Senior Citizens Center of Saratoga Springs, New York
5 Williams Street
Saratoga Springs, NY 12866

Saratoga Senior Center
5 Williams Street, Saratoga Springs, NY
(518) 584-1621
saratogaseniorcenter.org

August 2017

Hours: M-F, 8-4

We would like to extend a huge thank you to the Duke Family Foundation for providing us with a generous grant, which allowed us to purchase a new van – a beautiful 2015 Mercedes Sprinter! Look for it in our parking lot soon!

We would also like to thank the Community Foundation for the Greater Capital region for a Community Impact Grant, which will fund our revamped volunteer driver program and trip scholarships. Please see trips page for details.

CHARITABLE GIVING 411
Make a bequest to the Saratoga Senior Center

Each month we will be featuring a way for you to help the Senior Center or another nonprofit organization through charitable giving. This month’s topic is on bequests:

Make a bequest to the Saratoga Senior Center

A gift to the Saratoga Senior Center in your will or trust enables you to support our mission and make a difference in your life and the lives of future generations. You can name the Saratoga Senior Center in your will when it is written, or if you have a current will, your attorney can add a codicil – a simple amendment – to include your charitable bequest. If you have questions, please contact us at 518-584-1621.

Thank you to Charlie Joseph of Janney Montgomery Scott for our “Getting Organized for Peace of Mind” presentations on financial planning and charitable giving. Look for the next program in September.

INTRODUCING OUR “WALL OF HONOR”

AUGUST 8TH - 11AM - FREE AND OPEN TO THE PUBLIC!

Purchase a tile and be honored on the Senior Center wall for years to come or you can create your own tile or have one designed for yourself or a loved one.

An informational presentation will be held on August 8th at 11am. Come and learn how to get involved!

We would like to extend a huge thank you to the Dake Family Foundation for providing us with a generous grant, which allowed us to purchase a new van – a beautiful 2015 Mercedes Sprinter! Look for it in our parking lot soon!

We would also like to thank the Community Foundation for the Greater Capital region for a Community Impact Grant, which will fund our revamped volunteer driver program and trip scholarships. Please see trips page for details.

TASTE OF TRAVERS SENIOR DISCOUNTED TICKET UPDATE...

The 2nd Annual Taste of Travers Celebration is coming up on August 25! We were lucky enough to secure a sponsorship from Mary Martin + Co., which will enable us to offer a limited number of senior discounted tickets (first come, first served). Please see front desk for details.

I would also like to take this opportunity to alert you to a potentially confusing situation. It has come to our attention that Prestwick Chase may be planning a Travers-themed event at the Canfield Casino on the same night as our Taste of Travers celebration. The Senior Center is in NO way associated with their event and WE DO NOT benefit from their event. Prestwick Chase had originally agreed to be the title sponsor of our event, but has made a last minute unfortunate decision to pull out unexpectedly.

Thank you for supporting the Saratoga Senior Center. We look forward to seeing you at Taste of Travers!
Sponsored By Centers Health Care

Summer Party
12:30-2:30PM
$5 - PLEASE SIGN UP!
Join us for a fun summer celebration! Will include both outdoor and outdoor games, music, singing, open mic and lite fare. Ice cream sundaes and ice cream sodas will be served!

Education Series:
Financial Expo
1:30 - FREE AND OPEN TO THE PUBLIC!
Hertzog Law - Medicare vs Medicaid who pays for what that goes with it.
NY Long Term - Long Term Care Planning, knowing your options
Janney Montgomery Scott -

Our cycling group will be starting up again in August. If you are interested in joining, please see the front desk for details.

Track Tickets Available...
We will on occasion have 2 weekday clubhouse seats at the track, including a parking pass and post parade voucher. These tickets have been generously donated by a Senior Center supporter. The donor will drop off their unused tickets at the beginning of the week. First come, first serve. These tickets are for Senior Center members only. If you are interested, please see Tara or Colleen.

FEATURE OF THE MONTH...

Education Series:
NY State Citizen Disaster Preparedness Program
2PM - FREE AND OPEN TO THE PUBLIC!
Learn the tools to prepare for emergencies and disasters, how to respond accordingly and to recover as quickly as possible to pre-disaster conditions.

FEATURE OF THE MONTH...

HONORARY CHAIRMEN:
JUDDMONTE FARMS: BOB RANSFORD & MIKE SMITH

REHABILITATION SERVICES

MINI HOPPING
The Saratoga Senior Center and Saratoga War Horse
FRIDAY, AUGUST 19th, 2017
6:00 p.m. to 10:00 p.m.

