

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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 Saratoga Senior Center
NEWSLETTER

JUNE 2019



THURSDAY JUNE, 6TH, 9AM-12:30PM
Free and Open to the Public

Sponsored by:



Join us at the Center for our annual Health Fair! Meet with over 30 specialists and healthcare professionals.

Take part in a variety of our interactive activities:

- Red Cross Bloodmobile 10-3 (make appointment before event)
- H.O.P.E. Pet Adoption Clinic
- Reiki
- Tarot Card Reading
- Aromatouch Hand Therapy

Live in Senior Housing, call the Center for a shuttle to the health fair.

Presentation and Music Schedule:

- 9am: Medical Marijuana presented by Jennifer Symon
- 10am: Saratoga Fire Dept. presents Fire Prevention & Safety
- 11am: The medicinal properties of the historical Springs of Saratoga presented by Dave Patterson
- 12:30pm: Music by Hot Club of Saratoga with Artist-in-Residence Brad Brose, from Hollywood. Brad has performed with some of the best swing musicians that the U.S.

11:00am-12:00pm: Free soup samples, lite snacks. Healthy Smoothies & Summer Salads by Cornell Cooperative Extension.
No OFA lunch today



“HELP US SHOWCASE YOUR CENTER”

Wednesday, June 12th, 9:00am-2:30pm

Showcase all your Center has to offer. Come and try a new class or activity. We will be filming a promotional video for the Center. Let everyone know how fun and active we are. See calendar of special classes. Learn how to play ping pong, pool, Tai Chi, mosaics, ceramics and more.



MONTHLY CHEF DINNER at the Center: *New Price! \$10 per person. Sign up, members only.*

Monday, June 10th, 5:30pm - Live music from 4:30pm to 5:30pm

Be the first to try Saratoga's newest taqueria with Chef Brady Dillon.
Menu: Mexican Street Corn -Chipotle mayo - cotija cheese - cilantro - lime
Traditional Pork Carnitas Taco's Salsa Verde - Pickled Red Onion
Table Sides - sweet spiced beans - spanish rice - chips n pico de gallo



“MONTHLY BREAKFAST & LEARN”

Universal Preservation Hall: The Road to Opening Night, presented by Teddy Foster, Executive Director

Tuesday, June 4th, 9:00am, \$3.00 for breakfast

If you do not want breakfast, come to the presentaion for free.



“TAKE 5” TUESDAY TO GO DINNERS AT THE CENTER

Meals By 5 Points Deli, Sponsored by Aubrey Guri Team

A portion of every dinner sold supports the Center. *\$9.50/dinner.*

Pick up is 4-5:30pm at the Center. Call 518-584-1621 by noon to place your order.

- June 4th Meatloaf w/BBQ Drizzle, Seasoned Potato Wedges and Buttered Corn
- June 11th Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
- June 18th Lasagna w/Sweet & Hot Sausage, Garlic Bread
- June 25th Spiral Ham, Scalloped Potato Wedges, Green Beans and a Dinner Roll



SARATOGA SENIOR CENTER



Hours: Monday-Friday, 8am-4pm / Tuesdays 8am-5pm
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

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Monday-Friday, 8 am-8 pm
Visit joinMVPmedicare.com

FOOD, FUN & FRIENDS AT THE CENTER

FRIDAY'S AT THE CENTER

Friday Activities sponsored by Saratoga Life
Cultural Events Sponsored by Saratoga Casino and Raceway
Summer Hours - most events will be in the morning.



Friday, June 7th, 1:00pm, free & open to the public
BALANCE AND GAIT, Matthew Goodemote,
Goodemote Physical Therapy
Have you wondered about what you can do to help your balance? Learn what type of shoes are the best and exercises to help your balance. This will be an interactive workshop. Bring your questions.

Friday, June 14th, 1:30pm, \$2, open to the public
VOCALIST BONNIE GRECO -
Singing your favorite jazz and easy listening songs

Friday, June 21st, 3:00pm, free & open to the public
AN AFTERNOON WITH KELSEY DODD
Our very talented 11-year-old vocalist is back to sing a selection of your favorite songs. Bring your favorite beverage. Lite fare.

Friday, June 28th, 10:00am, \$2.00
MOVIE - "ON THE BASIS OF SEX"
Young wife, mother and lawyer Ruth Bader Ginsburg battles the U.S. Supreme Court for gender equality and women's rights.

