

Saratoga Senior Center
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Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
SEPTEMBER 2018



MURDER MYSTERY DINNER THEATER
Friday, September 21st, 5:30pm at the Saratoga Senior Center

The Saratoga Senior Center is hosting its first-ever murder mystery dinner theater! This is your chance to experience professional theater when Adirondack Flatline Players presents Sam Club, Private Eye in - "The Case of the Motorcoach Murder". The suspense begins in Roadkill Falls, Penn., when Harry Cooper, the leader on a group trip, suddenly becomes ill. By the time the bus reaches the resort, Cooper has kicked the bucket – and it's up to private eye Sam Club to determine if something sinister is to blame. *Tickets are \$22 each. Members only, please sign up at the front desk.*



SIP HAPPENS
Tuesday, September 11th from 3:00pm-4:30pm at the Saratoga Senior Center

Join us for a lively happy hour at the Center! Mingle with friends, play games and enjoy food and music by Dylan Jaques - a passionate jazz pianist with an extensive repertoire for jazz and pop music. As always bring your favorite beverage. *\$/Members, please sign up at the front desk.*



COLLETTE TRAVEL SLIDESHOWS
Wednesday, September 12th, 2:30pm at the Saratoga Senior Center

Join Colby Yeaton and learn about our excursions to Cowboy Country and the Magical Rhine and Moselle River Cruise. \$50 off for every attendee that puts a deposit down that day. *Free and Open to the Public.*



FOOD FOR THOUGHT - "BREAKFAST AND LEARN"
Friday, September 7th from 8:30am - 9:30am at the Saratoga Senior Center

Chat with Cate Johnson from the National Museum of Racing and Hall of Fame as she discusses the Museum, their goals and objectives for the future, and their new campaign, "The Hall of Fame Educational Experience", whose goal is to make them the Best Sports Hall of Fame in the Country. *Breakfast at 8:30am / \$5. Presentation at 8:45am / Free. Members only, please sign up.*



TUESDAY'S TO GO - THEY'RE BACK!

A portion of every dinner sold goes directly to support the Center. **Pick up is between 5-6:30pm every Tuesday at the Center. \$12.50/dinner.**



- 9/11: 2 "Meetball" with Pasta
- 9/18: Parmesan Encrusted Chicken w/ potato and veggies
- 9/25: Lasagna w/ garlic bread

All meals provided by Three Vines Bistro & Bar.
Call the Center to order now - 518.584.1621

DOES YOUR MONEY WORK FOR YOU?

Wednesday, September 26th, 3:00pm - 5:00pm

Financial, legal and charitable educational program featuring Charles Joseph of Janney Montgomery Scott LLC and Debra Verni of Herzog Law Firm. Ask the experts your questions 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; the new tax laws; and more. *Free and Open to the Public.*



Hours: Monday-Friday, 8am-4pm / Tuesdays, 8am-5pm
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SEPTEMBER AT A GLANCE



SPAC WINE AND FOOD FESTIVAL DISCOUNTED TICKETS

Friday, September 7th: "Fired Up!", 7:00pm - 10:00pm / \$73
Saturday, September 8th: "Grand Tasting", 1:00pm - 4:00pm / \$73 (regular ticket price \$103)

Another great Senior Center perk! Support two great organizations. Limit 2 tickets per event, each person must be a Senior Center member. To purchase tickets, call the Center at (518) 584-1621.



MOVIN' & GROOVIN' LINE DANCING WITH HEART AND SOUL DANCERS

Wednesdays, 2:30pm - 3:30pm at the Saratoga Senior Center / \$15 monthly fee

Choreographed dancing to Motown, R&B or contemporary pop music, it is "Exercise in Disguise" and a great stress reducer. It can be done by men and women of all ages and no partner or dance experience is needed. It combines what we need (**to move**) with what we want (**to laugh and have fun**). *Class needs a minimum of 15 people to be held. Sign up by the end of the previous month to prevent class from being canceled.*



LUNCHTIME CONCERT SERIES

Tuesday, September 18th 12:30pm - 1:30pm at the Saratoga Senior Center on the back lawn (weather permitting)

Featuring Rodeo Barons whose music can range from subtle alt-country ballads to huge, 3-guitar powered rock exploration (all with gorgeous 4-part harmonies). Pack a lunch or buy an Esperanto dough boy or dough girl at the show. *Free and Open to the Public.*

SARATOGA ARTS

experience . discover . create
 Saratoga Arts made this program possible with a Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.

