

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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- Make a monetary donation through our website, by phone, or mail in a check.
- Amazon Smiles - Go to smile.amazon.com, select Senior Citizens Center of Saratoga Springs and a percentage of your purchase will be donated by Amazon!
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$10.00. Fifty percent of the sale goes to the Center! **PAPER TICKETS ARE BACK.**
- Clothing Bin - We have blue donation bins in our parking lot. We are paid per pound of clothes!
- Fundraisers - We have many fundraisers that benefit the Center. Watch our eblasts and newsletters.
- Annual Appeal - Look out for your annual appeal letter or make an online donation for the Center!
- Membership - We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. Or purchase a \$25 membership for a senior in need.



# Saratoga Senior Center NEWSLETTER

MAY 2022

## DINNER AND A SHOW

**“Volunteer of the Year – Par for the Corpse”**  
*Performed by the Adirondack Flatline Players*

*Sponsored by : The Albany Guardian Society*

**Dinner provided by The Diamond Grill Embassy Suites  
At the Saratoga Senior Center**

**Tuesday, May 17th. 5:00pm. \$22. Please RSVP to the Center front Desk. Seating is limited.**

A local volunteer recognition organization is holding its first Volunteer of the Year pageant at the monthly meeting of Your Organization, and five qualified and motivated candidates are in the running for the coveted SIDI (Sure – I’ll Do It) Award. But one of the nominees won’t be around to hear the results – due to that nominee’s sudden and unplanned demise. It’ll be the audience’s job to unmask the killer and solve the case.



## MENTAL HEALTH AWARENESS DAY

**Tuesday, May 24th. Open to the Public.**

*Sponsored by My Rosalie*

**Guest Speaker : Courtney Barber**

*mental health counselor, health writer, wellness educator and founder of Belladonna Wellness*

### Schedule of events:

- 9-10am Continental Breakfast. Sponsored by The Albany Guardian Society
- 10-11am “Emotional Freedom Technique” with Lynn Edgerly.
- 11:30am “Stress and Anxiety Reducton: Tools & Tips” with Courtney Barber.
- 12:30pm - 2:00pm: Reiki with Jennifer Mae.



## GARAGE SALE FUN DAY!

**Thursday, May 19th. Open to the Public**

*Sponsored by Saratoga Life*

10:00 - 1:00 Garage Sale

10:30 - 11:30 Fresh Produce

11:00-1:00 Hot Dogs, Games & Music

**All proceeds benefit the Saratoga Senior Center**

*We are NOT accepting  
donatons at this time.*



## MAY RAFFLE!

**2 Chances to Win! A gift for Mother’s Day & Memorial Day!**

Celebrate gorgeous month of May!

The sun is warming, the birds are chirping, and the flowers are blooming.

Mother’s Day raffle drawing Thursday, May 6th. *Koozie cooler, throw blanket, bottle of wine, and more!*

Memorial Day raffle drawing Thursday, May 26th. Garden basket.



Raffle tickets are \$10. BONUS! Purchase a \$25 membership and \$10 raffle ticket and get an extra raffle ticket. Two for the price of one! A sweet deal for everyone! Call 518-584-1621 to purchase your tickets.

# WHAT'S NEW THIS MONTH! ... adding new programs all the time.

## Good Food! Good Friends! Good Times!

### Continental Breakfast

Sponsored by: The Albany Guardian Society



Tuesday, May 24th. 9-10am. Free.

Start your day with a full belly and friends. Stay for the day and partake in the Mental Health Awareness activities.

### Simply Food by Maura. To Go dinner only. \$12 per dinner. 3:30-5:30 pick up.

• Tues., May 31st. Fiesta Chicken with cilantro rice and corn and bean salad. Orders must be placed by Mon., May 30th

Don't forget about the Dinner Theater on Tuesday, May 17th. See details on front cover.

## Food for your Brain and your Soul!



### WE ARE BACK! SARATOGA SENIOR CENTER GOLF LEAGUE

Call Kris at Front Desk if you are interested in joining our golf league. We play 9 holes at Saratoga State Park on Tuesdays usually around 9am. We would love for the league to grow. We are looking for someone to assist the front desk in facilitating the league.

### Saratoga Independent School students will be in the house for SIS CARES Volunteer Day!

Wednesday, May 4th. 12-2pm.

Join the students for tech assistance, art projects, game of pool or ping pong, refreshments or just chatting! Let's give them a warm welcome to the Center!

