

Non Profit,
U.S. POSTAGE PAID
Permit No. 120

The Center will be Closed
Monday and Tuesday, July 3rd & 4th for the
Fourth of July Holiday.

July 25th - 28th for packing and moving.
Opening August 1st at the new building.



DONATE NOW

By scanning the QRcode with your phone camera, you will be directed to our website donation page.

With utmost thanks to our donors, members & community partners, The Saratoga Senior Center is able to provide our community with the many age-friendly services & resources we offer here in Saratoga Springs. Thank you for donating to the Center and supporting your local Seniors!

“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.
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$11.00. 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.

Saratoga Senior Center NEWSLETTER

JULY 2023



Saratoga Senior Center Expo

The First Event in our New Building!! 290 West Avenue- side Entrance

Thursday July 20th. 9:30-1:00pm

One day only. All classes and programming will continue at the 5 Williams Street Address. **Free! Open to the public!**

Over 50 community service vendors, informative presentations, raffles and tours of the new building. Complementary lunch by Home of the Good Shepherd when you fill your vendor passport punch card.

- Elder Abuse Awareness Program. **RSVP required.** 9:30-10:30. Free Breakfast. Speakers Greg Olsen, NYS Office for the Aging; and Megan Quillinan, Mechanicville Domestic Violence.
- Presentations by: Herzog Law, Highmark NENY, The men of horseracing: Tom Bellhouse, Jason Blewitt and Tom Durkin, and more. 11:00-1:00
- Visit the Community Vendor Tables 11:00-1:00. Open to the Public
- Box Lunch by Home of the Good Shepherd 1:00pm.
- Tours of the Building

Sponsored by CDPHP, Herzog Law, Highmark Northeastern NY and Home of the Good Shepherd



“The Elder Abuse program is funded in part by Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, and participant contributions.”



BROOKS BBQ

Sponsored by CDPHP

TUESDAY, JULY 11TH. 3:30-6:00pm

Chicken Dinner: \$15 Rib Dinner: \$20
Dinners include Baked Potato, Coleslaw, Roll



Brooks BBQ has changed the protocols for ordering meals.

Pre-ordering your dinner is the best option as day of ordering will be very limited.

- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!
- **Bulk Orders Delivery (15 or more):** We will deliver to your home or office!
- **Invite your friends for a barbecue without the work!** Order Brooks dinners for your event.

Call the Center to order now! (518) 584-1621 **To benefit the Saratoga Senior Center!**

JULY CULTURAL EVENTS

Sponsored by CDPHP



4th of July Celebration

Thursday, July 6th. 2:00pm. \$5.00

Hot Dogs and More! Includes Cocktail Tasting. Please sign up.



FOOD

Dine in Buffet Dinner - Goodbye to Williams Street!

Mon., July 17th, 5:30pm. Dinners are held at the Senior Center. \$12 per dinner.

Please sign up, members only.

Sponsored by Humana **Humana**



PaL's Meals To Go \$12 per dinner. Prepared meals you just have to heat up.

Pick up any time Monday or Tuesday between 9:30-3:30pm. Order by noon the Friday before.

Mon., July 17th and Tues. July 18th. Grilled Chicken over Rice with mixed vegetables

Mon., July 24th and Tues. July 25th. Eggplant with Ziti and Red Sauce

SARATOGA SENIOR CENTER

Hours: Monday-Friday 8am-4pm.

5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

FREE EVENTS

Pitney Meadows Pop-Up Fresh Pantry Is Back!

Mondays, 9:30am til gone at the Saratoga Senior Center. Beginning either July 10th or 17th, watch your eblast.

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.

A Performance of Short Story Telling with Ryan (Moe) Munzert.

Monday, July 17th. 12:00pm. Join our multi-talented barber, Ryan (Moe) Munzert as he reads a few short stories. Ryan is a local actor, voice artist and our resident barber. Please show your support for Ryan. *Please sign up.*

Medicare Advantage Information. Medicare Advantage plans include extra benefits and services that focus on your total health. We want to help you get the coverage, resources and care you need. For information stop by the center and chat with a licensed Medicare Advantage Agent.

- Aetna: Mon., July 10th. 11-1. & Fri., July 14th. 12-1.
- Highmark Northeastern NY: Wednesday, July 12th. 11-12.
- Nascenia Health: Wed, July 19th. 10-12.

Sponsored by Wellcare.

wellcare



ART WORKSHOP SERIES *included in the \$15 monthly activity fee*

Watercolor Workshop *facilitated by Susan Peters.*

Monday, July 17th. 10:30. Please sign up, seating is limited. \$5 material fee. No experience necessary. Paint a beautiful and nautical summer scene. Perfect for beginners and experienced alike.

