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

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

September 2017
Hours: M-F, 8-4

Class is in session! “Fall” into a new activity here at the senior center!
We offer classes ranging from:

- **Art** - Soapstone Carving, Ceramics and Sculpture, Watercolor, Painting and Drawing, Mosaics, Fused Glass
- **Fitness** - Strength with Aiden, Yoga, Aerobics, Zumba, Osteo, Pilates, Tai Chi, Meditation, Biking and Golf

*Sign up at the front desk today!*

**RETURNING THIS FALL...**
**GETTING ORGANIZED FOR PEACE OF MIND**
Presented by Charlie Joseph from Janney Montgomery Scott LLC
October Date TBD!

Learn about important financial planning topics including beneficiary designations for wills, trusts, retirement plans and life insurance; locating and organizing your financial documents; life insurance reviews; investments; health care proxies; long-term care insurance; and more.

**MAKE A GIFT OF STOCK TO THE SARATOGA SENIOR CENTER**
Securities that have increased in value and been held for more than one year are one of the most popular assets to use when making a gift to charity. Gifts of appreciated securities are generally more cost effective than gifts of cash.
A gift of stock with a long-term gain entitles you, the donor, to a charitable deduction for the full current market value and is exempt from any capital gains tax. Making a gift of stocks or mutual funds to us offers you the chance to support the Saratoga Senior Center realizing important benefits for yourself.

**How It Works**
1. You can send unendorsed stock certificates by registered mail or instruct your broker to make the transfer from your brokerage account to our account.
2. If you send a stock certificate that is in your name, please include a letter indicating the purpose of the gift.
3. Under separate cover, provide a signed stock power form for each security you contribute.
4. You receive an income-tax deduction.
5. The Center sells the securities and applies the proceeds to help a cause that you care about.

**Benefits**
- You receive a federal income-tax deduction for the full fair-market value of the securities
- You avoid long-term capital-gain tax on any appreciation in the value of the stock

Please contact us for assistance. 518-584-1621

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**DO YOU HAVE LOW VISION?**
Do you have difficulty reading the newspaper, watching TV, setting appliance dials, preparing meals, telling time, identifying money, or writing checks?

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Contact NABA for:
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- Vision rehabilitation services for independent living

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- Organizing
- Packing
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-Occur in whole moves

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**Helping seniors make their moves**
- Floor Plans
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- Organizing
- Packing
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- Experienced: 100+ moves
- Set up new home
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- Occur in whole moves

CALL TODAY...YOU WILL BE HAPPY YOU DID!
FEATURE OF THE MONTH...

The Saratoga Pailo Race - Sept. 17, 8AM  
**Benefiting the Saratoga Senior Center**
Over the past few years, this race grown to attract participants and spectators from around Saratoga, the Capital Region, and across the nation. This event was established to honor the inspiring life of Melanie Merola O’Donnell. This year The Melanie Foundation will be making a donation to support The Senior Support Services of the Saratoga Senior Center which empowers seniors to achieve and maintain personal independence and individual well being.
Support the race and the Center by running or volunteering on race day. If you are interested in singing up to volunteer, visit themelaniefoundation.com or let the front desk know. We can help you register.

**SOCIAL “SUNDAE” FRIDAYS**
Fridays, 1-2PM - $2 per cup  
*Sponsored By Centers Health Care*

**Sept 8**
Ice Cream  
1:30 - $2 per cup
Get your last licks of summer in at our Ice Cream Social! Get together with a group of friends or meet new people!

**Sept 15**
Education Series:  
Medical Expo  
1:30 - FREE AND OPEN TO THE PUBLIC!
The Wesley Community  
Saratoga Hospital presents Jacqui Harris from Regional Therapy

**Sept 22**
CASINO AND RACEWAY’S CULTURAL ART SERIES:  
"She Called Him Raymond” - Presentation by Author Ray O’Conor  
2pm $2 members/$5 non-members
*From the Author - "A letter penned in 1944 uncovered the true story of Helen Gregg and Clarence R. Stephenson. She was the daughter of Irish immigrant parents and grew up desperately poor in Hell’s Kitchen during the Great Depression. He was raised in the dying industrial city of Ironton, Ohio. After the attack at Pearl Harbor, he vowed to defend his country as a pilot in the Army Air Corp.”* Sponsored by Home Helpers.

**Sept 29**
CASINO AND RACEWAY’S CULTURAL ART SERIES:  
Dear Diary Presented by Kim Harvis from the Chapman Museum  
2pm $2 members/$5 non-members
A look at local activities and customs through the words of four local diaries spanning 1855-1920.
**WEEKLY ACTIVITIES**

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

**SEPTEMBER HAPPENINGS...**

**Swinging Singing Seniors Performance**

September 15th - 12:45PM

Gather around to listen to our senior singing group perform a variety of tunes! FREE!

**Legal Services Thurs., Sept. 7th - 1:30PM. Call Office for the Aging at 584-4100 for an appt.**

**Book Club Tues., Sept. 26th - 3PM**

“Bury Your Dead” by Louise Penny

**Zieker Eye Presentation, Thurs., Sept. 7th - 11-12**

Join Steven Clark as he presents this open forum on top diseases that affect vision in the senior population.