Farmers Market Is Back Mid To Late June
Fridays 11-1pm
Sponsored by Saratoga Life

I SCREAM, YOU SCREAM,
WE ALL SCREAM FOR ICE CREAM!
Serving Ice Cream 12:30pm - 1:00pm, \$2 per cup



LUNCHTIME CONCERT SERIES AT NOON
Every Tuesday, June 4th - July 9th. *Free & Open to the Public.*
*Rain Location: Saratoga Senior Center

Tuesday, June 4th, 12:00: Hot Club of Saratoga
Location - The Saratoga Senior Center

Upcoming Shows!
June 11th: Bear Grass - at Ben and Jerry's
June 18th: Taina Asili y La Banda Rebelde - at Ben and Jerry's
June 25th: The Sea the Sea - at Ben and Jerry's
July 2nd: The McKrells - at the Saratoga Senior Center

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.

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Get Your Pin Today!

"YEAR OF THE SENIOR" CELEBRATION
Wednesday, June 26th, 11:00am-3:00pm. At Canfield Casino & Congress Park in Saratoga Springs
Presented By: County Board of Supervisors, Chairman Kevin Tollisen and The Office for the Aging
Free to Saratoga County Residents 60 Yrs and up. Get your Admission Pin at the Front Desk. Games, Prizes, Live Music and Carnival Style Food. Bring a lawn chair as seating is limited
• 11:00am: Kick Off Senior Center and Group Recognition Ceremony
• 11:00am-3:00pm: Music, Food and Games **The Senior Center will be CLOSED 11am-4pm.**



NEW! ALZHEIMER'S AT THE CENTER
A local representative from the Alzheimer's Association of Northeastern New York will be at the Saratoga Senior Center on Fridays from 9-3, to meet with individuals and families who need information, referral and support services. Please schedule an appointment with Katie Keary at 518-867-4999, ext. 1680 or KgKeary@alz.org. Watch for educational programs once a month!



SPAC TICKETS - SPECIAL MEMBER PRICING!
Have you purchased your SPAC tickets yet? Are you a member of the Center? Get your tickets to the Ballet, Orchestra, Jazz Fest, Chamber Music and more for ridiculously low prices at the Senior Center Front Desk! Not a member? Join today and take advantage of this member perk and more! One ticket per member per show. Purchase at Front Desk. For information call 518-584-1621.



SMP - SENIOR MEDICARE PATROL
Tuesday, June 18th, 10:00am. Free & Open to the Public.
Presented by Gene Dumlaio, NY StateWide Senior Action Council
Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

SENIOR SUPPORT SERVICES

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

ADVOCACY, INFORMATION AND REFERRAL

COMMUNITY CONNECTIONS

Supported by Saratoga Hospital, Saratoga OFA and The Wesley Community

Are you a senior over 50 who needs help with friendly visits, transportation, light chores or errands? *We need volunteers to help with this program.*
Call Nicole at 518-584-1621, ext. 206.



TRANSPORTATION

Supported by Stewart's Shops, United Way and Price Chopper's Golub Foundation

Are you looking for rides into the Center? Rides are available Monday - Friday to the Center. \$2 Saratoga City residents/ \$5 non-city residents. Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper.
Call Nicole at 518-584-1621, ext. 206.



FRESH PRODUCE

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays after 11am. Everyone must check in on the Pastry and Produce button on the computer. Bring your own bags.

FOOD ASSISTANCE

The Senior Center is partnering with the Elks and local food pantries to get food to you if you can't get to them. Call Nicole at 518-584-1621, ext. 206.

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GROUPS & GATHERINGS

New Time! GETTING BETTER WITH AGE!
"the things wisdom didn't tell me"

Sponsored by Herzog Law
11:00-12:00, Thursdays Free

Ever asked yourself "Now what?" "What's next?". Come join our new group to find out! Through informative, interactive discussion groups, we will explore coping skills and tools to help with the challenges of aging.

Reminiscing: Wednesdays from 10-11am
Sponsored by Home of the Good Shepherd

Meet a new friend & talk about the good ole' days!

Chit Chat: Mondays from 1-2pm

Join us for a fun hour of chit chat, laughs and snacks.

"Silver Foxes" Second Thursday of every month at 11:45am

Join the Silver Foxes Men's Lunch Group at Skidmore Dining Hall for good food, camaraderie and laughs.

Music, Memories & Nostalgia: Thursdays from 1-2pm

Love music?! Join us for an hour of music that will trigger memories and transport you back in time.

