

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

Non Profit ,.  
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Permit No. 120

**SUMMER HOURS:**  
*Fridays we will close at 3pm.*  
*We will be closed Monday, July 4th*



### “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 JULY 2022



**BROOKS BBQ**  
TUESDAY, JULY 12TH 3:00-6:00pm



Call 518-584-1621  
to order!

Sponsored by CDPHP  A plan for life.

To benefit the Saratoga  
Senior Center!

Chicken Dinner: \$14  
Dinners include Baked Potato, Coleslaw, Roll  
Dine-in or Take Out


- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!
- **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 home or office!
- **Invite your friends over for a fun barbecue without the work!** Order Brooks dinners for your event.


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


### Good Food! Good Friends! Good Times!

**Dinner & a Drink!** Dinner prepared by Senior Center Staff. Enjoy a gin & tonic tasting!  
Tuesday, July 26th. 5:30pm. \$12 per dinner.

Your favorite staff is cooking up their favorite dish for you! Please join us. **Please sign up, seating is limited. To go dinners may be available if sit down is not sold out.**


**Simply Food by Maura. To Go only.** \$12 per dinner. 3:30-5:30 pick up. Sponsored by Humana.   
Tues., July 19th. Lasagna- specify with Spinach or with Sausage. **Orders must be placed by noon Fri., July 15th.**

**Continental Breakfast with guest speaker Executive Director Lois Celeste**  
Wednesday, July 13th. 9-10am. Free. Sponsored by:  **The Albany Guardian Society**  
Learn all about the groundbreaking, the new building and the timeline for the move to our new location.

**Brunch & a Punch! (sangria or rum maybe!!!) (Sign up required!)**  
Wednesday, July 20th. 2:00-3:00 \$5 Sponsored by:  **Home of the Good Shepherd**  
YUM! Who doesn't love a good hearty breakfast anytime of the day? Eggs, sausage, pancakes and more.

**Talking Track with Tom Bellhouse & Tom Durkin**  
Tuesday, July 12th. 10:00am. \$5



**Please sign up!**  
Sponsored by:  **MVP HEALTH CARE**

Saratoga racing season is just around the corner. Celebrate the start of the season with a *mimosa* and two of racing's most colorful characters! Get some inside info, stories and history on our famous track. Tom B. is the executive Vice President of West Point Thoroughbreds & Tom D. is the legendary voice of racing.

**Drumming Circle**  
Friday, July 29th. 12:00. \$5  
**Please sign up!**



Join Chelsea and the Albany Drum Circle and learn and practice African rhythms. The objective is to share rhythm and get in tune with each other and yourself. Frequently called in-the-moment music-making, drum circle participants sit in a circle and play drums and/or hand percussion instruments. Participants engage together to create a group rhythm and cooperate in rhythm games.  
*Drums provided. No experience necessary.*

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

**NEW! Choral Group** *unde the direction of Choir Director Richard Russo.*

Tuesdays, 2pm. Beginning July 19th.

Yes, singing is back at the center. Pease come to the first meeting, meet the choral director. Consider Senior Center Choir



**NEW!! Pilates** *facilitated by Natasha*

Thursdays, 9am.

Join Weekly Pop-Up Pilates Classes with Natasha this July! Explore standing, sitting, floor movements (and more!) in a playful and personalized setting.

**Reiki Sessions - Healing Touch** *facilitated by Jennifer Mae*

Tuesdays, 9-2pm. \$5. Sign up for 45 minute appointments. **Please bring cash for payment.**

Reiki is an energy healing techinque that promotes relaxation, reduces stress and anxiety through gentle touch.

**MVP Medicare Advantage**

Monday, July 11th. 10-12:00pm.



Shelia will be here from MVP to answer any question you have about Medicare Advantage. Stop by and say hello.

**Aetna- Medicare Advantage**

Thursday, July 14th. 1-2pm.



