

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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# Saratoga Senior Center



(518) 584-1621

saratogaseniorcenter.org

February 2018

Hours: M-F, 8-4

Tuesdays: 8-6:30

5 Williams Street, Saratoga Springs, NY

## WHY BECOME A SENIOR CENTER MEMBER?

### ALL THE EXCLUSIVE MEMBERS-ONLY BENEFITS

- NEW United Concierge Medicine:** Access to a physician by phone, secure messaging, or video 24/7 and 98% of cases are resolved. Expert treatment from the comfort of your home. This discounted monthly payment means you're avoiding costly co-pays. Join us for a presentation to learn about this special members-only rate, Friday February 9th at 11am at the Saratoga Senior Center.  
With this service, doctors can:
  - Diagnose, Treat, Write Prescriptions, Order Labs/X-Rays, & Make Referrals
  - Additional Benefits Include Free Health Coaching & Prescription Drug Discounts
- NEW New York Long-Term Care Brokers:** Discount on long-term care insurance policies for members and their families. Come to a presentation to learn more, Friday February 9th at 2pm.
- NEW Discounted SPAC Tickets:** Senior Center Members will have the opportunity to buy SPAC tickets at a discounted cost. Tickets available are for the ballet, the orchestra, and special events. (Excludes All Livenation Events)
- NEW Saratoga Racing Museum Passes:** The Saratoga Racing Museum has generously partnered with the Center to offer 4 passes that will be available to be signed-out by members only.
- NEW DBA Discount:** Become a President's Club Member and receive a 10% discount to the Downtown Business Association (DBA).
- NEW Transportation Program:** Want to come to the center but need a ride? Our new transportation program will run Mondays and Fridays. Be sure to call the Center at (518) 584-1621 ext. 206 for availability and further details.

## COMING IN MARCH....

### Opioid Overdose Training Provided by the NYS Office of Alcoholism and Substance Abuse Services (OASAS)

Monday March 5th, Sessions from 1-3pm and 4-5pm

Free and Open to the Public

This free training, put on by the NYS OASAS, is designed to inform the public about the dangers of opioid overdoses and how to avoid and even reverse them. The training will provide attendees with naloxone, an opioid antagonist, that when administered properly can reverse the effects of an opioid overdose. For more information on the training, please reach out to the Center or visit the NYS OASAS website at [www.oasas.ny.gov](http://www.oasas.ny.gov).

### Reiki

Second Friday of each month, starting on Friday March 9th

1:30-3:45pm

Members Only, \$2/Session

Reiki is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient's body and restore physical and emotional well-being. 30-minute Reiki sessions will be offered, 6 sessions total for the day. This is a members-only offering and sign-ups are required. Please call or stop by the front desk to sign-up.

Haven't renewed yet? Go to our website, stop in to the Center, or give us a call at (518) 564-1621 to renew now!

### Health & Wellness Day

Friday February 9th, 10am-3pm, Free & Open to the Public

As part of the Saratoga County Chamber of Commerce's Health & Wellness Week, the Center will be hosting a day of fun classes and activities to help encourage a healthy lifestyle. Be sure to join us!

- 10-11am: Go With the Flow Yoga
- 11am: Concierge Medicine Presentation
- 11:30am-12:30pm: Ceramics
- 12:30pm: Soup & Cafe
- 1-2pm: Line Dancing
- 1-3pm: Smoothie Making
- 2pm: NY Long-Term Care Brokers Presentation
- 2:30pm: Meditation
- 2:30-3:30pm: A member-favorite, Happy Hour!



\*We also have a Senior Self-Defense class on this day, from 9-10:30am. It's open to the public for an additional cost. See inside for details.

### Tuesday Late Nights Just Got Bigger: Tuesday To-Go Dinners Are Back!

The return of to-go dinners is finally here! Even better, a portion of every dinner sold goes directly to supporting the Saratoga Senior Center. Three Vines Bistro has partnered with the Center and every Tuesday night we'll have a different menu offering available as a to-go dinner. Cost is \$12.50/dinner, all dinners include a bistro salad. Pick-up is between 5-6:30pm, valet pick-up is also available. Orders are due by Tuesdays at 10am, no limit on orders.

