

Senior Citizens Center of Saratoga Springs, New York
5 Williams Street
Saratoga Springs, NY 12866

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THE ADULT & SENIOR CENTER OF SARATOGA

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

Hours: M-F, 8-4

January 2017

WHAT'S NEW...

NEW YEAR,
NEW LOOK!



"SOUP"ER SOCIAL FRIDAYS

Fridays, 1-3PM

\$3 per cup of soup

In the spirit of the New Year, we have tons of new and exciting things coming your way. One of these programs is "Soup"er Social Fridays. This social cafe will serve up soup every Friday afternoon during cultural arts events, educational presentations and more. "Soup"er Social Fridays will also host a variety of activities ranging from speed networking/dating, travel companion matches, games and an environment to meet new friends and socialize with other members.

MONTHLY BREAKFAST

Tuesday, JAN. 31, 9AM-10AM

You spoke. We listened.

We will now be offering a monthly hot breakfast held on the last day of every month. This month, breakfast will fall on Jan 31, from 9AM to 10:00AM. This is a members only event. Admission will be \$5. Dinner and trip sign ups for February will also be held on this day.

MONTHLY DINNERS

New price: \$12/person

EMBASSY SUITES

JAN. 10 at 5:30

MENU TBD

Sign ups Fri., Jan. 6 @ 1:30 PM during our "Soup"er Social Friday kick-off event. Sit back with a cup of soup while you wait to be called!

JAN 6 @ 1:30PM
JANUARY DINNER
SIGN UP



JAN 31 @ 10AM
FEBRUARY DINNER
SIGN UP

JAN.
5

12:30-2PM - MEMBERSHIP RENEWAL

"SOUP"ER SOCIAL FRIDAYS SCHEDULE OF EVENTS

JAN. 6 NEW YEARS KICK-OFF 1-3PM

Join us for our "Soup"er Social Friday kick-off event. Mix and mingle to musical guest, Jeff Walton from 1-2PM, as we launch this exciting new program. Let's make this another great year!

JAN. 13 TRAVEL BUDDIES 1-3PM

Meet your new travel buddy! Interested in traveling, but don't want to go alone? The Senior Center has your solution. We will start with a presentation on all of our 2017 trips. Then get matched with a travel buddy and get going!

JAN. 20 SPONSORED BY THE CASINO AND RACEWAY FOUNDATION NATIVE AMERICAN STORYTELLING

1:30PM - \$2/members \$5/non-members

James Bruchac is an award winning author, storyteller, tracking expert, wilderness instructor and guide. Raised in the Adirondack foothills town of Greenfield Center, New York, Jim is the eldest son of world renowned Abenaki Indian storyteller and author Joseph Bruchac III. Of Abenaki and Slovak descent, Jim grew up immersed in the outdoors and the art of storytelling.

JAN. 27 EDUCATIONAL SERIES: HOUSING EXPO 1-3PM

Information on senior housing, assisted living, agencies to help you age in place, the Star Program and more. Attendees: Centers Health Care • Home of the Good Shepard • Prestwick Chase • The Wesley Community • Organize Senior Moves • Rebuilding Saratoga • City of Saratoga: • Community Development Office • the Assessment Office • Herzog Law Firm • Elder Care Law • Estate Planning and more. OPEN TO THE PUBLIC.

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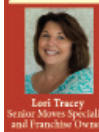
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MORE THIS MONTH...

JAN. 5 HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

12:30PM - FREE AND OPEN TO THE PUBLIC
 Presented by The Alzheimer's Association®. This workshop covers four areas of lifestyle habits that are associated with healthy aging such as cognitive activity, physical health and exercise, diet, nutrition and social engagement.

FREE! ZUMBA GOLD Wed. 11:10. Free for the month of January! Cost is \$2 starting February.

JAN. 10 POLISH GROUP
 1-3PM - FREE

Share your stories & love of everything Polish. Open to the public.

JAN. 17 THE FOUNTAIN OF YOUTH: EXERCISE
 1-2PM - FREE AND OPEN TO THE PUBLIC

PRESENTATION BY SUSAN GRIBBEN, RN, BA
SARATOGA REGIONAL THERAPY CENTER



You are never too old to reap the benefits of exercise. Join Regional Therapy Center's Susan Gribben, RN, BA, for this free seminar as she discusses the benefits of exercise at any age. There will be a demonstration for a simple exercise regime, as well as blood pressure checks and control measures. To register, call the center at (518) 584-1621.

JAN. 20 NUTRITION: NEW YEAR, NEW YOU
 With Siobhan 1-2PM - FREE

JAN. 24 SOUTH PACIFIC WONDERS
 10-11AM - FREE

Interested in traveling? Join us for an informational slide-show on our 2017 excursion, "South Pacific Wonders," a trip to Cairns, Great Barrier Reef, Sidney and New Zealand. FREE AND OPEN TO THE PUBLIC.

