

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

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Permit No. 120

Adult & Senior Center of Saratoga

(518) 584-1621 saratogaseniorcenter.org



5 Williams Street, Saratoga Springs, NY

Hours: M-F, 8-4

April 2017

Monthly Chef Dinners

\$12/person



"Soup"er Social Fridays

Sponsored By Centers Health Care

Fridays, 1:30-3PM

\$2 per cup of soup



Come and try out our new homemade soups!

Wishing Well/Brook Tavern - Monday, April 3rd

5:30PM at the Senior Center

Menu: Salad - Mixed Greens with Maple Vinaigrette, Rustic

Italian Meatloaf with Mashed Potatoes

Chef Ed Kelley - Tuesday, April 18th

5:30 at the Senior Center

Menu: Ed's Famous Baked Cod

DINNER SIGN UPS!!!

Dinner sign ups are held on the LAST WEEK DAY OF EVERY MONTH! Sign up for April dinner, Fri., March 31st at 9:30AM after hot breakfast. RSVP required for breakfast.



Monthly Hot Breakfast

Fri., April 28th 8:30-9:30AM

Meet and greet with a local first responder! Let staff cook for you as you wait for May dinner and trip sign up to begin at 9:30AM! Admission is \$5. Open to the public! RSVP required.

Monday Dinners To Go 5:30-5:30PM

Prepared by Village Pizzeria at the Center

Portion of the proceeds to benefit the Center

\$14 - serves 2 \$24 - serves 4

Gluten free - NEW!

+ add \$5- serves 2 + add \$10- serves 4



April 3rd Chicken Riggis: Sautéed Chicken, Cherry Peppers, Roasted Peppers, Onions & Mushrooms, in a Tomato Cream Sauce, Salad & Bread (order by 3/31)

April 10th Pasta Florentina: Spinach, sun dried tomato, & mushrooms, in our Marinara Sauce, Lentil Soup & Bread (order by 4/7)

April 17th Pasta Rosa Maria: Our Vodka Cream Sauce, with chunks of sweet roasted peppers, tossed with Rigatoni Pasta, Salad & Bread (order by 4/14)

April 24th Lasagna Style Baked Ziti with beef, sausage and three cheese, Italian Wedding Soup & Bread (order by 4/21)

Friday Events

April 7

CASINO AND RACEWAY'S CULTURAL ART SERIES:

Alan Edstrom The Magician

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

Come see the magnificent Alan Edstrom as he performs jaw dropping magic tricks!

April 14

NETWORKING SERIES:

Share Your Story & Musical Performance

1:30 - FREE AND OPEN TO THE PUBLIC

Everyone has a story. What's yours? Everyone will share 5 things their peers may not know about them. This is a great way to get to know other members and meet new people! Musical performance by guitar player Danny McLellan from 12:30-1:30PM.

April 21

EDUCATION SERIES:

Financial Expo

1:30 - FREE AND OPEN TO THE PUBLIC

Presentations by NY Longterm Care Brokers on Who Should Own An Annuity?, Herzog Law Firm on Aging in Place and Janney Montgomery Scott on Stepping Toward Retirement

April 28

CASINO AND RACEWAY'S CULTURAL ART SERIES:

Silent Wings: Birds Of Prey

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

Join Trish Marki from The Wildlife Institute of Eastern NY. Learn about the unique behavior of owls, the conservation issues that impact them and the "human" impact on species survival. Please sign up.

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CALL TODAY...YOU WILL BE HAPPY YOU DID!

Saratoga Farmers Market at the Saratoga Senior Center - NEW!

Tuesday, April 25, 1:30-3:30PM - OPEN TO THE PUBLIC!

Come enjoy our mini farmers market with several high-quality local food and agricultural products direct from the farmers and producers.



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April Happenings...

Donation Vinyasa Class with Kate at Rise Yoga to benefit the Saratoga Senior Center Sunday, April 2nd, 11:30AM.
 Suggested \$10 donation. Not suitable for chair yoga practitioners. Rise Yoga is located at 422 Broadway, Suite 202, Saratoga Springs.
Centers Health Care Presentation Wed., April 5, 9:30AM
 Need help taking care of a loved one? Washington Center Adult Day Care is a phone call away. Informational presentation on Medical Model Adult Daycare. **FREE AND OPEN TO THE PUBLIC!**

Short Term Care Insurance
 Wed., April 19, 9:30-10:30AM
 Presented by Daniel J. Gallagher from BankersLife. Discover alternatives for long-term care insurance when cost, age or health is an issue. **FREE AND OPEN TO THE PUBLIC!**

Painting on Glass with Nancy
 Wednesday, April 19, 2-3PM \$12 material fee + \$20 class fee.
 Bring color, light and form to your artwork in this one day workshop. Nancy Magnell will help you create a beautiful, floral, reverse painted window hanging. Glass and tools provided.

MVP Medicare Advantage
 April 7, 1-2PM; April 25 12-1PM (with member orientation from 10-12).