### Tech Fair with employees of Cummins for 518 Day.

Wednesday, May 18th. 1:00-3:30pm.



Do you need help with your phone or Ipad? The employees of Cummins will be here to help you with ANY & ALL questions regarding technology! How to use: E-mail, cell phones, IPADS, Laptops, Kindles and more! Have you always wanted to try ZOOM, Facebook, Instagram, Spotify for music or order groceries for delivery? Here is your chance to learn.

### CDPHP Medicare Basics

Thursday, May 19th. 1-3pm.

If you're dreaming of retirement or about to turn 65, it's time to make sure you know what to do as you become eligible for Medicare. The presentation will cover: What is Medicare; Different parts of Medicare; Medicare enrollment process; Costs; Prescription drug coverage and more! Register by calling the Inside Sales at 518-641-3400 or through our website at <https://www.cdphp.com/medicare/seminars>.



### Trivia Night "Where all those useless facts you've been collecting can finally come in handy!"

Monday, May, 23rd. 5:15pm. \$5.00 Pizza served. Bring your own beverage.

Trivia night is on the third Monday of the month. Join us for fun, friendly competition!

Please sign up, seating is limited.



### MVP Medicare Advantage

Tuesday, May 24th. 9-11am.

Shelia Rivera will be here from MVP to answer any question you have about Medicare Advantage.

Stop by and say hello.

### "Cybersecurity - What is it? Do you need it?" facilitated by Manik Jassal. CPA, PMP. Senior Advisor to the SUNY CFO.

Thursday, May 26th. 11:00 - 12:30. Please sign up!

If you missed it the first time, Manik is back to give us more tips on protecting yourself online! Topics covered include: Online - Security vs Privacy, simple things you can do to protect yourself online, using a password manager for EVERYTHING, and setting up two factor authentication, its importance, and how to implement it across accounts and devices.

Thank you to our newsletter sponsors for their continued support!

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**STAY INFORMED AND CONNECTED!**  
**DO YOU GET OUR EBLASTS?**

Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email address or if you dont have email, maybe you can use your son's or daughter's to keep you informed.

## DID YOU RENEW YOUR 2022 MEMBERSHIP

Renew today - don't miss out on great programming! See all that the Senior Center has to offer the Seniors in our community!

Your Senior Center Membership Gives You Access To:

- Support Groups
- Discounted SPAC tickets
- Special Academy of Lifelong Learning classes
- Dinners - To Go & Dine In
- Trips - van, bus & excursions
- Exercise Classes
- Art Classes
- Cultural Events
- Special Presentations
- Live Music
- Baked Goods
- Regional Food Bank Produce
- Pitney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Outdoor Games
- Card Games
- Pool Table
- Book Club
- Social Groups
- and more...



## SENIOR SUPPORT SERVICES - HERE FOR YOU

Our staff, volunteers, and student interns are here to support you in meeting needs you have. Many times, getting you connected to the right resource is what works best. We collaborate with the health and social service agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. And our "Community Connections" volunteers can fill many gaps that other agencies may not be able to meet. For all Senior Support Services:

**Call 518-584-1621, extension 206**

Our ongoing services are information and referral, advocacy, and:

- Transportation: Rides to medical appointments, pharmacies, dentists, the Senior Center, and more. Wednesday shuttle to Price Chopper from area housing sites.
- Food Assistance: Thursday Regional Food Bank sponsored by MVP. produce for pick-up at the Center, or home delivery if homebound. Volunteers to do grocery shopping. Links to food pantries, and more.
- Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.
- Caregiver Support: Monthly Caregiver Support Group; Monday client drop-In program for caregivers who need a break; respite volunteers to come to your home.
- Volunteer Assistance: Rides, grocery shopping, light yard work, special needs and circumstances -our volunteers are ready!

### Alzheimer's Caregiver Support Group 11am-12pm, 2nd Friday 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. **IN PERSON & ZOOM.**

*Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.*

*Alzheimer's Support Group sponsored by Leon Gollberg's Charitable Trust.*



## COMING IN JUNE!

### Live Music with Jeff Walton and Ice Cream Social

Thursday, June 2, 12:30. \$5.00

Based out of Saratoga Springs, singer/songwriter Jeff Walton is always busy recording or performing. His rock solid rhythm guitar, amazing harmonica leads and vocal style all his own make this "one man band" a true crowd pleaser. Though a great songwriter in his own right, an extensive repertoire and appreciation for requests make for good times and interactive performances. **Please sign up.**

### Red Cross Blood Drive in Memory of Ed Kelley

Friday, June 10th. 12:00 to 6:00 p.m. at the Saratoga Senior Center.



