

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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# Saratoga Senior Center

(518) 584-1621  
saratogaseniorcenter.org

August 2018

Hours: M-F, 8am-4pm  
Tuesdays: 8am-4pm

5 Williams Street, Saratoga Springs, NY

## MONTHLY CHEF DINNER

Our monthly dinners feature a local restaurant and chef who come to the Center and cook a delicious meal for our members at a fabulous price of only \$12/person.

Members only. Must sign up

### THIS MONTH'S DINNER FEATURES: LONGFELLOW'S WITH CHEF ED KELLEY

**Tuesday August 21st**  
Chicken Piccata, Caesar Salad, Strawberry Shortcake

### MONTHLY BREAKFAST

**Wed. August 1st, 8:30am, \$5**

Be sure to join us for a delicious breakfast spread. What better way to kick off your weekend than with a breakfast at the Center!

### COLLETTE 2019 EXCURSIONS INFORMATIONAL SLIDESHOWS

**Wed. September 12th 2:30pm**  
America's Cowboy County &  
Magical Rhine and Moselle River Cruise

## "SIP HAPPENS" HAPPY HOUR

Join us for a few lively happy hours @ the Center!  
\$5/Members *Sign-up at the front desk*

**Tuesday August 14th, 3-4:30pm**

- Rye & Bourbon Tasting from Upstate Distilling.
- Music - Saratoga High School Jazz Band Ensemble.
- Hearty Appetizers
- Games
- BYOB always welcome.

**Tuesday August 28th, 3-4:30pm**

- Tasting TBD.
- Music -Saratoga High School Jazz Band Ensemble.
- Hearty Appetizers
- BYOB always welcome.

## NEW FALL BUS TRIP!

Old Forge Rail & Cruise: September 26, 2018  
See trips page for details.

## Saratoga Wine and Food Festival Discounted Tickets

Another Great Senior Center Member Perk!

Support 2 Great Organizations

Fri., Sept. 7, "Fired Up!": 7-10pm \$73. Sat., Sept.8, "Grand Tasting": 1-4pm \$73. (Regular Ticket price \$103)  
Members Only. Limit 2 tickets per event, each person must be a Senior Center member.

To purchase tickets, Call the Senior Center at 518-584-1621.

*Not a member? Join today to take advantage of this great deal!*

## LUNCHTIME CONCERT SERIES

**TUES. AUG. 21ST, 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: TAME PACIFIC

Featuring members of the internationally-noted but locally-based Wild Adriatic, Tame Pacific is a rock band from Albany, NY that are known for their classic covers and original live improvisation.

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Saratoga Arts made this program possible with a Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.

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# 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: FARMERS MARKET**

**12:30PM: ICE CREAM**

**1:30PM: MOVIE, PRESENTATION, OR SOCIAL**



**FARMER'S MARKET  
SPONSORED BY CENTERS HEALTH CARE  
FRIDAYS, 11AM-1PM**



**Aug. 3rd: Movie \$3/Members, \$5/Non-Members**

**1:30pm:** "Finding Your Feet" starring Imelda Staunton, Celia Imrie, & Timothy Spall.

On the eve of retirement, a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

**Aug. 10th: Movie \$3/Members, \$5/Non-Members**

**1:30pm:** "Darkest Hour" starring Gary Oldman, Kristin Scott Thomas, & Ben Mendelsohn.

In May 1940, the fate of Western Europe hangs on British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on knowing that it could mean a humiliating defeat for Britain and its empire.

**Aug. 24th: Movie \$3/Members, \$5/Non-Members**

**1:30pm:** Starring Amy Schumar After a head injury, a frustrated, insecure woman wakes up believing she now has the looks of a supermodel. She uses her newfound confidence to reinvigorate her love life and impress her bosses, but everything could fall apart when she realizes she still looks the same.

**Aug. 31st: Performance by the Center's own Swinging Singing Seniors**

**12:30pm:** Lead by Center member Dottie Berkowitz, our own Swinging Singing Seniors will be putting on a fun, exciting performance for us. You won't want to miss this!