- 2/6: Parmesan Encrusted Chicken w/ a Side of Pasta
- 2/13: Lasagna
- 2/20: Penne alla Vodka w/ Focaccia Bread
- 2/27: Three Vines Famous Meatball Night w/ Pasta



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## “SOUP”ER SOCIAL FRIDAYS

Soup and various snacks are served in the center’s cafe, followed by a fun social activity that’s different every week. Enjoy some food, meet and mingle with friends new and old, and partake in a fun afternoon activity to start your weekend off right! **\*Soup and cafe menu open at 12:30pm. Please sign-up in advance.**

### Feb. 2nd: History of the Great Sacandaga Lake (\$2 for Members, \$5 for Non-Members)

**1-3pm:** Henry Hughes and Jason Kemper of the Great Sacandaga Lake Advisory Council will be hosting a viewing of a film on the history of the lake. Afterwards, they will be available to answer any questions. Open to the public.

### Feb. 9th: Saratoga County Chamber of Commerce Health & Wellness Day

**10am-3pm:** Fitness and nutrition activities occur throughout the day, see front for more details!

### Feb. 16th: Speed Friending & Brain Gym (Free & Open to the Public, Sponsored by Saratoga Springs Public Library)

**1-2:15pm:** Speed Friending - Come out and make some new friends over good conversation!

**2:30-3:30pm:** Brain Gym Study Group - Exercise your mind with new activities to keep you engaged.

(Don't miss our March 16th date as well!)

### Feb. 23rd: Heroes All Around Us: USS Slater Presentation (\$2 for members, \$5 for Non-Members)

**1-2pm:** Come join us for an insightful presentation on the USS Slater and why she was chosen to become the Destroyer Escort Historical Museum. Open to the public.

## MONTHLY FEATURES

### Informal/Gentle Massages with Sam

Every Monday from 10am-12pm

Members Only

Enjoy a free, informal massage every Monday at the Center! Sessions are 15 minutes long and sign-ups are required. Donations support the Center.

### MVP Zumba is back on Mondays!

Starting February 26th, 9:30-10:15am

MVP Zumba will be back starting 2/26 and running through 5/14. Make sure to sign-up!

### Senior Self-Defense

Friday February 9th, 9-10:30am

\$10/Members, \$15/Non-Members

Brian Miller, of Cutting Edge Martial Arts, will be here to teach you the basics of self-defense, how to understand your environment, and how to use a cane as a weapon of self-defense. Sign-ups required, need a minimum to hold class.

**\*Watch for the next Senior Safety Class**

### Office For the Aging Presentation

Friday February 16th, 11am-12pm

Free and Open to the Public

Office For the Aging will be here to present on all the various services they have to offer for seniors, including transportation, meals, exercise, and more.

### Ukulele Lessons

Interested in ukulele lessons? Current member Ron Whitford is willing to teach lessons if people are interested. Please reach out and call the center if this is something you'd want to take part in.

## REOCCURRING EVENTS

### Game Days

Mondays & Wednesdays, 1-3pm

We got a new ping-pong table! Come join us for pool and ping-pong every Monday and Wednesday afternoon. Free for all members.

### AARP Tax Help

February 6th-April 17th, 9am-2pm

Free and by appointment only! Be sure to call the front desk to sign up. A picture ID will also be required.

### Programming at Embury

Wednesdays at 3pm, Free For Members

Starts February 21st

Arts and crafts are on the agenda for this month!

### Tarot Card Readings

Thursday February 22nd - 9-11am (\$5 suggested donation)

Get your fortune read by the amazing Mary Shimp!

### Join Our Book Club

Tuesday February 27th - 3pm

“The Rosie Project” by Graeme Simsion

### Dance

Wednesdays & Fridays, 2:30-3:30pm

\$2/class For Members

Wednesdays: Asian Contemporary Fusion

Fridays: Slow Dance Stretch Movement

### Lunch from Office For the Aging

Served Daily in our Dining Room

For menu information, please call Janet at (518) 584-1621 ext. 205 or (518) 884-4100 or visit [www.saratogacountyny.gov](http://www.saratogacountyny.gov).

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## WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged.