Alzheimer's Caregiver Support Group
Sponsored by Home Helpers

10:30am-12pm, 3rd Thursday of every month

Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance you need. *Free and open to the public.*

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Miniature Golf

Tuesday, June 11th

Bring out the kid in you. Play a round of mini golf at Mr. Bill's. Have lunch and ice cream on site. We leave the Center at 10:30am. *Pay \$5 at sign up. Please bring \$8 for golf and additional money for lunch. Weather dependent.*

Silver Foxes

Thursday, June 13th

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

Cooperstown

Tuesday, June 18th

Come see Cooperstown the way it was meant to be seen, on a beautiful, historic narrated trolley tour! Enjoy lunch at the Fenimore Cafe on the museums terrace surrounded by a panoramic view of Otsego Lake. Then take a docent led tour of "The Rock Portraits" by Herb Ritts and more. Stop by the newly renovated Farmer's Museum and Todd's General Store. *Pay \$46 at sign up. Please bring additional money for lunch & shopping. Preorder your lunch at the front desk. Leave the Center at 8:45am.*

Lunch Bunch - Up River Cafe, Lake Luzerne and Prospect Mountain - Veteran's Memorial Highway

Thursday, June 20th

Take a 5 mile drive up Prospect Mountain and be rewarded with 100-mile views of Lake George and the Adirondacks. Then head to Lake Luzerne and enjoy awesome food while overlooking the Hudson River. *Pay \$11 at sign up. Please bring additional money for lunch. Leave at 9am.*

Berkshire Botanical Gardens

Tuesday, June 25th

A showcase of horticulture and garden design and a "museum of living things," the Garden features dozens of display areas that are educational and highly ornamental, with plant collections emphasizing plants that are native to the Northeast. Have lunch at Pleasant and Main, a hidden cottage restaurant in the gorgeous Berkshires. Housed in an old general store, this whimsical dining spot offers sumptuous fare in an atmosphere that feels like something from a storybook. *Pay \$29 at sign up. Please bring additional money for lunch. Leave at 8:30am. Return about 4pm.*

Boat Cruise on Saratoga Lake

Thursday, June 27th

Sit back and relax while your Captain takes you on a scenic cruise around Saratoga Lake and Fish Creek aboard our 50' launch "General Schuyler". See Saratoga's best kept secret and learn the rich history of Saratoga Lake on this narrated cruise. *Pay \$22 at sign up, includes van and admission. Bring additional money for ice cream. Leave at 1:30pm.*

Lake George Youth Theater

Tickets on Sale now!

Mama Mia

- Thursday, August 1st, 1:00pm
\$22.00 due at sign up

Proctors and Capital Rep for 2020

Tickets on Sale now!

- Fiddler on the Roof
At Proctors
Thursday, February 20, 2020, 1:30pm
\$66.00 due at sign up
- Cats!
At Proctors
Thursday, April 30, 2020, 1:30pm
\$66.00 due at sign up
- Sister Act!
At Capital Rep
Wednesday, August 5, 2020, 2:00pm
\$63.00 due at sign up

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TRIPS & EXCURSIONS

EXCURSIONS

Collette Tours, Open to the Public

Spain and Portugal

October 23rd-November 5th, 2019 (\$4,999 double)
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.

Morocco & Spain

November 2nd-14th, 2019 (\$4499 double)
Highlights: Madrid, Cordoba, Royal Alcazar of Seville, Jerez de la Frontera, Tangier, Chefchaouen, Mausolaum of Mohammed V, Marrakech, ElBahia Palace, Koutoubia Mosque.

London and Paris

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

Discover Cuba - A Cultural Exploration

April 28th -May 5th, 2020 (\$3,899 double)
Visit Cuba and explore its art, history and culture! Experience the power of travel to unite two peoples in a true cultural exchange.

Discover Spectacular South Africa Culture & Nature in Harmony

March 19th -31st, 2020 (\$5,199 double)
South Africa's cosmopolitan cities, posh resorts, expansive desert, magnificent wildlife and fertile wine country combine with a harmonious mix of many cultures to create a beautiful mosaic to discover on this fascinating tour.

MORE 2020 TRIPS - Details coming soon

- South Pacific Wonders - Australia and New Zealand
- Shades of Ireland
- Discover Scotland
- Spotlight on Sante Fe Holiday
- Painted Canyons of the West - Utah's 5 National Parks

ONE DAY BUS TRIPS 2019!

Subsidized by Adirondack Trust Co. Community Fund

Lake Placid

Tuesday, July 9, 2019

Cost is \$28/Members, \$53Non-Members

A visit to Lake Placid is a complete experience. Downtown there are art galleries to explore, spas to pamper yourself in, and a wide range of restaurants to dine. Don't forget about the beauty of Mirror Lake and Lake Placid. Details for optional boat cruise on Lake Placid coming as soon as the marina opens for business.