### Saratoga Race Track Tickets -

On occasion we will have 2 Clubhouse seat tickets available for our members to use. The donor will let us know the beginning of the week what days are available. Generally they will be for a Tuesday, Wednesday or Thursday. We will not reserve tickets. Call the front desk at the beginning of the week or daily to see what is available. Important - the tickets do NOT include admission to the track! Admission is \$10 at the gate.



## 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.

### 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.

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# WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged. \*\*Prices listed are per month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30-9:30:</b> Osteo 3 <b>9:</b> Walking Club <b>9:30-11:30:</b> Ceramics & Sculpture (\$20) <b>10-10:45:</b> Zumba (see calendar) <b>10-11:</b> Osteo <b>10-12:</b> Massage <b>11-12:30:</b> Gentle/Chair Yoga (\$10)NO class in August <b>12:30-4:</b> Bridge <b>1-4:</b> Canasta, Mahjong 1-2: Chit Chat <b>1-3:</b> Pool League <b>2-4:</b> Ping Pong	<b>9-12:</b> Watercolor <b>9-9:45:</b> Tai Chi (\$10) <b>10:</b> Golf League <b>10:</b> Zumba Gold (\$2) <b>10-11:15</b> Gentle Yoga (\$10) <b>11:30-12:15:</b> Aerobics (\$10) <b>1-2:30:</b> Soapstone Carving (\$10/\$25) <b>1:30-2:15:</b> Pilates (\$10) <b>1:45:</b> Guided Meditation w/ Janet (\$4)	<b>8:30-9:45:</b> Yoga <b>9:30-2:</b> Rug Hooking (\$5) <b>10:</b> Reminiscing <b>10:</b> Ukulele Jam <b>10-12:</b> Knit & Crochet <b>12:30:</b> Biking Group <b>12:30-2:</b> Bingo <b>12:30-2:30:</b> Wii Bowling <b>1:00:</b> Strength w/Aidan (\$2) <b>1:00:</b> Rummy Cube 1-3: Pool & Ping Pong <b>3:</b> Embury Class (One Wednesday a Month)	<b>8:30-9:30:</b> Osteo 3 <b>9-11:</b> Tarot Card Readings (Last Thursday) <b>9-12:</b> Mosaics (\$20) <b>9-12:</b> Fused Glass (\$10/class) <b>10-11:</b> Osteo <b>10:30-12:</b> Alzheimer's Caregivers Support Group (3rd Thursday) <b>11:30-12:15:</b> Aerobics (\$10) <b>12:30-4:</b> Canasta, Rummy, Mahjong, Pinochle <b>1:30</b> Conscious Aging (2nd & 4th Thursday)	<b>10-11:15:</b> Go with the Flow Yoga (\$10) <b>10-12:</b> Ceramics & Sculpture \$20 <b>10-12:</b> Poker <b>12-4:</b> Ceramics & Soapstone Carving Lab <b>12:30-1:15:</b> Swinging Singing Seniors <b>12:30:</b> Social Sundae Fridays ( <b>Please see the previous schedule in the newsletter for full details</b> ) <b>1:</b> Movies/Presentation/Social

