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Saratoga Senior Center
NEWSLETTER
DECEMBER 2022

HOLIDAY FESTIVITIES
Let's Be Merry and Bright!

Monday, December 5th
Hot Breakfast Buffet

9:15-10:30. \$3 member

RSVP required. Call the Front Desk.

TrueSongs with Lawrence Barisic, Margaret French and Jeff Brisbin. 11:00am

Did you miss the event at Caffe Lena's on November 12th? TrueSongs paired Lawrence Barisic with songwriter Jeff Brisbin and storyteller Margaret French. They worked together over the course of several weeks to create a performance that shows the positive impact of the Senior Center. Join us for the showing of the recorded 10-minute, true, first-person story and original song played live at the Center, followed by a Q & A with Lawrence, Jeff and Margaret.

Wednesday, December 21st
Member Holiday Party
1:30pm - 3:30pm \$8.00

RSVP required. Call the Front Desk

- Live music by Jay Yager & Chris Dollard.
- Guest appearance by Kelsey Dodd.
- Buffet prepared by Prime at Saratoga National.
- Have you been naughty or nice?
Santa will be here...

Sponsored by: Aetna 

Friday, December 16th
A Day Full of Holiday Cheer

- **11:00. Member Meeting & Building Update.**

There are a lot of rumours flying around about the building and our move. Come to the meeting for the latest news and get your questions answered.

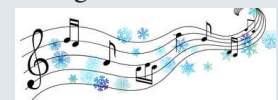
- **12-2:00. Holiday Gift Wrap**
Hate to wrap? Bring in your gifts and we will wrap them for you!
- **1:30. Holiday Lunch Buffet \$10.**
BBQ Chicken, Mashed Potatoes, and more.
RSVP required. Call the Front Desk.
- **2:00-3:00. Decorating Holiday Cookies**

Sponsored by: Highmark



Friday, December 23rd
Holiday Sing-A-Long
1:30-2:30

- Holiday music with Garland Nelson.
A well known and loved Saratoga staple, Garland will get us all in the spirit.



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!



The Senior Center will be closed
Monday, December 26th for Christmas Day and
Monday, January 2nd for New Year's Day.



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 don't have email, maybe you can use your son's or daughter's to keep you informed.

The Joy of Food!
Celebrating the Holidays with Good Friends and Good Food!

Dinner with The Olde Bryan

Tuesday, December 13th. 5:30pm. \$12 per dinner. Chicken Cordon Blue.

PaL's Meals To Go \$12 per dinner.

3:30-5:30 Curbside Pick Up

Tuesday, December 6th. Lasagna. *Place order by Friday, December 2nd.*

Tuesday, December 20th. Chicken Picatta with Ziti. *Place order by Friday, December 16th*

Continental Breakfast

Wednesday, December 28th. 9-10am. Free.

Start your day with friends, laughter and good food. **Sponsored by Albany Guardian Society**



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.

Funding Options For Long Term Care: *facilitated by Renee Birnbauam and Melonie Pratt of Choice Connections.*
Thursday, December 1st. 11:00am.

What are some of the funding options available to help pay for care? How do I pay for home care? Assisted living? Nursing home care? What are the options? What do they offer? What is the criteria to become eligible?

Medicare Advantage Information Sessions

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. Join these licensed agent who will go over the ABCD's of Medicare.

Fidelis / Wellcare - Thursday, December 1st. 12-2. Medicare Advantage Information Table.



"The Widows" Club Holiday Get Together.

Next meeting: Tuesday, December 6th. 2:30pm.

Our goal is to help women and men restart life after the death of a loved one. It's a way to connect with others and learn ways to move forward and live. This is not grief support or grief counseling.

Annual Board Meeting.

Wednesday, December 14th. 5:30pm.

All members are welcome to attend.

Zentangle Art Program *facilitated by Katie Long.*

Thursday, December 15th, 2:00pm. \$5.00.

Make a holiday card and ornament with Zentangle. Zentangle is an American method for drawing, which promotes concentration and creativity and increases personal well-being.

