

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

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The Adult and Senior Center of Saratoga Springs
5 Williams Street
Saratoga Springs, NY 12866
Phone: 518 584-1621 • Fax: 518 581-8608
Hours: Monday-Friday 8-4
Visit us online at saratogaseniorcenter.org



October 2016 Newsletter

Issue 10 • Volume XVI

Health Insurance Expo

Wednesday, October 12th, 1-4pm

“Changes in Medicare” 1-2 pm

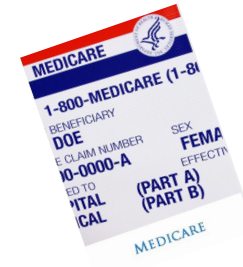
Presented by the
New York StateWide Senior Action Council &
The Saratoga County Office for the Aging
An overview of Medicare benefits for 2017

Free!
Open to
the
Public

“Health Insurance Expo” 2- 4 pm

Meet insurance representatives before Open Enrollment to learn about the coverage that meets your needs and your budget.

Blue Shield of NENY • CDPHP • EPIC • Fidelis • Humana •
MVP • Today's Options • United HealthCare



NEW Classes in October!

Fiction Writing. Do you like reading fiction? Love stories, adventure, and so forth? How about trying your hand at writing fiction? A published author can teach you the basics right here in the Senior Center. Beginning Tuesdays Oct., 4, 3-4pm. Free.

“Go with the Flow Yoga” - A gentle continuous flow of yoga poses. Join Susan if you would like to take your yoga up a notch. Fridays, 10am beginning Oct. 7. \$10 month.

Tai Chi - Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. It is a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tuesdays 9-9:45am. Beginning Oct. 4. \$10 month.

Do you shop on Amazon?

You shop. Amazon gives. When you shop at <http://smile.amazon.com/>, Amazon will donate to your favorite charitable organization. So choose the Senior Center! We receive a percentage.

October

Foster Grandparent Program is a wonderful way for seniors over 55 to share their life experiences with young children and earn a non-taxable stipend. Must be income eligible. Tues., Oct 11, 11:00am Free and open to the public.

Flu Shots. by RiteAid. Fri, Oct. 14, 9-11am. Sign up. Bring insurance card. Open to the Public.

“Brown Bag Check Up” Gather all of your current medications and over-the-counter products into a “brown-bag” and bring them to the Center. A pharmacist will review your meds for any potential problems. Please sign up. Monday October 17, 10-12. Free.

Elder Law presented by Albany Law School Do you have questions about wills, health care proxies, executors and legal issues affecting seniors. This presentation will benefit seniors, their family, caregivers and elder care professionals. Fri., Oct. 21, 1pm. Free. Open to the Public.

Opera Saratoga will celebrate National Opera Week with the return of *Saratoga Sings! for Seniors*. The concerts will feature a variety of beloved arias, duets and songs. Check with front desk for date.


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Raymond Bryan
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Direct: (518) 581-5054
raymond.bryan@wellsfargoadvisors.com

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October Dinner
"Sperry's"
Chef Brian Bowden
Tuesday October 11

Sponsored by CDPHP 

Second Dinner TBD
October Dinner sign up -
Wed. Oct. 5 @ 10am
 \$10 per person. Members only.

November Dinners
 "Prime" Thurs., Nov. 10
 "DZ Restaurants" Thurs., Nov. 17
November dinner sign up
 Wednesday Nov., 2 at 10am

"Memory Cafe"
 The challenges of living with memory loss can sever social connections at a time when it is needed most. Memory Café gatherings are one way to share your stories and socialize with others who have been diagnosed with memory challenges in a supportive, fun way. Join us on the 2nd and 4th Thursday of each month 10:30-12. Free.

Open to the public! Light refreshments served!
October Activities:
 10/13 Social Hour 10/27 Tang Museum

Support Groups & Services 
 Alzheimer's Caregiver Support Group -
 3rd Thursday of each month, 10:30-12:00.
 All Alzheimer services are free and open to the public.

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.

