


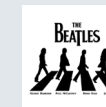
Non Profit ,,
U.S. POSTAGE PAID
Permit No. 120

Saratoga Senior Center
NEWSLETTER
JANUARY 2023

Trivia Night!
Monday, January 23rd. 5:15pm.
Pizza bites served. Bring your own beverage.
Join us for fun, friendly competition!
Please sign up, seating is limited. \$5.00.

Sponsored by Aetna 

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



Beatle's Music & Trivia with Jeff Brisbin
Thursday, January 19th. 3:00PM

Don't miss this pairing!
Jeff Brisbin & The Beatles!

The Beatles are regarded as the most influential band of all time. Jeff, Saratoga's very talented singer, songwriter would agree. He absolutely loves the Beatles!

Light fare served. Please sign up. \$10

Charlie Kuenzel and Pizza
What could be better?
Date To Be Determined



Charlie is a native Saratogian who spent decades as a science educator in our city schools.

Today, he is President of the Saratoga History Museum and spends his free time educating and entertaining thousands of people with fascinating stories about the Spa City's history.

Come to listen to Charlie and nosh on pizza. \$10
Please sign up.

*Watch your eblasts for
updated information!*

LET'S EAT

Dine in Dinner

Tuesday, January 24th. 5:30pm. \$12 per dinner.

Sponsored by Aetna



Don't miss our monthly dinner. Menu to be determined. No doubt it will be delicious!

PaL's Meals To Go \$12 per dinner. Prepared meals you just have to heat up.

Pick up any time Monday or Tuesday between 9:30-3:30. Order by noon the Friday before.

Mon., Jan. 9th and Tues. Jan. 10th. Meatloaf, Mashed Potato, Gravy

Tues., Jan. 17th only. Chicken in a light Wine Sauce, Sun Dried Tomatoes, Fresh Spinach, served over Rice

(we are closed Monday, January 16th)

Mon., Jan. 23rd and Tues. Jan. 24th. Chicken Marsala with Mashed Potato

Mon., Jan. 30th and Tues. Jan. 31st. Eggplant Parmigiana with Ziti

Volunteer Fair Have a little free time? Looking to give back?

Tuesday, January 17th. 1:00pm - 3:00pm.

The benefits of volunteering:

- Provides you with a sense of purpose
- Provides a sense of community
- Helps you meet new friend
- Helps the seniors and the Center



Sponsored by Highmark Northeastern New York



Come learn more about volunteer opportunities at the Saratoga Senior Center. From in-house events and activities to Community Connections, volunteering out in the community, we have something for everyone! Our Volunteer Coordinator will talk about opportunities and then you can chat with current volunteers in specific areas to learn more. Please join us! Refreshments served. **We need your help!**

HAPPY NEW YEAR FROM THE SENIOR CENTER STAFF!

Wishing you a very happy holiday season. We hope that the New Year brings you and your family much happiness and prosperity. We are looking forward to an exciting new year for the Senior Center!



The Senior Center will be closed
Monday, January 2nd for New Year's
and Monday, January 16th for Martin Luther King Day

IT'S TIME TO RENEW YOUR 2023 MEMBERSHIP

Please complete the invoice form and return it to the Center by January 1st.

Membership is for the calendar year.

See all that the Senior Center has to offer the Seniors in our community!

Your Senior Center Membership Gives You Access To:

- Exercise Classes
- Art Classes
- Cultural Events
- Special Presentations
- Live Music
- Support Groups
- Discounted SPAC tickets
- Dinners - To Go & Dine In
- Trips - local van, 1 day bus and excursions
- Baked Goods
- Regional Food Bank Produce
- Pitney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Card Games
- Pool Table
- Book Club
- Social Groups
- and more...



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.

FREE PRESENTATIONS

Effective Communication Strategies facilitated by Gwen Rowland, Alzheimer's Association.

Friday, January 13th. 1:00pm

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's. *Please sign up.*

Funding Options For Long Term Care: facilitated by Renee Birnbauam and Melonie Pratt of Choice Connections.

