

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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


 Saratoga Senior Center
NEWSLETTER
 FEBRUARY 2019

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



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



SPAC DISCOUNTED TICKETS
ARE BACK!

Are you a member of the Center? If not, this member benefit is a great reason to join!

1:00 - 2:30pm: 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.



11AM: Meet & Greet with Elizabeth Sobol, President and CEO of SPAC for our Sharing the Love Collaboration!

11:30-1:00: 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 4-5:30pm 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** Shepherds Pie

Place your order by noon.



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 4-5:30pm every Wednesday at 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.
Sign up at front desk. \$12 per person, members only. Haven't been in awhile? 2019 brings new enhancements to our dining experience.

Monday February 11th, 5:30pm. TBD. Watch for your eblast.

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



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




Karen Wojcik-Hess Homes

518-366-8141
kwhhomes@gmail.com
KarenGoNY.com

William J. Burke & Sons / Bussing & Cunniff
Funeral Homes

TRUSTED SINCE 1878

628 NORTH BROADWAY, SARATOGA SPRINGS, NY 12866 • 584-5373
WWW.BURKEFUNERALHOME.COM • BURKE@BURKEFUNERALHOME.COM
MARK PHILLIPS • R. THOMAS ARMER • DANIEL DECELLE • NICHOLAS DECELLE • JEREMIAH THOMPSON



THE SUMMIT AT SARATOGA | *Live well. Age well.*

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

Home of the Good Shepherd | *Choose a Place Where Excellence is the Standard.*

Assisted Living • Enhanced Assisted Living
Memory Care Assisted Living

Saratoga: 584-3317 • Wilton: 580-0702 • Malta: 581-7600
Coming soon: Moreau!

- 24 Hour Care, LPN's & RN's on Site
- Private Suites, Daily Activities, Transportation
- Customized Care Plans for Each Resident

www.homeofthegoodshepherd.com

Non-Medical Care at Home



Transportation
Meal Preparation
Light Housekeeping
Errands

Making *Life Easier*

Care plans are tailored to meet your needs and budget.
Call for a FREE In-Home Consultation.
(518) 584-5885 • www.HomeHelpersNY.com



Your eyes don't have to act their age!

Make an appointment today!
(518) 450-1080
www.ziekereye.com

Cataracts • Laser Surgery
Lifestyle Lenses • Complete Eye Exams
Reduce Dependence on Glasses

Christopher Zieker, MD • Steven Clark PA-C
Zieker Eye Ophthalmology, PC
14 Mountain Ledge Dr.
Wilton, NY 12831



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

FEBRUARY AT A GLANCE

FRIDAY'S 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 at 1:30pm \$2.

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" See details below.
- 1-3pm: Pool, Ping Pong
- 1:30pm: Reiki
- 1:30pm: Healthy Cooking & Tasting with Siobhan from Cornell Cooperative Extension - 'Buddha Bowls'
- 2:30pm: Brain Gym with Kali from Saratoga Library

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.

MOVIE: "Crazy Rich Asians," Snacks provided.

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. Details below



"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



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



DOWNSIZING & 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.



SENIOR SUPPORT SERVICES

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

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, ext206.

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. \$2 Saratoga City residents/ \$5 non-city residents .

Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper.

Call Nicole at 518-584-1621, ext206.

Family is Everything.
Make sure they are taken care of.
HERZOG LAW FIRM
For all your estate planning needs.
• Estate Planning
• Elder Law
• Nursing Home Planning
• Health Care Proxies
• Special Needs Planning
• Estate Administration
call for a FREE one hour consultation.
518.465.7581
7 Southwoods Blvd. Albany, NY 12211 | 47 West Harrison St. Saratoga Springs, NY 12866 | 688 Aaron Court Kingston, NY 12401
www.herzoglaw.com

THE WESLEY COMMUNITY
ENRICHED LIVING
A perfect blend of independence & support
156 Lawrence St. Saratoga Springs, NY | 518.691.1560
www.TheWesleyCommunity.org | f t in

ceo FOSTER GRANDPARENTS
Share Today. Shape Tomorrow.
Mentor Youth in Your Community!
Would you like to make an impact in the life of a child? Are you interested in earning some additional money? Become a senior mentor with CEO's Foster Grandparent Program. 518-272-6012 X 315 to learn more!
www.ceoempowers.org

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, ext206.

