

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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

Saratoga Senior Center
NEWSLETTER

SEPTEMBER 2019

OPEN HOUSE: Saturday, September 28th, 10:00am - 2:00pm
Free and Open to the Public, Sponsored by Herzog Law & NABA



- Come enjoy the Center, grab a snack and try a class:
- Cooking Class + Tastings with Siobhan
 - Red Cross Blood Mobile
 - Saratoga Springs Fire Department
 - Charlie Kuenzel - "Stories of Old Saratoga"
 - Live Music
 - NABA - Living Independently with Aging Vision
 - Skidmore Outing Club
 - Tech assistance: learn Phone, Tablet, Uber, Facebook
 - Try an exercise or art class
 - Free Stewart's Ice Cream Sundaes
 - Membership Specials, Raffles and More.....
 - Watch your eblasts for updates

Food, Spirits & More! Join our Progressive Housing Crawl.

Thursday, October 3rd. \$10.00, Open to the Public, Sponsored by Home of the Good Shepherd



- 10:30 Start at the Saratoga Senior Center - iced coffee & cider donuts
- 11:00 Home of the Good Shepherd, Wilton - mimosas & treats
- 12:30 Wilton Commons - cookies & desserts, juice & beverages
- 2:00 The Summit - soup, finger sandwiches, apple cider cocktail.
- 3:30 Embury Apartments, Wesley - fall treats, beverages,
- 5:00 Home of the Good Shepherd, Saratoga Springs Farm to Table - roast beef & pear sliders, pulled pork & pineapple Hawaiian roll sliders, zucchini chips, apple cinnamon cupcakes. Wine tasting.

Reservations Required. Transportation provided by the Senior Center & Home of the Good Shepherd. Limited handicap accessible seating.



LIVE MUSIC - "Hot Club Saratoga with Luca Pino."

Friday, Sept. 6th, 1:00pm, \$2

A Los Angeles guitarist with a penchant for playing jazz in the Django Reinhardt fashion. Playing in the gypsy jazz quartet "Hedgehog Swing", led him to discover his love for 1930's and 40's guitar playing.



"BREAKFAST & LEARN" -Independent Living with Aging Vision"

Presented by Lisa Jordan, Sponsored by Northeast Association for the Blind at Albany

Thursday, Sept. 26th, 8:30am- breakfast. 9am presentation. \$3.00 for breakfast. Presentation only - free.

Enjoy a hot breakfast while getting some great information on living with aging eyes.



"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.

- Sept. 3rd Eggplant Rollatini with Penne Pasta and Garlic Bread
- Sept. 10th Turkey, Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
- Sept. 17th Meatloaf, Seasoned Potato Wedges, Corn
- Sept. 24th Roast Pork, Garlic Mashed Potatoes, Green Beans



DINNER DANCE - Monthly Dinner

Sign up, \$12 per person, members only. Sponsored by Empire Blue Cross Blue Shield

Thursday, September 19th, 5:30pm dinner. Music and dancing 6-7:30.

Enjoy delicious Chicken Parmigiana from Spring Street Catering with music and dancing to "The Lakesiders".

Please sign up.



Hours: Monday-Friday 8am-4pm / Tuesdays, 8am-5:30pm
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

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FOOD, FUN & FRIENDS AT THE CENTER

FRIDAY AFTERNOONS AT THE CENTER

Friday Activities sponsored by Saratoga Life
Cultural Events Sponsored by Saratoga Casino and Raceway

SL

Serving Ice Cream 12:30pm - 1:00pm, \$2

Friday, Sept. 6th, 1:00pm, \$2
LIVE MUSIC - "Hot Club Saratoga with Luca Pino."
(See details on front page)

Friday, Sept. 13th, 10-3pm *Free and Open to the public*
"MEMORIES IN THE MAKING" (see details below)

Friday, Sept. 6th, 2:00pm *Free (1st Friday of the month)*
COOKING AND TASTING WITH SIOBHAN
Good for your Health and Your Wallet!

