

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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 Saratoga Senior Center  
**NEWSLETTER**  
 JANUARY 2019

**NEW IN 2019**

SEE INSIDE FOR DETAILS

**FOOD, FOOD & MORE FOOD**

**To Go Dinners - Now \$9.50**

New Price, New Restaurants, More Nights!

“Take 5” Tuesdays to Go

Three Vines Wednesday To Go Pizza

**Cafe**

Every Day - All Day 5 Points Grab & Go Salads and Sandwiches (while supplies last) Menu at front desk **\$7.50**

Wednesday - 9 Miles East Farm

Fridays - Soup and Ice Cream

**Daily Pastries Expanded**

Tuesdays: Produce & More - In addition to our baked goods. (Starting Late January)

**Kickoff Monthly Breakfast Series**

with 5 Points Deli famous Breakfast Sandwiches

**NEW PROGRAMS NEWS**

**Travel Club**

We are starting a travel club! Meet monthly. Hear about trips our members have taken, share trips that you have taken and explore travel options. The travel club is a good fit for anyone to meet new friends, potential travel companions or just explore.

**Snowshoe Club**

Beginning Wednesday January 9th, if there is snow. Meet at the warming hut at the State Park at 10:30am. If you are interested call the front desk.

**Friday at the Center Programs**

Every Friday we will have soup and ice cream. Each Friday will be either a movie, entertainment, cooking class or social hour. See schedule inside.

**“TAKE 5” TUESDAY TO GO DINNERS - SARATOGA 5 POINTS DELI**

A portion of every dinner sold goes directly to support the Center. All meals are provided by Saratoga 5 Points Deli. Call the Center to order now - 518.584.1621

**Pick up is between 4-5:30 pm every Tuesday at the Center. \$9.50/dinner.**

- 1/8 Roast Pork, Garlic Mashed Potatoes & Green Beans
- 1/15 Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
- 1/22 Spiral Ham, Scalloped Potatoes, Green Beans & a Dinner Roll
- 1/29 Swedish Meatballs over Egg Noodles w/Buttered Carrots



**WEDNESDAY'S TO GO WOOD FIRED PIZZA - THREE VINES**

**Pick up is between 4-5:30pm every Wednesday at the Center. \$9.50/pizza.**

Call the Center to order now - 518.584.1621  
10” Margherita Pizza - cherry tomatoes, handcrafted mozzarella, basil - perfect for 1 or 2 people. A portion of every dinner sold goes directly to support the Center.



**MONTHLY CHEF DINNER at the Center**

Each month the Center will host a local chef/restaurant to prepare and serve their specialties at the Center for an affordable price. Haven't been in awhile? 2019 brings new enhancements to our dining experience. Chef Ed Kelley.

Monday January 14, 5:30pm. *Sign up at front desk. \$12 per person, members only.*



SARATOGA SENIOR CENTER



**Hours:** Monday-Friday, 8am-4pm / Tuesdays, 8am-5pm  
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

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# JANUARY AT A GLANCE

## FRIDAY'S AT THE CENTER

Every Friday at 1:30pm will be a different activity - movie, entertainment, cooking or Social Hour. Serving soup and ice cream from 12:30pm - 1:30pm. \$2 each

- **Fri., Jan. 4 at 1:30pm: Movie \$2 "Crazy Rich Asians"**  
Chinese-American New Yorker Rachel travels to Singapore with her boyfriend Nick to attend his best friend's wedding only to discover he comes from one of Asia's most wealthy, prominent families. Snacks.
- **Fri., Jan. 11 at 1:30pm: \$4member/\$6 non member Elvis Tribute wth Matthew Boyce**  
Matthew is an award winning Elvis Tribute Artist from Saratoga. Put on your blue suede shoes - come and sing and dance to your favorite Elvis tunes. Snacks provided.
- **Friday, January 18 at 1:30pm: Free Cooking and Tasting with Siobhan**  
New Year, New You! Small and easy changes to eat healthier. Come and taste quick & easy breakfast ideas.
- **Friday, Jan. 25 at 1:30-3:30: Social Hour**  
Come hang out with old friends and make new ones! Every social hour will have one or more of these activities - live music, pool, ping pong, poker or games. Bring your favorite beverage. Cafe, soup & ice cream available for purchase.

