

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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# Saratoga Senior Center

(518) 584-1621

saratogaseniorcenter.org

January 2018

Hours: M-F, 8-4

Tuesdays: 8-5:30

5 Williams Street, Saratoga Springs, NY

## HAPPY NEW YEAR! NEW OFFERINGS FOR 2018

YOU ASKED, WE LISTENED



### Extended Center Hours

To address our demands for programs, space, and to meet the needs of our working seniors, we will be extending our hours. We will be opening Tuesday evenings and Saturday mornings. Starting in January, we will have line dancing on Tuesday evenings and coming in February will be sculpture, ceramics, soapstone, mosaics, and more. The full changes will be taking effect in February so be on the lookout for starting dates.

### Movin' & Groovin' Dancing w/ Heart & Soul Dancers of Ballston Spa

Tuesdays from 4-5 pm (Class starts on January 9th), \$10/month for Members, \$20 for Non-Members

This class will be set to soul and R&B rhythms. If you're interested, make sure you pre-register with the front desk as we need a minimum for the class to run. For more information on the class and the instructors, visit [www.heartandsouldancersofbspa.com](http://www.heartandsouldancersofbspa.com)



### Transportation

Do you have an interest in coming to the center but have difficulty getting here? We will now be offering a transportation shuttle a few days a week to pick you up and bring you here for a small fee. If you would be interested in this service, please call Senior Support Services here at (518) 584-1621 ext. 206. Start date TBD.



### Movies are Back!

10am-12:30pm (\$3 for Members, \$5 for Non-Members)

An old favorite is back again! Movies will be offered on the 2nd and 4th Thursday of every month. Popcorn is also included. It's going to be a "reel" good time!

\*January 11th: "Our Souls at Night" starring Jane Fonda and Robert Redford

\*January 25th: "The Big Short" starring Ryan Gosling and Christian Bale



### Saratoga Racing Museum Passes

We're partnering with the Saratoga Racing Museum to offer some exciting new benefits to our members. The Center will have 4 passes available to be signed-out by center members only.



### Cafe Expansion

Soups and more every Friday afternoon! Stop for a bite and mingle before we begin our Friday activity.



### Safety Series

Each month we'll be offering an informative program on safety for seniors.

### Introduction to Self-Defense & Situational Awareness

Fri. Feb. 9th: 9-10:30am (\$10 for Members, \$15 for Non-Members)

In this introductory class, Brian Miller of Cutting Edge Martial Arts, will teach you the basic fundamentals of self-defense, including balance disruption, pressure point striking, and breakaways. He'll also discuss the importance of being aware of and understanding your environment, learning about the mind of a predatory person, and the ability to use a cane as a weapon of self-defense. Sign-ups required, need a minimum to hold class.



### To-Go Dinners

They're coming back! Make sure and keep an eye on the February newsletter to find out all the details.



### New Member Benefits

More benefits are on the way so be sure to renew your membership now and watch for details in February.

### 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?

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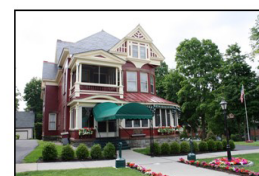


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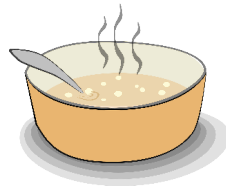
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# “SOUP”ER SOCIAL FRIDAYS

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 is served at 12:30pm\***



**Jan. 5th: Kick off 2018! (\$2 for Members, \$5 for Non-Members)**

**1-1:45pm:** Speed Friending - All you new members, this is a great way to come out and meet new friends!

**2-3pm:** Happy Hour - Light Snacks are offered, BYOB

**Jan. 12th: “Snowflake” Bentley (\$2 for Members, \$5 for Non-Members)**

**1pm:** Come listen to Kim Harvish, of the Chapman House, share the unique and interesting story of “Snowflake” Bentley, the first person to photograph an individual snowflake! Filled with fun history, photos, and videos - you won’t want to miss it!

