

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.*



**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.

**“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!
- 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 par-ents, aunts, uncles, or neighbors. Or purchase a \$25 membership for a senior in need.

Saratoga Senior Center  
**NEWSLETTER**  
AUGUST 2022

**AUGUST HAPPENINGS!**

**“Laughter is the Best Medicine” presented by storyteller Kate Dudding.**  
Tuesday, August 2nd. 2:30pm. \$5.00 includes refreshments.  
*Sponsored by Home of the Good Shepherd*



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. \$15.00. includes refreshments.

Grandmothers Circle is a group of women who come together to listen, share, learn and grow. This circle is unique in that they are all grandmothers - women of wisdom - having lived 50-plus years. They call themselves “Grandmothers,” but do not necessarily have biological grandchildren. They are concerned for all our children and the legacy we leave them. The women leave the group with a profound sense of peace and sisterhood. It is a rare opportunity in today's hectic pace of life for women to join together in this way and be able to relax, feel safe & share from a deep place within. Bring a shawl if you have one.

**“Silent Wings - Birds of Prey” a program of the Wildlife Institute of Eastern New York.**  
**Also enjoy an Ice Cream Social \$5.00**  
*Sponsored by: The Albany Guardian Society*  
Thursday, August 11th. 1:00pm.



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. *Lite fare.*

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

**Good Food! Good Friends! Good Times!**

**Dinner & a Drink! Dinner prepared by Old Bryan Inn. Enjoy a wine tasting!**  
Tuesday, August 16th. 5:30pm. \$12 per dinner.



**Chicken Cordon Bleu;** pan-seared in garlic butter & white wine with prosciutto, topped with Swiss cheese & roasted garlic-black pepper cream sauce, smashed potatoes & Chef's choice vegetable. 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 drive through pick up, front of building.  
**Orders must be placed by noon the Friday prior.**  
**Sponsored by Humana.**



August 9 - Shepherd's Pie with Dinner Roll  
August 23 - Turkey Tetrazini with a side of fruit  
August 30 - Eggplant Rollatini with Pasta and Garlic Bread

**Continental Breakfast**

Wednesday, August 10th. 9-10am. Free.

*Sponsored by: The Albany Guardian Society*

Start your day with friends, laughter and good food.



**Hours:** Monday-Thursday 8am-4pm. Friday 8-3pm.  
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

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

**NEW! Choral Group** under the direction of Choir Director Richard Russo. Tuesdays, 2pm.

Yes, singing is back at the center. Please join us and fill the center with music and song. Consider joining the new Senior Center Choir and SING! **Please sign up!**



**NEW!! Pilates** facilitated by Natasha. Thursdays, 9am.

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

**ELDER ABUSE AWARENESS TRAINING** -The Warning Signs and Red Flags of Elder Abuse, facilitated by Wellspring. Thursday, August 4th. 11am.

This free training is for professionals and non-professional who are in contact with seniors through work, volunteering, social services and your own family and friends. *Please register by calling the front desk. Lite fare served.*

**Aetna- Medicare Advantage**

Monday, August 8th. 9:30-12. Table  
Tuesday, August 9th. 3:00-4:00pm. Presentation.

Medicare offers you different coverage options. Knowing a few basics can help make it easier to choose the option that's right. Join this educational event facilitated by a licensed agent who will go over the ABCD's of Medicare.

**CDPHP Medicare Advantage**

Wednesday, August 3rd. 1:00-3:00pm

If you're dreaming of retirement or about to turn 65, it's time to make sure you know what to do as you become eligible for Medicare. CDPHP will be in your area soon presenting a Medicare Basics seminar. This informational presentation will cover: What is Medicare • Enrollment process • Costs • Prescription drug coverage • And more! *Register by calling the Inside Sales at 518-641-3400 or at <https://www.cdphp.com/medicare/seminars>.*

**MVP Medicare Advantage**

Wednesday, August, 10th. 11:30-12:30pm.

MVP Medicare Advisors are a great resource. So let's work together! Get ready for Medicare! In this presentation, an MVP Medicare Advisor will guide you through the process of Medicare. Learn how Medicare works, when you need to act, and a few tips to feel confident about your options.

**Wine & Cheese Pairing** facilitated by Jennifer Harvey, *Touching Hearts at Home*

Wednesday, August 17th. 3:30 - 4:30pm.

One marriage no one can object to is the mouthwatering combination of wine and cheese. Each is delicious on its own, but when you pair the two, magic can happen. Join Jennifer and learn about and try some unique pairings. **Must RSVP as seating is limited. No walk-ins allowed.**

**Watercolor Workshop** facilitated by Susan Peters.

Monday, August 29th. 10:00.

Please sign up, seating is limited. \$5 material fee.  
No experience necessary. Paint this adorable teacup or dragonfly.  
Perfect for beginners and experienced alike.



