

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
FEBRUARY 2022

And the Fun Continues in February!

Tuesday, February 8th. come for live music and grab a delicious dinner from Simply Maura. Must pre-order your dinner!

LIVE MUSIC with Jeff Brisbin - Beatles Tribute and Trivia!

Tuesday, February 8th. 3:00pm. \$5. Light fare served! *Please sign up, seating is limited.*



Simply Food by Maura. To Go dinner only. \$11 per dinner.

Tuesday, February 8th. Braised Cabbage with Kielbasa. Served with pierogies. 3:30-5:30, curbside pick up.

Simply Food by Maura. To Go dinner only. \$11 per dinner.

Tuesday, February 15th. Turkey Dinner. 3:30-5:30, curbside pick up.

Dinner & a Drink! Dinner prepared by Staff. Enjoy a Gin tasting.

Tuesday, February 22nd. 5:30pm. \$11 per dinner.

Chicken breast stuffed with broccoli and cheese. *Please sign up, seating is limited. Dine-in only!*

Homemade Soup. \$4 a cup.

We will have cups of soup available in the cooler for members to buy beginning Monday February 7th. There will be a microwave set up on the credenza in the dining room if you wish to eat here. *While supplies last.*

NEW! TRIVIA NIGHT. 'Where all those useless facts you've been collecting can finally come in handy!'

KICK OFF! Tuesday, February 15th. 5:15pm. \$2.00

Pizza and cocktail tasting included. Thereafter, Trivia night will be held the third Monday of the month. Join us for fun, friendly competition! *Please sign up, seating is limited.*



DID YOU RENEW YOUR 2022 MEMBERSHIP

Renew today - don't miss out on great programming!

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

Your Senior Center Membership Gives You Access To:

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

"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.



February is "Share the Love" Month at the Center!
Stop by Thursday, February 24th, 9:30-12:00 for our Sharing and Caring Day!



Learn about the collaborations

**WOOHOO!!
SPAC DISCOUNTED TICKETS
ARE BACK!**

50% off select performances.

Purchase your tickets today!

This is an awesome Senior Center benefit!

Not a member? Join today!

2022 Membership Drive

Renew your membership today so you can take advantage of our great benefits.

Refreshments with Siobhan!

**SILVERSNEAKERS AND RENEW ACTIVE
CAN SAVE YOU MONEY!**

Do you have SilverSneakers or Renew Active membership through your medicare advantage plan? Are you unsure? We can help you! Stop in and learn about the program benefits.

Visit with Humana, Wellcare & CDPHP.

**Pick up Fresh Produce from
Regional Food Bank! 11:00-12:00.**

Tarot Card Reading
10:00-200. Call to make an appointment.

NEW PROGRAM AT THE CENTER!



- Do you need a break from caring for your loved one?
 - Skilled caregivers on site to help.
- By appointment. Call Senior Support Services at 518-584-1621 ext. 206.

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.

"DNA Doesn't Lie, But Sometimes It Tells Funny Or Strange Stories". *facilitated by Will Gergits*

Monday, February 14th, 11:00am. *Please sign up!*

Come hear interesting stories about using DNA-based technologies to address question of identity in various species of animals including cats, deer, eagles, fish, etc. No technical knowledge necessary to attend and hopefully enjoy.

How to Identify and Stop the Most Common Financial Tricks and Scams.

Facilitated by Kym Hance, CMC, Aging Life Care Manager, Herzog Law Firm

Thursday, February 17th, 1:00pm.

All older adults are at risk of being financially cheated or misled. It is not only strangers who attempt these types of crimes, it could be someone you know. When it comes to safeguarding your finances, learn how to protect yourself and stop financial scams. We will also talk about where to turn, and what to do, if this is happening to you or someone you know.



Talking about Alzheimer's Disease. *facilitated by Rachel Robinson, Albany Med Center of Excellence for Alzheimer's Disease.*

Friday, February 18th, 11am. *Please sign up!*

What is the Alzheimer's Center of Excellence at AMC, does one need an MD referral, when is more diagnosis/treatment helpful, and when not? How does the Alzheimer's Center of Excellence assist caregivers? How to access? And more...

