

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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DO YOUR HOLIDAY SHOPPING AT THE SARATOGA SENIOR CENTER!

Need some gifts for your family and friends? Or maybe you should treat yourself. Purchase some of the Senior Centers branded merchandise and other gifts.

- Insulated Wine Cups - great hostess gift
- Jute Tote Bag - holiday shopping
- Koozie Cooler - snow birds
- Fleece Blanket - warm & cozy
- Saratoga National Logo Titlest Golf Duffle Bags \$100
- Gift Certificates for a Round of Golf at Saratoga National Golf Course. Cart included. Expires November 2022. Limited supply. Call the front desk for details.
- Hoffman Car Wash Tickets

Sponsored by Alfred Z. Solomon Charitable Trust

“GIVE WHERE YOU LIVE” - Creative Ways to Give to the 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 DECEMBER 2021

WELCOME DOTTIE PEPPER!

Book Reading and Signing “Letters To A Future Champion”

Thursday, December 9th. 1:00pm



Dottie Pepper is a native Saratogian and is coming to visit us at the Senior Center. She is the lead walking reporter for CBS Sports' coverage of the PGA Tour, Masters, and PGA Championship. She played 17 years on the LPGA Tour, winning 17 times, including two major championships and one additional win on the JLPGA Tour. She represented the United States six times in the Solheim Cup matches, compiling a 13-5-2 record. Dottie retired from competitive golf in 2004. Since then, she has covered all levels of televised golf, including every major championship, international team events, as well as national amateur championships for ESPN, Golf Channel, NBC, and CBS.

Come meet Dottie! Light refreshments!



HOLIDAY GIVING FROM CDPHP!

FREE PROGRAMS AND ACTIVITIES FOR DECEMBER

Our friends from CDPHP have done it again. In the spirit of the holiday season, CDPHP is covering all members monthly activity fees and special event fees. Perfect time to try something new. *Excludes trips, holiday party and dinners!*

HOLIDAY FESTIVITIES!!

MEMBER HOLIDAY PARTY

**Tuesday, December 14th
1:30pm - 3:30pm. \$5.00. Please RSVP.**

Let's celebrate the holidays together by mixing and mingling while enjoying live entertainment, food and friends!

RSVP required. Call the Front Desk.

- Live music by Michael Panza & Friends.
- Guest appearance by Kelsey Dodd
- Buffet prepared by Prime at Saratoga National
- Holiday Punch with a “punch”

Sponsored by: Blueshield of NENY, Herzog Law



Monday is “Make a Holiday Gift”

- November 29th, December 6th. 2pm. Bead a silver Lenox ornament or create a fully beaded ornament.
- December 6 & 13th. 10-12. Paint a ceramic ornament.
- Create a beaded bracelet. December 13th. 2pm.

Spend the Day!

Friday, December 10th. 1-3pm

- Gift Wrapping *Sponsored by Wellcare* Bring in your gifts. Skidmore students and Wellcare Representatives will wrap for you!
- Live Music with Rick Bolton & Jackie Dugas
- Ice Cream Social

IT'S TIME TO RENEW YOUR 2022 MEMBERSHIP

Please complete the invoice form and return it to the Center by January 1st.

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

Your Senior Center Membership Gives You Access To:

- Baked Goods
- Regional Food Bank Produce
- Pitney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Exercise Classes
- Art Classes
- Cultural Events
- Special Presentations
- Live Music
- Support Groups
- Discounted SPAC tickets
- Dinners - To Go & Dine In
- Trips - local van, 1 day bus and excursions
- Outdoor Games
- Card Games
- Pool Table
- Book Club
- Social Groups
- *and more...*

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.

Tech Fair with Wyre Storm. Tuesday, November 30th. 1- 3 p.m.



Employees of the firm Wyre Storm 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.

Medicare Advantage Information at the Center.

CDPHP Tuesday, Nov., 30th. 1-3pm. Wellcare Wednesday, Dec., 1st. 10-12pm. Medicare open enrollment ends Dec., 7th.

Dancing with the Seniors facilitated by Monica Stoeber. 2pm.

Get your swing on! Learn the basic steps of dancing and listen to great music. No experience required. Let's have fun! Monday 12/6 & 12/20.

Tai Chi. Two chances to practice the ancient art of Tai Chi

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Mondays, 9-10am Tai Chi with Frank. Fridays, 9-10am Silver Sneakers Ener Chi with Shelia

"Discussion About Long Term Care" facilitated by Renee Birnbaum and Melonie Pratt of Choice Connections.