Medicare offers you different coverage options. Knowing a few basics can help make it easier to choose the option

**Farmer's Market Coupon Distribution Day - facilitated by Saratoga County Department of Aging & Youth**  
Thursday, July 21st. 10-11:00am.

Office for the Aging will be here to distribute Farmers Market coupons to all eligible seniors.

Any questions, please call OFA at 518-884-4100.



**The Blue Zones** *facilitated by Jeanifer Harvey, Touching Hearts at Home.*

Thursday, July 21st. 2:00pm.

The "Blue Zones" are geographic regions of the world where people are living the longest. WHY? We'll explore patterns and trends from these regions and how they might contribute to longer, healthier lives.



**Newcomer's Social Hour**

July 28th, 2-3:00pm.

Calling all new members! And our regular members! Join us for a fun, friendly social hour where you can meet other new members. Conversation, fun, and laughs. *Snacks provided. Please sign up.*



## COMING IN AUGUST

**"Laughter is the Best Medicine"** *presented by storyteller Kate Dudding.* Tuesday, August 2nd. 2:30pm. \$5.00

Children laugh 40 times more per day than adults -- that's just not right! Come help improve your laughing average as Kate shares humorous personal and historical stories as well as a few folk tales. *Snacks provided.*

**Grandmother's Circle** *facilitated by Teresa King.* Wednesday, August 10th. 1:00pm. \$TBD

The focus of the circle is to honor women in the Grandmother stage of life, wheter they have grandchildren or not. Our role as Grandmothers is to be calm, centered and grounded. *More details coming.*

**"Silent Wings - Birds of Prey"** *a program of the Wildlife Institute of Eastern New York. & Ice Cream Social \$5.00.*

Thursday, August 11th. 1:00pm. *Sponsored by: The Albany Guardian Society*

Join Trish Marki, Wildlife Rehabilitator and Educator as she showcases birds of prey you might see in the area - owls, hawks, eagles, and falcons. **Meet these amazing raptors face to face!!!**



**"The Fascinating Life of Katrina Trask"** *presented by Betty Spinelli, Literary Dramatist.*

Tuesday, August 30th. 3:00pm. \$10.00

Best known as the founder of Yaddo, Katrina Trask led an accomplished and intriguing life with many Lake George connections. *Lite fare and a cocktail.*

Thank you to our newsletter sponsors for their continued support!

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Mark T. Phillips · R. Thomas Armer · Daniel J. DeCelle  
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**Saratoga County Department of Aging and Youth**  
"Gather & Dine" Lunch Program

Monday - Friday, 12:00. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call Office for the Aging at 518-884-4100.



*To us, it's personal.*

518.580.1042

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- Respite Care
- Companionship

STAY INFORMED AND CONNECTED!

DO YOU GET OUR EBLASTS?

Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email address or if you dont have email, maybe you can use your son's or daughter's to keep you informed.



## SENIOR SUPPORT SERVICES - HERE FOR YOU

Our staff, volunteers, and student interns are here to support you in meeting needs you have. Many times, getting you connected to the right resource is what works best. We collaborate with the health and social service agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. And our "Community Connections" volunteers can fill many gaps that other agencies may not be able to meet. For all Senior Support Services:

*Call 518-584-1621, extension 206*

Our ongoing services are information and referral, advocacy, and:

- Transportation: Rides to medical appointments, pharmacies, dentists, the Senior Center, and more. Wednesday shuttle to Price Chopper from area housing sites.
- Food Assistance: Thursday Regional Food Bank sponsored by CDPHP produce for pick-up at the Center, or home delivery if homebound. Volunteers to do grocery shopping. Links to food pantries, and more.
- Senior Life Coaching, navigation assistance, and advocacy for seniors with serious illness.
- Transitions: Assistance with planning to AGE IN PLACE.
- Caregiver Support: Monthly Caregiver Support Group; Monday client drop-In program for caregivers who need a break; respite volunteers to come to your home.
- Volunteer Assistance: Rides, grocery shopping, light yard work, special needs and circumstances -our volunteers are ready!