Tech Fair.

Date to be determined.

Once all the students get back to school, we will schedule a tech fair. Watch the eblasts for information!



Save the Date! "Beat the Winter Blues" summer in the winter party! Live music Bobby Dick & Susie Q -

Tuesday, March 1st, 3:00pm. \$10. Summer party food served!

If the winter blues have you feeling down, grab your favorite summer attire (optional) and warm up at the center.

Let's heat up the dance floor with Bobby & Susie! *Please sign up, seating is limited.*



VAN TRIPS

Troy Savings Bank "Music @ Noon"

Tuesday, February 8th. *Vaccination card or negative Covid PCR test (72 hrs) and mask required to enter concert hall.*

Lost Radio Rounders - Acoustic Americana - From the Civil War to Civil Rights!

will present "Songs of Our Empire State". One of upstate New York's premiere Acoustic Americana groups. Lunch at Tippy Moose. *Pay \$10 at sign up. Admission is free. Bring additional money for lunch. Leave the Center at 10:45am.*

Saratoga Tea & Honey Tea Class

Wednesday, February 16th.

When you step through the door, you will be surrounded by a wide variety of fine loose leaf teas from all over the world.

Discover new teas and learn brewing techniques from our knowledgeable staff. Lunch at Old Bryan Inn.

Pay \$3 at sign up. Bring money for lunch and shopping. Leave the Center at 10:15 am.

Saratoga Auto Museum

Friday, February 18th.

A gem right in our own backyard, Saratoga Automobile Museum is located within the Saratoga State Park. Enjoy a guided tour of beautiful, vintage cars, vehicles, photos, and history of autos in NY.

Current exhibit is : Considered to be one of the few complete collections of Porsche 911 RSs in the world, the Saratoga Automobile Museum is proud to announce Rennsport: The Complete Collection (RS) - featuring vehicles from the Steven Harris collection. Lunch at Old Bryan Inn. *Pay \$15 at sign up. Bring money for lunch. Leave the Center at 10am.*

Charlton Tavern Lunch Bunch

Friday, February 25th.

Circa 1787 in the village of Charlton, NY, Elmer Smith opened this building as a stagecoach stop. The Tavern was on the ground floor and the kitchen and adjoining blue dining room are located in what was once a barn and livery stable. *Pay \$5 at sign up. Bring money for lunch. Leave the Center at 10:45am.*



Save the Date!
BROOKS BBQ
TUESDAY, MARCH 22ND. 3:00-6:00pm



Thank you to our newsletter sponsors for their continued support!

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My Virtual Senior Center has been extended.
The VSC gives seniors a place to go, learn, explore, and socialize without having to leave home. VSC's vibrant and safe virtual community offers ways to interact and engage through live virtual classes, direct video chats and far-reaching discussions through their website. Experiences span from literature to computer courses, health to virtual travel and museum tours. You have access to the site 24 hours a day. If you are interested in being a part of the Virtual Senior Center Community, call Senior Support Services at 518-584-1621, ext. 206.

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FEBRUARY PROGRAMMING

"One kind word can warm three winter months"

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



Thank you CDPHP for sponsoring our Health and Wellness classes.