Health Screening by Saratoga County Public Health

Monday, September 10th, 10:00am-12:00pm
 Cholesterol, Glucose, and Blood Pressure screenings along with information on Shingles. *Open to the public.*

Brain Gym is back!

Friday, September 21st, 2:30pm
 Brain Gym is a gentle program developed by professionals in the field of Educational Kinesiology (the study of movement and its relationship to learning) that recognizes health benefits of movement, multi-sensory activities, and whole brain engagement. We will practice balancing, posture and breathing exercises from the Brain Gym program, exploring positive mindset and mindfulness activities engaging with our senses. Meets the third Friday each month at the Saratoga Senior Center (we will not meet in November). *Free and Open to the Public. No registration required.*

September is the last month of Social "Sundae" Fridays ("Soup"er Social Fridays return in October)

Sponsored by Centers Health Care



- 11:00am - 1:00pm: Farmers' Market**
 Fruits and Vegetables will be available and Office for The Aging Farmers' Market Coupons will be accepted. *Open to the Public*
- 12:30pm - 1:15pm: Ice Cream Social**
 Ice cream is \$2. *Add'l cafe items available upon request.
- 1:30pm: Movie (Sept 7th, 14th and 28th) details inside**
- 2:30pm: Brain Gym (Sept 21st)**

Beading with Marylou

Wednesday, September 19th, 10am - 12pm
 Design and make your own jewelry. Feel free to bring your own special beads. \$2.

Food and Justice Luncheon Sponsored by Saratoga Peace Week and the Saratoga Senior Center

Thursday, September 27, 12:30pm - 2:00pm
 Join us for a delicious lunch of famous Druthers mac & cheese, salad, dessert and soft drinks. Learn and discuss the origins of modern food, the global impact of American food fads, and the international network of consumers and producers. Participants will leave with full bellies, and a mindfulness of our food and the communities that make the way we eat a reality. *Free for members (Non-perishable food donation suggested), RSVP required by September 20. Seating limited.*

Saratoga Peace Week commemorates the UN International Day of Peace (9/21) with a variety of peace related events for all ages held throughout Saratoga Springs during the week of Sept. 21-27. For a list of events visit www.peace-ing.org.

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SENIOR SUPPORT SERVICES

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



Community Connections

If you need help with transportation, respite, home visits, etc., please call the number above for assistance
***We also need volunteers for this program**

Do you have an hour to assist with visiting, transportation, shopping, and more? If so, please contact the number above to learn more about volunteer opportunities.

Alzheimer's Caregiver Support Group

10:30am-12pm, 3rd Thursday of every month
 Caring for someone with Alzheimer's disease can present exhausting challenges and take significant toll on a caregiver's health. But, a support group can give you the assistance and reassurance you need to manage stress and take time for your own much-needed care. *Free and open to the public.*

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Groups

- Reminiscing: Wednesdays from 10-11am**
 Come meet a new friend, enjoy some iced tea and lemonade, and talk about the good ole' days!
- Chit Chat: Mondays from 1-2pm**
 We'll chat about new topics every week over some iced tea and lemonade.

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2018 VAN TRIPS

(Members Only)

Dakota Ridge Llama Farm Thursday, September 6th

A walking tour of Dakota Ridge Farm which was established in 1990 and is home to approximately 55 llamas. You will have a personal hands-on experience with the llamas who are very gentle and easy to love. After the tour, we'll be stopping at Carson's Woodside Tavern for lunch. Dress appropriately, there will be walking. We leave the Center at 10:30am. *Pay \$10 at sign up. Please bring an additional \$10 for admission and money for lunch.*

Thoroughbred Retirement Foundation (TRF) Farm Tour Tuesday, September 11th

Enjoy a walking tour of a Saratoga thoroughbred farm which is home retired racehorses. The TRF provides lifelong sanctuary to horses after they have given their all to their owners, trainers and fans. Dress appropriately, there will be walking. We leave the Center at 10:15am. *Pay \$10 at sign up. Please bring an additional \$10 for admission and money for lunch.*