THE NATIONAL MUSEUM OF DANCE
98 South Broadway, Saratoga Springs, NY 12866

FEATURING
Guest Appearance & Book Signing by Celebrity Chef Julie Taboulie
Travers Handicapping Session with Bruce De Julio and Tom Durkin
Gourmet Dinner Stations by US Foods
Open Bar, Station Bar, and Featured Drinks and Tastings
Cigar Tasting by Smokin Sam’s Cigar Shop
Monroe’s Welcome Cocktail
Live Music by Grand Central Station
Pop-up Boutique from Saratoga Trunk, Hale Parking

VIP LOUNGE SPONSOR LEVEL ONLY:
Mingle with Horse Racing Celebrities and Sponsors
Celebrity Chef Julie Taboulie Live Cooking Show & Meet & Greet
Cigar Rolling and Tasting by Smokin Sam’s Cigar Shop
Enjoy Monroe’s Ultimate Supreme Prosecco Tastings and Tasting, Specialty Bar and Drink Tastings, VIP Swag Bags and more

A SPECIAL THANKS TO OUR SPONSORS

VIF SPONSORS
Starlight Racing
Starlight Racing

SPECIALTY SPONSORS
The Summit of Saratoga
May Martha Company
The Innovate Early Bird
Bend, Strode, Mark & King, PLLC

EVENT SPONSORS
Saratoga Living
NYS Thoroughbred Horsemen’s League

PRODUCT AND MEDIA SPONSORS
Horse Racing Radio Network: 1-800-544-4673

Tickets may be purchased online at www.tastetriavels.evomotive.com or call 518.584.1621 to bypass registration fees

For Appointment: (518) 580-0080
Office Hours: Monday through Friday By Appointment
22 Mountain Ledge, Suite 2 | Wilton, NY 12891
www.HearingPro.com

Diagnostic and Rehabilitative Audiology
Hearing Care Resources

For Appointment: (518) 580-0080
Office Hours: Monday through Friday By Appointment
22 Mountain Ledge, Suite 2 | Wilton, NY 12891
www.HearingPro.com

People Over Profits

LOOK TO ICT FOR ALL YOUR FINANCIAL NEEDS

- Share Certificates
- IRA and CASH with Returns
- Estate Laws
- Long Term Care Plans
- Insurance Breakdowns
- Mobile and Online Banking
- Financial Planning
- First to Pay, First to Pay

T level

We are proud to offer you our wide range of financial services.

OFFICE LOCATIONS:

Finger Lakes, NY
- 509 N. Main St., Canandaigua, NY 14424
- 55 County Street, Brockport, NY 14420
- 346 W. Main St., Victor, NY 14564

Proud to be a part of the Saratoga Family!

Saratoga Hospital
Enriched Living
A perfect blend of independence & support

Raymond Bryan, Joseph Charles & Jeffery Pollard are here to help you achieve your financial goals.
Call 800.567.1099 to get started.

Financial Advice to preserve your legacy.

Saratoga Hospice
people you trust, care you deserve.

587-3222 • SaratogaHospice.org

Our cycling group will be starting up again in August. If you are interested in joining, please see the front desk for details.
**WEEKLY ACTIVITIES**

