February is “Share the Love” month at the Center! Stop by Wednesday, February 20th for our Sharing and Caring Day!

8:30 - 9:30 AM
BREAKFAST SANDWICHES
$3, Please sign up!

10:00 - 2:30 PM
Free and Open to the Public
FIND OUT HOW YOU CAN SAVE MONEY AND GIVE BACK TO THE CENTER AT THE SAME TIME!
Join Charles Joseph and Ray Bryan from Janney Montgomery Scott to learn the ins and outs – how it helps you and the Center.
Light fare provided.

11 AM: Meet & Greet with Elizabeth Sobol, President and CEO of SPAC for our Sharing the Love Collaboration!
11:30 - 1:00 PM
Purchase tickets. One ticket per member per show.
- $25.00 NYC Ballet or Philadelphia Orchestra-amphitheater
- $45.00 NYC Ballet Gala - performance only
- $30.00 Chamber Music Society
- $52.00 Freihofer's Jazz Festival - amphitheater
- $42.00 Freihofer's Jazz Festival - lawn

“TAKE 5” TUESDAY TO GO DINNERS AT THE CENTER - FEATURING MEALS BY SARATOGA 5 POINTS DELI
A portion of every dinner sold supports the Center. Call the Center to order 518.584.1621.
Pick up is between 4-5:30 pm every Tuesday at the Center. $9.50/dinner.
Feb 5th
Manicotti stuffed with Spinach, Roasted Red Peppers, Sweet Sausage and Garlic Bread

Feb 12th
Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce

Feb 19th
Meatloaf, Seasoned Potato Wedges, Corn

Feb 26th
Shepherd's Pie
Place your order by noon.

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. Sign up at front desk. $12 per person, members only.

WEDNESDAY’S TO GO WOOD FIRED PIZZA AT THE CENTER
BY THREE VINES
Choice of: 10” Sausage and Mushroom Pizza or 10” Margherita Pizza $9.50/pizza.
Perfect for 1-3! A portion of every dinner sold supports the Center. Call the Center to order 518.584.1621. Pick up is between 4-5:30 pm every Wednesday at the Center.

SPAC DISCOUNTED TICKETS ARE BACK!
Are you a member of the Center? If not, this member benefit is a great reason to join!

Haven’t been in awhile? 2019 brings new enhancements to our dining experience.
Monday February 11th, 5:30 pm
TBD. Watch for your eblast.

Monday February 25th, 5:30 pm
9 Miles East Farm
Sponsored by Trustco Bank
Haystack Salad, Chicken Soup and Assorted Pizza

Non Medical Care at Home
(518) 584-5885 www.HomeHelpersNY.com

A discount for seniors who want the freedom of NO home ownership

Karen Wojcik-Hess Homes
585-366-8141 kwhomes@gmail.com
KarenSdH.com

THE SUMMIT AT SARATOGA
Independent Senior Living Community
518-926-9003 | SummitSaratoga.com
1 Perry Road | Saratoga Springs, NY 12866

Your eyes don’t have to act their age!
Make an appointment today!
(518) 450-1080
www.tickereye.com

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Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866
FEBRUARY AT A GLANCE

FRIDAYS AT THE CENTER

Serving Soup and Ice Cream 12:30pm - 1:30pm, $2 each
Soup prepared by Knights of Columbus
Cultural Events Sponsored by Saratoga Casino and Raceway

FRIDAY, February 1st, 10:00am-12pm
LIVE MUSIC!
HOT CLUB OF SARATOGA featuring special guest Ken Allday from Louisville, KY
Hot Club of Saratoga is the premiere gypsy jazz (1930’s french style swing). This show is part of their Artist in Residence program that brings in talented musicians from the US and beyond.