Chinese and American Mahjong. Thursdays, 1-4pm.

New players welcome! Mahjong is fun and enormously popular, a classic Chinese game of strategy, skill, and summation.

Bridge Has Started! Mondays, 1-4pm

We have had many members ask about starting bridge back up. So if you are interested in playing, come to the Center on Mondays and let's get the games rolling again.

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 \$15- great hostess gift
- Jute Tote Bag \$6 - holiday shopping
- Koozie Cooler \$17- snow birds
- Fleece Blanket \$10 - warm & cozy
- Saratoga National Logo Titlest Golf Duffle Bags \$100
- Bushnell Wingman Speaker & Golf GPS \$100 (reg. \$150)
- Hoffman Car Wash Tickets \$10

"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 Smile - 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 parents, aunts, uncles, or neighbors. Or purchase a \$35 membership for a senior in need.



Thank you to our newsletter sponsors for their continued support!

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IT'S TIME TO RENEW YOUR 2023 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:

- 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
- Baked Goods
- Regional Food Bank Produce
- Pitney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Card Games
- Pool Table
- Book Club
- Social Groups
- and more...

PROGRAM CHANGES, ADJUSTMENTS & NOTES

- No Mat Yoga with Monica on Tuesday, December 6th.
- Tarot Card Reading with Mary Shimp will be Thursday, December 29th
- Widows Club will meet Tuesday, December 6th
- No Newcomers Social in December
- No Trivia in December
- Food Bank Date Changes - Tuesday, December 20. No food bank on December 22nd or 29th.

The Regional Food Bank is having a food shortage. Please be mindful of how much food you take. We want to help as many people as we can.


Did you know we deliver over 100 produce bags every Thursday to our shut in and neediest seniors?

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. Monday shuttle to Price Chopper from area housing sites.
- Food assistance:** Thursday Regional Food Bank sponsored by MVP 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 Transitions:** Coaching, navigation assistance, and advocacy for seniors with serious illness. 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!



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 the kitchen at 518-584-1621 ext. 205.

BOOK CLUB AT THE CENTER *New Members Welcome! Please sign up.*

December Book - "The Kitchen Front" by Jennifer Ryan. Tuesday, December 27th. 3pm.

Two years into World War II, Britain is feeling her losses: The Nazis have won battles, the Blitz has destroyed cities, and U-boats have cut off the supply of food. In an effort to help housewives with food rationing, a BBC radio program called The Kitchen Front is holding a cooking contest - and the grand prize is a job as the program's first-ever female co-host. For four very different women, winning the competition would present a crucial chance to change their lives. These four women are giving the competition their all - even if that sometimes means bending the rules. But with so much at stake, will the contest that aims to bring the community together only serve to break it apart?



Are you curious about our move next year? Been hearing a lot of rumours?
Come to the Member Meeting on Friday, December 16th at 11:00 am
to hear the details and get your questions answered.

VAN TRIPS

BEING A VOLUNTEER VAN DRIVER HAS ITS 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.



Troy Savings Bank - Music at Noon. Carl Gutkowski & James Fitzwilliam, Classical Flute & Piano Tuesday, December 13th.

Carl Gutowski is a flutist based in the Hudson Valley and Cape Cod who performs regularly in solo and chamber music settings. James Fitzwilliam is a Hudson Valley pianist, organist and composer. He has served as Organist at Christ Episcopal Church in Poughkeepsie. Lunch at the Latham Diner following the performance. Pay \$10 at signup. Concert is free. Bring money for lunch. Leave the Center at 10:45am. Return about 3:00pm.

The Holiday Lighted Nights at the Washington County Fairground Thursday, December 15th.

The Holiday Lighted Nights flicker on at the Fairgrounds for its drive-thru holiday cheer. Enjoy close to two miles of large-scale holiday light displays, from Santa Clauses to North Pole scenes. Pay \$10 at sign up. Bring additional money for snacks. Leave the Center at 3:45. Return about 6:30.

Lunch Bunch - Fo'Castle Farm Tuesday, December 20th.