## AUGUST HAPPENINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Tarot Card Readings</b> <b>Thurs. Aug. 30th, 9-11am</b> (\$5 suggested Donation) Get your fortune read by the amazing Mary Shimp!		<b>1</b> <b>8:30am:</b> Breakfast <b>9:30am:</b> Trip Sign-Ups <b>10am:</b> Ukulele Jam <b>10am:</b> Reminiscing <b>10:55am:</b> 9 Miles East	<b>2</b> <b>Van Trip:</b> Clark Institute <b>1:30pm:</b> Legal Assistance	<b>3</b> <b>Van Trip:</b> Evita <b>11am:</b> Farmers Market <b>12:30pm:</b> Ice Cream Social <b>1:30pm:</b> Movie
<b>6</b> <b>No Yoga for August</b> <b>1pm:</b> Chit Chat	<b>7</b> <b>10am:</b> Zumba w/ Emily <b>5-6:30pm:</b> To-Go Dinner	<b>8</b> <b>Van Trip:</b> Front Page Flo <b>10am:</b> Ukulele Jam <b>10am</b> Reminiscing <b>10:55am:</b> 9 Miles East	<b>9</b> <b>Van Trip: Silver Foxes</b> <b>1:30pm:</b> Conscious Aging	<b>10</b> <b>11am:</b> Farmers Market <b>12:30pm:</b> Ice Cream Social <b>1:30pm:</b> Movie <b>1:30pm:</b> Reiki <b>8/11Van Trip:</b> Yankee Stadium
<b>13</b> <b>No Yoga for August</b> <b>1pm:</b> Chit Chat	<b>14</b> <b>Van Trip:</b> Clark Institute <b>Van Trip: Social Security B-Day</b> <b>10am:</b> Zumba w/ Emily <b>12:30pm:</b> Lunchtime Concert <b>3pm:</b> Sip Happens <b>5-6:30pm:</b> To-Go Dinner	<b>15</b> <b>Van Trip:</b> Lavenlair Farm <b>10am:</b> Ukulele Jam <b>10am:</b> Reminiscing <b>10:55am:</b> 9 Miles East <b>3pm:</b> Embury Activity	<b>16</b> <b>10:30am:</b> Alzheimer's Caregiver Support Group	<b>17</b> <b>OFA BBQ</b> <b>11am:</b> Farmers Market <b>12:30pm:</b> Ice Cream Social
<b>20</b> <b>No Yoga for August</b> <b>1pm:</b> Chit Chat	<b>21</b> <b>Van Trip:</b> Trolley Tour <b>10am:</b> Zumba w/ Emily <b>5:30pm:</b> Longfellow's	<b>22</b> <b>10am:</b> Ukulele Jam <b>10am:</b> Reminiscing <b>10:55am:</b> 9 Miles East	<b>23</b> <b>Van Trip:</b> Jeff Walton <b>1:30pm:</b> Conscious Aging	<b>24</b> <b>11am:</b> Farmers Market <b>12:30pm:</b> Ice Cream Social <b>1:30pm:</b> Movie
<b>27</b> <b>No Yoga for August</b> <b>1pm:</b> Chit Chat	<b>28</b> <b>Van Trip:</b> Grant Cottage <b>10am:</b> Zumba w/ Emily <b>3pm:</b> Book Club <b>3pm:</b> Sip Happens <b>5-6:30pm:</b> To-Go Dinner	<b>29</b> <b>10am:</b> Ukulele Jam <b>10am:</b> Reminiscing <b>10:55am:</b> 9 Miles East	<b>30</b> <b>9-11am:</b> Tarot Card Readings	<b>31</b> <b>11am:</b> Farmers Market <b>12:30pm:</b> Ice Cream Social <b>12:30pm:</b> Swinging Singing Seniors

## AUGUST HAPPENINGS

### SIPPING FOR SENIORS @ BAILEY'S SARATOGA

Monday August 13th  
7-11pm



Be sure to join us for a fun, summer night out at Bailey's Saratoga to raise money for the Saratoga Senior Center. We've got jockeys, trainers, owners, and polo players as our guest bartenders! Javier Castellano, Rajiv Maragh, Mark Casse, Michael Maker, Jeremiah Englehart, Bo Landry, Andy Serlong, Georgie Nugent, Mark Hennig, Maggie Morley, Brad Weisbord and more to come! Come eat, drink, and tip big - all in support of the seniors! ALL tips and 20% of all food and drink sales go directly back to support the Center.

**Protecting Social Security and Medicare & Medicaid by Rep. Paul Tonko**  
**Tues. Aug. 14th, 9:30am**  
**Location: Milne Hall 200**  
**University at Albany Downtown Campus (through the generosity of the School of Social Welfare)**

The CD chapter of NYSARA invited you to join them for a celebration of the Social Security Birthday. U.S. Rep Paul Tonko will be giving a frank conversation on Protecting Social Security and Medicare & Medicaid. The main topic of discussion will be learning about the ongoing assault on our nation's safety net, what it means for you and your family, and what you can do about it.  
**Van Trip Available:** Cost will be \$10. We leave the Center at 8:30am.