October Happenings

Painting & Drawing - All mediums., including water-color. No experience necessary. Mondays 12:30-2:30.
Walking Group - The Monday walking group is back to 9:30am start for fall.
MVP Latin Moves Mon. at 11-11:45 am. Sept. 19-Dec. 5 Please sign up! Free.
Reminiscing Group Weds., at 10:15. Join your friends and take a trip down memory lane.
Computer, Phone & iPad Help Students in the house! Mon., 8:30-10, Wed., 1-1:30 (5-6 students from Spa Catholic), Fri., 2-4pm. Additional random days available - see calendar or check at front desk. Sign up!
Tarot Card Reading with Mary Shimp Thurs., Oct, 27, 9-11. Donation. Call for appointment
Book Club Tues., Oct., 25 at 3pm. "Behind the Scenes at the Museum" by Kate Atkinson.
Legal Services Thurs., Oct., 6th, 1:30pm. Call Office for the Aging at 884-4100 for an appointment.


Navigating the Medicare Maze!
 Do you have questions about Medicare? Which plan suits you best? Meet with representatives from the health insurance companies to prepare yourselves for open enrollment. See the schedule below.

- MVP- Tues., Oct. 18, 10-12, Tues., Nov. 8, 9-11
- CDPHP -Thurs., Nov 3, 10-12, Tues., Nov 15, 10-12, Tues., Nov 22, 2-4, Fri., Dec. 2, 10-12.
- "Insurance Expo" - Wed., Oct. 12, 1-4pm.

All events Free and Open to the Public

Looking to November 
Special Member Presentation "State of the Senior Center". Past, Present and Future of our Center. Learn about the presentation that Lois made to the City Council this summer. Details coming in November newsletter.
Polish Art, History & Culture Tues., Nov. 15, 1:00pm. Come and chat about the history, culture, art and people of Poland. Free.
"If You Don't Use it You Lose it" - Presented by Saratoga Hospital. Exploring normal spinal range of motion and strength. Learn how to maintain/gain general neck and back mobility properly and safely. Tues., Nov. 15, 1-1:45pm. Free.

Helping Breast Cancer Patients - Volunteers needed to make pillows for women undergoing breast cancer treatment. Holding the pillow against themselves relieves pain and stress. Please see front desk for material and pattern.

Volunteers Needed 

- We're looking for people to drive the Senior Center van. Do you want to join the fun on trips around the Capital District, MA and VT? Van drivers receive discounted admission and discounted lunch. Most trips are less than 10 people and within a 1.5 hour drive.
- Volunteers to pick up bread and pastries from Panera.

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TRIPS!

Trips must be prepaid. We do not give refunds if you decide to cancel. Please arrive 15 mins. prior to departure.

“Seniors on the Go! VAN TRIPS (Membership required)

- **Fri., Oct. 7: Lunch Bunch: “Sutton’s Marketplace”.** A unique shop of clothing, bakery, gourmet foods, restaurant, furniture and gifts. Leave at 9:30 am. Return around 2:00pm. Pay \$15 at sign up & bring \$ for lunch.
- **Tues., Oct. 11: “Boat Ride on Saratoga Lake”:** See Saratoga Lake on a relaxing one hour boat cruise. Enjoy lunch at Lake Local after the cruise. Bring water. Pay \$18 at sign up, inc. van, and admission. Bring lunch money. Leave at 10:30am.
- **Thurs., Oct. 13: “Silver Foxes”:** Join our men’s group for lunch. Pay \$1 at sign up & bring \$12 for lunch at the Skidmore Dining Hall. Leave the center at 11:45.
- **Tues., Oct. 18: “Splendor, Myth and Vision: Nudes from Prado”:** presented by The Clark Art Institute. The 28 paintings here — by Titian, Tintoretto, Peter Paul Rubens, Francisco de Zurbarán and other late Renaissance and Baroque all-stars — may leave you a little hot under the collar, but imagine how they looked to the rigidly devout elites of the Spanish Golden Age. Pay \$20 van fee at sign up. Bring \$20 admission and lunch money. Lunch on site at Cafe 7. Leave at 8:30am. Return about 4:30pm.
- **Fri., Oct. 21 and Fri., Oct. 28: “Haunted Tour of the Capitol Building”** Does the night watchman who died in the Capitol fire of 1911 still make his rounds? Which two United States Presidents visited the Capitol after they died? What happened to the “lost” Capitol murals and their eccentric artist? Does the secret demon carved in stone hold a Capitol curse? Learn about the legends connected with this historic building. Pay \$15 van fee at sign up. Bring lunch money. Leave at 11:30. Tour at 12:30. Late lunch at Albany Pump Station. Return about 3:30.
- **Tues., Oct. 25: “Vermont Country Store”:** Take a journey into the general store of yesteryear with The Vermont Country Store. As the purveyors of practical and hard-to-find products, we offer you a host of quality merchandise from around the block and around the world. Browse through our site for wonderful, classic products that can help simplify your life. Lunch at Bryant House. If time permits, take a short walk to the garden and nature trail. Pay \$20 van fee at sign up, bring lunch and shopping money. Leave at 8:30. Return about 4:00.
- **Tues., Nov. 1: “Empire State Youth Orchestra” Annual concert for Seniors, performed at Proctor’s Theater.** The Youth Orchestra, is considered one of the premier youth orchestras in the United States. Pay \$15 van fee at sign up, concert is free. Lunch at Johnny’s prior to show. Bring lunch money. Leave at 10:30. Return about 3:30pm.