Celebrate life and make a difference by giving blood. Blood is needed for many different kinds of patients. Please schedule an appointment to donate at this special blood drive. Ed gave a so much of his time and self in helping others, please donate in his memory so he may continue to do so. Visit [redcrossblood.org](http://redcrossblood.org) to schedule an appointment.

### World Elder Abuse Awareness Day

Wednesday, June 15th.

This program is made possible by YS OFA's Elder Abuse Education and Outreach Program.

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse. Elder abuse is any act that causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect. Time and itinerary to be determined.

### Harness Your Inner Artist Through The 518 Monologues Writing Workshops - facilitated by The Orchard Project Date to Be Determined.

Join us for a FREE 4-week series of monologue writing workshops. These writing sessions are designed for folks of all theatrical backgrounds: from those who have never seen a play before to those who regularly attend or create theater. By the end of four sessions, you will walk away with a fully formed monologue of your own creation that will be published in The Orchard Project's online forum, and possibly even performed live! **Sign up will be required.**

## NEW CLASSES!

### Did You See the New Classes

#### Arts:

**WATERCOLOR WORKSHOP.** facilitated by Susan Peters. Tuesday, May 10, 10:30.

Please sign up, seating is limited. More dates to come. \$5 material fee.

No experience necessary. Paint this sweet flamingo. Perfect for beginners and experienced alike.



**ASIAN CALLIGRAPHY.** facilitated by Mitch Mitscherlich.

6 week workshop beginning Tuesday April 26th. 10-12. \$10 material fee for the 6 week session. You can still sign up!

Chinese calligraphy can be enjoyed for its visual artistry. Calligraphy is in fact a dance in which the artist has three partners: the brush, the paper (or silk), and the ink. Join Mitch and create a symbol/word in this ancient tradition.

**Saratoga Arts made this program possible through the Community Arts Regrant Program.**

#### Social Groups:

##### "THE HOT WIDOWS"

Next meeting: Tuesday May 17th & May 31st at 2:30.

We will be starting our own version of the Hot Young Widows Club based on a book by Nora McInerney. Our goal is to help women and men restart life after the death of a loved one. It's a way to connect with others and learn ways to move forward and live. This is not grief support or grief counseling. The class will be facilitated by Colleen Kelley & Helen Kyle. We need a name for the group- something upbeat and fun.

**LIVE A HEALTHY LIFE CHAT GROUP.** facilitated by Jileen, RN. Mondays at 11am.

Join Jileen, a RN, to chat, learn, and discover ideas and ways to age healthy - physically, mentally and emotionally.

#### Just Because:

**BEGINNING GENEALOGY.** facilitated by Ruth Ann Messick. Thursdays at 1pm.

Genealogy is tracing the lines of your ancestors and their descendants. It's the history of your family. It is the untold stories of your ancestors you've always wanted to know. It adds details and color to your family tree offering insights into your ancestor's daily lives. And most importantly, it's the history that makes you, you.

**CHESS.** facilitated by Josh Kuperman. Wednesdays at 1:30.

Love to play chess and don't have a partner? Come to the Center and play with other members. New to chess? Josh will show you the basics and give you resources to help you learn the game.

**TAROT CARD READINGS** facilitated by Mary Shimp

Thursday, May 26th. 10-2pm. \$5 donation.

Do you have some unanswered questions about your life? A tarot card reading provides guidance to gain an insight into what the future holds. Call to make a 15 minute appointment.

#### Class Changes:

**ENER CHI** with Shelia is on hiatus until the fall.

**YOGA WITH LEANNE** - Tuesdays at 11 will be moving to Fridays at 11:30 June 3rd.

#### JUST ADDED!!!

**Wellness with Reiki and Meditation** facilitated by Jeanette Sinkora, *Touching Hearts at Home.*  
Monday, May 16th. 11:00am.

Let's look at a different a different perspective into wellness with reiki and meditation.

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to the body, improving the flow and balance of energy to support healing.