Thursday, December 16th. 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. Healthy snacks provided.

Conversational Spanish

Fridays, 10:15-11am.

Hola! Speaking in Spanish is now being offered at the center! Come and join Skidmore intern, Alejandra, if you would like to learn, practice or just converse in Spanish.



NEW! Bridge Game - Sanctioned Duplicate Bridge

Fridays, 12-4pm. Beginning December 3rd.

Bridge is in the house! Players welcome to join the group. Call the front desk for details.

Office for the Aging Lunches Are Back! Monday - Friday. 12:00.

Participants must be age 60 or older. Participants must sign up at least one day in advance by 12 noon by calling OFA or in person with the meal Site Manager. An individual must have a reservation to be served a congregate meal. Lunch is served at 12 Noon. Call Office for the Aging at 518-884-4100 for details.



DECEMBER FOOD PROGRAMS

Simply Food by Maura. \$11 per dinner.

Tuesday, December 7th. Braised Cabbage with Kielbasa and Bacon. Served with pierogies.

Tuesday, December 21st. Spiral Ham, Scalloped Potatoes and Broccoli.

To Go dinner only 3-4:30, curbside pick up.

Dinners sponsored by Home of the Good Shepherd & Humana.



Hot Holiday Breakfast!

Wednesday, December 29th. 8:30-10:30.

Ring in the new year with friends and food! Eggs, sausage, coffee, pastries. Please Sign Up!



COMING IN 2022!

- New Building
- New Presentations
- Social Events/Dance Parties
- New Classes
- Music
- Dinners
- Senior Center Podcast
- Select Adult Life Long Learning Classes



HAPPY HOLIDAY FROM THE SENIOR CENTER STAFF!

Wishing you a very happy holiday season. We hope that the New Year brings you and your family much happiness and prosperity. We are looking forward to an exciting new year for the Senior Center!

Lois, Colleen, Tawn, Jody, Brigitte, Joann, Kris, Lawrence, Phil, Joe, Drue and Joan!



Thank you to our newsletter sponsors for their continued support!

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LIVE FEARLESS

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SL

Saratoga Life

Ask me about

MEDICARE!

518-879-8958

DECEMBER PROGRAMMING

"LEAVE A LITTLE SPARKLE WHEREVER YOU GO"

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	9-9:45: SilverSneakers	9:30: Mosaics	10-10:45: Low Impact Cardio & Strength	9:30: Clay Arts
9:30: Walking Club	Classic (center & zoom)	9:30-1:00: Rug Hooking	(center & zoom)	9-12: Poker
9:30-12:30: Clay Arts	10:00: Meditation (center & zoom)	10:00: Knit & Crochet	10:00: Ukelele	9-10: Ener Chi
10:00: Healthy Bones		10:15-11: Zumba	10-2: Tarot Cards	10:00: Healthy Bones
10-11: Chair Yoga (center & zoom)	11:30-12:30: Gentle Yoga (center & zoom)	(center & zoom)	(last Thursday of month)	10:15: Spanish
1-2: Chit Chat	1-4: Pool League	1:00: BINGO	11:00: Regional Foodbank Pickup	11:00: Caregiver Support Group
1-4: Pool League	3-4: Book Club	1-4: Canasta	11:00-11:45: Gentle Yoga (center & zoom)	(2nd Fri of month)
2:00: Dancing	(see calendar)	1-1:45: Strength w/Aidan (center & zoom)	12:30: Mahjong	12:00: Bridge
		1-4: Pool League	1-4: Pool League	1-4: Pool League
		2:00: Yoga	1-4: Pinochle	



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.



