
Thursday, October 7th.**

Member price \$60. Non members welcome, please call the front desk.

Compact and beautiful, Burlington is home to a thriving arts scene, museums and educational opportunities, and great shopping.

From weathervanes, quilts and American art to transplanted 1950s-era homes, a railroad station and a fully outfitted steamboat, the Shelburne Museum really does have a little of everything on display. Nearly 40 buildings, filled with various exhibits, span the museum's 45 acres.

### BOSTON - A Day On Your Own in This Amazing City! Thursday, November 18th.

Member Price \$53. Non members welcome, please call the front desk.

Between the beautiful architecture, unique culture, amazing history and delicious food, it's one of the most popular tourist destinations on the East Coast. November is a great time to get unique gifts for the up-coming holidays.

### NEW YORK CITY - A Day On Your Own! Wednesday, December 8th.

Member price \$48. Non members welcome, please call the front desk.

There is no other place quite like New York City; from its world-class museums, art galleries and architecture to its role as the theatre and financial capital of the world. Spend the day on your own and explore the fascinating city. You will be dropped off at Bryant Park (42nd between 5th & 6th).

**All one day bus trips leave from the train station on West Avenue. Our bus trips are open to the public, all ages, any residence. You do not have to be a member.**

We suggest you carry a mask with you when traveling on any of our van and bus trips. We are never sure of a facilities policy as things change all the time.