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 chit 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
people you trust. care you deserve.
587-3222 * SaratogaHospital.org

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

2019 VAN TRIPS

(Members Only)

Lunch Bunch –Stella Pasta Bar & Bakery Thursday, February 7th

Stella Pasta Bar & Bakery offers casual authentic Italian dining. Fresh pasta and bread daily, warm atmosphere in Fo'Castle Farm, We leave the Center at 11am. *Pay \$10 at sign up. Please bring additional money for lunch and bakery.*

Troy Savings Bank, Music at Noon “Red Canna Trio” Tuesday, February 12th

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 10:45am. *Pay \$10 at sign up. Concert is free. Please bring additional money for lunch.*

Silver Foxes Thursday, February 14th

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.*

Hyde Museum Tuesday, February 19th

Enjoy a guided tour of "Colorama" and "From the Vault" - a display of photographs from the George Eastman Museum to include From the Vault - the permanent collection. Lunch following at Davidson Brothers. We leave the Center at 9:30am. *Pay \$18 at sign up. Please bring additional money for lunch.*

Cafe Lena Thursday February 21

A guided tour of Caffè Lena, widely recognized as the oldest continuously operating folk music venue in the United States. Lunch following the guided tour at Mama Mia's Cafe. We leave the Center at 10:15am. *Pay \$2 at sign up. Please bring \$5 for admission and additional money for lunch.*

NY State Museum at Albany Tuesday, January 26

Current exhibitions - "The Historic Woodstock Art Colony: The Arthur A. Anderson Collection", Enterprising Waters: New York's Erie Canal (Phase Two) and more. Lunch following at Albany Pump Station. We leave the Center at 9:30am. *Pay \$10 at sign up. Please bring \$5 for admission and additional money for lunch.*

Adirondack Salt Cave Thursday February 28

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.*

Historical Tour & Ghost Stories of The Olde Bryan Inn Tuesday, March 5,

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 ghost or 2. We leave the Center at 10:15am. Lunch following the tour. *Pay \$2 at sign up. Please bring additional money for lunch.*

Menopause the Musical at Wood Theater Thursday April 25

Four women at a lingerie sale have nothing in common but a black lace bra AND memory loss, hot flashes, night sweats, not enough sex, too much sex and more! This hilarious musical parody swill have you cheering and dancing in the aisles! Seats are in the first 2 rows. *Leave the Center at 6:15pm. Pay \$63 at sign up. Must sign up by March 1st.*



Financial Advice to preserve your legacy.

Offices conveniently located in both Saratoga Springs & Albany

Raymond Bryan, Charles Joseph & Jeffrey Pollard are here to help you achieve your financial goals.

Call 800.567.1099 to get started.

Janney
Trusted Advisors for Generations

40 Railroad Pl., Saratoga Springs, NY • 7 Southwood Blvd., #200, Albany, NY • Janney Montgomery Scott LLC • Member: NYSE, FINRA, SIPC

TRIPS & EXCURSIONS

EXCURSIONS COMING IN 2019! Collette Tours, Open to the Public

America's Cowboy Country

May 26th-June 2nd, 2019 (\$3,799 double)
Highlights: National Museum of Wildlife Art, Grand Tetons, Yellowstone National Park, Buffalo Bill Center, Deadwood, Mt. Rushmore, and Badlands National Park.

Discover Switzerland, Austria, & Bavaria

July 25th-August 3rd, 2019 (\$3,999 double)
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)
Highlights: Amsterdam, Cologne, Moselle River, Cochem, Wine Tasting, Koblenz, Rudesheim, Siegfried's 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)
Highlights: Madrid, Cordoba, Royal Alcazar of Seville, Jerez de la Frontera, Tangier, Chefchaouen, Mausolaum of Mohammed V, Marrakech, ElBahia Palace, Koutoubia Mosque.

London and Paris

November 6th-13th, 2019 (\$3,499 double)
Highlights: Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and Seine River Cruise.

Informational Slideshow - Wed., Feb. 6th at 2:30pm

Spotlight on San Antonio Holiday

December 5th-9th, 2019 (\$2,109 double)
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. **Informational Slideshow - Wed., Feb. 6th at 2:30pm**

TRAVEL CLUB & TRIP BUDDIES

FRIDAY FEBRUARY 22ND 12:30-1:30pm

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.