NEW ACTIVITY

Biking Club

We want to bring our biking club back. Join Mary and other interested cyclists for an informational meeting on Thursday July 6th at 9am. Please RSVP.



CLUBS AND PEER GROUPS

Chit Chat Social Group *facilitated by Anna*

Mondays from 1-2pm Join us for a fun hour of chit chat, music, laughs and snacks.



The Hot Widows Club. Tuesday, July 18th. 2:00pm.

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.

Grief and Loss Support & Discussion Group *facilitated by Lois Streit, MSW.* Tues., July 11th & 25th. 2:00pm.

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Coping with the loss of someone or something you love is one of life's biggest challenges. Any loss can cause grief, including: divorce or relationship breakup, loss of health, loss of financial stability, retirement, death of a pet, serious illness and more. The purpose of this group is to provide friendship, understanding, and hope.

Book Club at the Center. *New Members Welcome! Please sign up.*

No Book Club meetings in July and August. Next meeting, Tuesday, September 26th.

September Book - *"Lessons in Chemistry" by Bonnie Garmus*

Chemist Elizabeth Zott is not your average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.



New Member Social Hour Wednesday, July 19th. 2:00pm.

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

Memory Cafe. *facilitated by Roy Scott*

11am-12:30pm, 1st Friday of every month. Friday, June 2nd. Please sign up. Refreshments served.

The memory café offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or another dementia. You can expect a judgment-free zone, the opportunity to connect with others, light refreshments and simple, yet meaningful and engaging activities.

Alzheimer's Caregiver Support Group. *facilitated by Roy Scott*

11am-12:30pm, 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 our newsletter sponsors for their continued support!



A plan for life.

Capital District Physicians' Health Plan, Inc.

Home of the Good Shepherd Choose a Place Where Excellence is the Standard.

Assisted Living • Enhanced Assisted Living
Memory Care Assisted Living

Saratoga: 584-3317 • Wilton: 580-0702 • Malta: 581-7600

Coming soon: Moreau!

- 24 Hour Care, LPN's & RN's on Site
 - Private Suites, Daily Activities, Transportation
 - Customized Care Plans for Each Resident
- www.homeofthegoodshepherd.com

Patricia Stanley
Community Development Coordinator
Capital District/Mid-Hudson Valley

aetna
medicare solutions

StanleyP@aetna.com c 518-390-2582

HIGHMARK.
NORTHEASTERN NEW YORK

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.

MORE JULY HAPPENINGS

Farmer's Market Coupon Distribution Day

Friday, July 14th. 11:00am- 12:30.

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.

Barber at the Center

Monday, July 17th. 9:00-12pm.

Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment. \$5 haircuts for men.

Tarot Card Reading *facilitated by Mary Shimp*

Thursday, July 20th at Expo only. 11-1pm. \$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 Assistance

Did you receive a new phone, iPad, laptop or smartwatch? Let our savvy students help you. Call front desk to make your private appointment.



The Pines
at Glens Falls

Center for Nursing & Rehabilitation

COMING IN AUGUST

The Big Move is Getting Closer!!?

(fingers crossed)

We are targeting August 1st for opening at the new location. We will be closing July 25- 28th for packing and moving. Make sure you are signed up for our weekly eblasts so you have the latest information regarding our move to West Avenue.



Upcoming Chipolte Fundraiser

Wednesday, August 9th. 4:00-8:00pm.

This is an easy and delicious way to support the Senior Center. Grab your friends and family and go out for a meal. 33% of all supporter sales come to the Center. You have to mention Senior Center at the register or use code L9ZNF74 on the app or website.

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 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: 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 AND DEMENTIA SUPPORT

Alzheimer's Caregiver Support Group

11am-12:30pm, 2nd Friday of every month.

Being a caregiver can present exhausting challenges and take a significant toll on your health. Support groups bring together people who are going through or have gone through similar experiences. Our support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

Memory Cafe

11am-12:30pm, 1st Friday of every month.

The memory café offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or another dementia. You can expect a judgment-free zone, the opportunity to connect with others, light refreshments and simple, yet meaningful and engaging activities.

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.

Saratoga County Department of Aging and Youth - "Gather & Dine" Lunch Program

Monday - Friday. 12:00pm. 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.

VOLUNTEERING! WE NEED YOU!

Have a little time to give? Looking to get involved in the Center? 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!

