**Brooks BBQ**
To benefit the Saratoga Senior Center & Saratoga Children’s Theatre

**SPONSORED BY**

**WHAT**
- Chicken Dinner: $12
- Rib Dinner: $14
- Dinners include: Baked Potato, Coleslaw, Roll & Butter

**WHERE**
- Pick-up @ the Saratoga Senior Center
- 5 Williams St. Saratoga Springs, NY

**WHEN**
- Call the Center to order now! (518) 584-1621

**Tues. July 17th, 4-6:30pm**

*MULK ORDERS DELIVERY (20 OR MORE) AND VALET SERVICE ARE ALSO AVAILABLE.

**Sip Happens**
Join us for a lively happy hour @ the Center! Tuesday July 10th from 3-4:30pm  $5

**SPONSORED BY**

Don’t miss an afternoon of trivia, live music, lite fare (including hot & cold hors d’oeuvres), and a delicious tasting for your sipping pleasure! Sign-ups are required, so if you’re interested (and who wouldn’t be?) be sure to sign up with the front desk ASAP!

**SPAC Tickets**
$20 each
For Senior Center Members Only
You wanted them, and now we’ve got them! For a limited time only, SPAC tickets are on sale again. Call or stop by the front desk to get yours now! Must order by July 11. (518) 584-1621.

**Tuesday To-Go Dinner Menu**
A portion of every dinner sold directly to support the Center. Call the Center to order now. Pick-up is between 5-6:30pm every Tuesday at the Center, 5 Williams St. $12.50/dinner.

<table>
<thead>
<tr>
<th>Date</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/3</td>
<td>2 “Meatballs” w/ Penne</td>
</tr>
<tr>
<td>7/10</td>
<td>Chicken Parm w/ Penne</td>
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<tr>
<td>7/17</td>
<td>NO TO-GO DINNER</td>
</tr>
<tr>
<td>7/24</td>
<td>Penne Vodka</td>
</tr>
<tr>
<td>7/31</td>
<td>Eggplant Parm w/ Penne</td>
</tr>
</tbody>
</table>

**LUNCHTIME CONCERT SERIES**
**TUES. JULY 17TH, 12:30**
- Free & Open to the Public
- Ben & Jerry’s, 34 Phila St. *Rain Location: Saratoga Senior Center
- Food from Esperanto’s will be for sale at venue.

**FEATURING: “GIRL BLUE”**
Pseudonym of singer/songwriter Arielle O’Keefe, who’s first single “Fire Under Water” placed 7th on Spotify’s New Music Friday Playlist.
It’s Summer!

“Soup”er Social Fridays are now Social “Sundae” Fridays

Ice cream socials are every Friday afternoon and ice cream is $2. *Additional cafe items available upon request. Cafe open from 12:30-1:15pm. Sponsored by Centers Health Care*

**Fridays are full for the summer!**

**11AM-1PM:** FARMERS MARKET

**12:30PM:** ICE CREAM

**1PM:** MOVIE, PRESENTATION, OR SOCIAL

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**July 6th:** Movie $3/Members, $5/Non-Members

1pm: “I Can Only Imagine” starring Dennis Quaid, Cloris Leachman, & J. Michael Finley.

The inspiring and unknown true story behind MercyMe’s beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.

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**July 13th:** Movie $3/Members, $5/Non-Members

1pm: “Wonder Woman” starring Gal Gadot, Chris Pine, & Robin Wright.

When a pilot crashes and tells of conflict in the outside world, Diana, an Amazonian warrior in training, leaves home to fight a war, discovering her full powers and true destiny.

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**July 20th:** Ukelele Show *Date subject to change, be sure to check with the front desk!*

1pm: Join us for a fun performance by our weekly ukelele jam group! Get into the summer spirit with some tropical-sounding tunes.

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**July 27th:** Movie, $3/Members, $5/Non-Members

1pm: “Molly’s Game” starring Jessica Chastain, Idris Elba, & Michael Cera.