**Newcomer's Social Hour**

Thursday, August 25th, 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.*

**PITNEY MEADOWS POP UP FRESH PANTRY IS BACK**

Mondays, 9:30am til gone. At the Saratoga Senior Center.

Sponsored by Highmark Blueshield of NENY

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.**



Thank you to our newsletter sponsors for their continued support!

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## COMING LATE AUGUST AND SEPTEMBER

**SENIOR DAY AT THE TRACK!**

Sponsored by Humana. Watch your eblasts for details!



**FLORAL ARRANGING** facilitated by Old Tavern Farm.

Watch your eblasts for details!

**ELDER ABUSE AWARENESS TRAINING**

The Warning Signs and Red Flags of Elder Abuse, presented by Wellspring.

Scams against Seniors presented by the US Attorney's Office.

Thursday, September 15th. 11am. Please register by calling the front desk. Lite fare served.

This free training is for professionals and non-professional who are in contact with seniors through

**GETTING BETTER WITH AGE!** facilitated by Kym Hance and Maria Spagnola  
"the things wisdom didn't tell me"

Sponsored by Herzog Law



**SENIOR FALL FEST! AT THE WEST AVE. SARATOGA YMCA**

Wednesday, September 21st. Sponsored by Highmark Blueshield NENY



## 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.

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.**

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

*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!*



#### 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.*

### CLASS CHANGES

Yoga - Fridays is temporarily on hold for the summer.

Trivia No trivia in August!



### 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 congregated meal. Call Office for the Aging at 518-884-4100.

## VAN TRIPS

### BEING A VOLUNTEER VAN DRIVER HAS IT'S 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.**



### Lunch Bunch - The Alley Bar & Grill in Schuylerville

**Friday, August 12th.**

Enjoy lunch at Schuylerville's newest restaurant on Still's Cove. Pay \$10 at sign up. Please bring additional money for lunch. Leave the Center at 10:45. Return about 2:00.

### Pitney Meadows - Make & Taste

**Wednesday, August 17th.**

This program will feature the season's freshest produce in some quick and easy recipes! Participants will create the recipe and enjoy a summer snack on the farm, fresh from the fields! Leave the Center at 9:45am. Program runs 10-12pm. Pay \$10 at sign up.

### Rivers Casino, Schenectady

**Wednesday, August 17th.**

The venue's 50,000 square foot gaming floor boasts 1,150 of the hottest slots around, along with 67 gaming tables featuring classics like Blackjack, Craps, and Roulette, as well as other specialty games including but not limited to Heads Up Hold Em and Pai Gow Poker. Guests will also find a 15-table poker room at the casino, featuring non-stop action. Pay \$10 at sign up for van fee. Bring additional money for gaming and lunch. Leave center at 9:00am, return about 4pm.

### Norman Rockwell Museum - featuring "Lincoln Memorial Centennial Exhibition: The Lincoln Memorial Illustrated" Thursday, August 25th.

Created in collaboration with Chesterwood to honor the Lincoln Memorial's centennial in May 2022, this exhibition will highlight the work of illustrators and artists who have incorporated the Lincoln Memorial into their art as a symbolic element - an instantly-recognizable icon upon which to build meaning. And more... Lunch at Pleasant & Main. Pay \$39 at sign up for museum admission and studio tour and van fee. Bring additional money for lunch. Leave center at 9:00am, return about 4pm.

### TRIP POLICY

Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. Multi-day bus trips and excursions are open to anyone regardless of age or residence.

- There are no refunds for van or bus trips unless canceled by the Center.
- All times for our van trips are approximate. We do not guarantee a return time to the Center.

## PROCTORS VAN TRIPS

### HAIRSPRAY

Thursday, December 8th, 2022. 1:30pm show.

\$69.00 includes ticket and van fee.

You Can't Stop the Beat! HAIRSPRAY, Broadway's Tony Award-winning musical comedy phenomenon is back on tour! Join 16-year-old Tracy Turnblad in 1960's Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? Leave the Center at 11:00 am, return about 4pm. Bring additional money for lunch prior to the show.

### TOOTSIE

Thursday, April 13th, 2023 1:30pm show.

\$69.00 includes ticket and van fee.

Call it "musical comedy heaven" (Rolling Stone). Call it "the most uproarious new musical in years!" (The Hollywood Reporter). Call it TOOTSIE! This laugh-out-loud love letter to the theater tells the story of Michael Dorsey, a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime. Leave the Center at 11:00am, return about 4pm. Bring additional money for lunch prior to the show.

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

### ONE DAY BUS TRIPS

*Bus trips are open to everyone regardless of age, membership or residence.*

*One day bus trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.*



- **BRONX ZOO OR NY BOTANICAL GARDENS**  
Tuesday, September 20th.  
Must specify destination at sign up.  
Bronx Zoo - \$93. Botanical Gardens - \$91  
*Leave the train station at 6:45am, return about 10:30pm.*

**The Bronx Zoo** The animals and exhibits at the Bronx Zoo span the globe and include tiny toads from Tanzania and big cats from the Russian Far East. With more than 700 species, the zoo is the perfect place to inspire animal lovers of all ages.