MULTI DAY BUS TRIPS 2019! (Diamond Tours, Open to the Public)

Mystic, Foxwoods & Newport Bus Tour

June 18 - 20 \$309 double occupancy
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! Stay at the Two Trees Inn. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

Canadian Island of Coudres - Quebec Bus Tour

A valid US passport or passport card required.
September 24-29 \$849 double occupancy
6 days 5 nights 11 meals - 5 Breakfast/1 Lunch/2 Dinner
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.

ONE DAY BUS TRIPS 2019!

Sponsored by Adirondack Trust Co. Community Fund

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.



New York City - Chelsea Pier Area

Wednesday, May 15, 2019

Cost is \$42/Members, \$67/Non-Members

Enjoy a beautiful spring day on on the West Side! Chelsea Pier, The Highline Walkway, Tribeca, or Uber to uptown and enjoy the day shopping.

Lake Placid

Tuesday, July 9, 2019

Pricing and Details Coming

Salem, Massachusetts

Thursday, October 17, 2019

Cost is \$45/Members, \$70/Non-Member

Historic Salem is a city of layers—one historical era layered upon another. But don't forget to explore the witchy side of Salem too! Optional hop on/hop off trolley is an additional \$18. Sign up for trolley with trip signup.

New York City Trip: Bryant Park

Wednesday, December 4, 2019

Cost is \$42/Members, \$67/Non-Member

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

Turning 65? Retiring?

You can count on MVP to help you find the right Medicare plan.

Call **1-800-324-3899**

TTY: 1-800-662-1220

Monday-Friday, 8 am-8 pm

Visit joinMVPmedicare.com



DO YOU HAVE LOW VISION?

Do you have difficulty reading the newspaper, watching TV, setting appliance dials, preparing meals, telling time, identifying money or writing checks?

There is help!

Contact NABA for -

- * low vision exam & magnifiers
- * talking clocks & vision aids
- * large print calendars & items
- * vision rehabilitation services for independent living



NABA

Northeastern Association of the Blind at Albany

301 Washington Avenue
Albany, NY 12206

P: (518) 463-1211

www.naba-vision.org
Visit us on Facebook!

WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged

**Prices listed are per month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Osteo 3	9-10:30: Watercolor Lab	9:30-2: Rug Hooking (\$5)	8:30-9:30: Osteo 3	10-12: Clay Arts (formerly ceramics & Sculpture)(\$20)
9:00: Walking Club (\$5)	10-11:15: Gentle Yoga (\$10)	10:00: Reminiscing	9-11: Tarot Card Readings (last Thursday)	10-12: Poker (\$2)
9:30-11:30: Clay Arts (formerly Ceramics & Sculpture) (\$20)	<i>returning in March</i>	10:00: Snowshoeing	9-12: Mosaics (\$20)	12-4: Artist Lab
10-10:45: Zumba MVP Gold (Next Session 2/25--5/13/19)	10:30-12: Explorative Arts	10:00: Ukulele Jam	9-12: Fused Glass (\$10/class)	12:30-1:30: Swinging Singing Seniors
10-11: Osteo	11-30-12:15: Aerobics (\$10)	10-12: Knit & Crochet (\$2)	10-11: Osteo	12:30: Cafe - Soup & Ice Cream
11-12:30: Gentle/Chair Yoga (\$10)	11- 2 Men's Barber (\$5 per service)	11:10-12: Zumba Gold (\$2)	10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday)	1:30: "Fridays at the Center" Movies/Presentation/Social
12:30-4: Bridge (\$5)	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	12:30-2: Bingo (\$2)	11-12: Brain Gym (Beg. March - 4th Thurs)	1:30-3:45: Reiki (Feb 8th. Sign-up required. <i>Members only</i> , \$2)
1-2: Chit Chat	1-4 Ping Pong and Pool	1:00: Strength w/Aidan (\$2)	11:30-12:15: Aerobics (\$10)	
1-4: Canasta (\$2)	1:30-2:15: Pilates (\$10)	1-4 Ping Pong and Pool	12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)	
1:30-3: Painting (\$10)	3-4: Book Club (last Tuesday)	2:15: Tai Chi (\$10)	1-2: Music, Memories	
		3:00: Embury Class (One Wednesday a Month)	1-4 Ping Pong and Pool	

REOCCURRING MONTHLY EVENTS

Tarot Card Readings

Thursday February 28th, 9-11am

Card reading by the Mary Shimp! \$5

Book Club - New Members Welcome:

Tuesday, February 26th, 3pm

"Born a Crime : Stories from a South African Childhood" by Trevor Noah.