The true story of Molly Bloom, an Olympic-class skier who ran the world’s most exclusive high-stakes poker game and became an FBI target.

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**Senior Support Services**

Please Call Jane at (518) 584-1621 ext. 206 for more information.

**Community Connections**

If you need help with transportation, respite, home visits, etc., please call the number above for assistance.

*We also need volunteers for this program.*

Do you have an hour to assist with visiting, transportation, shopping, and more? If so, please contact the number above to learn more about volunteer opportunities.

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**Alzheimer’s Caregiver Support Group**

10:30am-12pm, 3rd Thursday of every month

The group is free and open to the public. Sponsored by Home Helpers and the Goldberg Foundation.

**Groups**

**Reminiscing:** Wednesdays from 10-11am

Come meet a new friend, enjoy some iced tea and lemonade, and talk about the good ole’ days!

**Chit Chat:** Mondays from 1-2pm

We’ll chat about new topics every week over some iced tea and lemonade.
**Weekly Activities**
Sign-ups in advance are strongly encouraged.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:30: Osteo 3</td>
<td>8:30-9:45: Yoga</td>
<td>8:30-9:30: Osteo 3</td>
<td>10:11-15: Go with the Flow Yoga ($)10</td>
<td>10-11:15: Go with the Flow Yoga ($)10</td>
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<tr>
<td>9:45-9:54: Tai Chi ($)10</td>
<td>10-10:45: Restorative Yoga</td>
<td>10:12-15: Mosaics ($)20</td>
<td>10-12: Ceramics &amp; Sculpture $20</td>
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<tr>
<td>10: Golf League</td>
<td>10-11: Gentle Yoga ($)10</td>
<td>10-12: Mosaic ($)10</td>
<td>10-12: Poker</td>
<td></td>
</tr>
<tr>
<td>10:30-11: Yoga ($10)</td>
<td>10:30-11: Yoga ($10)</td>
<td>10-12: Mosaic ($)20</td>
<td>12-4: Ceramics &amp; Soapstone Carving Lab</td>
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</tr>
<tr>
<td>11:30-12:15: Aerobics ($)10</td>
<td>11:30-12:15: Gentle Yoga ($10)</td>
<td>12:30-1:30: Bingo</td>
<td>12:30-1:30: 11:30-1:30: Savings Singing Seniors</td>
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<tr>
<td>1:30-1:45: Guided Meditation w/ Janet ($4)</td>
<td>1:30-1:45: Guided Meditation w/ Janet ($4)</td>
<td>1-12:30: Wild West Reunion</td>
<td>12:30: Social Sundae</td>
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<tr>
<td>1:45-2: Pin Oak League</td>
<td>1:45-2: Pin Oak League</td>
<td>1:30-2:30: Wii Bowling</td>
<td>Fridays (Please see the previous schedule in the newsletter for full details)</td>
<td></td>
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<tr>
<td>2-3: Yoga</td>
<td>2-3: Yoga</td>
<td>1:00: Strength w/Aldan ($25)</td>
<td>1:00: Movies/Presentation/Social</td>
<td></td>
</tr>
<tr>
<td>2:45-3: Ping Pong</td>
<td>2:45-3: Ping Pong</td>
<td>1:00: Rummy Cube</td>
<td>2-3: Yoga</td>
<td></td>
</tr>
<tr>
<td>3-4: Ping Pong</td>
<td>3-4: Ping Pong</td>
<td>1-3: Pool &amp; Ping Pong</td>
<td>3-4: Ping Pong</td>
<td></td>
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</tbody>
</table>

**July Happenings**

**MONTHLY BREAKFAST**
Fri. July 6th, 8:30am, $5
Be sure to join us for a delicious breakfast spread.

**ORCHARD PROJECT CABARET**
Fri. July 6th, 8pm @ Saratoga Art Center
This show is free to Center members! If you’re interested, please sign-up at the front desk.

