

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
JUNE 2022



World Elder Abuse Awareness Day

Wednesday, June 15th. **FREE! OPEN TO THE PUBLIC!**

Let's be aware of elder abuse and take care of our peers.
Join us for a catered lunch, live music and informational sessions.

- 12:00 Catered Lunch *Sponsored by Aetna*
- 12:-3:00. Visit with Senior Support Professionals
- 12:30 The Warning Signs and Red Flags of Elder Abuse, presented by Wellspring
- 1:15 Protecting Your Money and Assets from Family, Friends and Scammers. Presented by Mechanicville Domestic Violence Advocacy and Seniors Living Well
- 2:00 TBD
- 3:00 Live Music. *Please RSVP. Seating is limited.*

Elder abuse is any act that causes harm to an older person and is often 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. Elder abuse is more common than you might think. Learn to spot the warning signs and what you can do to help an elderly person at risk.

"This program is funded in part by Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, and participant contributions."

A FULL DAY AT THE CENTER

Thursday, June 2nd. Open to the Public.

GARAGE SALE

Sponsored by Saratoga Life

10:00 - 1:00 Garage Sale

11:00 til gone Fresh Produce

STAY FOR JEFF WALTON & ICE CREAM



LIVE MUSIC WITH JEFF WALTON & ICE CREAM SOCIAL

12:30-1:30. \$5

Sponsored by Home of the Good Shepherd

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. *Please sign up.*



ANOTHER FULL DAY AT THE CENTER

Friday, June 10th. Open to the Public.



Please consider donating blood in memory of Ed Kelley.

Ed gave so much of his time and self helping other, please donate in his memory so he may continue to do so.

RED CROSS BLOOD DRIVE

Noon - 6:00pm at the Saratoga Senior Center

Visit redcrossblood.org to schedule an appointment.



BONNIE GRECCO IS BACK! Enjoy Live Music & Sing Along

1:00-2:00 \$5

Sponsored by Highmark

Bonnie plays all the tunes we love to sing along to.
Hot Dogs and Snacks Provided.
Outside - weather permitting.

Please sign up.

"GIVE WHERE YOU LIVE" - Creative Ways to Give to the Center!

- Purchase our branded merchandise- They makes great gifts!
- 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



Hours: Monday-Friday 8am-4pm

5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

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

Good Food! Good Friends! Good Times!

Dinner & a Drink! Dinner prepared by Old Bryan Inn. Enjoy a wine tasting.

Tuesday, June 21st. 5:30pm. \$12 per dinner.

Sicilian Chicken- chicken breast with mushrooms, fire roasted tomatoes in a rosemary marsala wine sauce. Smashed potatoes and chef's vegetable. **Please sign up, seating is limited. To go dinners may be available if sit down is not sold out.**

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

• Tues., June 14th. Turkey Dinner. **Orders must be placed by Fri., June 10th at noon.**

• Tues., June 28th. Meatloaf Dinner. **Orders must be placed by Fri., June 24th at noon.**

Continental Breakfast

Tuesday, June 28th. 9-10am. Free.

Sponsored by: *The Albany Guardian Society*



Ghosts & Light Fare!

Wednesday, June 29th. 1:30pm. \$10. **Please sign up, seating is limited.**

Paranormal- denoting events or phenomena such as telekinesis or clairvoyance that are beyond the scope of normal scientific understanding.

Enjoy some light fare and join Bob, Carol and Maria from the Cohoes Paranormal Society. They will tell their story, give a front seat look into their investigations, and share how and why they do what they do.

Mary Shimp will also be available for tarot card readings.

"We Go Where the Spirits Move Us".

Reiki Sessions - Healthy Touch facilitated by Jean VanDer Muelen.

Tuesdays, 9-1:30pm. \$5

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Sign up for 30 minute appointments. **Please bring cash for payment.**

Wellness with Reiki and Meditation facilitated by Jeanette Sinkora, Touching Hearts at Home.

Thursday, June 9th. 1:00pm.

Let's look at 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 awareness. Three minute reiki sessions and a five minute relaxation meditation will be available.

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

Monday, June 13 5:15pm. \$5.00 Pizza bites served. Bring your own beverage.

Join us for fun friendly competition! We sold out the last two months. **Sign up, seating is limited.**



CDPHP Medicare Basics

Thursday, June 16th. 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 their website at <https://www.cdphp.com/medicare/seminars>.



MVP Medicare Advantage

Thursday, June 23rd & 30th. 9-11:30am.

Shelia will be here from MVP to answer any question you have about Medicare Advantage. Stop by and say hello.



Aetna- Medicare Advantage

Wednesday, June 22nd. 2-3pm.

Medicare offers you different coverage options. Knowing a few basics can help make it easier to choose the option that's right. Join this educational event facilitated by a licensed agent who will go over the ABCD's of Medicare.