FRIDAY, February 8th, 10:00am-3:00pm
HEALTH AND WELLNESS DAY, free & open to the public
As part of the Saratoga Chamber Health & Wellness week, the Center will be hosting a day of fun classes and activities to help encourage a healthy lifestyle.
• 9-10am: Smartphone Skills for Seniors - Sign up
• 10am-12pm: Try a Clay Arts Class - ceramics, sculpture
• 10am-12pm: Tarot Card Readings with Mary Shimp
• 11-11:45am: Tai Chi - try a class
• 1-2pm: “Downsizing & Organizing: "Simplify Your Life"
• 3-5pm: Reiki
• 10am-12pm: Try a Clay Arts Class - ceramics, sculpture

FRIDAY, February 15th, 10:00am - $2

FRIDAY, February 15th, 2:30pm-3:30pm - $2
SOCIAL HOUR W/ SPECIAL GUEST KELSEY DODD
Our very talented 11yr. old vocalist from the Holiday Party is back to sing a selection of Broadway tunes. Bring your favorite beverage. Lite fare provided.

FRIDAY, February 22nd, 12:30pm-1:30pm
TRAVEL CLUB / TRIP BUDDIES, Details on trip page

FRIDAY, February 22nd at 1:30pm Free, Open to Public
SCAMS & FRAUD presented by Saratoga National Bank.

FRIDAY, February 1st, 10:30am-12pm, Free, Open to Public
CEO FOSTER GRANDPARENT PROGRAM
Foster Grandparents are role models, mentors, and friends to youth with exceptional needs. Volunteers age 55 and over stay active by serving children and youth in school, day care, and after-school settings. Applicants must meet income requirements. Attendees at the presentation will be entered in a raffle for a $25 gift card.

FRIDAY, February 15th at 10:00am - $2

FRIDAY, February 15th, 2-3:30pm-3:30pm - $2
SOCIAL HOUR W/ SPECIAL GUEST KELSEY DODD
Our very talented 11yr. old vocalist from the Holiday Party is back to sing a selection of Broadway tunes. Bring your favorite beverage. Lite fare provided.

FRIDAY, February 22nd, 12:30pm-1:30pm
TRAVEL CLUB / TRIP BUDDIES, Details on trip page

FRIDAY, February 22nd at 1:30pm Free, Open to Public
SCAMS & FRAUD presented by Saratoga National Bank.

“GRAB & GO LUNCHES” FOR FEBRUARY
Every day at the Senior Center, NEW PRICE! $7.00. See front desk for details.
• Curried Chicken Salad on a Croissant w/Spring Mix
• Turkey / Muenster, Lettuce, Tomato, Avocado Mayo on Multi Grain Bread
• Scoop of Tuna Salad, Scoop of Egg Salad, Tomato, Cucumber on a Bed of Lettuce
• Veggie Wrap

“FEBRUARY AT A GLANCE” FOR FEBRUARY
Every day at the Senior Center, NEW PRICE! $7.00. See front desk for details.
• Curried Chicken Salad on a Croissant w/Spring Mix
• Turkey / Muenster, Lettuce, Tomato, Avocado Mayo on Multi Grain Bread
• Scoop of Tuna Salad, Scoop of Egg Salad, Tomato, Cucumber on a Bed of Lettuce
• Veggie Wrap

SKIDMORE IS BACK!
The students of Skidmore are in the house with new and familiar programs!
• Explorative Arts with Hanalei - Tuesdays from 10:30am-12pm
• Music, Memories & Nostalgia with Bailey - Thursdays from 1-2pm
For details see “Groups and Gatherings” on next page

DOWNISING & ORGANIZING; “SIMPLIFY YOUR LIFE”
Organize Senior Moves & Carlton Hollow Apartments, Friday, February 8th, 1-2:00pm.
Whether moving to a new home or just wanting to pare down, choosing what to keep from a lifetime’s possessions can be overwhelming! Let the experts from Organize Senior Moves help!
Learn about Carlton Hollow, Saratoga’s newest 55+ apartment community, combining upscale apartment living with community amenities that offer fun and fitness year-round.

