**New in 2019**

**Non Profit, U.S. POSTAGE PAID Permit No. 120**

**Saratoga Senior Center**
5 Williams Street
Saratoga Springs, NY 12866

**Hours:**
Monday-Friday, 8am-4pm / Tuesdays, 8am-5pm

**5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org**

**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

**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.

**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.

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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: $4/member/$6 non member
  AARP Safe Driving presented by Allan Miller
  Tuesday, January 15th, 9:00am-3:00pm
  Have all your tax questions answered and file your return. Free and by appointment only! Be sure to call the front desk number required at sign up, bring AARP membership card.
  Checks made out to $20 AARP member/$25 non member.

Transportation
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.

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. For UBER or LYFT. Both are great alternative transportations.

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 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
E-4 AARP number/$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!

SENIOR SUPPORT SERVICES

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.

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.

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Family is Everything

Make sure they are taken care of.

The Wesley Community
Enriched Living
A perfect blend of independence & support

William J. Burke & Sons / Russin & Canniff
Funeral Homes
TRUSTED SINCE 1878

SARATOGA HOSPITAL
people you can trust. care you admire.
587-3222 • SaratogaHospital.org

A plan for life.
Capital District Physicians’ Health Plan, Inc.

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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.

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 for each trip that you drive. 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 11:15am. Pay $5 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.

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: Berta, Chateau de Chillon, Montreux, 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 Tirsivee.

Spain & 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, Mausolaeum of Mohammed V, M’Arrakech, ElBasha Palace, Koutoubia Mosque and more.

London and Paris

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

Trip Highlights: Big Ben, Choices on Tour, Eurostar Train, Parisid 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.

Canadian Island of Coudres - Quebec Bus Tour

Date To Be Determined

6 days 5 nights 11 meals - 5 Breakfast/1 Lunch/2 Dinner E xcape 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 Foxwood! Your group will stay at the Two Trees Inn at Foxwood - 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.

EXCURSIONS COMING IN 2019!

(Open to the Public)

American River Cruise - 2019 ($4,799 double)

Trip Highlights: Visit the Gold Rush Towns of Sacramento, Auburn & Coloma, and enjoy a scenic journey on the American River. Aboard your 117-year old riverboat, the 328 passenger American Queen, you’ll travel on 14 National Park Service protected sections that offer an intimate experience, including two night overnights.

World Masterpiece Collection - 2019 ($5,999 double)

Trip Highlights: Visit 12 of the world's top museums and art collections, including the Louvre, Vatican, and Rijksmuseum. Enjoy a fully escorted trip that takes in the highlights of the treasures of Paris, Rome, and Venice, ending in San Marco’s famous Grand Canal.

Organize Senior Moves - Stratford

(Open to the Public)

Downsizing & Organizing Packet & Unpacking Setting Up New Home Overseer Whole Move Call Today...You’ll Be Happy You Did!

FREE CONSULTATION (518) 339-6402

MULTI DAY BUS TRIPS 2019!

(Diamond Tours, Open to the Public)

TRIPS & EXCURSIONS

(Money due at sign-up)
**WEAKLY ACTIVITIES**

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

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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**REOCCURRING MONTHLY EVENTS**

Tai Chi

**WEDNESDAYS from 2:15 - 3:15pm**

Chuck Lobokey. He is certified in Tai Chi for Arthritis and Chair Tai Chi. $10 for the month.

Legal Assistance

**Thursday, January 3rd, 1:30pm**

Call Office For the Aging at 884-4100 for an appt.

Tarot Card Readings

**Thursday January 31st, 9-11**

Card reading by the Mary Shimp! $5

Join Our Book Club:

**Tuesday, January 29th, 3pm**

The Japanese Lover” by Isabel Allende. A magical love story set in San Francisco & Poland.

Reiki

**Friday, January 11th, 1:30pm**

A Japanese technique for stress reduction and relaxation that also promotes healing. $2, members only.

9 Miles East: Wednesdays, 10:55am - 11:25am

Every week, 9 Miles East Farm brings healthy meals and soups all prepared with high-quality local and organic ingredients.

Office For the Aging Lunch

Served Daily in our Dining Room

9 Miles East: 8:30-9:30am

Office For the Aging at 884-4100 or visit www.saratogacountygov

Computer/Technology Assistance

Call the front desk for an appointment

Art and Crafts at Embury

Wednesday, January 16th, 3:00pm

Brain Gym Kali Nagler, Saratoga Library, Free Returns in February- New Day and Time

New Senior Center Pricing

For 2019, to be consistent across all our programs, we are charging a nominal fee for any weekly card game, group or activity that needs a space for extended time and requires staff set up. Pricing is based on size of room, private verses public space and size of the group. Costs per month are listed on the calendar page. Scholarships are available if needed.

Van Trip Pricing

Again, being consistent with our van trip policies and pricing any program using the van will have a nominal trip fee attached. This includes class field trips. Costs per month are listed on the calendar page.

See Lois with any concerns.

**JANUARY HAPPY HOLIDAYS**

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<td>1-4</td>
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<tr>
<td>Happy New Year! The Center is Closed</td>
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<td>Trip Sign ups</td>
<td>No Aerobics</td>
<td>12:30-1:30pm: Cafe - Soup &amp; Ice Cream</td>
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<td>5:30pm: Monthly Chef Dinner</td>
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<td>10:00am: Snowshoe/Bike Club</td>
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<td>1:30pm: Movie - Crazy Rich Asians</td>
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<td>10:00am: Snowshoe/Bike Club</td>
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<td>10:00am: Reminiscing</td>
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<td>1:30pm: Reiki</td>
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<td>1:30pm: Cafe - Soup &amp; Ice Cream</td>
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<td>1-4: Ping Pong and Pool</td>
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<td>1:30pm: Elvis Tribute</td>
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<td>2:30pm: Trip Buddies/Trip - Awareness</td>
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<td>No Aerobics</td>
<td>10am: UBRE/LYFT</td>
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<td>4:00pm: Three Vines Pizza To Go</td>
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<td>No Aerobics</td>
<td>11-15am: Van Trip - Silver Foxes</td>
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<td>5-6:30pm: Board Meeting</td>
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<td>No Aerobics</td>
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<td>No Brain Gym</td>
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<td>Martin Luther King Day! The Center is Closed</td>
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<td>3-4pm: Book Club</td>
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<td>10am: Van Trip St. Paul’s Church</td>
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<td>9:30am: Van Trip - MLA</td>
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<td>1:30pm: Cooking with Simbhan</td>
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<td>10:00am: Snowshoe/Bike Club</td>
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<td>1:30pm: Social Hour</td>
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