Thursday, January 19th. 10:30am. *Please sign up.*

What are some of the funding options available to help pay for care? How do I pay for home care? Assisted living? Nursing home care? What are the options? What do they offer? What is the criteria to become eligible?

ART WORKSHOPS

Zentangle Art Program facilitated by Katie Long.

Thursday, January 19th. 1:00pm. \$5.00 materials fee.

Design florals and bouquets. Zentangle is an American method for drawing, which promotes concentration and creativity and increases personal well-being. *Please sign up.*

Beading Workshop facilitated by Jerry Matthews.

Thursday, January 26th. 1:30pm. \$10.00 materials fee.

Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry.

Please sign up, seating is limited.

FUN, FUN, FUN!

Continental Breakfast with the Skidmore Women's Basketball Team

Tuesday, January 3rd. 9:45am

Come and meet this dynamic group of women. Head Coach Jessica Turner describes her team as hungry and determined to make the most of this season, which makes for a really fun and competitive atmosphere. On Friday, January 6th, we will go to their game and cheer them on. *(See Van Trips)*



Improv Games for Grown-ups. facilitated by Susie Kane-Kettlewell and Paula Jo Smith.

Tuesdays, 10:00-12:00. Starting January 10th for 4 weeks. First session free.

Let's Have Fun Together! Join two Silly Senior Ladies, experienced with playing Improv, who will introduce you to many Improv games for grownups. What are Improv games, you ask? Remember when you played pretend games with your friends when you were kids? Do you enjoy watching your Grandkids play? Do YOU want to FEEL like a kid again?

ACADEMY FOR LIFELONG LEARNING

The Senior Center and the Academy for Lifelong Learning are joining forces to bring seniors in our community the best programming and experiences. Senior Center members may enroll in the classes at the Center only for just the \$50 class fee. See Front Desk for sign up instructions. Registration is by mail to ALL.

Monday Speaker Series

Mondays, 11:30am- 1pm. January 23, 30, February 6, 13, 27.

This study group features a variety of presentations and discussions each week presented by a different speaker.

Art History & Anatomy: How Art And Science Of The Human Body Have Influenced Each Through The Ages. facilitated by Gerald Stulc, Surgeon and Art Major.

Mondays, 1:30-3pm. January 23, 30, February 6, 13, 27.

How does a surgeon who is also an artist interpret art history in terms of the biology of the human body and how it was represented throughout history? Find out and join him in this unique journey on how artists and scientists use different venues to describe the human body and the human condition from their perspective. Art history, more than other forms of history, is often very subjective.

Let's Have A Tea Party! facilitated by Kathy Welch

Thursdays, 10:30am -12noon. Jan 26, Feb 2, 9, 16, 23.

The second most consumed beverage in the world behind water is—you guessed it—tea! In this class, you will examine the complicated history of tea including colonialism, wars and ancient trade routes. You will learn about caffeine content and the purported health benefits of different teas and examine meaningful flavor related concepts such as oxidation and astringency. But most of all, the class will discuss proper steeping methods while tasting a wide variety of freshly brewed tea each week—no tea bags here! So, bring your grandmother's favorite teacup, sit back and let your senses take in a new flavor. Please note that the teas will contain caffeine.

Thank you to our newsletter sponsors for their continued support!

A plan for life.

Capital District Physicians' Health Plan, Inc.

Home of the Good Shepherd Choose a Place Where Excellence is the Standard.

Assisted Living • Enhanced Assisted Living
Memory Care Assisted Living

Saratoga: 584-3317 • Wilton: 580-0702 • Malta: 581-7600
Coming soon: Moreau!

- 24 Hour Care, LPN's & RN's on Site
- Private Suites, Daily Activities, Transportation
- Customized Care Plans for Each Resident

www.homeofthegoodshepherd.com

The Heart of Senior Home Care Services

Trusted, compassionate, quality care within the comfort and security of your own home.

INDEPENDENT LIVING | ASSISTED LIVING | LONG TERM CARE
THERAPY AND REHABILITATION | HOME CARE

A non-profit organization | 131 Lawrence Street, Saratoga Springs, NY 12866
518.584.1200 | thewesleycommunity.org

Home Instead

To us, it's personal.