SCAMS & FRAUD PRESENTED BY SARATOGA NATIONAL BANK
Friday, February 22nd at 1:30pm, Free and open to the public.
Learn from the experts how to recognize the most frequently used scams that are directed towards seniors and leave with the knowledge and tools you need to reduce the risk of falling victim to senior directed fraud.

ADVOCACY, INFORMATION AND REFERRAL
Community Connections
Supported by Saratoga Hospital, Saratoga OFA and The Wesley Community

Are you a senior over 50 who needs help with friendly visits, transportation, light chores or errands?
We need volunteers to help with this program.
Call Nicole at 518-584-1621, ext.206.

Transportation Services
Supported by Stewart’s Shops, United Way and Price Chopper’s Golub Foundation
Are you looking for rides into the Center? Rides are available Monday - Friday to the Center.
Call Nicole at 518-584-1621, ext.206.

Chair Yoga Foundation
Call Nicole at 518-584-1621, ext.206.

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

Food Assistance
The Senior Center is partnering with the Elks and local food pantries to get food to you if you can’t get to the them. Call Nicole at 518-584-1621, ext.206.

Groups & Gatherings
Reminiscing: Wednesdays from 10-11am
Meet a new friend & talk about the good ole’ days!
Chit Chat: Mondays from 1-2pm
Skidmore intern Desi is picking up where Brie left off. Join Desi for a fun hour of chat and laughs.
“Silver Foxes” Second Thursday of every month at 11:45, Join the Silver Foxes Men’s Lunch Group for good food, camaraderie and laughs.

Explorative Arts: Tuesdays from 10:30am-12pm
Join Hanalei from Skidmore for a series of classes on creative expression through art using a variety of mediums. February features felting, collage and more.

Music, Memories & Nostalgia: Thursdays from 1-2
Join Bailey, our Skidmore intern for an hour of music that will trigger vivid memories that seem to transport you back in time and space.

Alzheimer’s Caregiver Support Group
10:30am-12pm, 3rd Thursday of every month
Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance and reassurance you need.
Free and open to the public.

Proud of our healthy relationship
SARATOGA HOSPITAL
587-3222 x SaratogaHospital
CD PHP
A plan for life.
Capital District Physicians’ Health Plan, Inc.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, February 21</td>
<td>A guided tour of Café Lena, widely recognized as the oldest continuously operating folk music venue in the United States. Lunch following the guided tour at Mama Miu's Cafe. We leave the Center at 10:30. Pay $2 at sign up. Please bring $5 for admission and additional money for lunch.</td>
</tr>
<tr>
<td>Tuesday, February 12</td>
<td>Troy Savings Bank, Music at Noon “Red Canna Trio” is a new chamber jazz trio playing the original compositions and arrangements of pianist/composer Elizabeth Woodbury Kasius and other modern composers. Highly acclaimed, the group’s music is “...sophisticated and melodic, reminding me of Sondheim and Stravinsky.” We leave the Center at 10:45. Pay $10 at sign up. Concert is free. Please bring additional money for lunch.</td>
</tr>
<tr>
<td>Thursday, February 14</td>
<td>Join the men’s lunch group and head to Skidmore Dining. Fresh pasta and bread daily, warm atmosphere in Skidmore Dining. Pay $10 at sign up. Please bring additional money for lunch and bakery.</td>
</tr>
<tr>
<td>Tuesday, February 19</td>
<td>NY State Museum at Albany Current exhibitions - “The Historic Woodstock Art Colony: The Arthur A. Anderson Collection”, Entering Waters: New York’s Erie Canal (Phase Two) and more. Lunch following at Albany Pump Station. We leave the Center at 9:30. Pay $10 at sign up. Please bring $5 for admission and additional money for lunch.</td>
</tr>
<tr>
<td>Thursday, February 28</td>
<td>Our man-made Himalayan Salt Environment is intended to reproduce the unique microclimate and the healing properties of the deep salt caves within the Himalayan Mountains that have been used for centuries for their incredible effects. We leave the Center at 10 am. Pay $22 at sign up. Please bring additional money for lunch. Must have 8 signed up for trip to go.</td>
</tr>
<tr>
<td>Tuesday, March 5, 2019</td>
<td>The Olde Bryan has a rich and storied history. Come and join Chef John Kosek as he shares OBI’s history and maybe see a little oasis during your three night stay. Trip Highlights: The Amazing Island of Coudres, Guided Tour of Quebec City, and Seine River Cruise.</td>
</tr>
<tr>
<td>Wednesday, April 17, 2019</td>
<td>Culinary Institute of America (CIA) Tuesday, April 16, 2019 Cost is $90/Members, $115/Non-Members A tour of the famous Culinary Institute of America, followed by set-menu lunch at American Bounty restaurant. End the day with a tour and tasting at Brotherhood Winery.</td>
</tr>
<tr>
<td>Wednesday, May 15, 2019</td>
<td>New York City - Chelsea Pier Area Cost is $42/Members, $67/Non-Members Enjoy a beautiful spring day on the West Side! Chelsea Pier, The Highline Walkway, Tribeca, or Uber to uptown and enjoy the day shopping.</td>
</tr>
<tr>
<td>Thursday, July 9, 2019</td>
<td>Travel Club &amp; Trip Buddies FRIDAY, FEBRUARY 22ND 12:30-1:30 P.M. Join our travel club, share travel stories and meet new travel buddies! Members Tom and Pat Fox will kick off our Travel Club by sharing pictures and stories from some of their travels. Enjoy armchair travel right here from the Center.</td>
</tr>
</tbody>
</table>
### WEEKLY ACTIVITIES