## NEW PROGRAM DETAILS

**Monthly Breakfast-Kick off the New Year with 5 Points Deli**  
**Friday, Jan. 18 at 8:30am. \$3 Special pricing**  
5 Points Deli will cook their famous breakfast sandwiches. Please sign up.

**Smartphone Skills for Seniors - ipads, kindles**  
**Thursday, January 3rd, 1:00-2:00pm, Free**  
Just Received a New Smartphone or Tablet? Overwhelmed by the functions? Tired of having to call your niece every time you want to update Facebook? Join former radio DJ and current IT specialist Damian "JD" Redman for technology tips and personalized assistance for your iPhone, iPad, or Android device.

**Learn to Use UBER/LYFT**  
**Thursday, January 10th, 10:00am, Free**  
Navy Volunteers will be in the house to show you how to sign up for UBER or LYFT. Both are great alternative transportations. No reason to be stuck at home. Bring your phone.

**Travel Club / Trip Buddies**  
**Friday, Jan. 25 at 12:30 -1:30pm Free**  
Come and learn about our trips for 2019. Tell us where you want to travel. Join the travel club and meet some new travel partners. Share your pictures and experiences from previous trips.

**AARP Tax Help**  
**Tuesday, February 6th to April 17th, 9:00am-2:00pm**  
Have all your tax questions answered and file your return. Free and by appointment only! Be sure to call the front desk to sign up. A picture ID, social security card and previous years taxes will also be required.

**AARP Safe Driving presented by Allan Miller**  
**Tuesday, January 15th, 9:00am-3:00pm**  
\$20 AARP member/\$25 non member. Checks made out to AARP. Must have valid NYS drivers license. AARP member number required at sign up, bring AARP membership card.



## IT'S TIME TO RENEW - 2019 MEMBERSHIP RENEWAL

It's renewal time! Please complete the invoice form and return it to the Center. In addition, due to our software conversion, we ask everyone to fill out the emergency contact information and sign the code of conduct. Also, take a moment to find out about our Presidential Membership option, we've added more benefits. We are looking forward to another exciting year!



## "PAINT & SIP" at the Senior Center

**Thursday, January 17th, 1:00pm, \$25**

A local artist will instruct you step by step through an original piece of art! At the end of the class you'll take home a one-of-a-kind painting, a newfound talent and the most fun you've had in a while! Bring your favorite beverage. Must sign up in advance!



## TRANSPORTATION Sponsored by Stewart's Shops, United Way and Price Chopper

Are you looking for transportation into the Center? Rides are available Monday through Friday from 8:30am - 10:30am and 12:30pm - 2:30pm. Please call the Center at 518.584.1621 ext. 206. \$2 round trip / Saratoga, \$5 round trip / non-city residents

## SENIOR SUPPORT SERVICES

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



## Community Connections

Are you a Senior over 50 with no transportation and in need of food? The Senior Center is partnering with the Elks and local food pantries. Please call the number above for assistance or if you need help with respite, home visits, etc. *\*We also need volunteers for this program\**

## Alzheimer's Caregiver Support Group

**10:30am-12pm, 3rd Thursday of every month**  
Caring for someone with Alzheimer's disease can present exhausting challenges and take a significant toll on a caregiver's health. A support group can give you the assistance and reassurance you need to manage stress and take time for your own much-needed care. *Free and open to the public.*

## Groups

- **Reminiscing: Wednesdays from 10-11am**  
Come meet a new friend & talk about the good ole' days!
- **Chit Chat: Mondays from 1-2pm**  
We'll chat about new topics every week over some snacks.
- **Silver Foxes Men's Lunch Group: Second Thursday of every month at 11:45am**  
Enjoy friendship and lunch at the Skdimore Dining Hall

## 2019 VAN TRIPS

(Members Only)

### Troy Savings Bank, Music at Noon

Tuesday, January 8th

Enjoy a truly unique and beautiful concert by William Safford and the Bassoon Ensemble. The bassoon is the best and most unique instrument ever made. It is a member of the woodwind instruments. Lunch after the concert at Illium Cafe. We leave the Center at 10:45am. *Pay \$10 at sign up. Concert is free. Please bring additional money for lunch.*

### Silver Foxes

Thursday, January 10th

Join the men's lunch group and head to Skidmore Dining Hall for lunch. We leave the Center at 11:45am. *Pay \$2 at sign up. Please bring additional money for lunch.*