Maybe it's the sound of the cowbell as you come through the door. Or maybe it's the smell of cider donuts and savory apple pie...or the feel of a warm memory as you browse through the unique gifts. FoCastle Country store brings you back to a sweeter time...when neighbors gathered on the front porch while fireflies lit up the night sky. Come back to that time and experience unique gifts that inspire the soul and life the spirit. Pay \$10 at sign up. Bring additional money for lunch and shopping. Leave the Center at 9:30. Shop first then have lunch at the cafe. Return about 2:30.

DID YOU KNOW WE HAVE THE FOLLOWING CLASSES & GROUPS?

CONVERSATIONAL SPANISH *facilitated by Roberto y Marco*

Our small, but enthusiastic, Spanish class meets Fridays from 10:00 - 11:00. We use tools to improve conversation and understanding, including video lessons, popular songs, short stories, and dialogues with each other and our resident native speaker. We constantly search for learning resources such as Duolingo and opportunities to hear Spanish language podcasts, TV shows, and movies. Classroom exercises are supplemented with handouts and links emailed for home practice.



SOCIAL GROUPS

Chit Chat
Newcomer's Group
Widows Group
Alzheimer's Support
Book Club



CARDS AND GAME

Bingo
Bridge
Canasta
Mahjong
Poker



IT'S TIME TO RENEW YOUR 2023 MEMBERSHIP

Dear Member,
It's renewal time! We thank you for being a member this past year and look forward to having you be a part of 2023. It's an exciting year ahead with the move to our new home attached to the Regional YMCA on West Avenue.

With our current economy and costs rising, please note that we have changed the annual membership to \$35 (formerly \$25). If this creates any issue for you, please contact the front desk about a scholarship. Please complete the form below and return to the center by January 4, 2023. Please consider being a Presidential Member. We are looking forward to another exciting year!

Senior Center Staff

COLLETTE EXCURSIONS

We travel not to escape life, but for life not to escape us.

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

Discover National Parks of America
May 15-26, 2023

2023 TRIPS continued.

Alaska Discovery Land & Cruise
June 14-25, 2023

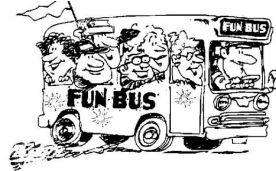
Maritimes Coastal Wonders featuring the Cabot Trail (Halifax & Nova Scotia)
August, 2023

Cruising the Danube to the Black Sea
September 11-23, 2023

Shades of Ireland
October 7-October 16, 2023

Croatia and Its Islands
October 10-October 21, 2023

Spotlight on San Antonio Holiday
November 30 –December 4, 2023



LET'S GET AWAY!

2023 BUS TRIPS & EXCURSIONS WHERE DO YOU WANT TO GO?!

Looking for ideas for our trips in 2023. Whats on your bucket list?
Send your ideas to Colleen or the front desk.

MORE TO DO ...

TAROT CARD READINGS *facilitated by Mary Shimp*
Thursday, December 29th. 10-2pm. \$5 donation.
Do you have some unanswered questions about your life?
A tarot card reading provides insight into what the future holds. Call for a 15 minute appointment.

ONE ON ONE TECH SUPPORT
Phones, Ipads, laptops and more....
Call front desk to make your private appointment.

BARBER AT THE CENTER! \$5 haircuts for men.
Mon., TBD, 9:00-12pm.
Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment.

NEWCOMERS SOCIAL
No Meeting this Month.

What Is Your Passion? Will You Share With Your Fellow Members?

Is it:

- a second language,
- healthy living
- art, photography, writing
- cooking
- history or cultural

We are looking for volunteers to share their passion, talent, humor and music with our members. Please contact Colleen at colleenk@saratogaseniorcenter.org or call 518-584-1621.