Lunch Bunch - Charlton Tavern Wednesday, September 12th

Join us for lunch at the Charlton Tavern, which was originally a Stagecoach stop built in 1787. We leave the Center at 11:15am. *Pay \$5 at sign up. Please bring additional money for lunch.*

Silver Foxes at Skidmore Thursday, September 13th

The men's lunch group is back on this month and ready to head to the Skidmore Dining Hall for lunch. We leave the Center at 11:45am. *Pay \$2 at sign up. Please bring additional money for lunch.*

The Wild Center at Tupper Lake Friday, September 14th

The Wild Center is an 115-acre hands-on place to get all kinds of new perspectives on the wild world of the Adirondacks. After the visit and an animal encounter, we'll stop at The Waterside Cafe for lunch. We leave the Center at 8:00am. *Pay \$35 at sign up. Please bring additional money for lunch.*

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. Money is due at sign-up for all trips.

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.

North Bennington Outdoor Sculpture Show Tuesday, September 18th

Our first stop is at the Bennington Museum where you will have two hours for a tour and/or free exploration. After the museum visit, we will stop at The Grille at Mt. Anthony Country Club for lunch, immediately followed by a walk around downtown North Bennington to view the outdoor sculpture show. We leave the Center at 8:30am. Must be able to walk independently. *Pay \$15 at sign up. Please bring an additional \$10 for admission and money for lunch.*

The Big E: New England's Great State Fair Thursday, September 20th

Guests to the fair can stroll through the Avenue of States, Storrowton Village and the grounds filled with shopping, entertainment, midway rides and foods from around the world -- all during New England's most colorful season! We leave the Center at 8:30am. *Pay \$20 at sign up. Please bring an additional \$12 for admission and money for lunch and spending.*

Walkway over the Hudson Thursday, October 4th

Walk across the World's largest elevated pedestrian bridge, spanning 1.28 miles across the Hudson River. After the walk, we'll stop at College Diner for lunch. Dress appropriately for the weather. We leave the Center at 8:30am. *Pay \$15 at sign up. Please bring additional money for lunch.*

Sammy Davis Jr. Tribute Thursday, October 11th

The Albany Jewish Community Center presents a Tribute to Sammy Davis Jr., performed by Solomen Kee. This loving tribute highlights Sammy's classic hits: Candyman, Once in a Lifetime, Birth of the Blues, Mr. Bojangles, What Kind of Fool Am I? and more. We leave the Center at 12:30pm. *Pay \$22 at sign up - please sign up by September 14th.*

NEW TRIP POLICIES: EFFECTIVE 9/1/18

For administrative purposes and implementation of trips there are several new van policies the agency will put in place. Sorry for any inconvenience.

- Restaurants will now be automatically adding 18% gratuity to the checks. You can always leave more gratuity if you wish.
- Van trips will need a minimum of 6 attendees to go.
- We cannot guarantee which van will be used on a trip.
- There will be no refunds, unless the Center cancels the trip. You are welcome to find a replacement if you need to cancel.

TRIPS & EXCURSIONS

(Money due at sign-up)

2018 EXCURSIONS

(Collette Tours, Open to the Public)

Tropical Costa Rica:

December 1st-9th, 2018 (\$2,899)

Visit paradise in tropical Costa Rica with its sandy beaches, lush forests, exotic plants, incredible animals, and stunning waterfalls.

America's Music Cities (feat. Nashville, Memphis, & New Orleans):

December 7th-14th, 2018 (\$3,199)
Take in the sights and sounds of the holidays in America's most famed musical cities. Visit New Orleans, Memphis and Nashville as you revel in the sounds of the blues, jazz, country, and good old rock 'n' roll. Experience the unique city of New Orleans, where jazz, food and fun are always on the menu.

2018 ONE-DAY BUS TRIPS

(Open to the Public)

New York City Trip: Wednesday December 5th, 2018

\$40/Members, \$65/Non-Members

Celebrate Christmas in NYC! We'll get you all down to the city and then you're on your own to explore the big apple! See the Rockefeller tree, browse holiday windows, get some Christmas shopping done or see a show!

EXCURSIONS COMING IN 2019!

(Collette Tours, Open to the Public)

Iceland's Magical Northern Lights:

March 13th-19th, 2019 (\$3,599)

Trip Highlights: Reykjavic, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfodd, Vik, Skogar Folk Museum, Skogafoss, Jokulsarlon Glacial Lagoon, Skaftafell National Park, Vatnajokull Glacier, and Blue Lagoon.