Book Club Tuesday, April 25, 3PM
 "The Piano Teacher" by Janice Y K Lee

United Health Care Friday, April 21, 12-2PM
 Member orientation.

Tarot Card Readings Thurs., April 27, 9-11AM
 Come get your fortune read by the amazing Mary Shimp!

Memory Making Art Therapy
 Tuesdays, 12:15-1PM \$20/couple per month
 An art class geared specifically towards persons with dementia and their caregivers.

Veterans Group
 Thursdays, 9:15-10:15AM. See calendar. In this six week series, you will share and discuss veteran senior needs. Light refreshments will be served. For more information, please call Jay at 518-584-1621 x 202. **FREE AND OPEN TO THE PUBLIC.**

Reminiscing
 Wednesdays, 9:30AM - FREE!
 Join your friends & fellow members to reminisce about times gone by and the good old days!

Save the Date! Health and Awareness Expo
 May 2, 9-12PM **FREE AND OPEN TO THE PUBLIC!**
 Join us at the Saratoga Senior Center for our annual Health and Awareness Expo! Meet with a variety of specialists and health-care professionals - enter to win raffles and freebies. For more information, please call the Senior Center.

Sponsored by:



More Trips...

ONE DAY BUS TRIPS 

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NYC - June 7
 \$40 member/non member \$65
 Drop off at NYC's Bryant Park. Spend the day shopping, attending a museum or seeing a Broadway show! Need help purchasing attraction tickets? We can help! Please see the front desk to find out how.

West Point & Brotherhood Winery - July 12
 \$78 member/ \$103 non member
 Includes lunch and tour. Stroll around this historic site as you learn the history of West Point. Lunch will be held at the Thayer Hotel. Wine tasting and tour at Brotherhood Winery.

Mohonk Mountain House Music Week - Sept 6
 \$93 member/ non member \$115
 Enjoy two fantastic musical concerts, breathtaking garden views and a buffet lunch.

NYC - Dec. 6
 \$40 member/non member \$65
 Come celebrate Christmas in NYC! See the Rockefeller tree, browse holiday windows, get some Christmas shopping done or see a show!



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MULTI-DAY BUS TRIPS

Great Gatsby Gold Coast - June 20-22 \$540

See Long Island's, "Gold Coast." Includes 2 nights lodging, 2 breakfasts, 2 dinners, admission to 5 Gold Coast mansions (Old Westbury Gardens, Vanderbilt Museum, Mill Neck Manor, Oheka Castle and Coe Hall), luggage handling, all taxes and meal gratuities, motorcoach transportation and a souvenir gift.

****Sign up by 4/14/17**

Chicago - Sept. 10-16 \$665
 Come see Chicago! Highlights will be a stop at the Art Institute of Chicago, the Magnificent mile, a skyline cruise of Lake Michigan, the Chicago Money Museum and more! Includes lodging, 6 breakfasts, 4 dinners and transportation.

****Sign up by 7/6/17**

EXCURSIONS

Canadian Rockies & Glacier National Park featuring the Calgary Stampede
 July 10 -17, 2017

South Pacific Wonders
 October 24 -November 7, 2017
(Book before April 24 and save \$500 for a double occupancy rate of \$6399).

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SENIOR SUPPORT SERVICES

Alzheimers Support
 We host a variety of programs and groups for those in need of alzheimers support. **FREE AND OPEN TO THE PUBLIC!**
 Schedule:
 • 2nd and 4th Thursday of the month: Memory Cafe
 • 3rd Thursday of the month: Caregiver Support Group
Sponsored by Home Helpers and the Goldberg Foundation.

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 206.
 Do you need help with transportation, respite, home visits, etc? Please call 584-1621 ext. 206.

VAN TRIPS

****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.**

Tues., April 4 - Vermont Country Store

Take a journey into the general store of yesteryear with The Vermont Country Store. Browse through the store for wonderful, classic products that can help simplify your life. Then take a short walk to the garden and nature trail. Lunch at Bryant House. Pay \$15 van fee at sign up, bring lunch and shopping money. Leave at 8:30. Return about 4:00.

Thurs., April 6 - Lunch Bunch at Over The Moon Cafe (Schuylerville)

Choose from an assortment of homemade soups, salads and breads made daily. Pay \$5 van fee at sign up. Leave the Center at 11AM. Return at about 1:30PM. Bring money for lunch.

Fri., April 14 - MiSci Butterfly Exhibit

Watch Butterflies at every stage of life - from egg to the Chrysalis chamber to adulthood. Learn about different species of butterflies from the area, what butterflies eat, and how scientists use butterflies as examples for new technology. We will stop on our way down for breakfast at Good Morning Cafe is Ballston Spa. Pay \$10 at sign up. Bring \$14 admission fee and breakfast money with you. Leave the center at 9:30 and return around 4PM.

Tues., April 18 - Rivers Casino

Leave the center at 9:30AM. Pay \$10 at sign up. Bring money for lunch (on your own) and gaming. Return about 3PM.

