

# The Adult & Senior Center of Saratoga

(518) 584-1621 saratogaseniorcenter.org

5 Williams Street, Saratoga Springs, NY

Hours: M-F, 8-4



May 2017

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**"Soup"er Social Fridays** Sponsored By Centers Health Care  
Fridays, 1-2PM - \$2 per cup of soup  
Come and try out our homemade soups while you enjoy our Friday events! This month: Minestrone, Beef Vegetable, Spinach and Lentil

**Friday Events**

May 5 **CASINO AND RACEWAY'S CULTURAL ART SERIES: Skidmore MDOCS Presents: The History of the Senior Center**  
11AM-1PM - FREE AND OPEN TO THE PUBLIC!  
See a presentation of a two year archiving project (by Skidmore student Phoebe Radcliffe) on the 60 year history of the senior center. Exhibit includes old photos, video history, newspaper clippings and artifacts from the senior center. Come see how many people you recognize from years past!  
2PM - **The 1st Lady of Burlesque**  
\$2/members \$5/non-members  
The weather isn't the only thing heating up in Saratoga! Join us as Burlesque dancer, April March, does a presentation and book signing.

May 12 **CASINO AND RACEWAY'S CULTURAL ART SERIES: Dazzle Dogs** **ZIEKER EYE**  
2PM - \$2/members \$5/non-members  
Join Caryn Tindal and her talented group of dogs will perform tricks, agility obstacles and dance to choreographed musical routines. Sponsored by Zieker Eye. Please sign up.

May 19 **OFA LUNCHEON AT SARATOGA CITY CENTER**  
No afternoon programming at the Senior Center. OFA Luncheon tickets on sale at the front desk.

May 26 **NETWORKING SERIES: SPEED FRIENDING AND ICE CREAM SOCIAL**  
2PM - FREE!  
Like speed dating, but for friends. This is the perfect opportunity to step outside your comfort zone and meet someone new in a non-intimidating environment!

**Monthly Chef Dinners** \$12/person

**Fish at 30 Lake Tuesday, May 23rd @ 5:30PM**   
Menu: Egg battered chicken, orzo pilaf, asparagus, white wine butter sauce served with romaine wedge, sliced tomato, feta, cucumber, red onion, olives, lemon oregano vinaigrette  
Dessert: Chocolate flourless tart, raspberry puree, whipped cream

**2nd Dinner TBD**

**Monday Dinners To Go** 5:30-6PM  
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

**May 1st** Lemon Zest Alfredo with Farfalle Pasta, Baby Shrimp and Asparagus (order by 4/28)

**May 8th** Chicken Parmesean Dinner. Served with salad and bread (**\$18 - serves 2 / \$28 - serves 4**) (order by 5/5)  
*By popular demand!*

**May 15th** Pasta Primavera with Kale Pesto and Escarole Bean Soup (order by 5/12)

**May 22nd** Chicken Riggis: Pasta, small chunks of chicken, roasted peppers, onions and mushrooms in a tomato cream sauce. Served with salad and bread. (order by 5/19)

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**Monthly Hot Breakfast** \$5/person

**Wed., May 31st, 8:30-9:30AM**  
Meet and greet with a local first responder! Let staff cook for you as you wait for June dinner and trip sign up to begin at 9:30AM! Admission is \$5. Open to the public! RSVP required. Sponsored by Zieker Eye.

**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 senior specialists and healthcare professionals - enter to win raffles and freebies. Featuring free smoothies by Siobhan, massages, aroma touch, tarot card readings and more!

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**May Happenings...**

**Free Musical Performance at Skidmore College** May 1, 8PM  
 FREE concert at the Zankel Music Center at Skidmore College.  
 No ticket required.

**Skidmore Rejoice Choir Performance** Tues., May 9, 1PM  
 Uplifting tunes from a variety of genres.

**Book Club** Tues., May 23rd, 3PM  
 "Tortilla Curatin" by T.C. Boyle.

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

**Make Your Own Fairy Garden!** Wed., May 24, 1-3PM \$20  
 Join Ruth Anne Parent in creating a mystical fairy garden display. Supplies provided. Brings any succulents, moss or any trinkets you would want to include in your garden.

**Tarot Card Readings** Thurs., May 25th, 9-11AM (donation)  
 Get your fortune read by the amazing Mary Shimp!

**Gardeners Wanted!**  
 Do you have a green thumb? We want YOU to join our gardening club. Come be part of making the gardens of the senior center flourish! If interested, contact Kris Wurl at 518-584-1621 x 210.



**OFA Lunch- Tickets on sale now!**  
 Tickets for the OFA lunch will be on sale this year at the front desk. The cost is \$4. Cash or checks will be accepted.

**DO YOU LIKE TO GOLF?**  
 We are thinking of getting a golfing group together, permitting that there is an interest. If you are interested in joining or leading this group, please contact Colleen Kelley at 518-584-1621 x 203.




**Congratulations to Dick Eckert!**

The Adult and Senior Center of Saratoga would like to congratulate Dick Eckert on winning the Saratoga Springs Rotary Club 2017 Senior Citizen of the Year award. Dick has given many hours of his time to help other people. He was honored on April 19th at a luncheon for his accomplishments.



