

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

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

# Saratoga Senior Center

(518) 584-1621 saratogaseniorcenter.org

5 Williams Street, Saratoga Springs, NY

Hours: M-F, 8-4

September 2017



Class is in session! "Fall" into a new activity here at the senior center!

We offer classes ranging from:

- **Art** - Soapstone Carving, Ceramics and Sculpture, Watercolor, Painting and Drawing, Mosaics, Fused Glass
- **Fitness** - Strength with Aiden, Yoga, Aerobics, Zumba, Osteo, Pilates, Tai Chi, Meditation, Biking and Golf

Sign up at the front desk today!

## RETURNING THIS FALL... GETTING ORGANIZED FOR PEACE OF MIND



Presented by Charlie Joseph from Janney Montgomery Scott LLC

October Date TBD!

Learn about important financial planning topics including beneficiary designations for wills, trusts, retirement plans and life insurance; locating and organizing your financial documents; life insurance reviews; investments; health care proxies; long-term care insurance; and more.

## MAKE A GIFT OF STOCK TO THE SARATOGA SENIOR CENTER

Securities that have increased in value and been held for more than one year are one of the most popular assets to use when making a gift to charity. Gifts of appreciated securities are generally more cost effective than gifts of cash. A gift of stock with a long-term gain entitles you, the donor, to a charitable deduction for the full current market value and is exempt from any capital gains tax. Making a gift of stocks or mutual funds to us offers you the chance to support the Saratoga Senior Center realizing important benefits for yourself.

### How It Works

1. You can send unendorsed stock certificates by registered mail or instruct your broker to make the transfer from your brokerage account to our account
1. If you send a stock certificate that is in your name, please include a letter indicating the purpose of the gift. Under separate cover, provide a signed stock power form for each security you contribute.
2. You receive an income-tax deduction
3. The Center sells the securities and applies the proceeds to help a cause that you care about.

### Benefits

- You receive a federal income-tax deduction for the full fair-market value of the securities
- You avoid long-term capital-gain tax on any appreciation in the value of the stock

Please contact us for assistance. 518-584-1621

## DO YOU HAVE LOW VISION?

Do you have difficulty reading the newspaper, watching TV, setting appliance dials, preparing meals, telling time, identifying money or writing checks?

### There is help!

Contact NABA for -

- \* low vision exam & magnifiers
- \* talking clocks & vision aids
- \* large print calendars & items
- \* vision rehabilitation services for independent living



## NABA

Northeastern Association  
of the Blind at Albany

301 Washington Avenue  
Albany, NY 12206  
P: (518) 463-1211  
www.naba-vision.org

Visit us on Facebook!

Serving the Real Estate needs of the Capital Region Since 1922



**BERKSHIRE HATHAWAY**  
HomeServices

Blake, REALTORS®

**518-584-0060** 376 Broadway, Saratoga Springs  
www.BHHSBlake.com

Call for a FREE no obligation Home Evaluation!

**Organize Senior Moves Saratoga**  
"Making Moving Easier"  
OrganizeseniormovesSaratoga.com

### Helping seniors make their moves

Floor Plans • Downsizing • Organizing • Packing • Unpacking  
Experienced: 100+ moves • Set up new home • Estate sales  
Oversee whole moves

**(518) 339-6402 • Free Consultation •**

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

## Non-Medical Care at Home



Need help at home?  
Call us!



Making Life Easier

Care plans are tailored to meet your needs and budget. Call for a  
FREE In-Home Consultation.

(518) 584-5885 • www.HomeHelpersNY.com

*William J. Burke & Sons / Bussing & Cunniff, Inc.*  
Funeral Homes

- Locally Owned and Operated
- Pre-Need Planning
- Cremations Arranged
- Financially Within the Means of All



• Proudly Serving  
Veterans



• Serving All Faiths  
With Dignity  
Since 1878

628 NORTH BROADWAY, SARATOGA SPRINGS, NY 12866 • 518-584-5373

www.burkefuneralhome.com • burke@burkefuneralhome.com

MARK T. PHILLIPS • R. THOMAS ARMER • DANIEL J. DECELLE • THOMAS E. SIMONE • NICHOLAS D. DECELLE



## FEATURE OF THE MONTH...

### **PUBLIC FORUM!** Community Forum - Public Officials Speak on Senior Issues **PUBLIC FORUM!**

Monday, Sept. 18, 2017 @  
Empire State College - 2 Union Avenue, Saratoga Springs, NY