Reiki

Friday, February 8th, 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.



Computer/Technology Assistance

Call the front desk for appointment

Art and Crafts at Embury

Wednesday, February 20th, 3:00pm

Mosaics. Open to all members.

Art and Crafts at the Center with Marylou

Wednesday, February 20th, 10-12pm

Spring Easter Craft \$2

Brain Gym Kali Nagler, Saratoga Library, Free

Friday, February 8th, 2:30pm

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. Free and Open to the Public.

Tuesday, February 6th to April 17th

Call the front desk for an appointment.

Saratoga County Office For the Aging

Programs at the Center:

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.

Legal Assistance

Thursday, February 7th, 1:30pm

Call Office For the Aging at (518) 884-4100 for an appt.

Osteo Exercise Classes

Monday 8:30-9:30am and 10-11:00am

Thursday 8:30-9:30am and 10-11:00am

Sign up at Office for the Aging, (518) 884-4100.

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DON'T FORGET TO RENEW YOUR 2019 MEMBERSHIP! It's renewal time! 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!				1 Wear Red for Heart Month 10:30-12pm: Foster Grandparent Presentation 12:30-1:30pm: Soup & Ice Cream 1:30pm: Music - "Hot Club of Saratoga" with Kenneth Allday
4	5	6	7	8
	9am-2pm: AARP Taxes 10:30am-12pm: Explorative Art 4pm: 5 Points To Go "Dinner"	10:00am: Reminiscing 4:00pm: Three Vines Pizza To Go	11am: Van trip Lunch Bunch 1-2pm: Music, Memories 1:30pm: Legal Assistance	9am-3pm: Wellness Day (see p.2) 9-10am: Smartphone Skills 12:30-1:30pm: Soup & Ice Cream 1pm: Downsizing & Organizing & Carlton Hollow Apts. 1:30pm: Reiki 2:30pm: Brain Gym
11	12	13	14	15
5:30pm: Dinner: To Be Determined	9am-2pm: AARP Taxes 10:30am-12pm: Explorative Art 10:45: Van trip Troy Savings Bank 4pm: 5 Points To Go "Dinner"	10:00am: Reminiscing 3pm: Embury Craft Class 4:00pm: Three Vines Pizza To Go 5:30pm: Board Meeting	11:45am: Van trip Silver Foxes 1-2pm: Music, Memories	10am: Movie-Crazy Rich Asians 11am: MVP Medicare 12:30-1:30pm: Soup & Ice Cream 2:30pm: Social Hour 3pm: Music - "Kelsey Dodd"
18	19	20	21	22
President's Day! The Center is Closed	9am-2pm: AARP Taxes 10:15: Van trip -Hyde Museum 10:30-12: Explorative Art 4pm: 5 Points To Go "Dinner"	<i>Share the love!</i> 8:30-9:30am: Breakfast 10:00: Spring Craft w/ Marylou 10:00am: Reminiscing 11am: Meet Elizabeth Sobol 11:30am-1pm: SPAC ticket sale 1-2pm: Savin Money & Helping! 4:00pm: Three Vines Pizza To Go	10:30am: Van trip Cafe Lena 10:30am-12pm: Alzheimer's Caregivers Support Group 1-2pm: Music, Memories	12:30-1:30pm: Soup & Ice Cream 12:30pm: Trip Buddies/Travel Club 1:30pm: Scams & Frauds
25	26	27	28	
10-10:45am: Zumba MVP 5:30pm: Dinner 9 Miles East	9am-2pm: AARP Taxes 10:30am-12pm: Explorative Art 9:30am: Van trip Albany Museum 3-4pm: Book Club 4pm: 5 Points To Go "Dinner"	10:00am: Reminiscing 4:00pm: Three Vines Pizza To Go	9-11am: Tarot Card Reading 10:15: Van trip - Salt Cave 1-2pm: Music, Memories	