Senior Day at the West Avenue YMCA

Watch the upcoming eblasts from the Senior Center for details on this fun!

Thank you to our newsletter sponsors for their continued support!

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Proud of our healthy relationship

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587-3222 * SaratogaHospital.org

Fundraiser for the Senior Center
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\$45 PER PERSON TUESDAY, JUNE 14, AT 6PM

- LIVE MUSIC FROM RICH ORTIZ -
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NORTHEASTERN NEW YORK

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.

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

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.**

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

NEW! Alzheimer's Association Office Hour at the Senior Center for Help & Support First Tuesday of the Month. 10-2:00pm.

No one should face Alzheimer's alone. If you need help, stop in or call for an appointment. Gwen Rowland, Saratoga County Program Manager, will be here with helpful information and resources for those loving with or caring for someone with Alzheimer's or other dementias.



All Saratoga Senior Center Volunteers
Join us for an early Summer Volunteer Lunch Gathering
Thursday, June 23rd. 1:00pm



Help us to continue helping others! Hear about new volunteer opportunities. Share your ideas and suggestions. Meet our new Volunteer Coordinator, Judith McKinnon. Please RSVP to: seniorcentervolunteer@gmail.com.



TUESDAY LUNCHTIME CONCERT SERIES AT NOON IS BACK!
NEW LOCATION: All shows will be on the sidewalk, roughly 441 Broadway. Rain location is the Saratoga Senior Center.. **Free. Donations appreciated.**



May 31 - Jim Gaudet and The Railroad Boys
June 7 - Miss Maybell the Jazz Age Artistes
June 14 - Fuego Sonoro
June 21 - DiTrani Brothers
June 28 - The McKrells
July 5 - TBA

Thank You to our sponsors:
•Saratoga Arts •Colley Asset Management •WEXT Radio
•Saratoga Senior Center.
•Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Kathy Hochul and the New York State Legislature.

SAVE THE DATE!



BROOKS BBQ
TUESDAY, JULY 15TH 3:00-6:00pm
Sponsored by Highmark BlueCross BlueShield



NEW CLASSES!

Did You See the New Classes

ARTS:

Watercolor Workshop facilitated by Susan Peters. Tuesday, June 21st. 10:30.

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

No experience necessary. Paint these beautiful flowers and a sunflower bookmark. Perfect for beginners and experienced alike.

Haiku Poetry facilitated by Mitch Mitscherlich.

4 week workshop beginning Tuesday, June 14th. 10-12.

Haiku poetry has its origin as far back as the 7th Century in Japan. The Haiku form of poetry is considered an art form by painting a picture of the subject it expresses in 3 short lines that do not rhyme. It is more than just a type of poetry; it is a way of looking at the world and seeing something deeper, like the very nature of existence.

Saratoga Arts made these programs possible through the Community Arts Regrant Program.

SOCIAL GROUPS:

"The Widows & Widowers Club" facilitated by Colleen Kelley and Helen Kyle.

2nd & 4th Tuesday of the month 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.

JUST BECAUSE:

NEW! Sigmund Freud facilitated by Barry Finley.

Four week session. Wed., June 1st, 8th, 22nd, and 29th. 11-12.

Did King Lear have a dysfunctional family? Are you a liberated human being? All you ever wanted to know about psychoanalysis, Sigmund Freud or his 'theory of everything'.

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, June 30th. 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:

Yoga With Leanne. Will be held on Fridays at 11:30 beginning June 3rd.

Walking Group. Summer hours. Leave the Center at 9:00am.

NEW ZOOM SERIES.

Healthy Living Series. Self Care. facilitated by Sherri Rose and Cat Capowski.

Wednesdays at 12:30 beginning June 1st.

Gather at the Senior Center to participate in this program. Self care is very important. Join this program and be introduced to simple yet powerful strategies to improve overall health and wellness. Learn clear, easy to understand health related information and practices that will help you feel, sleep, eat, and cope with life's stressors more effectively. Each session will feature an educational component as well as a mind/body activity. This program will be ZOOM'ed from the Center.

DON'T MISS OUT! 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

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

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

Private Tour of Lawrence Barisic's Eclectic Art Collection

Wednesday, June 15, 22, 29. Choose a date. 11:00-1:00. *Each visit limited to five people.*

Lawrence's collection is comprised of historical 19th century world city scapes, contemporary artwork which features Fidel Castro's granddaughter as well as obscure and eclectic pieces of both local and world art. Subjects matter ranges from fashion, propaganda, design, history, advertising, immigration and ethnocentricity to Andy Warhol and Ruth Bader Ginsberg. Complimentary wine and cheese. To reach Lawrence's apartment you must climb a steep set of stairs. *Pay \$22 at sign up.*

Lunch Bunch - Carsons on the Lake

Friday, June 17th.