1:30-3:30PM OPEN TO THE PUBLIC

Join public officials as they address the top concerns of most seniors such as healthcare, housing and transportation. Attendees include: *Congressman Paul Tonko, Senator Kathleen Marchione, Christopher Rhodes (representing Senator James Tedisco), Mark Luciano (representing Assembly member Carrie Woerner), Supervisor Peter Martin, Supervisor Matt Veitch, Mayor Joanne Yepsen, Commissioner of Public Safety Chris Mathiesen, Commissioner of Public Works Anthony Scirocco. Kathleen Fyfe, Vice-president of Community Development for the Saratoga County Chamber of Commerce, will moderate.*

### **The Saratoga Palio Race - Sept. 17, 8AM Benefiting the Saratoga Senior Center**

Over the past few years, this race grown to attract participants and spectators from around Saratoga, the Capital Region, and across the nation. This event was established to honor the inspiring life of Melanie Merola O'Donnell. This year The Melanie Foundation will be making a donation to support The Senior Support Services of the Saratoga Senior Center which empowers seniors to achieve and maintain personal independence and individual well being. Support the race and the Center by running or volunteering on race day. If you are interested in singing up to volunteer, visit themelaniefoundation.com or let the front desk know. We can help you register.

### **SOCIAL "SUNDAE" FRIDAYS**

Fridays, 1-2PM - \$2 per cup

*Now serving ice cream!*

Sponsored By Centers Health Care

Sept  
8

#### **Ice Cream**

1:30 - \$2 per cup

Get your last licks of summer in at our Ice Cream Social! Get together with a group of friends or meet new people!

Sept  
15

#### **Education Series:**

#### **Medical Expo**

1:30 - FREE AND OPEN TO THE PUBLIC!

The Wesley Community

Saratoga Hospital presents Jacqui Harris from Regional Therapy

Sept  
22

#### **CASINO AND RACEWAY'S CULTURAL ART SERIES::**

**"She Called Him Raymond" - Presentation by Author Ray O'Conor**

2pm \$2 members/\$5 non-members

*From the Author* - "A letter penned in 1944 uncovered the true story of Helen Gregg and Clarence R. Stephenson. She was the daughter of Irish immigrant parents and grew up desperately poor in Hell's Kitchen during the Great Depression. He was raised in the dying industrial city of Ironton, Ohio. After the attack at Pearl Harbor, he vowed to defend his country as a pilot in the Army Air Corp." Sponsored by Home Helpers.

Sept  
29

#### **CASINO AND RACEWAY'S CULTURAL ART SERIES::**

**Dear Diary Presented by Kim Harvish from the Chapman Museum**

2pm \$2 members/ \$5 non-members

A look at local activities and customs through the words of four local diaries spanning 1855-1920.

Diagnostic and Rehabilitative Audiology



**Hearing Care**  
RESOURCES LLC

For Appointments: (518) 580-0080  
Office Hours: Monday through Friday By Appointment  
12 Mountain Ledge, Suite 2 | Wilton, NY 12831  
[www.Hearing.Pro](http://www.Hearing.Pro)

People Over Profits



**LOOK TO TCT FOR ALL YOUR FINANCIAL NEEDS**

- ▶ Share Certificates
- ▶ VISA Credit Card with Rewards
- ▶ Vehicle Loans
- ▶ 55,000 Surcharge-free ATMs
- ▶ Insurance Discounts
- ▶ Mobile and Online Banking
- ▶ And so much more...

**Join Today!**  
Adult and Senior Center Members, Volunteers, Staff and their families are eligible to join TCT Federal Credit Union.

TCTFCU.ORG | (518) 884-7002 | 416 ROWLAND ST. BALLSTON SPA, NY 12020



**THE SUMMIT AT SARATOGA** | *Live well. Age well.*

**Independent Senior Living Community**  
518-926-9003 | [SummitSaratoga.com](http://SummitSaratoga.com)

1 Perry Road | Saratoga Springs, NY 12866

**Proud home to some of the happiest people in the Adirondacks.**

Skilled nursing, rehabilitation, adult day care and assisted living facilities.

To learn more visit [www.CentersHealthCare.com](http://www.CentersHealthCare.com)



Family is Everything.



Make sure they are taken care of.

**HERZOG LAW FIRM**

For all your estate planning needs.