\*\*Prices listed are per month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30-9:30:</b> Osteo 3 <b>9:30-12:</b> Walking Club <b>9:30-11:30:</b> Ceramics & Sculpture (\$20) <b>10-11:</b> Osteo <b>10-12:</b> Massage <b>11-12:30:</b> Gentle/Chair Yoga (\$10) <b>11:00-11:45:</b> Bridge Lessons (Beginner-Intermediate) <b>12:30-4:</b> Bridge <b>12:30-2:30:</b> Painting & Drawing (\$10) <b>1-4:</b> Canasta, Mahjong <b>1-3:</b> Pool League	<b>9-12:</b> Watercolor <b>9-9:45:</b> Tai Chi (\$10) <b>10-11:15:</b> Gentle Yoga (\$10) <b>11:30-12:15:</b> Aerobics (\$10) <b>1-2:30:</b> Soapstone Carving (\$10/\$25) <b>1:30-2:15:</b> Pilates (\$10) <b>2-4:</b> Computer Assistance <b>4-5:</b> Line Dancing (\$10) <b>5:30-7:30:</b> Ceramics & Sculpture (\$20) <b>5:30-7:30:</b> Soapstone Carving (\$10/\$25)	<b>8:30-9:15:</b> Guided Meditation w/ Janet (\$4) <b>9:30-2:</b> Rug Hooking (\$5) <b>10:</b> Reminiscing <b>10:</b> Fused Glass (\$10/class, see below) <b>10-12:</b> Knit & Crochet <b>11:10:</b> ZUMBA Gold (\$2) <b>12:30-2:</b> Bingo <b>12:30-2:30:</b> Wii Bowling <b>1:00:</b> Strength w/Aidan (\$2) <b>1:00:</b> Rummy Cube <b>1-4:</b> Stained Glass (\$20) <b>2:30-3:30:</b> Dance (\$2) <b>3-4:</b> Computer Assistance	<b>8:30-9:30:</b> Osteo 3 <b>9-11:</b> Tarot Card Readings (Last Thursday) <b>9-12:</b> Mosaics (\$20) <b>10-11:</b> Osteo <b>10am-12:30pm:</b> Movies (2nd & 4th Thursdays, \$3 members/\$6 non-members) <b>10:30-12:</b> Alzheimer's Caregivers Support Group (3rd Thursday) <b>11:30-12:15:</b> Aerobics (\$10) <b>12:30-4:</b> Canasta, Rummy, Mahjong, Pinochle <b>1:30:</b> Conscious Aging (2nd & 4th Thursday) <b>2-4:</b> Computer Assistance <b>2:30-4:</b> Writer's Workshop	<b>9:45-10:55:</b> Go with the Flow Yoga (\$10) <b>10-12:</b> Ceramics & Sculpture \$20 <b>10-12:</b> Poker <b>11:15-12:</b> Swinging Singing Seniors <b>12-4:</b> Ceramics & Soapstone Carving Lab <b>12:30:</b> "Soup"er Social Fridays ( <b>Please see the previous schedule in the newsletter for full details</b> ) <b>2:30-3:30:</b> Dance (\$2)

## FEBRUARY HAPPENINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Poker Anyone?</b> Our poker group is low on players. If you're interested in playing, our group meets every Friday from 10am-12pm. Come and join the fun!			1 <b>9am</b> Trip & Dinner Sign-Up <b>11:45am</b> Golden Gals <b>1:30pm</b> Legal Assistance	2 <b>12:30pm:</b> Soup & Cafe "Soup"er Social Fridays
5 <b>10am-12pm:</b> Massage <b>5:30pm:</b> Spring Street Dinner	6 <b>4-5pm:</b> Line Dancing	7 <b>10am</b> Fused Glass <b>10-11am</b> Reminiscing <b>10:55-11:20am</b> 9 Miles East <b>2:30-3:30pm:</b> Dance	8 <b>1:30pm</b> Conscious Aging	9 <b>9-10:30am</b> Self-Defense <b>10am-3pm:</b> Health & Wellness Day <b>12:30pm:</b> Soup & Cafe "Soup"er Social Fridays
12 <b>10am-12pm:</b> Massage <b>5:30pm:</b> Bookmakers Dinner	13 <b>1-3pm:</b> Polish Group <b>4-5pm:</b> Line Dancing	14 <b>10-11am</b> Reminiscing <b>10:55-11:20am</b> 9 Miles East <b>2:30-3:30pm:</b> Dance <b>3pm:</b> Arts & Crafts at Embury	15 <b>10am-12:30pm:</b> Movie <b>10:30am-12pm</b> Alzheimer's Caregiver Support Group	16 <b>12:30pm:</b> Soup & Cafe "Soup"er Social Fridays <b>2:30-3:30pm:</b> Brain Gym
19 <b>10am-12pm:</b> Massage	20 <b>4-5pm:</b> Line Dancing	21 <b>10am</b> Fused Glass <b>10-11am</b> Reminiscing <b>10:55-11:20am</b> 9 Miles East <b>2:30-3:30pm:</b> Dance	22 <b>9-11am</b> Tarot Card Readings <b>10am-12:30pm:</b> Movie <b>1:30pm</b> Conscious Aging	23 <b>12:30pm:</b> Soup & Cafe "Soup"er Social Fridays
26 <b>10am-12pm:</b> Massage	27 <b>3pm</b> Book Club <b>4-5pm:</b> Line Dancing	28 <b>10-11am</b> Reminiscing <b>10:55-11:20am</b> 9 Miles East <b>2:30-3:30pm:</b> Dance	 <b>Legal Assistance</b> <b>Thursday February 1st - 1:30pm</b> Call Office For the Aging at 884-4100 for an appointment.	