2016 One Day Bus Trips

Open to non-members, you do not have to be a Saratoga resident.

Must be able to travel independently.

- **New York City** - December 7, \$34, non-member \$54

Bus trips sponsored by Adirondack Trust Community Foundation





2017 Excursions

More to be announced

- Discover Croatia, Slovenia and the Adriatic Coast - March 25-April 5, 2017
Book before November 25, 2016 and Save \$400 for a double occupancy rate of \$2999
- Canadian Rockies & Glacier National Park featuring the Calgary Stampede
Monday, July 10 -17, 2017
Book before January 10, 2017 and Save \$100 for a double occupancy rate of \$3799

October Special Events - Please Sign Up!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 10: Computer Help 11-1: Computer Help	9-9:45: Tai Chi 3-4:Fiction Writing	10:00: Dinner Sign Up 10-12: Fused glass 10:15: Reminiscing Group 1-1:30: Computer Help	1:30: Legal Services	9:30: Trip - Lunch Bunch 10: Yoga with Susan 12-4: Computer Help
 10	8:45: Trip - Boat Ride on Saratoga Lake 9-9:45: Tai Chi 11: Foster Grandparents 3-4:Fiction Writing 5:30 Dinner by Sperry’s	10:15: Reminiscing Group 12-3: Computer Help 1-1:30: Computer Help 1-4: Insurance Expo	10:30-12: Memory Cafe 11:45: Trip - Silver Foxes 1:30-3: Conscious Aging	9-11: Flu Shots 10: Yoga with Susan 2-4: Computer Help
8:30- 10: Computer Help 10-12: “Brown Bag Checkup” 11- 1: Computer Help	8:30: Trip - The Clark 9-9:45: Tai Chi 10-12: MVP 3-4:Fiction Writing	10:15: Reminiscing Group 10-12: Fused glass 1-1:30: Computer Help 1-4: Computer Help	10:30-12: Alzheimer Support Group 8:30: Trip - “An American in Paris”	10: Yoga with Susan 11:30: Trip - Capitol 1-2: Elder Law 2-4: Computer Help
8:30- 10: Computer Help	8:30: Trip - Vermont Country Store 9-9:45: Tai Chi 3-4:Fiction Writing 3: Book Club	10:15: Reminiscing Group 1-1:30- Computer Help 2-4: Computer Help	9:00-11: Tarot Card Reading 10:30-12: Memory Cafe - Trip to Tang 1:30-3: Conscious Aging	10: Yoga with Susan 11:30: Trip - Capitol 12-2: Computer Help 2-4: Computer Help
8:30- 10: Computer Help 11-1: Computer Help 				

Regular Weekly Activities

Call 584-1621 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 11-11:45: MVP Latin Moves (9/19-12/5) 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) 3-4: Fiction Writing	9:30-2: Rug Hooking \$ 9:45-11: Gentle Yoga \$ 10: Fused Glass(see calendar) \$ 10-12: Knit & Crochet 10:15: Reminiscing 11:10: ZUMBA Gold \$ 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan \$ 12:30-4: Bridge	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) 11:30-12:15: Aerobics \$ 12:30-1:30: Osteo 12:30-4: Canasta, Rummy 1:30: Conscious Aging (2nd & 4th Thurs)	10-12: Ceramics & Sculpture \$ 10: Go with the Flow Yoga \$ 12-4: Ceramics & Soapstone Carving Lab

THANK YOU!! • To Ed Kelley & Nate for dinner • To MVP for sponsoring dinner • To MVP, Stewart’s, Saratoga Bounce, for sponsoring our Open House • To everyone who attended, volunteered and participated in our Open House and making it a successful event • We appreciate your generosity!