- Estate Planning
- Elder Law
- Nursing Home Planning
- Health Care Proxies
- Special Needs Planning
- Estate Administration

call for a FREE one hour consultation.  
518.465.7581

7 Southwoods Blvd. Albany, NY 12211 | 47 West Harrison St. Saratoga Springs, NY 12866 | 688 Aaron Court Kingston, NY 12401  
[www.herzoglaw.com](http://www.herzoglaw.com)

**Financial Advice to preserve your legacy.**



Offices conveniently located in both Saratoga Springs & Albany

Raymond Bryan, Charles Joseph & Jeffrey Pollard are here to help you achieve your financial goals.

**Call 800.567.1099 to get started.**



Trusted Advisors for Generations

60 Railroad Pl., Saratoga Springs, NY • 7 Southwoods Blvd., #200, Albany, NY • Janney Montgomery Scott LLC • Member: NYSE, FINRA, SIPC



**THE WESLEY COMMUNITY**  
ENRICHED LIVING

*A perfect blend of independence & support*

156 Lawrence St. Saratoga Springs, NY | 518.691.1560  
[www.TheWesleyCommunity.org](http://www.TheWesleyCommunity.org)

*Proud of our healthy relationship*



**SARATOGA HOSPITAL**  
people you trust. care you deserve.

587-3222 • [SaratogaHospital.org](http://SaratogaHospital.org)




**Tunison Funeral Home**

"WE CARE BECAUSE EVERY LIFE HAS A STORY"

*Providing the community with professional service and affordable arrangements since 1861.*

105 Lake Avenue, Saratoga Springs, NY 12866  
(518) 584-0440  
[tunisonfuneralhome@yahoo.com](mailto:tunisonfuneralhome@yahoo.com)  
[www.tunisonfuneralhome.com](http://www.tunisonfuneralhome.com)



**A plan for life.**

Capital District Physicians' Health Plan, Inc.

# 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 9:30-10:15 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 Golf - tee times TBD 9-9:45: Tai Chi \$10 10-11:15 Gentle Yoga 11:30-12:15: Aerobics 1-2:30: Soapstone Carving \$10/\$25 1:30-2:15: Pilates \$10	8:30-9:15: <i>NEW!</i> Guided Meditation with Janet \$4 9:30-2: Rug Hooking \$5 10 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: Mosaics \$20 10-11: Osteo 10:30-12: Alzheimers Support Group (3rd Thurs.) 11:30-12:15: Aerobics \$10 12:30-4: Canasta, Rummy, Mahjong 1:30 Conscious Aging (2nd & 4th Thursday) 2:30-4: Writer's Workshop	10-12: Ceramics & Sculpture \$20 10-11:15: Go with the Flow Yoga \$10 10-12: Poker 11 Swinging Singing Seniors 12-4: Ceramics & Soapstone Carving Lab 1-2 Ice Cream 1:30-3: Social "Sundae" Fridays

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Center Closed
4 Labor Day - Center Closed 	5 8:30 Monthly Breakfast 9:15 Van Trip: Duck Boats 9:30 Dinner and Trip sign up 10 Biking	6 10:55-11:20 9 Miles East No ZUMBA Bus Trip: Mohonk Mountain Music Festival	7 10:15 Van Trip: Lunch Bunch 11-12 Zieker Eye 1:30 Legal Services	8 11 Mini Farmers Market OFA Senior Picnic 1 Ice Cream Social 1 MVP Medicare Advantage
11 10-12 Saratoga Public Health 5:30 Monthly Dinner	12 10 Biking	13 10 Fused Glass 10:55-11:20 9 Miles East	14 11:45 Van Trip: Silver Foxes	15 11-1 Mini Farmers Market 12:45 Swinging Singing Seniors Performance 1:30 Medical Expo
18 9:30-10:15 Latin Moves Returns! 1:30-3:30 Seniors PR Forum	19 8:30 Van Trip: The Big E 10 Biking	20 10:55-11:20 9 Miles East	21 12:30-2 Peace Week - Empty Bowl Luncheon \$15 Van Trip: Ventfort Hall	22 11 Mini Farmers Market 11 Phone Apps 2 "She Called Him Raymond"
25	26 9-3 AARP Safe Driving 10 Biking 3 Book Club	27 10 Fused Glass 10:55-11:20 9 Miles East	28 9:30 Van Trip: Erie Canal Cruise 9-11 Tarot Card Readings	29 First day of Fall! 11 Mini Farmers Market 2 Dear Diary Presented by Kim Harvish

## SEPTEMBER HAPPENINGS...

### Swinging Singing Seniors Performance

Sept. 15th - 12:45PM

Gather around to listen to our senior singing group perform a variety of tunes! FREE!