Thurs., April 20 - Naumkeag

Experience Gilded-Age style and splendor at this marvelous estate, renowned for its elegant gardens and rare Berkshire "Cottage." Bequeathed in its entirety in 1958 - from furniture to garden tools to its intact dairy barn - Naumkeag, a National Historic Landmark, provides a special link to Berkshires history. Pay \$15 at sign up. Bring money for admission and lunch. Leave the Center at 9:30AM, return about 4PM.

Tues., April 25 - Walkway Over the Hudson

Walk over the Historic Hudson River in Poughkeepsie and take in the fresh air and breathtaking views. Interpretive signs and cell phone tour available. Walk 1.28 miles at your own pace. Delicious lunch at Alex's Restaurant following walk. Pay \$20 at sign up and bring lunch money with you. Leave the Center at 8:30 and return about 4:30PM.

Thurs., April 27 - Dakota Ridge Llama Farm

Come visit approximately 55 llamas on a working farm. They are very gentle and easy to love! Learn about the many uses and care of llamas. Enjoy a hands-on experience brushing, feeding and petting the llamas. Lunch following the tour at The Factory. Pay \$5 at sign up and bring \$10 admission plus lunch money. Leave the center at 10:30, return about 2:30PM.

WEEKLY ACTIVITIES

**Prices listed are per month.

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 \$20 10-11: Osteo 11-12:30: Gentle Yoga/Chair Yoga \$10 11-11:45: MVP Latin Moves 12:30-2:30: Painting & Drawing \$10 12:30-4: Bridge 1-4: Canasta, Mahjong 1-3: Pool League	9-12: Watercolor 9-9:45: Tai Chi \$10 10-11:15: Gentle Yoga \$10 11:30-12:15: Aerobics 12:15-1 Memory Making Art Therapy 1-2:30: Soapstone Carving \$10/\$25 1:30-2:15: Pilates \$10	9:30-2: Rug Hooking \$5 9:30: Reminiscing 10: Fused Glass \$10/class. (see below) 10-12: Knit & Crochet 11:10: ZUMBA Gold \$2 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan \$2 2:30 Write Your Story	8:30-9:30: Osteo 3 9-12: Stained Glass/Mosaics \$10 10:30-12: Alzheimers Support Group (3rd Thurs.) 10:30-12: Memory Cafe (2nd & 4th Thurs) 11:30-12:15: Aerobics \$10 12:30-1:30: Osteo 12:30-4: Canasta, Rummy, Majong 1:30 Conscious Aging (2nd & 4th Thursday) 2:30-4: Writer's Workshop	10-12: Ceramics & Sculpture \$20 10: Go with the Flow Yoga \$10 10-12: Poker 12-4: Ceramics & Soapstone Carving Lab 1:30-3: "Soup"er Social Fridays
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30-5:30 To Go Dinner ³ 5:30 Monthly Dinner - Wishing Well	8:30 Van Trip: Vermont Country Store ⁴ 9-2 AARP Taxes	9:30 Centers Health Care Presentation: Medical Model Adult Daycare ⁵	9:15 Veterans Group 11 Lunch Bunch 1:30 Legal Aid ⁶	1-2 MVP Medicare Advantage 1:30 Alan the Magician ⁷
3:30-5:30 To Go Dinner ¹⁰	9-2 AARP Taxes Passover ¹¹	10 Fused Glass ¹²	9:15-10:15 Veteran's Group 10:30 Van Trip: Carol King at Proctors 11:45 Silver Foxes ¹³	9:30 Van Trip: MiSci 12:30 Music by Danny 1:30 Share your Story Good Friday ¹⁴
3:30-5:30 To Go Dinner ¹⁷	9-2 AARP Taxes 9:30 Van Trip: Rivers Casino 5:30 Dinner - Chef Ed Kelley ¹⁸	9:30 Short-term Care Insurance 11-12 Blood Pressure Clinic 2-3 Painting on Glass ¹⁹	9:15-10:15 Veteran's Group 9:30 Van Trip: Naumkeag ²⁰	12-2 United Health Care Member Orientation 1:30 Financial Expo ²¹
3:30-5:30 To Go Dinner ²⁴	8:30 Van Trip: Walkway Over the Hudson 10-12 MVP Orientation 12-1 MVP Medicare Advantage 1:30 Farmers Market 3 Book Club ²⁵	10 Fused Glass ²⁶	9-11 Tarot Cards 10:30 Van Trip: Llama Farm ²⁷	8:30 Monthly Breakfast 9:30 Dinner and trip sign up 1:30 Silent Wings ²⁸
<p>Don't Forget! Our Health and Awareness Expo is May 2nd!</p> 				

Thank you to Janney Montgomery Scott LLC for sponsoring our Irish Music and History event, Longfellows and BOCES for making a delicious dinner for our members, The Summit for sponsoring March dinner, Center's Health Care for sponsoring our "Soup"er Social Fridays and Kim Purdy for teaching our Wednesday Yoga class!

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