## MONTHLY DINNERS AT THE CENTER

Sign up for February dinners on Monday February 1st at 9am.

Each month a different local restaurant and chef brings their specialties and delicacies to the Center. For just \$12 per dinner, you can try out each restaurant and meet new friends. We can't wait to see you there! BYOB!

### SPRING STREET DELI & CATERING

Mon. February 5th, 5:30pm  
\$12/person

Pulled Pork,  
Coleslaw, &  
Soup



### BOOKMAKERS OF HOLIDAY INN SARATOGA

Mon. February 12th, 5:30pm  
\$12/person

Slow-roasted Pot Roast  
with rich mushroom gravy,  
honey glazed sliced carrots,  
and whipped potatoes.



### Thursdays Are For Movies!

February 15th and February 22nd, 10-12:30pm  
\$3/Members, \$5/Non-Members (Popcorn is included!)

2/15: Victoria & Abdul starring Judy Dench and Ali Fazal

2/22: The Mountain Between Us starring Kate Winslet and Idris Elba

### Charitable Giving: Getting Organized for Peace of Mind

Charlie Joseph from Janney Montgomery Scott, LLC

Tuesday February 20th, 4pm, Free and Open to the Public, Limited Seating so please Sign-Up in Advance

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. Lite fare and wine will be served.

### Did You Know? Latest Updates on Alzheimer's (Sponsored by the Alzheimer's Association)

Monday February 26th, 1pm (Additional dates to follow: March 26th & April 30th)

Free and Open to the Public, Sign-Up in Advance

"Healthy Habits for a Healthier You" Shannon Lawler, of the Alzheimer's Association, will be discussing the health of the brain and how to use current research on diet, nutrition, exercise, and cognitive activity and social engagement as hands-on tools for healthy aging.

### NABA Presentation: Aging Successfully with Aging Vision

Friday March 2nd, 1pm

Free and Open to the Public, Sign-Up in Advance

The Northeast Association for the Blind at Albany (NABA) will host an engaging presentation to discuss the leading causes of vision loss in adults, warning signs, eye care, adaptive aids, and more. A "Low Vision Shop" will also be available, offering a variety of basic low vision aids to assist in everyday activities. Added bonus! Clive the NABA Guide Dog Ambassador will be joining to offer a side of puppy love with the presentation.

## SENIOR SUPPORT SERVICES

Please Call Jane at (518) 584-1621 ext. 206 for more information.

### Community Connections

Do you need help with transportation, respite, home visits, etc? Please call number above for assistance.

**\*We also need volunteers for this program.\***

Do you have an hour to assist with visiting, transportation, shopping, and more? Please contact the number above for assistance.

\*Reference the front page for more information on our new transportation program.

### Alzheimer's Caregiver Support Group

**10:30am-12pm, 3rd Thursday of every month** The group is free and open to the public. Sponsored by Home Helpers and the Goldberg Foundation.

### Reminiscing Group

**Wednesdays from 10-11am**

**Free and open to the public**

Come meet a new friend, enjoy a cup of coffee and talk about the good ole' days!

We wanted to take a moment to thank the ALFRED Z. SOLOMON CHARITABLE TRUST for their generous donation that helped fund the purchase of our new van. All of us here at the Center are immensely grateful for all of our sponsors and the kindness they show in supporting those we serve.

## 2018 VAN TRIPS (Money Due at Sign-Up)

### Golden Gals at Skidmore: Thursday February 1st

Our fun group of golden gals will be off for their monthly lunch at Skidmore College. Cost is \$2. Please bring additional money for lunch.

### Silver Foxes at Skidmore: Thursday February 8th

The men's lunch group is back on this month and ready to head to the Skidmore Dining Hall for lunch. Cost is \$2. Please bring additional money for lunch.

### Carol Daggs: Jazzage at Troy Savings Bank Music Hall: Tuesday February 13th

You won't want to miss this jazz trio, featuring Carol Daggs, a Saratogian and daughter of one of our members here at the Center! A delicious lunch at Dinosaur BBQ will follow the show. Cost is \$10. Please bring additional money for lunch.