**ICELAND INFORMATIONAL PRESENTATION**
Wed. July 11th, 1pm, Free
Start planning your 2019 travel by coming to an information presentation on our Collette Trip, Iceland’s Magical Northern lights. Find out details about the trip and what you’ll see on this once in a lifetime excursion.

**FARMERS MARKET COUPONS**
Wed. July 25th, 11:30am-12:30pm
OFA will be here to distribute Farmers Market coupons. If you have any questions, please contact OFA at (518) 884-4100.

**PLANNING YOUR LEGACY**
Think about including life insurance. Life insurance gives you the ability to leverage your charitable generosity. You can make a meaningful difference just by naming the Saratoga Senior Center as a beneficiary on all or part of a life insurance policy you own. For more information please call Lois at 518-584-1621.

**MONTHLY FEATURES**

**Computer Assistance is Back!**
(Thursdays 10am-12pm)
Kelsey will now be here for computer assistance every Thursday from 10am-12pm. Sign-up at the front desk if you’re interested!

**SARATOGA SENIOR CENTER PROGRAMMING @ EMBURY**
Free For Members
Wednesday July 18th: Painting Ceramic Christmas Ornaments @ 3pm

**How To Support Your Senior Center**
Want to give back to the Center and support our seniors? Here’s a list of all the ways you can help!

**Amazon Smile**
Visit smile.amazon.com, login to your Amazon account as usual, and a portion of your purchase will automatically go to benefit the Center. That’s it!

**Hoffman’s Car Wash**
For every $9 car wash ticket you purchase (we sell them here), we get a $4 donation from Hoffman!

**Clothing Donations**
For every pound of clothing donations we receive (the blue box in the parking lot), the Center gets a donation!

**Tuesday To-Go Dinners**
Buy a Three Vines to-go dinner every Tuesday night, pick it up @ the Center, and a portion of every dinner goes back to the Center!

**Recurring Events**

**NO MORE MASSAGES**
Sam is off to prepare for college so we will no longer be having Monday massages.

**Legal Assistance:** Thurs. July 5th, 1:30pm
Call Office For the Aging at 884-4100 for an appointment.

**Reiki:** Fri. July 13th, 1:30-3:45pm (Members Only, $2)
Sign-ups are required so be sure to stop by the front desk.

**Join Our Book Club:** Tues. July 31st - 3pm
“The Crazyladies of Pearl Street” by Trevanian
Office For the Aging Luncheon Served Daily in our Dining Room
For menu information, please call Janet at (518) 584-1621 ext. 205 or (518) 884-4100 or visit Daily www.saratogacountyny.gov
2018 Van Trips (Money Due at Sign-Up)

Lunch Bunch at Water’s Edge Lighthouse: Tuesday July 10th
Join us for an exciting lunch at a beautiful restaurant on the Mohawk River. We leave the Center at 10:45am. Cost is $10. Please bring additional money for lunch.

Brookside Museum: Wednesday July 11th
The Center’s own resident sculpture instructor, Mitch, will have an exhibit on display at the Brookside Museum in Ballston Spa. After touring the exhibit, we’ll be stopping for lunch at Villa Pizzeria in Ballston Lake. Cost is $10. Please bring $3 for admission and additional money for lunch. We leave the Center at 10am.

The Wild Center at Tupper Lake: Monday July 16th
We’ll be taking a Wild Walk up a trail of bridges to the treetops of the Adirondack forest. This walk is designed to transform the way we see into the natural world by offering up the perspective of the rest of nature. Dale Wilhelm will be driving and has a background in environmental journalism. This trip is accessible for all ages and abilities. Lunch will be on site at The Waterside Cafe. Cost is $20. Please bring $15 for admission and additional money for lunch. We leave the center at 8am.

Summer Luncheon featuring Laura Roth: Thursday July 19th
We’re headed to the Hilton Garden Inn in Clifton Park for a 4 course lunch with live entertainment from Laura Roth, one of the world’s leading cabaret singers. Cost is $49.50. Please bring additional money for drinks, if you wish. We leave the Center at 11:15am.