Friday, Sept. 20th, 1:00-3:00pm, *snacks provided*
MOVIE \$2 members / \$4 non-members
"Breakthrough" After a 14-year-old falls into a frozen Missouri lake, his parents refuse to give up hope, based on a true story.

Getting back to basics; reviewing what you eat, how much and when and what you should be eating; more fruits, veggies, and whole grains

Friday, Sept. 27th, 1:00pm
TRAVEL CLUB,
Swap travel stories and pictures of your favorite trips.



SPAC'S FAMOUS FOOD & WINE FEST

NEW DATE - OCTOBER 5TH

SPECIAL MEMBER PRICED TICKETS ON SALE AT THE CENTER \$75, A SAVINGS OF \$28

THE ALZHEIMER'S ASSOCIATION Presents "Memories in the Making Training"

Friday, September 13th, 10:00am-3:00pm. *Free and Open to the Public.*

Memories in the Making® is a unique, creative arts program that enhances the quality of life for people living with Alzheimer's and dementia. Through painting, these individuals are able to express themselves, helping to bridge the gap between themselves and their care partners. Participants will be trained to facilitate this unique art program.

"ARTHRITIS OF THE HIP & KNEE: "Non-operative and Operative Treatment Options"

Wednesday, September 4th, 6-7:30pm. *Free and Open to the Public.* Sponsored by Saratoga Hospital

Join Dr. Larry Fein, OrthoNY, as he hosts an open discussion on the treatment of hip and knee arthritis. There will be a question and answer session at the end of the seminar.



A WALK IN THE PARK WITH COLLEEN - "Planning a Stress Free Disney Vacation"

Tuesday, September 10th, 1-2:30pm. *Free and Open to the Public.*

Planning a trip to Disney with your grandchildren or friends? Feeling overwhelmed? Colleen Parisi will teach you a 9 step by step plan to create a magical time at Disney.



CELESTE CARUSO, SENIOR HOUSING SPECIALIST Presents "Housing Options"

Tuesday, September 17th, 1-2pm. *Free and Open to the Public.*

Retirees, Empty Nesters, Baby Boomers, Gen Xers! Looking for housing options? Should I sell? Maybe rent? Should I Age in Place? Can I rent rooms in my house? It's not too early to start the decision making process.

PEACE WEEK SENIOR LUNCHEON - "Armchair Travel to Uganda"

Tuesday, September 24th, 12:30. *Reservations required. Limited seating.*

Enjoy lunch, courtesy of Druther's and immerse yourself in this small African country's landscape, wildlife and residents. Learn how hundreds of local volunteers have visited Uganda over the past 15 years bringing much needed supplies, medication and hope with them. Jewelry and crafts from Uganda will be for sale.

HISTORIANS AT THE CENTER - The Reminiscing Group invites you to two historical presentations

Wednesday, Sept. 25th, 10-11am. *Free and Open to the Public.*

Join Lori Wies, Saratoga Public Library as she presents on History of Saratoga.

Wednesday Oct. 2nd, 10-11am. *Free and Open to the Public.*

Join Lauren Roberts, Saratoga County Historian as she presents on "Spirits of Sacandaga"



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

SUPPORTED BY UNITE HEALTHCARE



The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays at 10:00am. Please check in on the Pastry & Produce button on the computer.

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

GETTING BETTER WITH AGE!

"the things wisdom didn't tell me"

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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.

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.*



Alzheimer's Office Hours at the Center

Every Friday from 9-3:30, a local representative from the Alzheimer's Association will be at the Saratoga Senior Center 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.

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2019 VAN TRIPS

(Members Only)

Saratoga Battlefield

Thursday, September 5th

Here in the autumn of 1777 American forces met, defeated and forced a major British army to surrender. This crucial American victory renewed patriots' hopes for independence, secured essential foreign recognition and support, and forever changed the face of the world. Enjoy a tour of the beautiful park & its history with a step on guide. Lunch at Sweet Lou's. Pay \$20 at sign up, bring lunch money. Leave at 9:15am. Must have a minimum of 8 for trip to go.