Meditation is a concentration on one's breathing or repetition of a mantra for purpose of reaching a heightened level of aware-

## SPAC DISCOUNTED TICKETS ARE ON SALE!

Are you a member of the Center? If not, this member benefit is a great reason to join! Discounted seats for the NYC Ballet and Philadelphia Orchestra. One ticket per member per show. Purchase at the Senior Center Front Desk. For information call 518-584-1621. **Tickets will be sold Monday - Thursday 9-3.**



## TRIPS & EXCURSIONS! LET'S GET AWAY!

### 2022 TRIPS

#### Netherlands, Belgium & France

with Optional 3-Night London Post Tour Extension  
June 11 – 22, 2022

#### Western Canada's Rockies, Lakes & Wine Country

July 30-August 7, 2022

#### California Dreaming feat. Monterey, Yosemite & Napa

September 19-26, 2022

#### Tropical Costa Rica

with Optional 3-Night Jungle Adventure Extension  
November 2 – 10, 2022

#### America's Music Cities Holiday

December 4-11, 2022

### 2023 TRIPS

#### South Pacific Wonders

with Optional 3-Night Fiji Post Tour Extension  
February 5 – 22, 2023

#### Sunny Portugal

with Optional Pre and Post Tour Extensions  
March 21 – 30, 2023

#### Exploring Scotland & Ireland

April 30 – May 12, 2023

#### Discover the Spotlight on Nashville

April 30 – May 4, 2023

### ONE DAY BUS TRIPS

- NEWPORT, RHODE ISLAND \$58

Wednesday, June 29th  
sponsored by CDPHP

- HOLIDAYS IN NEW YORK CITY \$50

Wednesday, December 7th.

- Pending:** 2 additional bus trips

.....  
*Trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.*  
.....

### Multi Day Bus Trip

#### Charleston, South Carolina, November 6-12, 2022

Charleston is defined by its cobblestone streets, horse-drawn carriages and pastel antebellum houses. Come and visit this historic city. \$899. *Open to the public.*

#### TRIP POLICY

Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. Multi-day bus trips and excursions are open to anyone regardless of age or residence.

- There are no refunds for van or bus trips unless canceled by the Center.
- All times for our van trips are approximate. We do not guarantee a return time to the center.

## VAN TRIPS

### BEING A VOLUNTEER VAN DRIVER HAS IT'S 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 \$20 for admission.

#### Lunch Bunch - The Hideaway at Saratoga Lake Golf Course.

##### Friday, May 13th.

If you're looking for a special dining experience, you'll find it at The Hideaway. Our restaurant is tucked away on the Saratoga Lake Golf Course. Complete with breathtaking views of rolling hills and flowing water, a visit to our restaurant will prove to be a relaxing, rewarding experience - and our food is prepared with care. *Pay \$10 at sign up. Bring money for lunch. Leave the Center at 11:00am.*

#### Walkway Over the Hudson.

##### Friday, May 20th

Walk over the Historic Hudson River in Poughkeepsie and take in the fresh air and breathtaking views. Interpretive signs and cell phone tour available. Walk 1.28 miles at your own pace. Delicious lunch at Gateway Diner following walk. *Pay \$20 at sign up. Please bring additional money for lunch. Leave the Center at 9:00am.*

#### Rivers Casino

##### Tues., May 24th

Leave the center at 9:30AM. *Pay \$10 at sign up. Bring money for lunch (on your own) and gaming. Return about 3:30PM.*

#### Naumkeag

##### Monday, May 31st

Experience Gilded-Age style and splendor at this marvelous estate, renowned for its elegant gardens and rare Berkshire "Cottage." Bequeathed in its entirety in 1958 – from furniture to garden tools to its intact dairy barn – Naumkeag, a National Historic Landmark, provides a special link to Berkshires history. Price TBD. Bring money for lunch at the Red Lion Inn. Leave the Center at 9:30AM, return about 4PM.