**Saratoga County Public Health - Mon., Sept. 11 - 10-12**

Free cholesterol, glucose and blood pressure screenings as well as informal presentations on diabetes prevention tips and breathing well.

**UBER and Open Table Phone Apps!**

Fri., Sept 22nd - 11-11:45

Free

Learn how to use the new Uber app to help make your transportation easier. Open Table is an online restaurant reservation app. Bring your smart phone.

**Tarot Card Readings Thurs., Sept. 28th - 9-11AM**

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

NEW! **Guided Meditation - Wednesdays, 8:30-9:15**

Presented by Janet Dunn

$4/month

Learn a simple way to relax, breathe and meditate. Through meditation you will begin to experience a feeling of peace, joy and freedom. Open to beginners and seasoned meditators.

NEW! **Bikeatoga with Doug Haller - Tuesdays, 10AM**

Bikeatoga with Doug Haller - Tuesdays, 10AM

Join our friendly golf club. Sign up at front desk. Play golf - Tuesdays, Tee time TBD

Join our friendly golf club. Sign up at front desk. Play golf at Spa State Park. Call the front desk to sign up. Meet at the warming hut in the park.

**Mini Farmers Market**

Sept. 15th - 9-11AM

Includes a bowl painted by a local artist, soup/chili, salad, bread, beverage, dessert and live music! Visit peace-ing.org for more programs offered throughout the city including authors, movies, music and more! Please sign up.

**Open Table**

Monthly Dinner

Saturday, September 23rd - 11-11:45

Free

Learn a simple way to relax, breathe and meditate. Through meditation you will begin to experience a feeling of peace, joy and freedom. Open to beginners and seasoned meditators.

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VAN TRIPS

Thurs., September 7 - Lunch Bunch at Up River Cafe (Lake Luzerne) - Pay $10 at sign up. Leave the center at 10:15. Lunch at 11. Return around 1PM.

Thurs., September 14 - 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., 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.

Thurs., September 21 - Ventfort Hall (Lenox, MA) - Enjoy a tour and tea at the 1893 mansion built for Sarah Morgan, sister of J.P. Morgan! Ventfort Hall is also the home of the Gilded Age Museum. Pay $43 at sign up. Lunch will be onsite at the mansion's elegant dining room. Includes sandwiches, beverages and a sweet treat. Leave the center at 8:30AM. Sign up by September 15.

Thurs., September 28 - Erie Canal Cruise - Take a journey through history on the calm waters of the Erie Canal while enjoying the spectacular scenery of New York’s beautiful Mohawk Valley. Join your United States Coast Guard licensed Captain aboard one of their Lil’ Diamond vessels and enjoy a few entertaining tales of the canal. The thrill of our voyage is being raised and lowered over 20 feet in the Erie Canal lock! Pay $36 at sign up. Bring lunch money with you. Leave the center at 9:30AM. Return around 3PM. Sign up by September 15.

Thurs., October 5 - Duck Boats - Make a splash as you receive a 90 minute tour on the Hudson River for a spectacular view of the Albany skyline. Points of interest along the tour include: Quackenbush House, Albany’s Warehouse District, Nipper the RCA Dog, Ten Broeck Mansion, St. Joseph’s Church, Palace Theater and more! Enjoy a tour and tea at the 1893 mansion built for Sarah Morgan, sister of J.P. Morgan! Pay $43 at sign up. Leave the center at 11:45AM. Turn around 1PM. Lunch at 11. Return around 1PM. Sign up by September 15.


Thurs., September 6 - Grand Tasting - Sat., Sept. 9: Grand Tasting 1-4PM $55. Fri., Sept. 8, Fired Up!: 7-10PM $55. Members of the Senior Center are invited to join SPAC at the Food and Wine Festival for a discounted rate. Fri., Sept. 8, Fired Up!: 7-10PM $55. Sat., Sept. 9: Grand Tasting 1-4PM $55. Not a member? Join today to take advantage of this great deal! Transportation from the Center available through SPAC.


**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.

BE PART OF OUR “WALL OF HONOR”
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. See the front desk for details.

SAVE THE DATE...

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.

ONE DAY BUS TRIPS

Brought to you by Adirondack Trust Community Fund
Mohonk Mountain House Music Week - Sept 6 $93 member/ non member $115 Enjoy two fantastic musical concerts, breathtaking garden views and a buffet lunch. Don’t miss this great trip! Open to anyone regardless of age.

NYC - Dec. 6 $40 member/non member $65 Come celebrate Christmas in NYC! See the Rockefeller tree, browse holiday windows, get some Christmas shopping done or see a show!

If you have any ideas about excursions or bus trips for 2018, please email Colleen Kelley at seniorcenterprogram@gmail.com.

Thank you to SPAC for providing our seniors with discounted orchestra and ballet tickets!

PROCTORS TICKETS ON SALE!
Thurs., Feb. 22, 2018 Les Miserables $61/person + $10 van fee
Thurs., May 3, 2018 The King and I $57/person + $10 van fee

HMT Theater presents:
Sun., October 22 - 2PM Peter and the Starcatcher $27/person

TICKETS ONLY. NO TRANSPORTATION.

NEWS IN GRANTS...
Thank you to the Target Corporation for a grant that will allow us to underwrite programming costs, keeping classes and activities affordable for our members.

-AND-
Soroptimist International of Saratoga County for a grant for senior women and program support.