518.580.1042

www.HomeInstead.com/341

- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Errands & Shopping
- Alzheimer's Care
- Respite Care
- Companionship

HIGHMARK.

NORTHEASTERN NEW YORK

WILLIAM J. BURKE & SONS
BUSSING & CUNIFF, INC.
FUNERAL HOMES

Locally owned and Operated Proudly Serving Veterans
Pre-Need Trust Planning Handicap Accessible
Financially Within the Means of All

Trusted since 1878
628 North Broadway, Saratoga Springs
(518) 584-5373

Mark T. Phillips · R. Thomas Armer · Daniel J. DeCelle
Nicholas D. DeCelle · Jeremiah J. Thompson · Anthony J. Morris



COMING IN FEBRUARY

AARP Tax Preparation

Tuesdays, Beginning February 7th through April 11th.

AARP tax assistance is back in person. Appointments can be made tentatively beginning January 9th. You must pick up a tax packet from the front desk before your appointment and bring the completed form to your appointment. Please make your appointment early by calling the Front Desk. Appointments fill up quickly.

Beat the Winter Blues Party!

Thursday, February 16th. 2:00pm. \$10.

If the winter blues have you feeling down, grab your favorite summer attire (optional) and warm up at the center. Let's heat up the dance floor with Bobby & Susie! Summer party food served! *Please sign up, seating is limited.*

Zentangle Art Program facilitated by Katie Long.

Thursday, February 9th. 1:00pm. \$5.00 materials fee.

Design hearts and prints for Valentines Day! Zentangle is an American method for drawing, which promotes concentration and creativity and increases personal well-being. *Please sign up.*

DO YOU GET OUR EBLASTS? STAY INFORMED AND CONNECTED!

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.

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. Monday shuttle to Price Chopper from area housing sites.
- Food assistance:** Thursday Regional Food Bank 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 Goldberg's Charitable Trust.

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.

WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.

Have a little time to give? Looking to get involved in the Center in a different way? We have volunteer opportunities! Senior Center volunteers are involved both in-house and out in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form.



Saratoga County Department of Aging and Youth - "Gather & Dine" Lunch Program

Monday - Friday. 12:00. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call the kitchen at 518-584-1621 ext. 205.

MORE TO DO ...



Book Club At The Center *New Members Welcome! Please sign up.* January Book - "Manchester Christmas" by John Gray. Tuesday, January 31st. 3pm.

A young writer is drawn to a small New England town in search of meaning for her life. Soon, she encounters kindness, romance, and is pulled into a mystery centered on an old, abandoned church and the death of a special girl. Are the images that only she can see in the church's stained-glass windows a warning, or is someone trying to reach her, to help heal this broken community? Manchester Christmas illustrates how God often uses the most unlikely among us to spread grace and healing in a wounded world. Full of love, hope, and forgiveness, this debut novel from an Emmy-winning writer will touch your heart and have you longing for Christmas in Manchester.

The Hot Widows Club Tuesday, January 17th & 31st. 2:30pm.

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.

VAN TRIPS

BEING A VOLUNTEER VAN DRIVER HAS ITS 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.

Troy Savings Bank - Music at Noon. The Bluebillies Tuesday, January 10

The Bluebillies don't just sing Country songs; they embody them, performing their unique blend of country, bluegrass and folk music with traditional style, sound and spirit. They have made it their mission to help revive and preserve the rich heritage of this great and uniquely American art form. Lunch after at 110 Grill, Latham. *Pay \$10 at sign up, concert is free. Bring money for lunch. Leave the Center at 10:45. Return about 3pm.*

Let's Support Skidmore Athletics

Skidmore College and the students are huge supporters of the Senior Center. Let's head up to the Skidmore campus and cheer the teams on and show them our support.