**Never Underestimate The Difference You Make
And The Lives You Touch!**



Regional Food Bank July Schedule

- Thursday July 6th
- Thursday July 13th
- Monday July 17th
- Monday July 24th

Sponsored by MVP



Class Updates

- No Pilates this summer
- No Trivia July & August
- No Bookclub July & August
- Tarot Cards - July 20th at Senior Expo.



VAN TRIPS

Lunch Bunch - The Log Jam

Friday, July 7th.

Entering the Log Jam you just might think you walked into an Adirondack logging camp of 100 years ago. A pot-belly stove greets you at the door, wood plank floors, pine logs cut from the mountains above Lake George, and three massive stone fireplaces set the stage for a great dining experience. Walk and shop in the surrounding outlets. Pay \$10 at sign up. Bring money for lunch and shopping. Leave the Center at 11:00am. Return about 4:00.

Berkshire Botanical Gardens

Friday, July 14th

A showcase of horticulture and garden design and a "museum of living things," The Garden's 24 acres feature dozens of display areas that are educational, functional, and highly ornamental, with plant collections emphasizing plants that are native to the Northeast. This is a guided tour. Lunch at Main Street Cafe. Pay \$15 at sign up. Bring \$16 admission and lunch money. Leave the Center at 9:00am. Return about 4:00pm.

Pontoon Boat Ride on Saratoga Lake

Wednesday, July 19th

Sign up for this incredible opportunity to see one of New York's most scenic lakes the way it should be seen - up close and personal. Approximately 1 hour boat ride. Lunch after at 550 Waterfront by Druthers. Pay \$33 at sign up. Bring lunch money. Leave the Center at 10:15am. Return about 2:30pm.

Valley Cats vs. The Joliet Slammers Baseball Game, Troy NY

Wednesday, July 26th.

The Tri-City ValleyCats are a professional independent baseball team based in Troy. The ValleyCats are affiliated of the National League's Houston Astros. Price includes premium box ticket, hot dog, chips and water. Pay \$26 at sign up. Bring additional money for snacks and beverage. Leave the Center at 10:10am. Return about 4:00pm.

Do you like football? Coming in the fall - a van trip to a NY Giants game.

All details coming soon. This trip will have a strict no refund policy.

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.



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.

SPAC TICKETS - LAST CHANCE TO PURCHASE YOUR DISCOUNTED TICKETS!

There is still time to get your discounted seats for the NYC Ballet and Philadelphia Orchestra. One ticket per member per show. If you are planning on sitting with someone, please sign up together.

Ticket sales for the ballet will end June 29th. Ticket sales for the orchestra will end July 13.

DO YOU GET OUR EBLASTS? STAY INFORMED AND CONNECTED!

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

COLLETTE EXCURSIONS

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

2023 TRIPS

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

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

2024 TRIPS *Are any of these on your bucket list?*

Journey to Antarctica
January 16-29, 2024

Hawaiian Adventure
January 18-27, 2024

Discover South Pacific Wonders
February 21-March 6th, 2024

Spectacular South Africa
March 7-20, 2024

Discover Nashville
April 28-May 2, 2024

Spectacular Scandinavia
May 16-29, 2024

Discover South Dakota
June 7-13, 2024

Iceland: Land of Fire & Ice
July 21-30, 2024

Spotlight on Tuscany
August 1-22, 2024

Greece Island Hopper
September 2024. Details coming

Spains Classics & Portugal
October 12-26, 2024

Southern Charm
December 2024. Details coming.

collette

2023 One Day Bus Trips Open to the Public

Mystic, CT. Tuesday, July 18th.

Mystic is a quintessential Connecticut coastal town that is historic, charming, and bustling with tourists. Step on the deck of the Charles Morgan, the last of the American mighty whaling fleet, check out what lives in the waters around Mystic at the Mystic Aquarium and more.

Member Price \$60. Non-member price \$85.

Salem, MA

Thursday, October 19th.

Historic Salem is a city of layers—one historical era layered upon another. But don't forget to explore the witchy side of Salem too! Information coming on possible hop on/hop off trolley. \$18* (price to be confirmed). *Member \$60. Non-member price \$85.*

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

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.

2023 Multi Day Bus Trips

Open to the Public. Includes bus, hotels, tours, some meals and gratuities.

Montreal, Quebec City and Ottawa.

September 17-22nd, 2023. 6 days 5 nights. \$1095 per person double occupancy.