America's Cowboy Country:

May 26th-June 2nd, 2019 (\$3,799)

Trip Highlights: National Museum of Wildlife Art, Grand Tetons, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Crazy Horse Memorial, Mt. Rushmore, and Badlands National Park. **Additional information available at the Collete Travel Slideshow on Wednesday, September 12th at 2:30pm.**

Discover Switzerland, Austria, & Bavaria:

July 25th-August 3rd, 2019 (\$3,999)

Trip Highlights: Bern, Chateau de Chillon, Montreaux, GoldenPass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, and Oberammergau.




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Magical Rhine and Moselle River Cruise:

September 16th-25th, 2019 (\$4,799)

Trip Highlights: Amsterdam, Cologne, Moselle River, Cochem, Wine Tasting, Koblenz, Rudesheim, Siegfried's Mechanical Music Museum, Mannheim, Speyer, Strasbourg, and Titisee. **Additional information available at the Collete Travel Slideshow on Wednesday, September 12th at 2:30pm.**

Spain and Portugal

October 23rd-November 5th, 2019 (\$5249)

Trip Highlights: Explore Spain & Portugal's priceless treasures of art, history and culture, set against a backdrop that spans sunny Mediterranean shores and grand mountain ranges.

London and Paris:

November 6th-13th, 2019 (\$3,499)

Trip Highlights: Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and Seine River Cruise.

Spotlight on San Antonio Holiday:

December 5th-9th, 2019 (\$2,109)

Trip Highlights: Mission San Jose, The Alamo, LBJ Ranch, Fredericksburg, Choice of South Texas Heritage Center or San Antonio Botanical Gardens, El Mercado, & Paseo del Rio Cruise.

WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged

**Prices listed are per month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Osteo 3	9-12: Watercolor	9:30-2: Rug Hooking (\$5)	8:30-9:30: Osteo 3	10-11:15: Yoga (\$10)
9:00: Walking Club	9-9:45: Tai Chi (\$10)	10:00: Reminiscing	9-11: Tarot Card Readings (last Thursday)	10-12: Ceramics & Sculpture (\$20)
9:30-11:30: Ceramics & Sculpture (\$20)	10:00: Golf League	10:00: Ukulele Jam	9-12: Mosaics (\$20)	10-12: Poker
10-10:45: Zumba MVP Gold (9/17 through 12/3/18)	10-11:15: Gentle Yoga (\$10)	10-12: Knit & Crochet	9-12: Fused Glass (\$10/class)	12-4: Ceramics & Soapstone Carving Lab
10-11: Osteo	11:30-12:15: Aerobics (\$10)	11-10-12: Zumba Gold (\$2)	10-11: Osteo	12:30-1:15: Swinging Singing Seniors
11-12:30: Gentle/Chair Yoga (\$10)	1-2:30: Soapstone Carving (\$10/\$25)	12:30: Biking Group	10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday)	12:30: Social Sundaes Fridays (Please see schedule in newsletter for details)
12:30-4: Bridge	1:30-2:15: Pilates (\$10)	12:30-2: Bingo	11:30-12:15: Aerobics (\$10)	1:00: Movies/Presentation/Social
1-4: Canasta, Mahjong	3-4: Book Club (last Tuesday)	12:30-2:30: Wii Bowling	12:30-4: Canasta, Rummy, Mahjong, Pinochle	1:30-3:45: Reiki (Sept 14th. Sign-up required. Members only, \$2)
1-2: Chit Chat		1:00: Strength w/Aidan (\$2)	1:30: Conscious Aging (2nd & 4th Thursday)	
1-3: Pool League		1:00: Rummy Cube		
2-4: Ping Pong		1-3: Pool & Ping Pong		
2:15-2:45: Guided Meditation w/Janet (\$4)		2:30-3:30: Movin' & Groovin' Line Dancing (\$15)		
		3:00: Embury Class (One Wednesday a Month)		

REOCCURRING MONTHLY EVENTS

Legal Assistance

Thursday, September 6th, 1:30pm

Call Office For the Aging at 884-4100 for an appt.