**Jan. 19th: Trip Buddies (Free and Open to the Public)**

**1-1:30pm:** Trip Presentation

**1:30-2:30pm:** Enjoy the opportunity to meet new trip buddies and sign-up for all the fun trips being offered in 2018!

**Jan. 26th: Educational Presentation from Saratoga Hospital (\$2 for members, \$5 for Non-Members)**

**1pm:** Saratoga Hospital will be doing an educational presentation. Topic is TBD so keep an eye out for more details.

## MONTHLY FEATURES

**Happy New Year Breakfast**  
Tuesday January 2nd, 9-10am

**Be sure to sign-up!**

- \$5 for members
- Dinner and trip sign-ups will also be at 9am

**AARP Safe Driving presented by Allan Miller**  
Tuesday January 16th, 9am-3pm

- \$20 AARP member
- \$25 non-AARP member
- Checks are made out to AARP
- Must have valid NYS drivers license

**Cooking with Siobhan**  
Tuesday January 23rd, 1:30pm

Quick and healthy comfort meals are on the menu! Limited seating is available so sign-up ASAP. Cost is \$2 for members.

**Ski Club or Pool League**

Interested in joining a ski club or pool league? If yes, reach out to the Center for more information. We’ll be taking names and phone numbers to determine if there’s enough interest.

**Bridge Lessons (Beginner-Intermediate)**  
Mondays in January, 11:30am-12:15pm

Whether you’re looking to learn the game or improve your skills, this class is sure to be a good time. Class is free for the month of January so make sure and sign-up now!

## REOCCURRING EVENTS

**Legal Assistance**

**Thursday January 4th - 1:30pm**

Call Office for the Aging at 884-4100 for an appointment.

**Tarot Card Readings**

**Thursday January 25th - 1pm (\$5 suggested donation)**

Get your fortune read by the amazing Mary Shimp!

**Join Our Book Club**

**Tuesday January 30th - 3pm**

“The Elephant Company” by Vicki Croke

**9 Miles East**

**Wednesdays from 10:55-11:20am**

A convenient local weekly meal delivery service that makes it easy for you to enjoy healthy, delicious food including vegan and gluten-free options. Stop in and pick-up lunch or dinner to go!

**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>10:30-11:30:</b> Ballroom (\$10) <b>11-12:30:</b> Gentle/Chair Yoga (\$10) <b>11:30-12:15:</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>9-11</b> Computer Assistance <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>4-5:</b> Line Dancing	<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>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>2:30-4:</b> Writer's Workshop	<b>10-12:</b> Ceramics & Sculpture \$20 <b>10-11:15:</b> Go with the Flow Yoga \$10 <b>10-12:</b> Poker <b>12:30:</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> )

# JANUARY HAPPENINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  Center Closed New Year's Day	<b>2</b>  9am Monthly Breakfast 9am Trip & Dinner Sign-Up	<b>3</b>  NO MEDITATION 10-11am Reminiscing 10:55-11:20am 9 Miles East	<b>4</b>  11:45am Golden Gals 1:30pm Legal Assistance	<b>5</b>  "Soup"er Social Fridays
<b>8</b>  11:30am-12:15pm: Bridge Lessons 12:30-4pm: Bridge	<b>9</b>  10-11am: MVP Medicare 4-5pm: Line Dancing	<b>10</b>  NO MEDITATION 10am Fused Glass 10-11am Reminiscing 10:55-11:20am 9 Miles East	<b>11</b>  10am-12:30pm Movie "Our Souls at Night" NO Silver Foxes in January 1:30pm Conscious Aging	<b>12</b>  "Soup"er Social Fridays
<b>15</b>  Center Closed Martin Luther King Day	<b>16</b>  9am-3pm: AARP Defensive Driving 4-5pm: Line Dancing	<b>17</b>  10-11am Reminiscing 10:55-11:20am 9 Miles East 1pm: Music Cities Slideshow	<b>18</b>  10:30am-12pm Alzheimer's Caregiver Support Group	<b>19</b>  "Soup"er Social Fridays 2:30-3:30pm: Brain Gym
<b>22</b>  11:30am-12:15pm: Bridge Lessons 12:30-4pm: Bridge	<b>23</b>  1:30pm: Cooking w/ Siobhan 4-5pm: Line Dancing	<b>24</b>  10am Fused Glass 10-11am Reminiscing 10:55-11:20am 9 Miles East	<b>25</b>  9-11am Tarot Card Readings 10am-12:30pm Movie "The Big Short" 1:30pm Conscious Aging	<b>26</b>  "Soup"er Social Fridays
<b>29</b>  11:30am-12:15pm: Bridge Lessons 12:30-4pm: Bridge	<b>30</b>  3pm Book Club 4-5pm: Line Dancing	<b>31</b>  10-11am Reminiscing 10:55-11:20am 9 Miles East 1pm: Spotlight on Rome Slideshow		

# MONTHLY DINNERS AT THE CENTER

Sign up for January dinners on Monday January 2nd 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!