Boat Cruise on Saratoga Lake

Tuesday, September 10th

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 \$35 at sign up, includes van and admission. Leave at 1:30pm

Berkshire Botanical Gardens

Tuesday, September 17th

Tuesday is 1/2 price senior day. Enjoy a public guided tour of horticulture and garden design. 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. Pay \$22 at sign up. Please bring additional money for lunch. Leave at 8:30am and return about 4pm.

The Big E: New England's Great State Fair

Thursday, September 19th

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.

Lunch Bunch - Charleton Tavern

Tuesday, September 24th

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.

Empire State Aerosciences Museum

Thursday, September 26th

Exhibits at ESAM present aviation history from the pioneer era to the jet age, with a focus on New York State. Enjoy a guided tour and learn about the landmark advancements in Aviation history. If you dare, take a ride on the SRV (Simulated Reality Vehicle). Experience the wonders of flight without ever leaving the ground! Lunch at Lakeside Farms. Pay \$20 at sign up, bring lunch & shopping money. Leave at 9:45am.

Mini Golf at the "New" Olde Saratoga Miniature Golf Friday, September 27th

Have fun & golf through Saratoga history. Each hole will highlight a significant piece of Saratoga Springs' history such as; The Springs, Congress Park and The Canfield Casino, The Saratoga Race Course, SPAC, and the Battle of Saratoga in the Revolutionary War. Leave at 12:45pm. Pay \$5 at sign up. Please bring additional money for golf, snacks and ice cream.

Patrick Tobin sings "Sinatra" at Albany JCC

Thursday, October 24th

Must sign up by September 30th

Singing professionally since 1996, Patrick is a critically acclaimed Frank Sinatra tribute artist. He has performed with the Springfield Symphony Orchestra and in the Tropicana Hotel and Resorts in Atlantic City and more. He is known for his laid back style and love of having fun with the audience. Pay \$22 at sign up. Leave at 12:15pm.

ONE DAY BUS TRIPS 2019!

Subsidized by Adirondack Trust Co. Community Fund

Open to the Public

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.

Limited Seats Available - Sign up today!

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 sign up.

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!

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Collette Tours, Open to the Public

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.

Discover Panama: The Land Between the Seas

April 17th-25th, 2020 (\$3,099 double)

Explore the colors and natural beauty of Panama. Cruise through the canal aboard the Pacific Queen on a partial transit and stay at the Gamboa Rainforest Reserve. Travel via dugout canoe to meet the indigenous Emberá people. Explore bustling local markets. Visit the historic district in Panama City, Casco Viejo, and the Miraflores Locks Visitor Center. Stay in Anton Valley, a community nestled entirely within a volcano crater. Meet the locals and learn about Panamanian folklore and artisan crafts, and the traditional pollera dress.

Informational Slideshow - Wed., Sept. 18th, 1:30pm

Shades of Ireland

May 16th-25th, 2020 (\$4,099 double)

From vibrant and history-filled Dublin, across rolling green hills to the dramatic coast, experience all of Ireland's charm on this magical tour of the Emerald Isle. Live like royalty during an overnight stay on the grounds of a castle. Visit Waterford, Ireland's oldest city. See the Atlantic from the stunning 700-foot Cliffs of Moher and the beauty of the Ring of Kerry. Journey to historic Blarney Castle, lean back and kiss its famous stone!

Informational Slideshow - Wed., Sept. 18th, 1:30pm

Painted Canyons of the West

Featuring Utah's Five National Parks

September 13-21, 2020, (\$3,649 double)

The backdrop of Denver's Rocky Mountains is the starting point of your journey through the mystic color wheel of America's canyon lands. Among vistas that evoke the spirit of the old west, marvel at the unspoiled beauty of Utah's five national parks as you cross its scenic byways from Arches to Canyonlands to Dead Horse, Zion, and Bryce National Park.