Culinary Institute of America (CIA)

Sponsored by Saratoga Life - Medicare Products

Wednesday, September 11, 2019

Cost is \$90/Members, \$115/Non-Members

A tour of the famous Culinary Institute of America, followed by a set-menu lunch at American Bounty restaurant. End the day with a tour and tasting at Brotherhood Winery.

Salem, Massachusetts

Sponsored by CDPHP

Thursday, October 17, 2019

Cost is \$45/Members, \$70/Non-Member

Historic Salem is a city of layers—one historical era layered upon another. But don't forget to explore the witchy side of Salem too! Optional hop on/hop off trolley is an additional \$18. Sign up for trolley with trip signup.

New York City Trip: Bryant Park

Sponsored by CDPHP

Wednesday, December 4, 2019

Cost is \$42/Members, \$67/Non-Member

Celebrate Christmas in NYC! We'll get you to the city and then you're on your own to explore the big apple!

MULTI DAY BUS TRIPS 2019!

(Diamond Tours, Open to the Public)

Canadian Island of Coudres - Quebec Bus Tour

A valid US passport or passport card required.

September 24-29 \$849 double occupancy

6 days / 5 nights. 11 meals - 5 Breakfasts / 1 Lunch / 5 Dinners

A well kept secret nestled between the Saint Lawrence River and the Laurentian Mountains; relax and rejuvenate in this little oasis during your three night stay. Trip Highlights: The Amazing Island of Coudres, Guided Tour of Quebec City, Whale Watching.

DID YOU KNOW OUR EXCURSIONS AND BUS TRIPS ARE OPEN TO EVERYONE! SIGN UP TODAY!

WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged

**Prices listed are per month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Healthy Bones	9:00: Golf League	9:30-2: Rug Hooking (\$5)	8:30-9:30: Healthy Bones	9-3: Alzheimer Office Hours
9:00: Walking Club (\$5)	9-10:30: Watercolor Lab	10:00: Reminiscing	9-11: Tarot Cards (last Thursday)	10-12: Clay Arts (\$20)
9:30-11:30: Clay Arts (\$20)	10-11:15: Gentle Yoga (\$10)	10:00: Ukulele Jam	9-12: Mosaics (\$20)	10:00: "Fridays at the Center" Movies/Presentation/Social
10-10:45: Zumba MVP Gold (6/17-7/29)	11:30-12:15: Aerobics (\$10)	10-12: Knit & Crochet	9-12: Fused Glass (\$10/class)	10-12: Poker (\$2)
10-11: Healthy Bones	12:30-3:00: Stained Glass (\$10++)	11:10-12: Zumba Gold (June-free)	10-11: Healthy Bones	12-4: Artist Lab
11-12:30: Gentle/Chair Yoga (\$10)	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	11:30: Biking	10:30-12: Alzheimer Support Group (3rd Thursday)	12:30: Cafe - Ice Cream \$2 per cup
12:30-4: Bridge (\$5)	1-4 Ping Pong and Pool	12:30-2:30: Wii Bowling	11-12: Getting Better with Age	1:00: Mexican Train Dominoes (4th Friday)
1-2: Chit Chat	1:30-2:15: Pilates (\$10)	1:00: Strength w/Aidan (\$2)	11:30-12:15: Aerobics (\$10)	1:30-3:45: Reiki (2nd Friday)
1-4: Canasta (\$2)	3-4: Book Club (last Tuesday)	1-4 Ping Pong and Pool	12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)	Sign-up required. Members only, \$2
1:30-3: Painting (\$10)		2:15: Tai Chi (\$5 - new price)	1-2: Music, Memories	
		3:00: Embury Class (One Wednesday a Month)	1-4 Ping Pong and Pool	



Thank you to CDPHP for sponsoring our Health and Wellness classes.



Thank you to Herzog Law for sponsoring our Arts and Crafts classes.

REOCCURRING MONTHLY EVENTS

Tarot Card Readings

Thursday, June 27, 9am-11am. Sign up!

Card reading by Mary Shimp! \$5 suggested donation

Book Club - New Members Welcome:

Tuesday, June 25th, 3:00pm

"The Alice Network" by Kate Quinn. Riveting, fascinating book based on a real woman in France during the 1900s facing many challenges as a spy during wartime.

Reiki

Friday, June 14th, 1:30pm

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

Art and Crafts at Embury

Wednesday, June 19th, 3:00pm

Open to all members.