• Skidmore Women's Basketball Game vs. Union College Friday, January 6th. 5:30pm

The women's team is led by head coach Jessica Turner. *Pay \$2 at sign up. Please bring additional money for concession stand. We leave the Center at 5:00pm.*

• Skidmore Men's Basketball Game vs. Hobart College Tuesday, January 10th. 5:00pm

The men's team is led by head coach Joe Burke. *Pay \$2 at sign up. Please bring an additional money for concession stand. We leave the Center at 4:30pm.*

Lunch Bunch at The Charlton Tavern Friday, January 20th

The Charlton Tavern is an old-time, 1787 saloon with vintage decor, dark wood interior, and a menu of hearty American pub fare. *Pay \$10 at sign up. Bring money for lunch. Leave the Center at 11:30am. Return about 2:30pm.*

Van Gogh - The Immersive Experience Friday, January 27th

Have you ever dreamt of stepping into a painting? Now you can with this exhibition. Become completely immersed in the works of art around you, and feel the shift in reality as you dive deep into the world created by Van Gogh's brush strokes. *We leave the Center at 10am. Pay \$40 at sign up. Return about 2pm.*

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.

"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 Smile - 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!
- 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 \$35 membership for a senior in need.



COLLETTE EXCURSIONS

We travel not to escape life, but for life not to escape us.

2023 TRIPS

Exploring Scotland & Ireland
April 30 – May 12, 2023

Discover the Spotlight on Nashville
April 30 – May 4, 2023

Discover National Parks of America
May 15-26, 2023

Alaska Discovery Land & Cruise
June 14-25, 2023



2023 TRIPS continued.

Maritimes Coastal Wonders featuring the Cabot Trail (Halifax & Nova Scotia)
August, 2023

Cruising the Danube to the Black Sea
September 11-23, 2023

Shades of Ireland
October 7-October 16, 2023

Croatia and Its Islands
October 10-October 21, 2023

Spotlight on San Antonio Holiday
November 30 –December 4, 2023

COMING FOR 2024

Are any of these on your bucket list?

Details coming soon!



Antartica
Hawaii
Australia & New Zealand
Iceland

Italy
Greece
Spain and Portugal
Thailand
Charleston

Nashville
Scandinavia
South Dakota
South Africa

You are invited to an **Informational Travel Slideshow** presented by Kevin Ferguson of Collette Travel
Wednesday, January 25th. 11:00am. Refreshments served. Please sign up!

Kevin will be presenting on:

Maritimes Coastal Wonders: August 13-23, 2023

Shades of Ireland: October 7-16, 2023

Spotlight on San Antonio Holiday: November 30-December 4, 2023



2023 One Day Bus Trips

- Corning and the Corning Glass Musuem - April 19th
- New York City - May
- Mystic Connecticut - July
- West Point and Brotherhood Winery - September
- Salem, Massechusetts - October
- New York City - December 6th

Details and pricing coming!

2023 Multi Day Bus Trips

- Washington, DC.
May 5-9th, 2023. 5 days 4 nights
- Montreal, Quebec City and Ottawa.
September 17-25th, 2023. 6 days 5 nights

Details and pricing coming!

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.

TAROT CARD READINGS *facilitated by Mary Shimp*
Thursday, January 26th. 10-2pm. \$5 donation.

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

ONE ON ONE TECH SUPPORT

Did you receive a new phone, Ipad, laptop or smartwatch? Let our savvy students help you with your new device. Call to make your private appointment..

BARBER AT THE CENTER! \$5 haircuts for men.

Monday, January 23rd. 9:00-12pm.

Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment.

NEW MEMBER SOCIAL HOUR

Thursday, January 26th. 2-3pm.

Calling all new members! Join us for a fun, friendly social hour where you can meet other members. Conversation, fun and laughs. Please sign up!