**Legal Services Thurs., Sept. 7th - 1:30PM.** Call Office for the Aging at 884-4100 for an appt.

**Book Club Tues., Sept. 26th - 3PM**

"Bury Your Dead" by Louise Penny

**Zieker Eye Presentation, Thurs., Sept. 7th - 11-12**

Join Steven Clark as he presents this open forum on top diseases that affect vision in the senior population. A rare opportunity to ask questions you have always wanted to ask your doctor, but didn't!

**Saratoga County Public Health - Mon., Sept. 11 - 10-12**  
Free cholesterol, glucose and blood pressure screenings as well as informal presentations on diabetes prevention tips and breathing well.

**UBER and Open Table Phone Apps!**

**Fri., Sept 22nd - 11-11:45 Free**

Learn how to use the new Uber app to help make your transportation easier. Open Table is an online restaurant reservation app. Bring your smart phone.

**Tarot Card Readings Thurs., Sept. 28th - 9-11AM**

Get your fortune read by the amazing Mary Shimp! Please sign up. (By donation)

**NEW! Guided Meditation - Wednesdays, 8:30-9:15**

Presented by Janet Dunn \$4 month

Learn a simple way to relax, breathe and meditate.

Through meditation you will begin to experience a feeling of peace, joy and freedom. Open to beginners and seasoned meditators.

**NEW! Bikeatoga with Doug Haller - Tuesdays, 10AM**

Join Doug Haller at 10AM on Tuesday mornings for a bike ride through Saratoga Spa State Park. Call the front desk to sign up. Meet at the warming hut in the park.

**Golf - Tuesdays, Tee time TBD**

Join our friendly golf club. Sign up at front desk. Play is at Spa State Park golf course - 9 holes.

## SENIOR SUPPORT SERVICES



**We need volunteers!**

Your free hour could change a senior's life. Do you have an hour to assist with visiting, transportation, shopping & more? Please contact Lisa at 518-584-1621 ext 210.

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

## PEACE WEEK 2017...



Thursday, September 21, 12:30 am-2 pm

Empty Bowl Luncheon \$15 Donation

Kick off Peace Week 9/21-9/27, at the Saratoga Senior Center. Includes a bowl painted by a local artist, soup/chili, salad, bread, beverage, dessert and live music! Visit peace-ing.org for more programs offered throughout the city including authors, movies, music and more! Please sign up.

**AARP Safe Driving presented by Allan Miller**

**Tues., Sept 26th - 9-3**

\$20 AARP member \$25 non AARP member

Checks are made out to AARP. Must have valid NYS drivers license.

## FOOD, FOOD & MORE FOOD...

### Monthly Dinner

Monday, Sept. 11 - 5:30PM

STAFF DINNER!

Stuffed Chicken Breasts cooked special for our members by the staff of the Saratoga Senior Center!

### TO GO Dinners

We are working on bringing To Go Dinners back in the Fall. As soon as they are set up, we will send out an email. You may inquire at the front desk as to the status.

### Monthly Hot Breakfast

Tues., Sept. 5th 8:30-9:30AM

Let staff cook for you as you wait for September dinner and trip sign up to begin at 9:30AM! Admission is \$5. Open to the public! RSVP required.

### 9 Miles East Wednesdays, 10:55-11:20

A convenient local weekly meal delivery service to the center to make it easy for you to enjoy healthy, delicious food including vegan and gluten-free options.



## Mini Farmers Market

at the Senior Center, 11AM-1PM



Every Friday, farmer Cliff Samson as well as Lloyd and Ann Helman will be at the center bringing you fresh quality vegetables and fruit grown right in Ballston Spa! Selection will grow as the season progresses. FOOD STAMPS ACCEPTED! Sponsored by Centers Health Care.

### Alzheimers Support

### Caregiver Support Group

3rd Thursday of the month 10:30-12  
FREE AND OPEN TO THE PUBLIC!

**Sponsored by Home Helpers and the Goldberg Foundation.**

**Thurs., September 7 - Lunch Bunch at Up River Cafe (Lake Luzerne)** - Pay \$10 at sign up. Leave the center at 10:15. Lunch at 11. Return around 1PM.

**Thurs., September 14 - Silver Foxes at Skidmore Dining Hall** - Join our men's group for lunch at Skidmore Dining Hall. Pay \$1 at sign up and bring \$12 for lunch. Leave the center at 11:45AM.

**Tues., September 19 - The Big E (West Springfield, MA)** - Visit the largest state fair in the east, Eastern States Exposition! Pay \$15 at sign up. Bring \$12 plus lunch money with you. Leave the center at 8:30AM. Return around 4:30PM.