Call 584-1621 for class descriptions and cost. Advance sign-up suggested.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8:30-9:30:</strong> Osteo 3</td>
<td><strong>9:30-2:</strong> Rug Hooking $5</td>
<td><strong>9:30-3:</strong> Canasta, Mahjong</td>
<td><strong>10-12:</strong> Ceramics &amp; Sculpture $20</td>
<td><strong>10-12:</strong> Ceramics &amp; Sculpture $20</td>
</tr>
<tr>
<td>9-12: Watercolor</td>
<td>10 Reminiscing</td>
<td><strong>10:</strong> Mosaics $20</td>
<td><strong>10:</strong> Go with the Flow Yoga with Kate $10</td>
<td><strong>10:</strong> Go with the Flow Yoga with Kate $10</td>
</tr>
<tr>
<td>9-9:45: Tai Chi $10</td>
<td>10 Fused Glass $10/class.</td>
<td><strong>10:</strong> Alzheimer’s Support Group (3rd Thurs.)</td>
<td><strong>10:</strong> Pool</td>
<td><strong>10:</strong> Poker</td>
</tr>
<tr>
<td>11-12:15: Aerobics</td>
<td><strong>12:</strong> Bridge</td>
<td><strong>10:</strong> Memory Cafe (2nd &amp; 4th Thurs)</td>
<td><strong>11:</strong> New! Singing Seniors</td>
<td><strong>11:</strong> New! Singing Seniors</td>
</tr>
<tr>
<td>12-12:15: Art 101 $10</td>
<td>12:30-2: Bingo</td>
<td><strong>11:</strong> Memory Cafe (2nd &amp; 4th Thurs)</td>
<td><strong>12-4:</strong> Ceramics &amp; Soapstone Carving Lab</td>
<td><strong>12-4:</strong> Ceramics &amp; Soapstone Carving Lab</td>
</tr>
<tr>
<td>1-3:15: Pilates $10</td>
<td>100 Strength w/Axan $2</td>
<td><strong>12:</strong> Memory Cafe (2nd &amp; 4th Thurs)</td>
<td>**13:00 Conscious Aging (2nd &amp; 4th Thursday)</td>
<td>**13:00 Conscious Aging (2nd &amp; 4th Thursday)</td>
</tr>
<tr>
<td><strong>3-4:</strong> Canasta, Mahjong</td>
<td><strong>3:</strong> Ice Cream</td>
<td><strong>12:</strong> Memory Cafe (2nd &amp; 4th Thurs)</td>
<td><strong>2:30-4:</strong> Writer’s Workshop</td>
<td><strong>2:30-4:</strong> Writer’s Workshop</td>
</tr>
<tr>
<td>1-3: Pool League</td>
<td><strong>4:</strong> Writer’s Workshop</td>
<td><strong>12:</strong> Memory Cafe (2nd &amp; 4th Thurs)</td>
<td><strong>3:</strong> Book Club</td>
<td><strong>3:</strong> Book Club</td>
</tr>
</tbody>
</table>

**MONDAY**
- Watercolor: 9:30-11:30 (see below)
- Tai Chi: 9:30-11:30
- Aerobics: 10-12

**TUESDAY**
- Rug Hooking: 10-12
- Mosaics: 10
- Alzheimer’s Support Group (3rd Thurs.): 10

**WEDNESDAY**
- Bridge: 12:30-4
- Memory Cafe (2nd & 4th Thurs): 12:30-2
- Memory Cafe (2nd & 4th Thurs): 12:30-3

**THURSDAY**
- Ceramics & Sculpture $20: 10-12
- Flow Yoga with Kate: 10-12
- Pool: 10-12

**FRIDAY**
- Ceramics & Sculpture $20: 10-12
- Go with the Flow Yoga with Kate, Fridays, 10-11
- Poker: 10-12

**AUGUST HAPPENINGS...**

**Physical Therapy with Centers Health Care**

Fri., Aug. 11th, 12PM - FREE AND OPEN TO THE PUBLIC

In this interactive exercise ball program, you will work to improve stability and mobility throughout the body. This exercise routine is great for individuals with arthritis. Lunch will be served. SIGN UPS REQUIRED BY AUGUST 9TH. FOR EQUIPMENT AND LUNCH COUNT.

**Go with the Flow Yoga with Kate, Fridays, 10-11AM**

Sub. for Susan

**Book Club Tues., August 29th, 3PM**

"The Awakening" by Kate Chopin

**Tarot Card Readings Thurs., Aug., 31st - 11AM**

Get your fortune read by the amazing Mary Shimp! Please sign up. (By donation)

**Legal Services Thurs., August 3rd 1:30PM**

Call Office for the Aging at 848-4100 for an appt.

**The Reminiscing Group**

Wednesdays, 10AM - FREE!

Join friends to share memories about times gone by!

**Friendy Golf Group**

Did you know we play golf on Tuesdays? Sign up at front desk. Play will most likely be at Spa State Park golf course - 9 holes. $12 senior rate.

**9 Miles East - Wednesdays, 9:10-9:40**

9 Miles East is a convenient local weekly meal delivery service to the center to make it easy for you to enjoy healthy, delicious food and seasonal vegetables, including vegan and gluten-free options.

**Cliff’s Fresh Vegetables at the Senior Center, 11AM-1PM**

Every Friday, farmer Cliff Samson will be at the center bringing you fresh quality vegetables grown right in Ballston Spa! Selection will grow as the season progresses.

**SPECIAL EVENTS**

- **Fundraiser for the Saratoga Senior Center**
- **Mary Martin and Company Grand Opening at 2 Franklin Square August 21st, time TBD**

Come celebrate Mary Martin and Company's grand opening of their newest location at 2 Franklin Square with Cocktails for a Cause. Lite fare will be served. This event will benefit the Saratoga Senior Center.