Holiday Schedule Regional Food Bank

Thanksgiving week the food bank will be held on
Wednesday, November 23rd.
December Dates;
Thursday December 8th & 15th.
Tuesday, December 20th.
No Food Bank the last week of December

DECEMBER PROGRAMMING

Kindness is like snow—it beautifies everything it covers.- Kahlil Gibran

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs. Ask about how Silver Sneakers & ReNew Active work with the monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi 9:30: 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 1-4: Bridge	9-9:45: SilverSneakers Classic 10:00: Meditation (center & zoom) 12-12:45: Mat Yoga w/ Monica (advanced) 1-4: Pool League 2:30: Widows Club(see schedule) 3-4: Book Club (see schedule)	9:30: Mosaics 9:30-1:00: Rug Hooking 10:00: Knit & Crochet 10-11: Zumba 11-2:Reiki (4th of mon.) 1-1:45: Strength w/ Aidan(center & zoom) 1:00: Bingo 1-4: Canasta 1-4:Pool League 2:00: Pilates 2:45: Line Dancing	10-10:45: SS Cardio & Strength (center & zoom) 10:00: Ukelele 10-2: Tarot Cards (see schedule) 11:00: Foodbank 11:00-11:45 Gentle Yoga (center & zoom) 1-4: Pool League 1:00: Mahjong 2:00: Newcomers Social (see schedule)	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

- Every Monday. 1pm. Bridge
- Every Monday. 1pm. Chit Chat Fun Group
- Every Wednesday. 1:00. Bingo
- Every Thursday. 11:00. Regional Food Bank
- Every Thursday. 1:00. Mahjong- American & Chinese
- Thurs, Dec. 1st. 11:00. Long Term Care Funding
- Thurs, Dec. 1st. 11:00. Wellcare/Fidelis
- Mon., Dec. 5th. 9:15. Breakfast Buffet
- Mon., Dec. 5th. 11:00. TrueSongs
- Tues., Dec. 6th. 2:30. Widows Club
- Tues., Dec. 6th. 3:30. To Go Dinners
- Tues., Dec. 13th. 5:30. Dine in Dinner
- Wed., Dec. 14th. 5:30. Annual Board Meeting
- Thurs., Dec. 15th. 2:00. Zentangle Art
- Fri., Dec. 16th. 11:00. Member Meeting
- Fri., Dec. 16th. 12:00. Gift Wrap
- Fri., Dec. 16th. 1:30. Holiday Lunch
- Fri., Dec. 16th. 2:00. Cookie Decorating
- Tues., Dec. 20th. 11:00. Regional Food Bank
- Tues., Dec.20th. 3:30. To Go Dinners
- Wed., Dec. 21st. 1:30. Member Holiday Party
- Fri., Dec. 23rd. 1:30. Garland Nelson
- Mon., Dec. 26th. CLOSED
- Tues. Dec. 27th. 3:00. Book Club
- Wed., Dec. 28th. 9-10. Continental Breakfast
- Thurs., Dec. 29th. Tarot Cards
- Mon., Jan. 2nd. Closed

Thank You for Your Kindness and Support!

Thank you to Highmark and Home of the Good Shepherd for sponsoring the Volunteer Appreciation Lunch.
Thank you to Home of the Good Shepherd for a delicious lunch.
Thank you to the Medicare Advantage Insurance Companies for providing us with updated information: Aetna, CDPHP, Humana, MVP, Wellcare/Fidelis.
Thank you to Aetna and Highmark for sponsoring our Veteran's Day events.
Thank you to Pennel's for another mouthwatering dinner.
Thank you to Touching Hearts for another informative presentation.
Thank you to Albany Guardian Society for sponsoring our continental breakfast.
Thank you to CDPHP for sponsoring our members monthly activities fee.
Thank you to the Regional Food Bank of NENY for our weekly food.
Thank you to Charlie Joseph for educating us on financial planning.
Thank you to NYSERDA, National Grid and Carrie Woerner's office for bringing us energy saving tips.
Thank you to Burke Funeral Home for helping us to address our final wishes.
Thank you to Highmark for sponsoring trivia night.
Thank you to Sue Peters for the watercolor classes.
Thank you to all our volunteers at Brooks BBQ
Thank you to Spa Catholic for the delicious goodies.
Thank you to Bob & Lisa Moser of Prime Group Holdings for the beautiful floral arrangements.

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