Monday January 22  
2 West Bar and Grille  
Menu will be available by sign up  
January 2

Second Dinner To Be Determined  
Menu will be available by sign up  
January 2

## Brain Gym Study Group

Friday January 19th, 2:30-3:30pm (Additional dates on February 16th & March 16th)  
Free For Members, Sign-Up at the Front Desk

In addition to satisfying our basic needs, we all need to recharge from hectic schedules and environmental overload. Using a combination of Brain Gym exercises, activities using our 5 senses and practice everyday habits using our less dominant limbs, we will explore a healthy lifestyle, brain research, positive mindset, and memory exercises in a fun, engaging manner.

## Looking For Volunteers!

We're looking for volunteers to help us out at the Center. An hour of your time, here or there, can make a huge difference. Volunteers are needed in a variety of areas including Community Connections, library, folding newsletters, van drivers, etc. If you're interested, please contact the front desk.

## AARP Tax Help

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

Have all your tax questions answered and file your return. Free and by appointment only! Be sure to call the front desk to sign up. A picture ID will also be required.

## Charitable Giving: Make a Bequest to the Saratoga Senior Center Charlie Joseph from Janney Montgomery Scott, LLC

A gift to the Saratoga Senior Center in your will or trust enables you to support our mission and make a difference in your life and the lives of future generations. You can name the Saratoga Senior Center in your will when it is written, or if you have a current will, your attorney can add a codicil – a simple amendment – to include your charitable bequest. If you have questions, please contact us at 518-584-1621.

# SENIOR SUPPORT SERVICES

## Community Connections

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

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

Do you have an hour to assist with visiting, transportation, shopping, and more? Please contact Lisa at 518-584-1621 ext. 210.

## 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!



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

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### Golden Gals at Skidmore: Thursday January 4th

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. We leave the center at 11:45am.

### Lilac 94 Harp Duo at the Troy Savings Bank Music Hall: Tuesday January 9th

Join us for a fun afternoon at the Troy Savings Bank Music Hall to hear the unique, dedicated harp duo of Lilac 94. The concert starts at 12pm and will be followed by a stop at the Illium Café in Troy for lunch. We will be leaving the center at 11am. Cost is \$10. Please bring additional money for lunch.

### Bowling at Saratoga Stike Zone: Thursday January 11th

Lace up those bowling shoes and get ready to knock down some pins! This fun day of bowling at Saratoga Strike Zone includes 2 games and shoe rental. After bowling, you're on your own for lunch at the End Zone Sports Pub (inside the bowling alley). Cost is \$10. We leave the center at 10:15am.

### Lunch Bunch at The Charlton Tavern: Wednesday January 17th

The Charlton Tavern is an old-time, 1787 saloon with vintage decor, dark wood interior, and a menu of hearty American pub fare. Cost is \$10. Please bring additional money for lunch. We leave the center at 11:30am.

### Saratoga Racing Museum: Thursday January 18th

An exciting day is in store with a guided tour scheduled at the Saratoga Racing Museum, followed by a delicious lunch at the Old Bryan Inn. We will be leaving the center at 9:30am. Cost is \$8. Please bring additional money for lunch.

### Roosevelt Baths: Thursday January 25th

Join us for a day of relaxation at the acclaimed Roosevelt Baths in Saratoga. Relax in the steam room after a nice lounge in one of the infamous baths (individuals must be able to get in and out of deep tubs). Space is limited to 8 so sign-up ASAP! Cost is \$22. We leave the center at 9:30am.

### True Escape: Tuesday January 23rd

An exciting adventure of True Escape at Aviation Mall in Queensbury. Use your logic and critical thinking to crack the clues and "escape the room". Following the fun will be lunch at The Silo. You're not going to want to miss out. Cost is \$30. Please bring additional money for lunch. We leave the center at 10:15am.

## 2018 ONE-DAY BUS TRIPS

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

A tour of the infamous 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

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.

### 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)

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### 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)

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

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

 **Spotlight on Rome:** October 4th-10th, 2018 (\$3,399)

\*Informational Presentation: January 31st at 1pm\*

**Colors of Morocco:** October 31st-November 10th, 2018

 **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

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

**Iceland's Magical Northern Lights:** March 13th-19th, 2019

\*Informational Presentation: January 17th at 1:30pm\*



### 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.