### Lunch Bunch – Lake Ridge Restaurant

Tuesday, January 15th

Tucked away in the village of Round Lake, Lake Ridge is one of the finest Saratoga Springs Restaurants. Enjoy lunch in our bright and sunny Saratoga Room. Chef Scott's lunch menu offers a wide variety of entrees, salads, sandwiches and burgers. We leave the Center at 11:15am. *Pay \$5 at sign up. Please bring additional money for lunch.*

### VIA Aquarium in Rotterdam

Thursday, January 24th

Explore a self guided tour of vivid underwater worlds, see and learn about reptiles, feed the stingrays and more. Late lunch following the aquarium at Water's Edge Lighthouse. We leave the Center at 9:30am. *Pay \$29 at sign up. Please bring additional money for lunch.*

### St Paul's Church Tour, Troy, NY

Tuesday, January 22nd

Marvel at the beauty of St. Paul's Church with a guided tour. St. Paul's is one of only a handful of spaces in the country that can be called a totally integrated Tiffany interior. Lunch following the tour at Moscatiello's. We leave the Center at 10am. *Pay \$35 at sign up. Please bring additional money for lunch. Must have a minimum of 8 for trip to go.*

## 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. Money is due at sign-up for all trips.

For administrative purposes and implementation of trips there are several new van policies the agency has put in place.

- Restaurants will now be automatically adding 18% gratuity to the checks. You can always leave more gratuity if you wish.
- Van trips will need a minimum of 6 attendees to go.
- We cannot guarantee which van will be used on a trip.
- There will be no refunds for van or bus trips unless the Center cancels the trip.

## 2019 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 \$20 for admission.

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# TRIPS & EXCURSIONS

(Money due at sign-up)

## EXCURSIONS COMING IN 2019!

Collette Tours, Open to the Public

### America's Cowboy Country

May 26th-June 2nd, 2019 (\$3,799 double)

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 double)

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.

### River Cruise - Magical Rhine and Moselle:

September 16th-25th, 2019 (\$4,799 double)

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

### Spain and Portugal

October 23rd-November 5th, 2019 (\$4,999 double)

Trip Highlights: Explore Spain & Portugal's priceless treasures of art, history and culture, set against a backdrop that spans sunny Mediterranean shores and grand mountain ranges.

### Morocco & Spain

November 2nd-14th, 2019 (\$4499 double)

Trip Highlights: Madrid, Cordoba, Royal Alcazar of Seville, Flamenco Show, Jerez de la Frontera, Tangier, Chefchaouen, Fes, Mausolaum of Mohammed V, MArrakech, ElBahia Palace, Koutoubia Mosque and more.

### London and Paris

November 6th-13th, 2019 (\$3,499 double)

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 double)

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

## MULTI DAY BUS TRIPS 2019!

(Diamond Tours, Open to the Public)

### Canadian Island of Coudres - Quebec Bus Tour

Date To Be Determined

6 days 5 nights 11 meals - 5 Breakfast/1 Lunch/2 Dinner  
Escape to the Island of Coudres in Canada's beautiful region of Charlevoix. A well kept secret nestled between the Saint Lawrence River and the Laurentian Mountains; relax and rejuvenate in this little oasis during your three night stay. Trip Highlights: The Amazing Island of Coudres, Guided Tour of Quebec City, Whale Watching.

### Mystic, Foxwoods & Newport Bus Tour

Date To Be Determined

3 days/2 nights. 4 meals - 2 Breakfast/2 Dinners. Combine stately New England beauty with resort excitement with our bus trip to Mystic, Newport and Foxwoods! Your group will stay at the Two Trees Inn at Foxwoods - a quintessential country inn complete with a restaurant, bar and heated indoor pool. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

## ONE DAY BUS TRIPS 2019!

(Open to the Public)

### Bus Trip Details Coming

### Culinary Institute of America (CIA)

Tuesday, April 16, 2019

A tour of the famous Culinary Institute of America, followed by set-menu lunch at the CIA's delicious American Bounty restaurant. The day will end with a tour and tasting at the exciting Brotherhood Winery.

### New York City - May 2019

### Lake Placid - July 2019

### Salem, Massachusetts - October 2019

### New York City Trip: Wednesday, December 4, 2019

Celebrate Christmas in NYC! We'll get you to the city and then you're on your own to explore the big apple!

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