JAN. - MARCH MEDICARE 101 BY MVP HEALTHCARE

Learn the ins and outs of Medicare, followed by a Q&A.
 Tuesday Jan 24 @ 11am
 Wed Jan 25 @ 2pm

JAN. 12, 26 MEMORY CAFE
 10:30-12

Join us in a safe and comfortable environment for socializing and sharing information - for individuals with Alzheimer's / Dementia and their caregivers. Call for info 584-1621. Light refreshments served!

JAN. 31 BOOK CLUB
 3PM

The Great Santini" by Pat Conroy.

MORE TRIPS

ONE DAY BUS TRIPS

Brought to you by Adirondack Community Trust Fund

WEST POINT & BROTHERHOOD WINERY - APRIL 5
 \$40 member/non member \$65

NYC - JUNE 7
 \$40 member/non member \$65

RAIL & SAIL THE ADIRONDACKS (FROM UTICA)
 Date TBD

MOHONK MOUNTAIN HOUSE MUSIC WEEK - SEPT 6
 \$95 member/ non member \$115

NYC - DEC 6
 \$40 member/non member \$65

MULTI DAY BUS TRIPS

GREAT GATSBY GOLD COAST - June 20-22 \$325

CHICAGO - Sept. 10-16 \$665

LANCASTER SIGHT AND SOUND THEATRE - May 22-26 \$618

2017 EXCURSIONS

CUBA, A CULTURAL EXPLORATION
 March 16-24, 2017

DISCOVER CROATIA, SLOVENIA AND THE ADRIATIC COAST
 March 25-April 5, 2017

CANADIAN ROCKIES & GLACIER NATIONAL PARK FEATURING THE CALGARY STAMPEDE

July 10 -17, 2017 Book before January 10 and save \$100 for double occupancy rate of \$3799

SOUTH PACIFIC WONDERS

October 24 -November 7, 2017.

Book before April 24 and save \$500 for a double occupancy rate of \$6599 info. meeting Tues., Jan. 24 @ 10am

SENIOR SUPPORT SERVICES

ALZHEIMERS SUPPORT

The Alzheimers Association will now be at the center every Thursday beginning in January. In addition to our Memory Cafe, we will now be introducing a caregiver support group, as well as office hours on Thursdays. To schedule an appointment, call Kym Hance at 888-5568.

GROUPS

- Reminiscing
 - Memory Cafe
 - Alzheimers Support Group
 - Conscious Aging
- Please check our weekly calendar to see group dates and times.

SENIOR OF THE MONTH



Meet our Senior of The Month, Joe Almeida. Joe is a Saratoga Springs resident and has been volunteering for 12 years at the Senior Center.

Who would you like to see as the next senior of the month? Email your suggestions to seniorcentermarketing@gmail.com.

COMMUNITY CONNECTIONS

Your free hour could change a senior's life. Volunteers needed! Do you have an hour to assist with visiting, transportation, shopping & more? Please contact Kris at 518-584-1621 ext 208. Do you need help with transportation, respite, home visits, etc? Please call 584-1621 ext. 202.

COMPUTER, PHONE & IPAD HELP

Need help with your computer, kindle, iPad or phone? Learn how to navigate your device and save battery life easily! Appointments available every day. Call the front desk to sign up.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

Do you need help paying your energy bill? You may qualify for financial assistance through HEAP, a program which helps low-income people pay their energy bill. For more information, please call the Saratoga County Department of Social Services at (518) 884-4146.

— SENIORS ON THE GO —

VAN TRIPS

“SILVER FOXES” JAN. 12, 11:45AM Join our men’s group for lunch. Pay \$1 at sign up and bring \$12 for lunch at the Skidmore Dining Hall. Leave the center at 11:45AM.

“VIA AQUARIUM” - JAN. 10 & JAN. 13, 10:30AM Experience the wonders of the ocean in your backyard! Embark on an exciting self-guided tour visiting over 2,000 creatures of the sea at the Via Aquarium in Schenectady. Lunch is on your own at the site. Leave the center at 9:30AM, return about 3PM. \$10 van fee at sign up and a \$15 admission fee at the door. Bring lunch money.

LUNCH BUNCH : CHARLTON TAVERN - JAN. 17, 12PM Old-time 1787 saloon with vintage decor, dark wood interior and a menu of hearty American pub fare. \$10 at sign up. Leave the center at 11:15AM, return about 1:30PM.