JANUARY PROGRAMMING

"If I had my way, I would remove January from the calendar and have an extra July instead." Roald Dahl

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs. Ask about how Silver Sneakers & ReNew Active work with the monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi 9:30: Walking Club 9:30-12:30: Clay Arts 10:00:Healthy Bones 10-11:Chair Yoga (center & zoom) 1-2: Chit Chat 1-4: Pool League 1-4: Bridge	9-9:45: SilverSneakers Classic 10:00: Meditation (center & zoom) 1:00: Mat Yoga w/ Monica (advanced) 1-4: Pool League 1:00; Mahjong 2:30: Widows Club((see schedule) 3-4: Book Club (see schedule)	9:30: Mosaics 9:30-1:00: Rug Hooking 10:00: Knit & Crochet 10-11: Zumba 1-1:45: Strength w/ Aidan(center & zoom) 1:00: Bingo 1-4: Canasta 1-4:Pool League 2:00: Pilates 2:45: Line Dancing	10-10:45: SS Cardio & Strength (center & zoom) 10:00: Ukelele 10-2: Tarot Cards (see schedule)11:00: Foodbank 11:00-11:45 Gentle Yoga (center & zoom) 1-4: Pool League 1:00: Mahjong 2:00: Newcomers Social (see schedule)	9-12: Poker 9:30: Clay Arts 10:00:Healthy Bones 10:00: Spanish 11:00: Caregiver Support Group (2nd Fri of month) in person. 1-4: Pool League



Thank you CDPHP for sponsoring our Health and Wellness classes.

SPECIAL EVENT SCHEDULE

- Every Monday. 1:00 Bridge
- Every Monday. 1:00 Chit Chat Fun Group
- Every Wednesday. 1:00. Bingo
- Every Thursday. 11:00. Regional Food Bank
- Every Thursday. 1:00. Mahjong
- Mon., Jan. 2nd. Closed
- Tues., Jan. 3rd. 9:45. Continental Breakfast with Skidmore Womens Basketball Team
- Mon., Jan. 9th. 9:30-3:30. To Go Meals
- Tues., Jan10th.(4 weeks). 10:00-12:00. Improv
- Fri., Jan. 13th. 1:00. Alzheimers Presentation
- Tu., Jan. 17th. 1:00-3:00. Volunteer Fair
- Tues., Jan. 17th & 31st. 2:30. Widows Club
- Tues., Jan. 17th. 3:30. To Go Meals
- Thurs., Jan. 19th. 10:30. Long Term Care Funding
- Thurs., Jan. 19th. 1:00. Zentangle
- Thurs., Jan. 19th. 3:00. Brisbin & Beatles
- Mon., Jan. 23rd. 9:30-3:30. To Go Meals
- Mon., Jan. 23rd. 9:00. Barber
- Mon., Jan. 23rd. 5:15. Trivia
- Tues., Jan. 24th. 5:30. Dine in Dinner
- Wed., Jan. 25th. Collette Travel Slideshow
- Thurs., Jan. 26th.10:00-2:00. Tarot Cards
- Thurs., Jan. 26th. 1:30. Beading
- Thurs., Jan. 26th. 2:00. New Member Social
- Mon., Jan. 30th. 9:30-3:30. To Go Meals

SNOWBIRDS!

Do you still want to get your newsletter? Just change your adress with the front desk. On your return, change your address back to your local address.



Thank You for Your Kindness and Support!

Thank you to Cafe Lena, Margaret French, Jeff Brisbin and Lawrence Barisic for telling our story.

Thank you to Aetna for sponsoring the Member Holiday party.

Thank you to Santa Nick Casey for visiting the members for the holiday party.

Thank You Mazzone and Prime for our holiday lunch.

Thank you to Jay Yager and Chris Dollard for our holiday party music.

Thank you to Old Bryan Inn for another mouthwatering dinner.

Thank you to Garland Nelson for our amazing sing-a-long.

Thank you to Albany Guardian Society for sponsoring our continental breakfast.

Thank you to the Regional Food Bank of NENY for our weekly food.

Thank you to MVP for sponsoring our food bank.

Thank you to our class volunteers:

Ryan - our barber

Mary - tarot cards

Aiden- exercise class

Katie - zentangle

Jerri - beading

Thank you to Adirondack Trust Company Community Fund Lend-A-Hand Grant for their continued support.

Thank you to all our volunteers!

You keep our world rockin'!



*Volunteering
makes a
difference*