Tarot Card Readings

Thursday, August 30th and

Thursday, September 27th, 9:00am - 11:00am

Get your fortune read by the amazing Mary Shimp! \$5 suggested donation

Saratoga Senior Center Programming at Embury

Wednesday, September 19th, 3pm

Beading with Mary Lou.



Reiki,

Friday, September 14th, 1:30pm

A Japanese technique for stress reduction and relaxation that also promotes healing. \$2, members only.

Join Our Book Club:

Tuesday, September 25th, 3pm

"Ruby" by Ann Hood.

Food for Thought - "Breakfast and Learn"

Friday, September 7th, 8:30am - 9:00am

Join us for breakfast and an informal presentation and discussion on a variety of subjects. *Please sign up.*

9 Miles East:

Wednesdays, 10:55am - 11:25am

Every week, 9 Miles East Farm brings healthy meals and soups all prepared with high-quality local and organic ingredients, as well as bags of freshly harvested vegetables and farm eggs available for purchase.



Friday Events, 1:30pm

September 7th Movie: Miracle Season

September 14th Movie: Love Simon

September 28th Movie: 12 Strong

Office For the Aging Lunch

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

SAVE THE DATE

Health Insurance Expo - "Changes in Medicare - An Overview of Medicare benefits for 2019"

Friday, October 12th, 9:30am-12:30pm

Presented by the New York State Wide Senior Action Council & The Saratoga County Office for the Aging. You also have the opportunity to meet with insurance representatives before Open Enrollment to learn about the coverage that meets your needs and your budget. *Free and open to the Public.*

Open House

Saturday, October 20th

All ages, the young, the old, the in-betweens and families are invited to our open house! Meet the Staff and Instructors! Explore: Trips, classes & services available to adults age 50 and up. Learn about volunteer opportunities and much more. *Free and Open to the Public.*

SEPTEMBER HAPPENINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED FOR LABOR DAY	4 9:00am: Trips and Dinner Sign-Ups	5 10:00am: Reminiscing 10:55am: 9 Miles East 2:30pm: Movin & Groovin Dancing	6 NO AEROBICS 10:30am: Dakota Ridge Llama Farm Van Trip 12:00pm: OFA Senior Picnic 1:30pm: Legal Assistance	7 8:30am: Food for Thought 11:00am: Farmers' Market 12:30pm: Ice Cream Social 1:30pm: Movie
10 10am-12pm: Health Screening	11 NO AEROBICS 10:15am: Thoroughbred Retirement Foundation Farm Van Trip 3-4:30pm: Sip Happens 5-6:30pm: To-Go Dinner	12 10:00am: Reminiscing 10:55am: 9 Miles East 11:15am: Lunch Bunch - Charlton Tavern Van Trip 2:30pm: Collette Travel Slideshow 2:30pm: Movin & Groovin Dancing	13 11:45am: Silver Foxes Van Trip 12pm-9pm: Primary Polling Place 1:30pm: Conscious Aging	14 8:00am: The Wild Center at Tupper Lake Van Trip 11:00am: Farmers' Market 12:30pm: Ice Cream Social 1:30pm: Reiki 1:30pm: Movie
17 10-10:45am: MVP Zumba Gold	18 8:30am: North Bennington Outdoor Sculpture Show Van Trip 12:30pm: Lunchtime Concert 5-6:30pm: To-Go Dinner	19 10:00am: Reminiscing 10:55am: 9 Miles East 10am-12pm: Beading at the Center 2:30pm: Movin & Groovin Dancing 3-4pm: Program at Embury	20 8:30am: The Big E Van Trip 10:30am: Alzheimer's Caregiver Support Group	21 11:00am: Farmers' Market 12:30pm: Ice Cream Social 2:30pm: Brain Gym 5:30pm: Murder Mystery Dinner Theater
24 10-10:45am: MVP Zumba Gold 1:30pm: Mayor Senior Meeting	25 3:00pm: Book Club 5-6:30pm: To-Go Dinner	26 7:30am: Old Forge Bus Trip 10:00am: Reminiscing 10:55am: 9 Miles East 2:30pm: Movin & Groovin Dancing 3-5pm: Does Your Money Work For You?	27 9-11am: Tarot Card Reading 12:30-2pm: Peace Week Celebration 1:30pm: Conscious Aging	28 11:00am: Farmers' Market 12:30pm: Ice Cream Social 1:30pm: Movie