**Thurs., September 21 - Ventfort Hall (Lenox, MA)** - Enjoy a tour and tea at the 1893 mansion built for Sarah Morgan, sister of J.P. Morgan! Ventfort Hall is also the home of the Gilded Age Museum. Pay \$43 at sign up. Lunch will be onsite in the mansion's elegant dining room. Includes sandwiches, beverages and a sweet treat. Leave the center at 8:30AM. *Sign up by September 15.*

**Thurs., September 28 - Erie Canal Cruise** - Take a journey through history on the calm waters of the Erie Canal while enjoying the spectacular scenery of New York's beautiful Mohawk Valley. Join your United States Coast Guard licensed Captain aboard one of their Lil' Diamond vessels and enjoy a few entertaining tales of the canal. The thrill of our voyage is being raised and lowered over 20 feet in the Erie Canal lock! Pay \$36 at sign up. Bring lunch money with you. Leave the center at 9:30AM. Return around 3PM. *Sign up by September 15.*

**Thurs., October 5 - Duck Boats** - Make a splash as you receive a 90 minute tour on the Hudson River for a spectacular view of the Albany skyline. Points of interest along the tour include: Quackenbush House, Albany's Warehouse District, Nipper the RCA Dog, Ten Broeck Mansion, St. Joseph's Church, Palace Theater and more! Pay \$40 at sign up. Bring money with you for lunch at the Albany Pump Station. Leave the center at 9:15. Return around 1PM. *Sign up by September 15.*

**Thurs., October 19 - Tribute to Judy Garland at the JCC of Albany** - Enjoy the songs and stories of Judy Garland, legendary singer and movie star of Hollywood's Golden Era performed by Lisa Berman, vocalist. Hear about Garland's turbulent life/career narrated in detail and punctuated with hit songs from Garland's movies, concerts and television appearances. Pay \$32 at sign up. Bring money for snacks with you. Leave the center at 12:40PM. Return around 4PM. *Sign up by September 15.*

**\*\*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.**

**EXCITING NEW TRIP BENEFITS**

**Do you like to go on multiple trips, but have a tight budget? Be a volunteer driver!**

Thanks to the Community Foundation, we are now providing up to \$25 off admission to cultural arts destinations and \$10 toward lunch. Please see the front desk if you'd like to volunteer.

We are also offering a limited number of needs-based trip scholarships. Based on availability. Restrictions apply.

**ONE DAY BUS TRIPS**



Brought to you by Adirondack Trust Community Fund

**Mohonk Mountain House Music Week - Sept 6**

\$93 member/ non member \$115

Enjoy two fantastic musical concerts, breathtaking garden views and a buffet lunch. Don't miss this great trip! Open to anyone regardless of age.

**SEATS STILL AVAILABLE!**

**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!

If you have any ideas about excursions or bus trips for 2018, please email Colleen Kelley at seniorcenterprogram@gmail.com.

**Thank you to SPAC for providing our seniors with discounted orchestra and ballet tickets!**



Members of the Senior Center are invited to join SPAC at the Food and Wine Festival for a discounted rate.  
 Fri., Sept. 8, Fired Up!: 7-10PM \$55.  
 Sat., Sept. 9: Grand Tasting 1-4PM \$55.  
 Not a member? Join today to take advantage of this great deal! Transportation from the Center available through SPAC.

**at PROCTORS**



**TICKETS ON SALE!**

Thurs., Feb. 22, 2018  
 Les Miserables  
 \$61/person + \$10 van fee

Thurs., May 3, 2018  
 The King and I  
 \$57/person + \$10 van fee



Sun., October 22 - 2PM  
 HMT Theater presents:  
 Peter and the Starcatcher  
 \$27/person

**TICKETS ONLY.  
 NO TRANSPORTATION.**

**BE PART OF OUR "WALL OF HONOR"**



Purchase a tile and be honored on the Senior Center wall for years to come or you can create your own tile or have one designed for yourself or a loved one. See the front desk for details.



**SAVE THE DATE...**

Insurance Expo - Thurs., Oct. 19th 1-3pm

**"Changes in Medicare"**

*An overview of Medicare benefits for 2018*

Meet with Health Insurance Providers.

Free. Open to the Public

**NEWS IN GRANTS...**

Thank you to the Target Corporation for a grant that will allow us to underwrite programming costs, keeping classes and activities affordable for our members

-AND-

Soroptimist International of Saratoga County for a grant for senior women and program support.