### MONTHLY FEATURES

**Dominoes Anyone?**  
 We're looking to see if anyone is interested in playing Dominoes. If you are, please reach out to the front desk and let them know. If we have enough interest, we can start a group!

**9 Miles East**  
**Wednesdays 10:55am-11:25am**  
 A convenient local weekly meal delivery service that makes it easy for you to enjoy healthy, delicious food including vegan and gluten-free options. Stop in and pick-up lunch or dinner to go!

SARATOGA SENIOR CENTER  
 PROGRAMMING @ EMBURY



**Beading**  
**Free For Members**  
**Wednesday August 15th**

What do you get when you  
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 What are you waiting for?

- **Art** - Soapstone Carving, Ceramics and Sculpture, Mosaics, Fused Glass
- **Fitness** - Strength, Yoga, Aerobics, Zumba, Osteo, Pilates, Tai Chi, Meditation, Biking and Golf
- **Cards & Games** - Canasta, Poker, Bingo, Mahjong, Pinochle, Rummy  
*First class is Free!*

### COMING IN SEPTEMBER

**Charitable Giving presentation by Charles Joseph**  
**Wed. Sept. 26th, 3-5pm**  
**Free & Open to the Public**

Join us for an informational presentation by Charles Joseph of Janney Montgomery Scott, LLC, and Debra Verni of Herzog Law Firm. Invest in your future as well as the future of your Senior Center.

### REOCCURRING EVENTS

**Legal Assistance**  
**Thurs. Aug. 2nd, 1:30pm**  
 Call Office For the Aging at 884-4100 for an appointment.

**Reiki: Fri. Aug. 10th, 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. Aug. 28th, 3pm**  
 "The Miniaturist" by Jessie Burton

**Office For the Aging Lunch Served Daily in our Dining Room**  
 For menu information, please call Janet at (518) 584-1621 ext. 205 or (518) 884-4100 or visit [www.saratogacountyny.gov](http://www.saratogacountyny.gov)

**DON'T MISS THE OFA BBQ FRIDAY**  
**AUG. 17TH AT THE SENIOR CENTER!**



## 2018 VAN TRIPS (Money Due at Sign-Up)

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### **The Clark Institute: "Women Artists of 19th Century Paris: Thursday August 2nd**

This trip is full but if you're interested, check out a second trip to The Clark institute on August 14th!

### **Lake George Youth Theater: "Evita": Friday August 3rd**

Enjoy 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. We leave the Center at 8:30am.

### **"Front Page Flo" at the Adirondack Theater Festival: Wednesday August 8th**

In post WWII NYC, the newspaper is king and rambunctious reporter Flo is hungry for her big break. So when a Soviet spy lands in Manhattan, Flo follows the scoop - and discovers more than she bargained for. We'll also be enjoying an after-show talk. Cost is \$59. We leave the Center at 1:15pm.

### **Silver Foxes at Skidmore: Thursday Aug. 9th**

The men's lunch group is back on this month and ready to head to the Skidmore Dining Hall for lunch. Cost is \$2. Please bring additional money for lunch.

### **The Clark Institute: \*\*\*2ND TRIP\*\*\*"Women Artists of 19th Century Paris: Tuesday August 14th**

Join us for a riveting gallery talk & 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 \$42. Please bring additional money for lunch. We leave the Center at 8:15am

### **Protecting Social Security, Medicare & Medicaid by Rep. Paul Tonko Tues. Aug. 14th, \*\*see inside for details**

### **Lavenlair Lavender Farm: Wednesday August 15th**

Take an exciting trip to Lavenlair Lavender Farm in Whitehall. Take a tour of the farm to see the blooming lavender and browsing through the farm's full shop of lavender products, including raw lavender pollen honey and lavender infused maple syrup. Cost is \$20. Please bring additional money for lunch and shopping. We leave the Center at 9:30am.