*Due to the increasing gas prices, we have had to institute a temporary increase in our van fees.*

## MAY PROGRAMMING

*"Hello May! Let's Be Awesome!"*

**In House & ZOOM Classes, Presentations, Food and More!**

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi	9-9:45: SilverSneakers Classic (center & zoom)	9:30: Mosaics	10-10:45: SS Cardio & Strength (center & zoom)	9:30: Clay Arts
9:30: Walking Club	10:00: Meditation (center & zoom)	9:30-1:00: Rug Hooking	10:00: Ukelele	9-12: Poker
9:30-12:30: Clay Arts	10-12: Asian Calligraphy	10:00: Knit & Crochet	10-2: Tarot Cards	10:00: Healthy Bones
10:00: Blood Pressure	11:30-12:30: Gentle Yoga (center & zoom)	10:-11: Zumba (center & zoom)	11:00: Foodbank	10:15: Spanish
10:00: Healthy Bones	1-4: Pool League	1-1:45: Strength w/ Aidan (center & zoom)	11:00-11:45 Gentle Yoga (center & zoom)	11:00: Caregiver Support Group (2nd Fri of month) in person.
10-11: Chair Yoga (center & zoom)	2:30: Widows Club	1:00: Bingo	1:00: Genealogy	1-4: Pool League
11:00: Healthy Life Chat Group	3-4: Book Club (see calendar)	1:30: Chess	1-4: Pool League	
1-2: Chit Chat		1-4: Canasta		
1-4: Pool League		1-4: Pool League		
		2:00 Yoga		

Thank you CDPHP for sponsoring our Health and Wellness classes.



### SPECIAL EVENT SCHEDULE

- Monday - Friday. 12:00. Office for the Aging Lunch.
- Monday 9-12. Men's Haircuts. *Not here in May.*
- Mondays 11am. Healthy Life Chat Group.
- Tuesdays. 10-12. Asian Calligraphy.
- Wednesdays. 1:00. Bingo.
- Wednesdays. 1:30. Chess.
- Thursdays. Regional Food Bank.
- Thursdays (last Thurs of month). 10-2. Tarot Cards.
- 2nd Fri of Month. 11:00. Caregiver Support.
- Wed., May 4th. SIS CARES Students in the house.
- Thurs., May 5th. Mothers Day Raffle Drawing.
- Fri., May 6th. OFA Senior Luncheon.
- Tues., May 10th. 10:30. Watercolor Workshop.
- Mo., May 16th. 11am. Wellness with Reiki & Meditation.
- Tues., May 17th. 5:00pm. Dinner Theater.
- Wed., May 18th. Tech Fair.
- Thurs. May 19th. 10-12:30. Garage Sale
- Thurs., May 19th. 1:00. CDPHP Medicare Basics.
- Mon., May 23rd. 5:15pm. Trivia Night.
- Tues., May 24th. Mental Health Awareness Day. activities start at 9am with Continental Breakfast.
- Tues., May 24th. 9-12. MVP is here
- Thurs., May 26th. 10:00. Tarot Card Readings
- Thurs., May 26th. 11:00am. Cybersecurity.
- Tues., May 31st. 2:30. Widows Club.
- Tues., May. 31st. 3pm. Book Club.
- Tues., May 31st. 3:30-5:30. To Go Dinner.
- Thurs., June 2nd. 12:30. Jeff Walton Music
- Fri., June 10th. 12:00. The Ed Kelley Blood Drive.

### BOOK CLUB AT THE CENTER

#### Tuesday, May 31st. 3pm.

"The Wish" by Nicholas Sparks.

The year 1996 was the one that changed everything for Maggie Dawes. Sent away at 16 to live with an aunt she barely knew in North Carolina's Outer Banks, she could think only of the friends and family she left behind...until she met Bryce Trickett. Handsome, genuine, and newly admitted to West Point, Bryce showed her how much there was to love about town - and introduced her to photography, a passion that would define the rest of her life.

By 2019, Maggie is a renowned travel photographer. This year she is unexpectedly grounded over Christmas, struggling to come to terms with a sobering medical diagnosis. Increasingly dependent on a young assistant, she finds herself becoming close to him.

### Thank You for Your Kindness and Support!

Thank you to all our Health Fair sponsors and vendors. Thank you to Maria and Aaron for hosting Trivia Night. Thank you to Dottie Pepper for another great evening. Thank you to Benita Zahn and the Albany Guardian Society for an outstanding presentation. Thank you to Sully and Old Bryan Inn for our amazing dinners. Thank you to Bailey's for another successful Sipping for Seniors. Thank you to Skidmore students Liam, Mattie and Sophia for Japanese culture, art and poetry. Thank you to Skidmore for our Speed Friending evening. Thank you to the Josh Kuperman and Ruth Ann Messick for our new classes: chess and genealogy. Thank you to Soroptimist International of Saratoga County, Colley Asset Management and Bruce and Christene Thurston for your continued support.

A huge thank you to all our volunteers, you keep our world rockin'!