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

*Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.*

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. **IN PERSON & ZOOM.**

*Alzheimer's Support Group sponsored by Leon Goldberg's Charitable Trust.*

### Alzheimer's Association Office Hour at the Senior Center for Help & Support First Tuesday of the Month. 10-2:00pm.

No one should face Alzheimer's alone. If you need help, stop in or call for an appointment. Gwen Rowland, Saratoga County Program Manager, will be here with helpful information and resources for those loving with or caring for someone with Alzheimer's or other dementias.

### WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.

Have a little time to give? Looking to get involved in the Center in a different way? We have volunteer opportunities! Senior Center volunteers are involved both in-house and out in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form. We look forward to having you involved!



### BOOK CLUB AT THE CENTER *New Members Welcome!*

**July Book - "Between Sisters" by Kristin Hannah. Tuesday, July 26th. 3pm.**



Meghann Dontess is a woman haunted by heartbreak. Twenty-five years ago she was forced to make a terrible choice, one that cost her everything, including the love of her sister, Claire. Now, Meghann is a hotshot divorce attorney who doesn't believe in intimacy - until she meets the one man who can change her mind. Claire Cavanaugh has fallen in love for the first time in her life. As her wedding day approaches, she prepares to face her harsh, judgmental older sister and their self-absorbed mother. It is the first time they have been together in more than two decades. Over the course of a hot Pacific Northwest summer, these three women who believe they have nothing in common will try to become what they never were: a family.

**September Book - "Pray for Silence" by Linda Castillo. Tuesday, September 27th. 3pm.**

In the quiet town of Painters Mill, an Amish family of seven has been found brutally murdered on their farm. Chief of Police Kate Burkholder and her small force have few clues, no motive, and no suspect. State agent John Tomassetti arrives on the scene to assist. The disturbing details of this case will push them to their limits and force them to face demons from their own troubled pasts. When Kate discovers a diary, she realizes a haunting personal connection to the case. One of the teenage daughters may have been leading a lurid double life.

*No August Book or Meeting.*

## CLASSES!

### Check out some of our current classes

#### ARTS:

**Watercolor Workshop** facilitated by Susan Peters. Tuesday, July 19th. 10:30. Please sign up, seating is limited. More dates to come. \$5 material fee. Perfect for beginners and experienced alike.

#### SOCIAL GROUPS:

**The Widows & Widowers Club** facilitated by Colleen Kelley and Helen Kyle. 2nd & 4th Tuesday of the month at 2:30pm.

We're here to help you transform your grief after loss into a positive, purposeful future while embracing your own strength and courage. Join us to build new friendships and community as you walk this path. This is not grief support or grief counseling.

#### JUST BECAUSE:

**Chess.** facilitated by Josh Kuperman. Wednesdays at 1:30.

Love to play chess and don't have a partner? Come to the Center and play with other members. New to chess? Josh will show you the basics and give you resources to help you learn the game.

**Beginning Genealogy.** facilitated by Ruth Ann Messick. By appointment. See front desk.

Genealogy is tracing the lines of your ancestors and their descendants. It is the untold stories of your ancestors. It adds details and color to your family tree offering insights into your ancestor's daily lives. And most importantly, it's the history that makes you, you.

#### CLASS CHANGES

**No trivia in July!**



## COMMUNITY COLLABORATIONS

### PITNEY MEADOWS POP UP FRESH PANTRY IS BACK

Mondays, 9:30am til gone. Beginning July 11th. At the Saratoga Senior Center.

*Sponsored by Highmark*



Pitney Meadows farm is unique because "we don't grow to make money; we grow to give. Our philosophy of farming means growing for the community." They are committed to provide fresh produce donations to food pantries, senior programs to feed the community. **See van trips for more collaborative programs with Pitney Meadows.**

### SPAC DISCOUNTED BALLET & ORCHESTRA TICKETS ON SALE! LAST CHANCE TO ORDER! GREAT SAVINGS!



Tickets still available for August orchestra and ballet performances. Please order all August tickets by July 20th. One ticket per member per show. Purchase at the Senior Center Front Desk. For information call 518-584-1621.