**MONDAY**
- 8:30-9:30: Zumba MVP
- 9:00: Walking Club ($5)
- 9:30-11:30: Clay Arts (formerly Ceramics & Sculpture) ($20)
- 10:10-45: Zumba MVP Gold
- 10-11: Osteo
- 11:10-30: Gentle Chair Yoga ($10)
- 12:30-4: Bridge ($5)
- 1-2: Chat Chat
- 1-4: Canasta ($2)
- 1:30-3: Painting ($10)

**TUESDAY**
- 9-10:30: Watercolor Lab
- 10-11:15: Gentle Yoga ($10) returning in March
- 10:30-12: Explorative Arts
- 11:30-12:15: Aerobics ($10)
- 11-2: Men’s Barber ($5 per service)
- 1-2:30: Soapstone and Alabaster Carving ($10/$25)
- 1-4: Ping Pong and Pool
- 1:30-2:30: Wii Bowling
- 1:40: Strength w/Aidan ($2)
- 1:4: Ping Pong and Pool
- 2-15: Tai Chi ($10)
- 3-4: Book Club (last Tuesday)

**WEDNESDAY**
- 9:30-2: Rug Hooking ($5)
- 10:00: Reminiscing
- 10:00: Snowshoeing
- 10:00: Ukulele Jam
- 10-12: Knit & Crochet ($2)
- 11:10-12: Zumba Gold ($2)
- 12:30-2: Bingo ($2)
- 12:30-2:30: Wii Bowling
- 1:00: Strength w/Aidan ($2)

**THURSDAY**
- 8:30-9:30: Osteo
- 9-11: Tarot Card Readings (last Thursday)
- 9-12: Mosaics ($20)
- 10-12: Fused Glass ($10/class)
- 10-11: Osteo
- 10:30-12: Alzheimer’s Caregivers Support Group (3rd Thursday)

**FRIDAY**
- 10-12: Clay Arts (formerly Ceramics & Sculpture) ($20)
- 10-12: Poker ($2)
- 12-4: Art Lab
- 12:30-1:30: Singing Swing Seniors
- 12:30: Cafe - Soup & Ice Cream
- 1-30: “Friday at the Center” Free Food/Dance/DJ Night/Draw Social
- 1-30-3 Q Reiki (Feb 8th. Sign-up required. Members only, $2)

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**REOCCURRING MONTHLY EVENTS**

**Tarot Card Readings**
- Thursday February 28th, 9-11am
  - Card reading by the Mary Slump! $5

**Book Club - New Members Welcome**
- Tuesday, February 26th, 3pm
  - “Born a Crime : Stories from a South African Childhood” by Trevor Noah.