TRAVEL SLIDE SHOW

Presented by Colby Yeaton, Collette Vacations

Wed., September 18th, 1:00pm. Free. Open to the Public.

Explore our excursions to "Shades of Ireland" and "Discover Panama: The Land Between the Seas". \$50 discount for every attendee that puts down a deposit at the presentation.

Discover Scotland

September 28th-October 7th, 2020 (\$4,049 double)

From its rugged sea-sprayed islands to its stately castles rich in history, Scotland's treasures are as diverse as they are compelling. Learn how to play the bagpipes and enjoy dinner at the National Piping Centre's farm-to-table restaurant. Take a cruise on famed Loch Ness. Marvel at the stunning Isle of Skye, the magnificent landscapes of the Highlands and the mountain wilderness of Cairngorms National Park. And more!

Informational Slideshow - Nov., 13th, 1:30pm

Discover the South Pacific Wonders

Australia and New Zealand

November 3rd-17th, 2020 (\$6,999 double)

Explore two great countries in the Southern Hemisphere – Australia and New Zealand. From the tropical splendor of the Great Barrier Reef on Australia's northeast coast to the ethereal beauty of glacial fjords on New Zealand's South Island and Maori cultural and geothermal wonders on New Zealand's North Island, this journey to the lands "Down Under" brings you the best of both countries at an enjoyable pace.

Informational Slideshow - Wed., Dec. 4th, 1:30-3pm

MULTI DAY BUS TRIPS 2020!

(Diamond Tours, Open to the Public)

Mystic, Foxwoods & Newport

June 14-16, 2020 waiting on price

3 days/2 nights. 4 meals - 2 Breakfast/2 Dinners.

This trip combines stately New England beauty with resort excitement! Your group will stay at the Two Trees Inn at Foxwoods - a quintessential country inn complete with a restaurant, bar and heated indoor pool. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

Charleston, South Carolina

September 13-19, 2020 \$920 double occupancy

7 days /6 nights: 10 meals - 6 Breakfasts/4 Dinners

Historic Charleston is bursting with Southern charm and hospitality. The city feels a bit like it's suspended in time, thanks to its antebellum architecture and surrounding plantation landscapes.

SL

Saratoga Life

Ask me about

MEDICARE!

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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 9:30: Walking Club (\$5) 9:30-11:30: Clay Arts (\$20) 10-11: Healthy Bones 11-11:45: Zumba with Emily (\$2) 11-12:30: Gentle/Chair Yoga (\$10) 12:30-4: Bridge (\$5) 1-2: Chit Chat 1-4: Canasta (\$2) 1:30-3: Painting (\$10)	Time TBD: Golf League 9-10:30: Watercolor Lab 10-11:15: Gentle Yoga (\$10) 11:30-12:15: Aerobics (\$10) - 1-2:30: Soapstone and Alabaster Carving (\$10/\$25) 1-4: Ping Pong and Pool 1:30-2:15: Pilates (\$10) 3-4: Book Club (last Tuesday)	9:30-2: Rug Hooking (\$5) 10:00: Reminiscing 10:00: Ukulele Jam 10-12: Knit & Crochet 11:30: Biking 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan (\$2) 1-4 Ping Pong and Pool 2:15: Tai Chi (\$5 - new price)	8:30-9:30: Healthy Bones 9-11: Tarot Cards (last Thursday) 9-12: Mosaics (\$20) 9-12: Fused Glass (\$10/class) 10-11: Healthy Bones 10:30-12: Alzheimer Support Group (3rd Thursday) 11-12: Getting Better with Age 11:30-12:15: Aerobics (\$10) 12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2) 1-2: Music, Memories 1-4: Ping Pong and Pool	9-3: Alzheimer Office Hours 10-12: Clay Arts (\$20) 10-12: Poker (\$2) 11-1: Farmers' Market 12-2:30: Artist Lab 12:30: Swinging Singing Seniors 12:30: Cafe - Ice Cream \$2 per cup 1:00: Mexican Train Dominoes (4th Friday) 1:00pm: "Fridays at the Center" Movies/Presentation/Social



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, Sept. 26th, 9am-11am. Sign up!