SPECIAL EVENT SCHEDULE

- Monday - Friday. 12:00. Office for the Aging Lunch.
- Monday 9-12. (2nd Mon. of month). Men's Haircuts.
- Tuesdays. AARP Tax Prep
- Wednesdays. 1:00. Bingo.
- Thursdays (last Thurs of month). 10-2. Tarot Card Reading.
- 2nd Fri of Month. 11:00. Caregiver Support Group. ZOOM only.
- Tues., Feb 8th. Van Trip - Troy Savings Bank.
- Tues., Feb. 8th. 3pm. Beatles tribute w/ Jeff Brisbin.
- Tues. Feb. 8th. 3:30-5:30. Keilbasa. Dinner To Go.
- Mon., Feb. 14th. 11:00am. DNA presentation.
- Tues., Feb. 15th. 3:30-5:30. Turkey Dinner - To Go.
- Weds., Feb 16th. Van Trip - Tea & Honey.
- Thurs., Feb. 17th. Scams with Herzog Law.
- Fri., Feb. 18th. 11:00. Alzheimer presentation.
- Fri., Feb. 18th. Van trip- Auto Museum.
- Tues., Feb. 22nd. Book Club.
- Tues., Feb. 22nd. 5:30pm. In House Dining.
- Thurs., Feb. 24th. 10-2. Tarot Card Readings.
- Thurs., Feb. 24th. 9:30-12. Share the Love.
- Fri., Feb. 25th. Van Trip - Lunch Bunch.
- Tues., Mar. 1st. Summer Party Bobby Dick & Susie Q.
- Tues., Mar. 22nd. Brooks BBQ.

The Saratoga Senior Center will be
CLOSED

Monday, February 21st for Presidents Day

BOOK CLUB AT THE CENTER

Tuesday Feb., 22nd. 3pm.

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.

February date - Thursday, February 28th

BARBER AT THE CENTER! \$5 haircuts for men.

Mon., Feb. 14th. 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 Old Bryan Inn for a fabulous dinner..
Thank you to the C & D Ensemble for an afternoon of music. Thank you to CDPHP for the gift of free classes all month. Thank you to all our amazing Regional Food Bank volunteers. Thank you to all the students who help around the Center and do tech assistance. Thank you to all the Community Connection volunteers. Thank you to Leon J. Golberg Charitable Trust, Saratoga County Administrator, Alfred Z. Solomon Trust and Adirondack Trust Company Community Fund's Lend-A-Hand grant for your support. A huge thank you to all our volunteers, you keep our world rockin'!

REGIONAL FOOD BANK

Thurs. 11-12:00. Fresh produce pickup in the center. Deliveries available by request. Call Senior Support Services. at 518.584.1621 ext. 206. Sponsored by MVP.



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. **ZOOM only.**

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

Sponsored by The Wesley Community



FOOD ASSISTANCE

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.

Office for the Aging Dine In 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. You must have a reservation to be served a congregate meal. Call Office for the Aging at 518-884-4100 for details.

TRIPS & EXCURSIONS! LET'S GET AWAY!

2022 TRIPS

Netherlands, Belgium & France
with Optional 3-Night London Post Tour Extension
June 11 - 22, 2022

Western Canada's Rockies, Lakes & Wine Country
July 30-August 7, 2022

California Dreamin feat Monterey, Yosemite & Napa
September 19-26, 2022

Tropical Costa Rica
with Optional 3-Night Jungle Adventure Post Tour Extension
November 2 - 10, 2022

America's Music Cities Holiday
December 4-11, 2022

2023 TRIPS

South Pacific Wonders
with Optional 3-Night Fiji Post Tour Extension
February 5 - 22, 2023

Sunny Portugal
with Optional 3-Night Porto Pre Tour Extension
with Optional 4-Night Madeira Island Post Tour Extension
March 21 - 30, 2023

Exploring Scotland & Ireland
April 30 - May 12, 2023

Discover the Spotlight on Nashville
April 30 - May 4, 2023

Multi Day Bus Trip

Charleston, South Carolina, November 6-12, 2022

Charleston is defined by its cobblestone streets, horse-drawn carriages and pastel antebellum houses. Come and visit this historic city. \$899. Open to the public.

ONE DAY BUS TRIPS

- NEW YORK CITY \$50**
Wednesday, April 6th, 2022. sponsored by Humana.
- PHILADELPHIA \$58**
Friday, May 13th sponsored by BlueShield
- NEWPORT, RHODE ISLAND \$58**
Wednesday, June 29th sponsored by CDPHP
- HOLIDAYS IN NEW YORK CITY \$50**
Wednesday, December 7th.

PENDING:

- FALL FOLIAGE

Bus trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.