*Tickets will be sold Monday - Thursday 9-3.*

### TUESDAY LUNCH TIME CONCERTS AT NOON!

All shows will be on the sidewalk, roughly 441 Broadway.

We will provide limited seating.

Rain location is the Saratoga Senior Center.

**Free. Donations appreciated.**

July 5 - Maria Z Ensemble



*Thank You to our sponsors:*

- Saratoga Arts •Colley Asset Management
- WEXT Radio •Saratoga Senior Center.
- Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Kathy Hochul and the New York State Legislature.

### THE ORCHARD PROJECT RETURNS TO SARATOGA SPRINGS


With a three-day celebration of the arts, many from the NYC arts scene, this July 8-10. The festival will feature work-in-progress showings of groundbreaking new theater, concerts, free writing workshops, and conversations that share a joy of storytelling, creativity, and process that the organization is well known for.

**For tickets and for more information, please visit <https://orchardproject.com/the-2022-orchard-project-summer-arts-festival/>. Use code FESTIVAL10 for 10% off all single tickets!**

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

### ONE DAY BUS TRIPS

#### JUST ADDED!!!

- BRONX ZOO OR NY BOTANICAL GARDENS**  
Tuesday, September 19th.  
Must specify destination at sign up.
- BURLINGTON, VERMONT**  
Wednesday, October 19th  
  
*Sponsored by Highmark*
- HOLIDAYS IN NEW YORK CITY**  
Wednesday, December 7th

### 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 made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.*

### 2022 TRIPS

**California Dreaming feat. Monterey, Yosemite & Napa** September 19-26, 2022

**Tropical Costa Rica**  
with Optional 3-Night Jungle Adventure 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 Pre and Post Tour Extensions  
March 21 – 30, 2023

**Exploring Scotland & Ireland**  
April 30 – May 12, 2023

**Discover the Spotlight on Nashville**  
April 30 – May 4, 2023

## VAN TRIPS

### BEING A VOLUNTEER VAN DRIVER HAS IT PERKS

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver! As a driver, you will receive \$10 towards lunch and up to \$20 for admission.

**VAN TRIPS SPONSORED BY ZIEKER EYE.**



### Private Tour of Lawrence Barisic's Eclectic Art Collection

**Wednesday, July 13, 11:00-1:00.** *Reviews are in! "Amazing artwork".*

Lawrence's collection is comprised of historical 19th century world city scapes, contemporary artwork which features Fidel Castro's granddaughter as well as obscure and eclectic pieces of both local and world art. Subjects matter ranges from fashion, propaganda, design, history, advertising, immigration and ethnocentricity to Andy Warhol and Ruth Bader Ginsberg. Complimentary wine and cheese. *Pay \$22 at sign up. All proceeds benefit the Senior Center.*

### Mini Golf & Breakfast

**Friday, July 15th.**

Olde Saratoga Miniature Golf in Wilton. Play 18 Holes of local history such as; The Springs, Congress Park and The Canfield Casino, The Saratoga Race Course, SPAC, and the Battle of Saratoga in the Revolutionary War. While playing miniature golf enjoy a walk through time. Enjoy a delicious breakfast or lunch at Simply Food by Maura before you play. *Pay \$3 van fee at sign up. Bring \$10 for golf, additional money for breakfast and snacks. Leave center at 10:30 return about 3pm.*

### Pitney Meadows - Playing Plant Pigment

**Wednesday, July 20th.**

This program will feature different plant parts (onion peels, amaranth flowers, etc) to create natural dyes and create fabric art. *Leave the Center at 9:45am. Program runs 10-12pm. Pay \$10 at sign up.*

### Lunch Bunch - Algonquin on Lake George & Shopping in Bolton Landing

**Tuesday, July 26th.**

Take in the breath-taking views of the lake while dining on great salads, sandwiches, and burgers. Then stroll through the quaint village of Bolton Landing to do some shopping or have some ice cream! *Pay \$10 at sign up. Please bring additional money for lunch and shopping. Leave the Center at 10:45. Return about 3:30.*