**Upcoming Events...**

**Naba Vision Day**  
 June 6, 11AM - FREE AND OPEN TO THE PUBLIC!  
 Join us for eye screenings and a presentation by a licensed ophthalmologist.

**Health Screening**   
 June 16, 10-2 - FREE AND OPEN TO THE PUBLIC!  
 Come get all of you screenings done under one roof! Healthcare professionals include: vision, diabetes, hearing, balance, cancer screening kits and more. Sponsored by United Healthcare.

**More Trips...**

**ONE DAY BUS TRIPS**



Brought to you by Adirondack Trust Community Fund  
**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 lake and 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!



**MULTI-DAY BUS TRIPS**

**Chicago - Sept. 10-16 \$665**  
 Come see Chicago! Highlights will be a stop at 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

If you are interested in one of these trips please

**SIGN UP NOW!**

**IF BUSES DON'T FILL UP, WE WILL HAVE TO CANCEL THE TRIP.**



**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.

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# 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.**

## Tuesday, May 9 - Bennington Museum

Join us on a guided tour of the Bennington Museum! Highlights include the Old First Church, Robert Frost Gravesite, the Battle Monument, a covered bridge and more! Lunch will be delivered from Elm Street Market (place order at sign up). Guided step-on bus tour at 2PM. Leave the center at 8:45. Return around 4PM. Pay \$45 at sign up.

## Friday, May 12 - Tulip Fest Tour and Lunch Bunch

Join us for a guided tulip tour in Washington Park with the city gardener. Following the tour, we will stop for lunch at Iron Gate Cafe. Leave the center at 9AM. Return around 1:45PM, just in time for Dazzle Dogs! Pay \$10 van fee at sign up. Bring money for lunch. Bring walking shoes and dress comfortably.

## Tuesday, May 16 - Nuns of New Skete

Tour the historic churches, gardens and waterfalls in New Skete, located in Cambridge, NY. Visitors will also have the opportunity to listen to a lecture given by one of the brothers and to enjoy a delicious slice of cheesecake. Pay \$10 at sign up. Bring \$6 for admission and lunch money. Leave the center at 10:30AM. Return around 4:30PM. Lunch at the Greenwich Village Cafe.

## Wednesday, May 17 - Breakfast at Embassy Suites

Enjoy a delicious breakfast from our neighbors at Embassy Suites. Sign up and pay at the Center. Meet at Embassy Suites at 9AM. Cost is \$14, which includes gratuity.

## Wednesday, May 10 and 24th - Farmer's Market at High Rock

Visit Saratoga's famous farmer's market, with transportation provided by our van. Pay \$2 van fee at sign up. Leave the center at 2:45PM and return around 4PM.

## Tuesday, May 23 & Wednesday, May 31st - 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 \$31 at sign up. Bring money for lunch at the Red Lion Inn. Leave the Center at 9:30AM, return about 4PM.

## at PROCTORS TICKETS ON SALE!

Wed., July 19 - 2PM

Mama Mia

\$18/person + \$10 van fee



Thurs., Feb. 22, 2018

Les Miserables

\$61/person + \$10 van fee

Sign up by June 16th

Thurs., May 3, 2018

The King and I

\$57/person + \$10 van fee



Members of the Senior Center are invited to join SPAC during their New York City Ballet and Philadelphia Orchestra summer residencies this July and August at the EXCLUSIVE \$20 ticket rate.

You must provide your own transportation. Book your seat now! Beat the rush and take advantage of this great deal!

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# 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 10-11: Reminiscing 10: Fused Glass \$10/class. (see below) 10-12: Knit & Crochet 11: ZUMBA Gold \$2 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan \$2 2:30 Write Your Story: Crafting Short Memiors	8:30-9:30: Osteo 3 9-12: Stained Glass \$10 Mosaics \$20 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, Mahjong 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	WENESDAY	THURSDAY	FRIDAY
3:30-6 To Go Dinner 1	9-12 Health and Awareness expo 2 1:30 MVP Medicare Advantage	3	4	5
3:30-6 To Go Dinner 8	8:45 Van trip: Bennington Museum 9 1 Skidmore Rejoice Choir 1-3 Polish Group	10	11	12
3:30-6 To Go Dinner 15 MVP Latin Moves Ends	10:30 Van Trip: New Skete 16 5:30 Board Meeting	9 Breakfast at Embassy Suites 17 11-12 Blood Pressure Clinic	18	19
3:30-6 To Go Dinner 22	3 Book Club 23 9:30 Van trip: Naumkeag 5:30 Dinner by Fish at 30 Lake	10 Fused Glass 24 1-3 Fairy Gardens 2:45 Van trip: Farmer's Market	9-11 Tarot Cards 25 1:30 Conscious Aging	26
Memorial Day - Center Closed NO TO GO DINNER 29	30	8:30-9:30 Breakfast 31 9:30 Trip/Dinner Sign Up 9:30 Van trip: Naumkeag		

Thank you to MVP Healthcare for sponsoring our Silent Wings program and Wishing Well/Brook Tavern and Chef Ed Kelley for preparing our monthly dinner! Special thanks to all of the volunteers who are participating in the various "Give Back" days at the center that will take place over the month of May.