Card reading by Mary Shimp! \$5 suggested donation

Book Club - New Members Welcome:

Tuesday, Sept. 24th, 3:00pm

"Before We Were Yours", by Lisa Wingate

Biking Group

Wednesdays at 11:30am

Call the front desk to sign up

Golf League

Tuesday morning Tee Times (time TBD)

Please sign up at the Front Desk.

Computer/Technology Assistance

Call the front desk for an appointment.

Smartphone Skills for Seniors

Friday, September 13, 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.

Non-Medical Care at Home



-  Transportation
-  Meal Preparation
-  Light Housekeeping
-  Errands

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LEARN TO PLAY MAHJONG

Joan DeCaro has offered to teach a beginning Mahjong class in the fall. If you are interested, please sign up at the front desk.

Saratoga County Office For the Aging


Programs. For information and to sign up, please call (518) 884-4100.

- **Lunch**
Served Daily in our Dining Room
- **Healthy Bones for Life - Exercise Class**
Monday: 8:30-9:30am and 10-11:00am
Thursday: 8:30-9:30am and 10-11:00am
- **Legal Assistance**
Thursday, September 5th, 1:30pm

SEPTEMBER 2019

Thank you to United Healthcare for sponsoring our Social Activities.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Labor Day The Center is Closed	2 10:00am: Fresh Produce 4:00pm: 5 Points To Go Dinner	3 6-7:30pm: Arthritis Presentation	4 9:15am: Van trip - "Saratoga Battlefield" 12:00pm: OFA Picnic 1:30pm: Legal Assistance	5 11am-1:00pm: Farmers' Market 12:30pm: Swinging Singing Seniors 12:30pm-1:00pm: Ice Cream 1:00pm: Live Music 2:00pm: Cooking w/Siobhan
9 11-11:45am: Zumba with Emily	10 10:00am: Fresh Produce 1-2:30pm: Disney Planning 1:30pm: Van trip - Saratoga Boat Cruise 4:00pm: 5 Points To Go Dinner	11 7:30am: BUS TRIP - Culinary Institute	12	13 9-10am: Smartphone w/ Damian 10-3pm: Memories in the Making Training 11am-1:00pm: Farmers' Market 12:30pm-1:00pm: Ice Cream 12:30pm: Swinging Singing Seniors
16 11-11:45am: Zumba with Emily	17 8:30am: Van Trip - Botanical Gardens 10:00am: Fresh Produce 1-2:00pm: Housing Choices 4:00pm: 5 Points To Go Dinner	18 1:30pm-3:00pm: Travel Slideshow - Ireland & Panama	19 8:30am: Van Trip - The Big E 10:30am-12:00pm: Alzheimer's Support Group 5:30pm: Dinner, Music & Dancing	20 11am-1:00pm: Farmers' Market 12:30pm-1:00pm: Ice Cream 12:30pm: Swinging Singing Seniors 1:00pm: Movie
23 11-11:45am: Zumba with Emily	24 BUS TRIP: Canadian Islands 10:00am: Fresh Produce 11:15am: Van trip - Lunch Bunch 3:00pm: Book Club 4:00pm: 5 Points To Go Dinner	25 10:00am-11:00am: "History of Saratoga"	26 8:30am: Breakfast & Learn 9:00am-11:00am: Tarot Cards 9:45am: Van Trip - Empire State Aerospace Museum	27 11am-1:00pm: Farmers' Market 12:30pm-1:00pm: Ice Cream 12:30pm: Swinging Singing Seniors 12:45pm: Van Trip - Mini Golf 1:00pm: Travel Club 1:00pm: Mexican Train Dominoes
30 11-11:45am: Zumba with Emily				