Biking Group

Wednesdays at 11:30am,

Led by Ginny & Steve. Biking for all levels. Most biking is done in the Saratoga State Park. Call the front desk to sign up and get further information.

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.



Computer/Technology Assistance

Call the front desk for an appointment

Smartphone Skills for Seniors

Friday, 9-10am (2nd Friday of month)

Shrink the technology gap! Join IT specialist Damian Redman for tips and personalized assistance for your iPhone, iPad, or Android device.

Golf League

Tuesdays, Contact Front Desk for Tee Time

Play a friendly round of golf at the Spa State Park. Please sign up at the Front Desk.

Saratoga County Office For the Aging Programs:

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.

Legal Assistance

Thursday, June 6th, 1:30pm

Call Office For the Aging at (518) 884-4100 for an appt.

Healthy Bones for Life- Exercise Class (formerly Osteo)

Monday: 8:30-9:30am and 10-11:00am

Thursday: 8:30-9:30am and 10-11:00am

Sign up at Office for the Aging, (518) 884-4100.

JUNE 2019

Thank you to United Healthcare for sponsoring our Social Activities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Call Front Desk: Golf League 11:00am: Fresh Produce 12:00pm: Music at Noon 12:30pm: Stained Glass 4:00pm: 5 Points To Go Dinner	5 10:00am: Reminiscing 11:30am: Biking Group 2:15pm: Tai Chi	6 9-12:30: Health FAIR No Lunch 1:30: Legal Assistance	7 9-3pm: Alzheimer Office Hours 12:30pm-1:00pm: Ice Cream 1:00: Balance & Gait
10 5:30pm: Chef's Dinner - Chef Brady Dillon	11 10:30: Van trip - Mini Golf Call Front Desk: Golf League 11:00am: Fresh Produce 12:30pm: Stained Glass 4:00pm: 5 Points To Go Dinner	12 9-2:30pm: Showcase Your Center: 10am: Ceramics, Mosaics, Ukulele 11:10am-12:00pm: Zumba Gold 11:30am: Biking 1:00pm: Strength w/Aidan (\$2) 1:00-4:00pm Ping Pong and Pool 2:15pm: Tai Chi	13 11:00am-12:00pm: "Getting Better with Age" 11:45am: Van trip - Silver Foxes 1:00-2:00pm: Music, Memories	14 9-3pm: Alzheimer Office Hours 9:00-10:00am: Smartphone Skills with Damian 12:30pm-1:00pm: Ice Cream 1:30pm: Reiki 1:30pm: Vocalist Bonnie Greco
17	18 8:45am: Van trip - Cooperstown Call Front Desk: Golf League 11:00am: Fresh Produce 12:30pm: Stained Glass 4:00pm: 5 Points To Go Dinner	19 10:00am: Reminiscing 11:30am: Biking Group 2:15pm: Tai Chi 3:00pm: Embury Class 5:30pm: Board Meeting	20 9:00am: Van Trip Lunch Bunch 10:30am-12:00pm: Alzheimer's Support Group (3rd Thurs.) 11:00am-12:00pm: "Getting Better with Age"	21 9-3pm: Alzheimer Office Hours 11-1:00pm: Farmer's Market 12:30pm-1:00pm: Ice Cream 3:00pm: Vocalist Kelsey Dodd
24 10:00am-10:45am: MVP Zumba	25 8:30am: Van Trip Botanical Gardens Call Front Desk: Golf League 11:00am: Fresh Produce 12:30pm: Stained Glass 4:00pm: 5 Points To Go Dinner	26 11:00am-3:00pm: "Year of the Senior" Celebration at Congress Park The Senior Center is Closed 11-4.	27 9:00-11:00: Tarot Cards 11:00am-12:00pm: "Getting Better with Age" 1:30pm: Van Trip Saratoga Lake Boat Ride	28 9-3pm: Alzheimer Office Hours 10:00am: Movie 11-1pm: Farmer's Market 12:30pm-1:00pm: Ice Cream 1:00pm-3:00pm: Mexican Train Dominoes

NEW AT THE CENTER

- NEW! **Stained Glass**, Tuesdays, 12:30pm -3:00pm. \$10 plus supplies. Whether you are a beginner or an experienced artist, this class is for you. Gus will teach the beginning techniques and fundamentals as well as share ideas with the more experienced!
- Have you tried Tai Chi?** Wednesdays, 2:15pm-3:00pm. **NEW PRICE!** \$5 month. It is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits.