Johnson Hall & Fort Johnson in Johnstown, NY: Wednesday July 25th
First we’ll be stopping at Old Fort Johnson, the 1749 limestone house William Johnson built on the Mohawk River in colonial New York. It was fortified for protection during the French & Indian Wars. Next, we’ll be heading to Johnson Hall, the 1763 Georgian-style estate of Irish immigrant Sir William Johnson and Molly Brant, a Mohawk Indian, and their 8 children. Johnson was the largest single landowner and most influential individual in the colonial Mohawk Valley. Afterwards, we’ll be stopping at the Raindancer restaurant for a late lunch. Lastly, on the way home we’ll pop into the Waterwheel Village Country Store in Galway. Cost is $10. Please bring $5 admission for both stops (Johnson Hall and Fort Johnson) and additional money for lunch and shopping. We leave the Center at 9am.

Mohawk Maiden Cruises: Thursday July 26th
Our Lock and Waterfall Cruise takes you south through Lock C5 and down to Schuyler Island. Then you’ll turn north and go back through the lock on the Champlain Canal landcut to the Hudson River, where you’ll view the Northumberland waterfall. The trip is an hour and a half in length. We’ll be having lunch prior to the cruise at Sweet Lou’s Deli. Cost is $49.50. Please bring additional money for drinks, if you wish. We leave the Center at 11:15am.

Lake George Youth Theater: “Chicago”: Friday July 27th
You won’t want to miss this exciting production of “Chicago” put on by the Lake George Youth Theater. After the show, we’ll be stopping for lunch at the Log Jam. Cost is $20.50. Please bring additional money for lunch. *Sign-ups are due by July 10th!

Adirondack Experience: Tuesday July 31st
Formerly known as the Adirondack Museum, the Adirondack Experience brings the history of the Adirondacks to life in fun, family-friendly, and unique ways in 24 historic and contemporary buildings in the Central Adirondacks. Lunch will be at the cafe on-site. Cost is $20. Please bring $18 for admission and additional money for lunch. We leave the Center at 8:30am.

Join us for a riveting gallery talk and tour at the Clark Institute on Women Artists in 19th Century Paris. Afterwards, we’ll be having lunch on-site at Cafe 7. Cost is $15. Please bring additional money for lunch. We leave the Center at 8:30am.

Lake George Youth Theater: “Evita”: Friday August 3rd
We’re headed to a fantastic production of “Evita” put on by the Lake George Youth Theater. After the show, we’ll be stopping for lunch at the Log Jam. Cost is $20.50. Please bring additional money for lunch. *Sign-ups are due by July 10th

2018 One-Day Bus Trips

New York City Trip: Wednesday December 5th, 2018
$40/Members, $65/Non-Members
We’ll get you all down to the city and then you’re on your own to explore the big apple! We can assist with getting you tickets and reservations but the day will be yours to do as you please.

2018 Multi-Day Bus Trips (Diamond Tours)

Virginia Beach, Colonial Williamsburg, & Historic Norfolk (7 days- 6 nights) $815
October 14th-20th
Trip highlights: 10 meals, 6 breakfasts, 4 dinners, the Virginia Beach Boardwalk, guided tour of Colonial Williamsburg, dinner cruise on the Spirit of Norfolk, admission to the Nauticus & Battleship Wisconsin, and more!
*Seats are still available!

2018 Excursions (Collette Tours)

Colors of Morocco: October 31st-November 10th, 2018 ($4,159)
Tropical Costa Rica: November 1st-9th, 2018 ($2,899)
America’s Music Cities (feat. Nashville, Memphis, & New Orleans): December 7th-14th, 2018 ($3,199)
Iceland’s Magical Northern Lights: March 13th-19th, 2019 ($3,599)
*Informational Presentation: July 11th at 1pm*