“ALBANY INSTITUTE OF HISTORY & ART: ROCK’N ROLL ICONS” - JAN. 24, 10:30AM Join us on a trip to one of the oldest museums in the United States. It also is the major repository for the region’s heritage. Enjoy a guided tour/general overview of the museum. Then visit specific exhibitions on your own. At the time of your visit the exhibitions on display will be Colonial Albany, Alexander Hamilton, Ancient Egypt, Hudson River School paintings, and Rock and Roll Photography. Lunch after at Johnny’s. Leave the center at 9:30AM, return between 3:30-4PM. Pay a \$10 van fee at sign up and an \$8 admission fee at the door. Bring lunch money.

CHAPMAN MUSEUM - JAN. 26, 10:30AM “Chapman Museum” features the restored Victorian home of the DeLong family, the 19th century Adirondack photographs of Seneca Ray Stoddard and exhibits about the history of the Glens Falls area. Enjoy a guided tour of the house and then explore the other exhibits including the Stoddard Gallery, a small exhibit entitled Help Wanted: Female and a larger exhibit of Chronicle photographs spanning 35 years. Lunch after the museum at Coopers Cave Ale Co. Leave the center at 9:45, return about 3PM. Pay \$15 at sign up. Bring lunch money.

PROCTORS PRESENTS: BEAUTIFUL - THE CAROL KING MUSICAL - APRIL 13. 1:30PM Beautiful tells the inspiring true story of King’s remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. Sign up by Jan. 8. Pay \$97 at sign up. Bring \$ for snacks.

***Trip Policy - Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. There is a non-member price. Multi-day bus trips and excursions are open to anyone regardless of age or residence. Travel arrangements on excursions can be made for someone out of the area. Refunds on all trips will only be issued if your seat has been sold and the van/bus is filled and AFTER the trip has gone.*

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REGULAR WEEKLY ACTIVITIES

Call 584-4621 for class descriptions and cost. Advance sign-up suggested.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Osteo 3 9:30-12: Walking Club 9:30-11:30: Ceramics & Sculpture \$ 10-11: Osteo 11-12:30: Gentle Yoga \$ 12:30-2:30: Painting & Drawing \$ 12:30-4: Bridge 1-4: Canasta, Mahjong 1-3: Pool League	9-12: Watercolor 9-9:45: Tai Chi \$ 10-11:15: Gentle Yoga \$ 11:30-12:15: Aerobics \$ 1-2:30: Soapstone Carving \$ 1:30-2:15: Pilates \$ 3: Book Club (last Tues. of month)	9:30-2: Rug Hooking \$ 9:45-11: Gentle Yoga \$ 10: Fused Glass (2nd and 4th Wed.) \$ 10-12: Knit & Crochet 10:15: Reminiscing 11:10: ZUMBA Gold -FREE THIS MONTH! 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan \$	8:30-9:30: Osteo 3 9-12: Stained Glass/Mosaics \$ 10:30-12: Alzheimers Support Group (3rd Thurs.) 10:30-12: Memory Cafe (2nd & 4th Thurs) 10:30-12: Caregiver Support Group 11:30-12:15: Aerobics \$ 12:30-1:30: Osteo 12:30-4: Canasta, Rummy 1:30: Conscious Aging (2nd & 4th Thurs) 2:30-4: Writer’s Workshop 3-4: Fiction Writing	10-12: Ceramics & Sculpture \$ 10: Go with the Flow Yoga \$ 10-12: Poker 12-4: Ceramics & Soapstone Carving Lab 1:00-3: “Soup”er Social Fridays - NEW!
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CENTER CLOSED - Happy New Year! 2	January trip sign ups start 3	3-4: Write Your Story 4	12:30 Alzheimers Presentation 1:30 Legal Aid Alzheimers Office Hours 5	1 New Years Kick off 1:30 January Dinner Sign up 6
9	1-3 Polish Group 5:30 Dinner by Embassy Suites 10	10 Fused Glass \$ 11-12 Blood Pressure Clinic 2:15 Write Your Story 11	Alzheimers Office Hours 12	1-3 Travel Buddies 13
CENTER CLOSED - Martin Luther King Day 16	1-2 Fountain of Youth 12:30-2 Membership Renewal 17	18	Alzheimers Office Hours 19	1-2 Nutrition: New Year, New You 1:30 Native American Storytelling 20
25	10-11 South Pacific Wonders Presentation 11 Medicare 101 24	10 Fused Glass \$ 2 Medicare 101 25	9-11 Tarrot Card Readings Alzheimers Office Hours 26	1-3 Housing Expo 27
30	9-10 Monthly Breakfast and Feb. trip sign up 10 Feb dinner sign up 3 Book Club 31	SPECIAL EVENTS CALENDAR Please sign up! The Senior Center DOES NOT CLOSE due to incimate weather (even when school is closed)!		

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