**SENIOR SUPPORT SERVICES**

**We need volunteers!**

Your free hour could change a senior’s life. Volunteers needed! Do you have an hour to assist with visiting, transportation, shopping & more? Please contact Lisa Higgins at 518-584-1621 ext 210. Do you need help with transportation, respite, home visits, etc? Please call 584-1621 ext. 206.
Fri., August 4 - Lake George Youth Theatre Presents: Singing in the Rain - The 1950's film comes to life at the Lake George Youth Theatre. Lunch after the play at the Log Jam. Pay $20 at sign up. Bring money for lunch. Leave the center at 8:15, return around 3PM. Sign up by July 28.

Wed., August 9 - Lake Theater Holiday Inn Presents: Last of Red Hot Lovers - Middle-aged and happily married, seafood restaurateur Benny Cashman also is overworked and overweight when he suffers a mid-life crisis. We follow his attempts through a foul-mouthed neurotic, a kooky 20 something actress, and then Jeanette who is married to Benny's best friend. Pay $67 at sign up. Includes admission, lunch and van fee. Please choose lunch option at sign up. Must sign up by July 24th. Leave center at 10:30. Return around 4pm.

Thurs., August 10 - Silver Foxes at Skidmore Dining Hall - Join our men’s group for lunch at Skidmore Dining Hall. Pay $1 at sign up and bring $12 for lunch. Leave the center at 11:45AM.

Tues., August 15 - Aeroscience Museum (Glenville) - “Steeped in aviation history,” the Empire State Aerosciences Museum provides a variety of educational experiences focused around aviation history. Includes two galleries, interactive exhibits and air park. Pay $20 at sign up. Lunch after the museum at Pig and Whistle. Bring money for lunch with you. Leave the center at 9:30AM, return around 3PM.

Thurs., August 17 - Wiawaka (Lake George) - Tour the property of the oldest retreat for women in America! Pay $10 at sign up. Bring $16 with you. Lunch will be on the property. Leave the center at 10AM, return around 2PM. THIS IS A WOMEN’S ONLY TRIP.

Wed., August 23 - Saratoga National Park - Guided tour with a focus on the 1st Battle of Saratoga. Caravan to stops 2, 3 and 6 with walking at each stop. Lunch will be held at Over the Moon Cafe. Pay $9 at sign up. Bring $5 admission and money for lunch with you. Leave the center at 9AM, return around 2PM.

Thurs., August 24 - The Clark Institute (Williamstown, MA) - Exhibits include the works of Picasso, Lawrence Alma-Tadema and works from the Clark’s and The Leiden Collections. Pay $43 at sign up. Bring money for lunch with you. Lunch after the museum at Cafe 7 on site. Leave the center at 8AM, return around 3PM.

Tues., August 29 - Lunch Bunch at Water’s Edge Lighthouse - Pay $10 at sign up. Leave the center at 10:15. Lunch at 11AM. Return around 1PM.

Wed., August 30 - Massachusetts Museum of Contemporary Art (MASS MoCA) - Take a guided tour of the museum. Exhibits on display include Laurie Anderson, Louise Bourgeois, Jenny Holzer, Nick Cave and more. Pay $52 at sign up. Includes box lunch from Lickety Split in Museum. Leave the center at 9AM. Return around 2PM.

Tues., September 19 - The Big E (West Springfield, MA) - Visit the largest state fair in the east, Eastern States Exposition! Pay $15 at sign up. Bring $12 plus lunch money with you. Leave the center at 8:30AM. Return around 4:30PM.

**Trip Policy - Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. There is a non-member price. Multi-day bus trips and excursions are open to anyone regardless of age or residence. Travel arrangements on excursions can be made for someone out of the area. Refunds on all trips will only be issued if your seat has been sold and the van/bus is filled and AFTER the trip has gone.

EXCITING NEW TRIP BENEFITS
Do you like to go on multiple trips, but have a tight budget? Be a volunteer driver!

Thanks to the Community Foundation, we are now providing up to $25 off admission to cultural arts destinations and $10 toward lunch. Please see the front desk if you'd like to volunteer.

We are also offering a limited number of needs-based trip scholarships. Based on availability. Restrictions apply.

MORE TRIPS

SEATS STILL AVAILABLE!

**PROCTORS**

**TICKETS ON SALE!**

**Van Trip**

**Thoroughly Modern Millie**

--Show Dates--
Fri. 8/18 - 1PM
Sat. 8/19 - 1PM
$5 Senior Center Member Tickets

--To purchase, please see the front desk.--

**Philadelphia Orchestra**

Members of the Senior Center are invited to join SPAC during the Philadelphia Orchestra summer residencies this July and August at the EXCLUSIVE $20 ticket rate. Not a member? Join today to take advantage of this great deal!

You must provide your own transportation, Book your seat now! Beat the rush and take advantage of this great deal!