Enjoy your lunch overlooking Saratoga Lake and the Vermont Mountains. Carson's is your perfect destination for comfy, casual dining in a great atmosphere! *Pay \$10 at sign up. Bring money for lunch. Leave the Center at 11:00am.*

Berkshire Botanical Gardens

Tuesday, June 28th

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 \$20 at sign up. Please bring \$16 admission and additional money for lunch. Leave at 8:30am. Return about 4pm.*

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

JUNE PROGRAMMING

It's a smile, it's a kiss, it's a sip of wine ... it's summertime!

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 9:00: Walking Club 9:30-12:30: Clay Arts 10:00:Healthy Bones 10-11:Chair Yoga (center & zoom)	9-9:45: SilverSneakers Classic (center & zoom) 9-2:Reiki 10:00: Meditation (center & zoom) 10-12: Haiku 1-4: Pool League 2:30: Widows Club 3-4: Book Club (see calendar)	9:30: Mosaics 9:30-1:00: Rug Hooking 10:00: Knit & Crochet 10:-11: Zumba (center & zoom) 1-1:45: Strength w/ Aidan(center & zoom) 1:00: Bingo 1:30: Chess 1-4: Canasta 1-4:Pool League	10-10:45: SS Cardio & Strength (center & zoom) 10:00: Ukelele 10-2: Tarot Cards 11:00: Foodbank 11:00-11:45 Gentle Yoga (center & zoom) 1:00: Genealogy 1-4: Pool League	9:30: Clay Arts 9-12: Poker 10:00:Healthy Bones 10:00: Spanish 11:00: Caregiver Support Group (2nd Fri of month) in person. 11:30:Yoga w/ Leanne 1-4: Pool League

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. 1st Monday of month
- Tuesday. Alzheimers Office Hours. 1st Tues of month.
- Tuesdays. 10-12. Haiku.
- Tuesdays. Reiki Sessions.
- Tuesdays at Noon. Lunchtime Concerts Downtown.
- Wednesdays. 11:00. 4 wk session. Freud.
- Wednesdays. 12:30. Healthy Living ZOOM.
- Wednesdays. 1:00. Bingo.
- Wednesdays. 1:30. Chess.
- Thursdays. 11:00. Regonal Food Bank.
- Thursdays (last Thurs of month). 10-2. Tarot Cards.
- 2nd Fri of Month. 11:00. Caregiver Support.
- Thurs., June 2nd. 10-1. Garage Sale.
- Thurs., June 2nd. 12:30. Live Music & Ice Cream.
- Thurs., June 9th. Reiki Presentation.
- Fri., June 10th. 12:00. The Ed Kelley Blood Drive.
- Fri., June 10th. 1:00. Live Music & Hot Dogs.
- Tues., June 14th. 3:30-5:30. To Go Dinner.
- Tues., June 14th. 2:30. Widows Club.
- Mon., June 13th. 5:15pm.Trivia Night.
- Wed., June 15th. Elder Abuse Day.
- Thurs., June 16th. 1:00. CDPHP Medicare Sales.
- Tues., June 21st. 10:30. Watercolor Workshop.
- Tues., June 21st. 5:00pm. Old Bryan Inn Dinner.
- Wed., June 22nd. 2-3. Aetna Medicare Advantage.
- Thurs., June 23rd. 9-12. MVP Medicare Advantage.
- Thurs., June 23rd. Vounteer Meeting.
- Tues., June 28th. 9-10. Continental Breakfast.
- Tues., June 28th. 3:30-5:30.To Go Dinner.
- Tues., June 28th. 2:30. Widows Club.
- Tues., June 28th. 3:00. Book Club.

BOOK CLUB AT THE CENTER

Tuesday, June 28th. 3pm.

"Transient Desires" by Donna Leone.

Thank You for Your Kindness and Support!

Thank you to all our Music and Mingling Sponsors and donors.
Thank you to Maria and Aaron for hosting Trivia Night.
Thank you to Embassy Suites for a great dinner.
Thank you to Albany Guardian Society for sponsoring the dinner theater and the continental breakfast.
Thank you to MyRosalie for sponsoring the Mental Health Awareness Day.
Thank you to Saratoga Independent School students for a very fun day!
Thank you to Cummins for gardening, cleaning sheds and tech assistance. Thank you to Trak equipment rental for ending us gardening tools.
Thank you to Manik Jassal for continuing teaching us about cybersecurity.
Thank you to Ruth Ann Messic for helping members with genealogy.
Thank you to the Josh Kuperman for teaching chess.
Thank you to Assemblywoman Carrie Woerner for her continued support.
Thank you to Lifespan of Greater Rochester for yur support.

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