### The Tang Museum at Skidmore: Wednesday February 14th

Join us for a trip to Skidmore's Tang Museum for a guided tour of "This Place", a photo exhibit of Israel and the West Bank. Lunch at the Skidmore Cafe will follow. Cost is \$2. Please bring additional money for lunch.

### Women of Schuyler Mansion Tour: Thursday February 15th

You may have heard about the Schuyler sisters from the acclaimed Broadway musical Hamilton. Now's your chance to tour the Schuyler Mansion and get an in-depth look into the history of the Schuyler women and the impact they had in shaping their family's history. Afterwards, we'll be stopping for lunch at Albany Pump Station. Cost is \$10. Please bring additional money for lunch.

### The Clark Art Institute: Tuesday February 27th

Enjoy a day of culture at The Clark Art Institute in Williamstown, Massachusetts. You'll take part in a tour of the Docent Gallery and view "Drawn to Greatness: Master Drawings from the Thaw Collection." Lunch will follow at the Water Street Grill. Cost is \$42. Please bring additional money for lunch.

## 2018 ONE-DAY BUS TRIPS

### Culinary Institute of America (CIA): Thursday May 10th, 2018, Cost is \$90/Members, \$115/Non-Members

A tour of the famous Culinary Institute of America, followed by set-menu lunch at the CIA's delicious American Bounty restaurant. The day will end with a tour and tasting at the exciting Brotherhood Winery.

### Burlington and Von Trapp House: Thursday July 12th, 2018, Cost is \$45/Members, Non-Members \$70

Spend the morning touring Burlington and eating lunch on your own. Then meet back up with the group for an exciting tour of the Von Trapp house, including a guided history, documentary viewing, and a Q&A with a Von Trapp family member. There will also be an option to do a brewery tour and tasting after the house tour. \$15 due at sign-up.

### New York City Trip: Wednesday December 5th, 2018

We'll get you all down to the city and then you're on your own to explore the big apple! We can assist with getting you tickets and reservations but the day will be yours to do as you please.

## 2018 MULTI-DAY BUS TRIPS (DIAMOND TOURS)

### Virginia Beach, Colonial Williamsburg, & Historic Norfolk (7 days- 6 nights) \$815

October 14th-20th (\$75 deposit due by June 16th, 2018)

**Trip highlights:** 10 meals, 6 breakfasts, 4 dinners, the Virginia Beach Boardwalk, guided tour of Colonial Williamsburg, dinner cruise on the Spirit of Norfolk, admission to the Nauticus & Battleship Wisconsin, and more!

### Niagara Falls (Canadian) & Toronto (5 days 4 nights) \$539 (\$75 deposit due by February 11th, 2018) June 11-15th (WILL BE CANCELED IF WE DON'T MEET SIGN-UP MINIMUM)

**Trip Highlights:** 8 meals: 4 breakfasts, 4 dinners, guided tours of Niagara Falls & Toronto, a visit to Casa Loma, Niagara on the Lake & Queen Victoria Park, a journey to the Falls on a Hornblower Niagara Cruise, and much more!

## 2018 EXCURSIONS (COLLETTE TOURS)

**Pacific Northwest + California (feat. Washington & Oregon):** July 15th-22nd, 2018 (\$3,459)

**Imperial Cities (feat. Prague, Vienna, & Budapest):** September 3rd-13th, 2018 (\$3,859)

**Spotlight on Rome:** October 4th-10th, 2018 (\$3,499)

**Colors of Morocco:** October 31st-November 10th, 2018 (\$4,159)

**Tropical Costa Rica:** December 1st-9th, 2018 (\$2,899)

\*Informational Presentation: April 25th at 1pm\*

**America's Music Cities (feat. Nashville, Memphis, & New Orleans):** December 7th-14th, 2018 (\$3,199)

\*Informational Presentation: January 17th at 1pm\*

**Iceland's Magical Northern Lights:** March 13th-19th, 2019 (\$3,599)



## TRIP SCHOLARSHIP OPPORTUNITIES

We are fortunate enough to have received some funding that will allow us to offer needs-based scholarships to some of our members. These scholarships are designed to offer you a chance to take advantage of some of the very fun trips we plan for our members. Scholarships are based on availability, and some restrictions apply, but if you're interested, please reach out to JoAnn at the front desk (518-584-1621) or Community Connections (518-584-1621 ext. 210).

## 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.

## VOLUNTEER DRIVER PERKS

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver! As a driver, you will receive \$10 towards lunch and up to \$25 for admission. Thank you to the Community Foundation for making this possible.