BlueShield of Northeastern NY

SPECIAL EVENT SCHEDULE

- NEW TIME! Wednesdays. 1:00. Bingo.
- NEW TIME! 2nd Fri of Mon. 11:00. Caregiver Support Group.
- NEW CLASS! Fri., 12pm. Bridge. Sanctioned, duplicate.
- Monday 9-12. (2nd Mon. of month). Men's Haircuts.
- 1st & 3rd Mon. 2pm. Beginning Dance.
- Thursdays (last Thurs of month). 10-2. Tarot Card Reading.
- Mon. Nov. 29th. 2pm. Beaded Ornament Workshop.
- Tues., Nov. 30th. 1-3pm. Tech Fair with Wyre Storm.
- Tues., Nov. 30th. 1-3pm. CDPHP Medicare is at Center.
- Mon., Dec. 1st. 10-12pm. Wellcare Medicare is at Center.
- Mon., Dec. 6th & 13th. 10-12pm. Ceramic Ornament Workshop.
- Tues., Dec. 7th. Dinner To Go
- Mon., Dec. 6th. 2pm. Beaded Ornament Workshop.
- Thurs., Dec. 9th. 1:00pm. Dottie Pepper Book Signing
- Fri., Dec. 10th. 1-3. Gift Wrap, Ice Cream, Sing-a-long.
- Mon., Dec. 13th. 2pm. Beading Workshop.
- Tues., Dec., 14th. 1:30-3:30. Holiday Party.
- Thurs., Dec., 16th. 11am. "Long Term Care Presentation".
- Tues., Dec. 21st. Dinner To Go
- Tues., Dec., 28th. 3:00-4:00. Book Club.
- Wed., Dec. 29th. 8:30-10:30. Holiday Breakfast.
- Thurs., Dec. 30th. 10-2. Tarot Card Readings.

The Saratoga Senior Center will be
CLOSED
Thursday, November 25th & 26th
and
Friday December 24th & 31st

BOOK CLUB AT THE CENTER

"Lady in the Lake" by Laura Lippman

Tues., Dec., 28th 3pm. **NEW MEMBERS WELCOME!**

In 1966, Baltimore is a city of secrets that everyone seems to know—except Maddie Schwartz. Last year, she was a happy pampered housewife. This year, she's bolted from her 20 year marriage determined to make good on her youthful ambitions to live a passionate, meaningful life. Drawing on her own secrets, she helps police find a murdered girl. This leads to a job at the city's newspaper. Working at the Star, Maddie has the opportunity to make her name, and she has found just the story to do it: Cleo Sherwood, a missing woman whose body was discovered in the fountain of a city park lake.

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.

Mon., Dec. 13th. 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 Betsy & the Byegons for fun music at the Veterans Day party. Thank you to Skidmore Peer Health Educators and Benef - Action group for the Tech Fair. Thank you to Arnold Cogswell Health Care Fund and Adirondack Trust Community Fund Lend-A-Hand grant for your support. Thank you to Charlie Kuenzel for an awesome presentation on old Saratoga Hotels. A huge thank you to all our volunteers, you keep our world rockin'!

WE ARE HERE TO HELP YOU

Alzheimer's Caregiver Support Group
11am-12pm, 2nd Friday 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.



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.



BlueShield of Northeastern NY

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. 11-12:00. Sponsored by Blue Shield of NENY

Fresh produce pickup in the center.

Deliveries available by request. Call Senior Support Services. at 518.584.1621 ext. 206.



BlueShield of Northeastern NY

TRIPS & EXCURSIONS! LET'S GET AWAY!

We are taking another look at our 2022 and 2023 trips. Trip destinations and dates will be posted in the January newsletter as well as posted on our webpage. There will also be "webinars on demand" for most destinations so you can peruse at your leisure.

January 19th, 1pm Collette Travels will be at the Center presenting slide shows on:

- "Western Canada's Rockies, Lakes & Wine Country" (July 30-August 7, 2022),
- "California Dreamin' feat Monterey, Yosemite & Napa" (September 19-26, 2022)
- "America's Music Cities Holiday" (December 4-11, 2022)

ONE DAY BUS TRIPS 2021



NEW YORK CITY - A Day On Your Own!

Wednesday, December 8th.

Member price \$48. Non members welcome, please call the front desk. This trip is running a waitlist. If you are interested, call and add your name, you never know!

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.

VAN TRIPS

Schenectady Festival of Trees

Friday, December 17th.

Celebrate the season with galleries filled with lighted fir trees! Decorated from classic to kooky Christmas styles, the Festival of Trees glows with the enchantment of the holidays. Enjoy a delicious lunch at More Porecco's after. Pay \$10 at sign up. Bring \$6 for admission and money for lunch. Leave the Center at 10:30am.

Lunch Bunch at The Silo

Monday, December 20th.

Set in a transplanted barn, this daytime cafe offers country fare, fudge & a shop with local crafts. Pay \$10 at sign up. Please bring additional money for lunch and shopping. Leave the Center at 10:00am.

Do You have a Special Talent or Passion that You Would Share?

Do you know a second language, can you teach an exercise or art class? Are you an "expert" on birding, cooking or the history of our area - Saratoga, the Adirondacks? We are looking for volunteers to share their passion, talent, humor and music with our members. One session, a 6 week series or a continuing weekly class. We are open to all ideas Please contact Colleen at colleen@saratogaseniorcenter.org or call 518-584-1621.