**The New York Botanical Gardens** A wonderland for everything that grows. Featuring more than a million plants on 250 acres, it is a place for enchantment and exploration. Take a seasonal walk to see what's in bloom. Or explore the historic Enid A. Haupt Conservatory, which showcases the wonders of the Garden's living collections.

- **BURLINGTON, VERMONT**  
Friday, October 14th  
*Sponsored by Highmark Blueshield of NENY*  
*Burlington only - \$39. Burlington & Shelburne - \$62.*  
*Leave the train station at 7:30am, return about 8pm.*

*Optional stop: Specify at sign up.*  
Shelburne Museum - drop off at approximately 10am.  
Picked up at 1:30 to finish the day in Burlington.

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

**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.

- **HOLIDAYS IN NEW YORK CITY**  
Wednesday, December 7th. \$50

There is no other place quite like New York City at Christmastime; from its world-class museums and art galleries to the theater and beautiful decorated windows. Spend the day on your own and explore the fascinating city. You will be dropped off at Bryant Park (42nd between 5th & 6th).  
*Leave the train station at 6:45am, return about 10:30pm.*

### MULTI DAY BUS TRIP

**Charleston, South Carolina, November 6-12, 2022. Call the Center to sign up .**

ELEGANT, CHARMING AND ENCHANTING! Charleston is defined by its cobblestone streets, horse-drawn carriages and pastel antebellum houses. Charleston remains one of the best-preserved and most picturesque cities in America's Old South Come and visit this historic city. \$899. *Open to the public.*

### EXCURSIONS with COLLETTE TRAVEL

#### 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

*More destinations coming!*

#### 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

## WHAT IS IN YOUR TRIP BUCKET LIST!

**The Senior Center can help you fulfill your dreams! Let us know where you want to go. We will see what we can do!**



## AUGUST PROGRAMMING

*August is like the Sunday of summer!*

**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: Pitney Pop-Up Market 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 1-4: 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)	9-12: Poker 9:30: Clay Arts 10:00:Healthy Bones 10:00: Spanish 11:00: Caregiver Support Group (2nd Fri of month) in person. 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
- Monday 9:30. Pitney Pop-Up Market.
- Tuesday. Alzheimers Office Hours. 1st Tues of month.
- Tuesdays. 9-2. Healing Touch Sessions.
- Tuesdays. 2:00. Choral Group.
- Wednesdays. 1:00. Bingo.
- Thursdays. 11:00. Regonal Food Bank.
- Thursdays (last Thurs of month). 10-2. Tarot Cards.
- Thursdays (last Thurs of month). 2-3. Newcomers Social.
- Friday. 2nd of the month. 11:00. Caregiver Support.
- Tues., Aug. 2nd. 2:30. Laughter is the Best Medicine.
- Wed., August 3rd. 1-3. CDPHP Medicare Advantage.
- Mon., August 8th.9:30-12. Aetna Medicare.
- Tues., August 9th. 3-4. Aetna Medicare Advantage.
- Tues., August 9th. 2:30. Widows Club.
- Tues., August 9th. 3:30. To Go Dinner.
- Wed., August 10th. 9-10. Continental Breakfast.
- Wed., August 10th. 11:30-12:30. MVP Medicare.
- Wed., August 10th. 1.00. Grandmother's Circle.
- Thurs., August 11th. 12:45. Birds of Prey & Ice Cream Social
- Tues., August 16th. 5:30pm. Dinner. Old Bryan Inn.
- Wed., August 17th. 3:30-4:30. Wine Pairing.
- Tues., August 23rd. 2:30. Widows Club.
- Tues., August 23rd. 2:30. To Go Dinner.
- Thurs., August 25th. 10-2. Tarot Card Readings.
- Mon., August 29th. 10:30. Watercolor Workshop.
- Tues., August 30th. 3:30. To Go Dinner.
- Tues., August 30th. 3:00. Book Club.
- Tues., August 30th. 3:00. Katrina Trask.

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

**Mon., August 1st. 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 purchased Brooks BBQ. Thank you to Olde Bryan Inn for our amazing dinner. Thank you to Tom Bellhouse and Jason Blewitt for prepping us for track season. Thank you to Home of the Good Shepherd for sponsoring our brunch. Thank you to the Albany Guardian Society for sponsoring our continental breakfasts. Thank you to MVP, and Aetna for keeping us up to date on Medicare advantage. Thank you to Touching Hearts for the informative program on "The Blue Zones". Thank you to Pitney Meadows Farm for our fresh produce. Thank you to SPAC for the discounted tickets to the classical season. Thank you to Community Hospice Foundation/St. Peter's Health Partners for supporting Senior Life Transitions. Thank you to Saratoga County Non Profit Covid Relief Fund for your support.

Thank you to all our volunteers!  
You keep our world rockin'!