## JULY PROGRAMMING

*Land Of The Free, Home Of The Brave!*

**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: Walking Club 9:30-12:30: Clay Arts 10:00:Healthy Bones 10-11:Chair Yoga (center & zoom) 1-2: Chit Chat 1-4: Pool League	9-9:45: SilverSneakers Classic (center & zoom) 9-2:Reiki 10:00: Meditation (center & zoom) 1:00: Chorus 1-4: Pool League 2:30: Widows Club 3-4: Book Club (see calendar)	9:30: Mosaics 9:30-1:00: Rug Hooking 10:00: Knit & Crochet 10-11: Zumba (center & zoom) 1-1:45: Strength w/ Aidan(center & zoom) 1:00: Bingo 1:30: Chess 1-4: Canasta 1-4:Pool League	9:00: Pilates 10-10:45: SS Cardio & Strength (center & zoom) 10:00: Ukelele 10-2: Tarot Cards 11:00: Foodbank 11:00-11:45 Gentle Yoga (center & zoom) 1-4: Pool League 2:00: Newcomers Social (4th Thurs. of month)	9:30: Clay Arts 9-12: Poker 10:00:Healthy Bones 10:00: Spanish 11:00: Caregiver Support Group (2nd Fri of month) in person. 11:30:Yoga w/ Leanne 1-4: Pool League

**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. Men's Haircuts. 1st Monday of month
- Tuesday. Alzheimers Office Hours. 1st Tues of month.
- Tuesdays. 9-2. Reiki Healing Touch Sessions.
- Wednesdays. 1:00. Bingo.
- Wednesdays. 1:30. Chess.
- Thursdays. 11:00. Regional Food Bank.
- Thursdays (last Thurs of month). 10-2. Tarot Cards.
- Thursdays (last Thurs of month). 2-3. Newcomers Social.
- 2nd Fri of Month. 11:00. Caregiver Support.
- Mon., July 11th. 10-12. MVP Medicare Advantage.
- Mon., July 11th. 9:30. Pitney Pop Up Market.
- Tues., July 12th. 10:00. Talking Track.
- Tues., July 12th. 2:30. Widows Club.
- Tues., July 12th. 2:30. BROOKS BBQ.
- Wed., July 13th. 9-10. Continental Breakfast.
- Thurs., July 14th. 1-2. Aetna Medicare Advantage.
- Tues., July 19th. 10:30. Watercolor Workshop.
- Tues., July 19th. 3:30. To Go Dinner.
- Tues., July 19th. 1:00. Chorus.
- Wed., July 20th. 3:30-5:30. Brunch.
- Tues., July 26th. 5:30pm. Staff Dinner.
- Wed., July 20th. 3:30-5:30. Brunch.
- Thurs. July 21st. 10-11. Farmers Market Coupon.
- Tues., July 26th. 2:30. Widows Club.
- Tues., July 26th. 3:00. Book Club.
- Thurs., July 28th. Tarot Card Readings.
- Thurs., July 28th. Drumming Circle.

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

**Mon., July 11th. 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.

**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.

**Thank You for Your Kindness and Support!**

Thank you to everyone who doated bood at the Ed Kelley Memorial Blood Drive.

Thank you to Maria and Aaron for hosting Trivia Night.

Thank you to everyone who helped at the Garage Sale.

Thank you to Olde Bryan Inn for our amazing dinner.

Thank you to Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, for making Elder Abuse Day possible.

Thank you to Aetna for sponsoring Elder Abuse Day.

Thank you to Highmark for assisting members with thier gardening and yard work.

Thank you to Cohoes Paranormal Society for a spooky afternoon.

Thank you to Barry Finley for leading a class on Freud.

Thank you to Quad Graphics for supporting the Life Transitions program.

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**Thank you to all our volunteers!**