Discover the French inspired culture of Quebec's cosmopolitan cities on our bus tour to Montreal, Quebec City, and also Canada's capital - Ottawa! You will experience a guided tour of Montreal, a guided tour of Quebec City and last, but not least, a guided tour of Canada's stately capital, Ottawa, with its stunning architecture. **Last day to sign up is July 7th.**

JULY PROGRAMMING

"If summer had one defining scent, it'd definitely be the smell of barbecue"

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	9:00: Golf League	8:45: Senior Life	10-10:45: SS Cardio & Strength (<i>center & zoom</i>)	9-12: Poker
9:00-12: Barber (<i>see schedule</i>)	9:00: Poker	Transitions Team Mtg.	10:00: Ukelele	9:30: Clay Arts
9:00: Walking Club	9-9:45: SilverSneakers	9:30: Mosaics	10-2: Tarot Cards (<i>see schedule</i>)	10:00: Healthy Bones
9:30-12:30: Clay Arts	9-11: Women's Pool	9:30-1: Rug Hooking	11:00: Foodbank	10:00: Spanish
10:00: Healthy Bones	10:00: Meditation	10:00: Knit & Crochet	11:00-11:45 Gentle Yoga (<i>center & zoom</i>)	11:00: Memory Cafe - (<i>1st Friday of month</i>)
10-11: Chair Yoga	11:00 Spanish	10-11: Zumba	1-4: Pool League	11:00: Caregiver Support Group (<i>2nd Fri of month</i>)
(<i>center & zoom</i>)	1-4: Pool League	1:00: Bingo	1-4: Pool League	1-4: Pool League
1-2: Chit Chat	12:30: Mahjong	1:00: Strength w/Aidan (<i>center & zoom</i>)	1:00: Mahjong	
1-4: Pool League	2:00: Widows Club <i>1st & 3rd</i>	12:30-4: Canasta	1:00: Bokwa	
1-4: Bridge	2:00: Grief & Loss Support <i>2nd & 4th</i>	1-4: Pool League	1:00: Belly Dancing	
	3:00: Book Club (<i>see schedule</i>)	2:00: New Member Mtg (<i>see schedule</i>)		

SPECIAL EVENT SCHEDULE

- *Every Monday.* 9:00 Pitney Farms Pop up Market (*watch eblast for start date*)
- *Every Monday.* 9-11:30. Barber
- *Every Monday.* 1:00 Chit Chat Social Group
- *Every Tuesday.* 9:00. Women's Pool League
- *Every Tuesday.* 9:00. Golf League
- *Every Wednesday.* 1:00. Bingo
- Thurs., July 6th. 9:00am. Biking Info Meeting
- Thurs., July 6th. 2:00pm. 4th of July Party
- Fri., July 7th. 11:00. Memory Cafe
- Mon., July 10th & Fri. July 14th. 11-1pm. AETNA Medicare Advantage
- Tues., July 11th & 25th. 2:00. Grief & Loss
- Tues., July 11th. 3:30 - 6:00. Brooks BBQ
- Wed., July 12th. 11-12. Highmark Medicare
- Friday July 14th. 11-12:30. Alzheimer's Support
- Friday July 14th. 11-12:30. Farmers Market Coupons
- Mon., July 17th. 9:30-3:30. To Go Meals
- Mon., July 17th. 10:30. Watercolor Workshop
- Mon., July 17th. 12:00. Storytelling with Ryan
- Mon., July 17th. 5:30. Dine In Buffet Dinner
- Tues., July 18th. 2:00. Widows Club
- Wed., July 19th. 10-12. Nascentia Health Medicare
- Weds., July 19th. 2:00. New Member Social
- Thurs., July 20th. 9:30. Elder Abuse Program
- Thurs., July 20th. 11-1:00. Senior Expo.

Regional Food Bank July Schedule

- Thursday July 6th
- Thursday July 13th
- Monday July 17th
- Monday July 24th

Thank You for Your Kindness and Support!

Thank you to Herzog Law and the United States Attorneys Office for bringing the facts of elder abuse to the forefront.

Thank you to Aetna for sponsoring Elder Abuse Awareness Day.

Thank you to Jeff Brisbin for some rocking music at our Woodstock Party.

Thank you to Home of the Good Shepherd for sponsoring our Woodstock Party.

Thank you to Old Bryan Inn for another amazing dinner.

Thank you to AETNA, CDPHP, Highmark NENY, and Nascentia for Medicare Advantage Information.

Thank You CDPHP for sponsoring Trivia night.

Thank you to Air National Guard for providing us with the tools and knowledge to respond to a disaster.

Thank you to Community Hospice Foundation for supporting Senior Life Transitions.

Thank you to John and Chrissy Colley for supporting Senior Life Transitions.

Thank you to all our class instructors.

Thank you to Ellen Barrett Bevins Fund of the Community Foundation Greater Capital Region for supporting our Center.

Thank you to all our volunteers!

You keep our world rockin'!

We love
OUR
Volunteers