**Computer/Technology Assistance**
- Call the front desk for appointment

**Art and Crafts at the Center**
- Wednesday, February 20th, 9-12pm
  - Spring Easter Craft $2

**Brain Gym**
- Kali Nagler, Saratoga Library
- Friday, February 8th, 2pm
  - Using a combination of Brain Gym exercises and our 5 senses in mindful ways, we will explore healthy lifestyles, brain research, positive mindset and memory exercises in a fun, engaging manner

**AARP Tax Help**
- Friday, February 8th, 2:30pm
  - Free
  - Brain Gym

**Explorative Art**
- Tuesday, February 26th, 11am-12pm

**Hyde Museum**
- Van trip-
- 9am-2pm

**AARP Taxes**
- 10-11am

**AARP Book Club**
- Last Tuesday of the month

**AARP Tax Help**
- Call Office For the Aging at (518) 884-4100 for an appointment.

**Osteo Exercise Classes**
- Monday: 8-30-9-30am and 10-11am
- Thursday: 8-30-9:30am and 10-11am
- Sign up at Office for the Aging, (518) 884-4100.

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**FEBRUARY 2019**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
</tr>
<tr>
<td>9am-2pm: AARP Taxes</td>
<td>10:30am-12pm: Explorative Art</td>
<td>4pm: Points To Go “Dinner”</td>
<td>11am: Van trip lunch</td>
<td>9am-3pm: Wellness Day (see p.2)</td>
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<tr>
<td>12:30pm: Points To Go “Dinner”</td>
<td>10:00am: Reminiscing</td>
<td>4pm: Three Vines Pizza To Go</td>
<td>1:30pm: Legal Assistance</td>
<td>9:10am: Smartphone Skills</td>
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</tr>
<tr>
<td>9am-2pm: AARP Taxes</td>
<td>10:30am-12pm: Explorative Art</td>
<td>10:30-5:30pm: Board Meeting</td>
<td><strong>10am:</strong> Movie-Crazy Rich Asians</td>
<td><strong>12-30-1:30pm:</strong> Soup &amp; Ice Cream</td>
</tr>
<tr>
<td>10:30-5:30pm: Board Meeting</td>
<td><strong>12:30-1:30pm</strong>: Van trip to The Museum</td>
<td><strong>2-30pm:</strong> Music, Memories</td>
<td><strong>1:30pm:</strong> Downsize &amp; Organize</td>
<td><strong>2-30pm:</strong> Soup &amp; Ice Cream</td>
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<td><strong>18</strong></td>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
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<td><strong>22</strong></td>
</tr>
<tr>
<td><strong>President’s Day!</strong></td>
<td><strong>Share the love!</strong></td>
<td>8:30-9:30am Breakfast</td>
<td><strong>10:30am:</strong> Van trip Cafe Lena</td>
<td><strong>12-30-1:30pm:</strong> Soup &amp; Ice Cream</td>
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<td><strong>25</strong></td>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>1:30pm:</strong> Social Hour</td>
</tr>
<tr>
<td>10-10:45am: Zumba MVP</td>
<td><strong>9am-2pm:</strong> AARP Taxes</td>
<td><strong>9-11am:</strong> Tarot Card Reading</td>
<td><strong>1:30pm:</strong> Music, Memories</td>
<td><strong>3pm:</strong> Music – “Kelsey Dool”</td>
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<tr>
<td><strong>9pm-2pm:</strong> AARP Taxes</td>
<td><strong>10-10:30am:</strong> Explorative Art</td>
<td><strong>10:30am:</strong> Reminiscing</td>
<td><strong>10:30am:</strong> Van trip to Sunset Cove</td>
<td><strong>1-30pm:</strong> Casino Night</td>
</tr>
</tbody>
</table>