### **Yankee Stadium Game: Thursday August 16**

This trip is full but we wanted to remind those attending of the date. Remember to bring money for snack and dinner and to wear good walking shoes!

### **Trolley Tour of Saratoga: Tuesday August 21st**

Join us for a fun, 2-hour guided trolley tour of beautiful, historic Saratoga Springs. See sights including, the High Rock area, the Saratoga Casino and Harness Track, the Skidmore Campus, beautiful Union Ave., Saratoga Spa State Park, and more! After, we'll be stopping for lunch at the Embassy Suites Hotel. Cost is \$22. Please bring additional money for lunch. We leave the Center at 9:30am.

### **Summer Luncheon Concert Series featuring Jeff Walton: Thursday August 23rd**

Enjoy a fabulous afternoon of wonderful music from Jeff Walton & a 4 course lunch, including choice of Sole Florentine or Chicken Parm. Cost is \$49.50. Please bring additional money if you wish to buy any drinks from the cash bar.

### **Grant Cottage: June 12th, 1863, The Day the War Stopped: Tuesday August 28th**

Take a guided tour, set in the 1800's, detailing the story of John Hart of Schenectady & the Southern town that honored him in 1863. Cost is \$10. Please bring \$5 for admission & additional money for lunch. We leave the Center at 10:15am.

## 2018 ONE-DAY BUS TRIPS

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### **Old Forge Rail & Cruise: September 26, 2018**

**\$70 member/ \$95 non member**

We'll take a bus up to beautiful Old Forge to see the hidden beauties of the Adirondacks followed by an afternoon cruise along the Fulton chain of lakes, time on your own for lunch then board the train for a scenic ride through the Adirondacks,

### **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

## 2018 MULTI-DAY BUS TRIPS (DIAMOND TOURS)

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### **Virginia Beach, Colonial Williamsburg, & Historic Norfolk (7 days- 6 nights) \$815**

**October 14th-20th** 10 meals included. 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 still available!

## 2018 EXCURSIONS (COLLETTE TOURS)

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**Tropical Costa Rica:** December 1st-9th, 2018 (\$2,899)

**America's Music Cities (feat. Nashville, Memphis, & New Orleans):** December 7th-14th, 2018 (\$3,199)

## EXCURSIONS COMING IN 2019! (COLLETTE TOURS)

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**Iceland's Magical Northern Lights:** March 13th-19th, 2019 (\$3,599)

**Trip Highlights:** Reykjavic, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfodd, Vik, Skogar Folk Museum, Skogafoss, Jokulsarlon Glacial Lagoon, Skaftafell National Park, Vatnajokull Glacier, and Blue Lagoon.

**America's Cowboy Country:** May 26th-June 2nd, 2019 (\$3,799)

**Trip Highlights:** National Museum of Wildlife Art, Grand Tetons, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Crazy Horse Memorial, Mt. Rushmore, and Badlands National Park.

**Discover Switzerland, Austria, & Bavaria:** July 25th-August 3rd, 2019 (\$3,999)

**Trip Highlights:** Bern, Chateau de Chillon, Montreaux, GoldenPass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, and Oberammergau.

**Magical Rhine and Moselle River Cruise:** September 16th-25th, 2019 (\$4,799)

**Trip Highlights:** Amsterdam, Cologne, Moselle River, Cochem, Wine Tasting, Koblenz, Rudesheim, Siegfried's Mechanical Music Museum, Mannheim, Speyer, Strasbourg, and Titisee.

**London & Paris:** November 6th-13th, 2019 (\$3,499)

**Trip Highlights:** Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and Seine River Cruise.

**Spotlight on San Antonio Holiday:** December 5th-9th, 2019 (\$2,109)

**Trip Highlights:** Mission San Jose, The Alamo, LBJ Ranch, Fredericksburg, Choice of South Texas Heritage Center or San Antonio Botanical Gardens, El Mercado, and Paseo del Rio Cruise.

### 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.

### VOLUNTEER DRIVER 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 \$25 for admission. Thank you to the Community Foundation for making this possible.