

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Permit No. 120



Saratoga Senior Center
NEWSLETTER
APRIL 2019

NEW!



SPRING FLING LUNCHEON & HAT CONTEST AT THE CENTER



Sponsored by Clear Captions

Tuesday, April 16th, 1:30pm, Diamond Club - Embassy Suites. Sign up, \$10 per person.

French Onion Soup, 1/2 Chicken Salad sandwich, Garden Salad with Balsamic dressing and dessert.

Showoff your "SPRING HAT" - design your own, sport your favorite vacation or team hat - anything goes! Gift card prizes for 1st, 2nd and 3rd place, plus some fun "booby" prizes provided by Deborah Grant from Clear Captions.

Don't have a hat? Come to the Center on Wednesday, April 10th, 10-12 and make your hat with the help of Marylou. Supplies provided, but you can also bring your favorite decorations or hat! \$3 for hat making class.



SILENT WINGS - BIRDS OF PREY, Sponsored by Herzog law



Friday, April 5th, 1:30pm, \$2 Open to the Public

Join Trish Marki, for an informative presentation about the unique behavior of owls, falcons and other birds of prey, the conservation issues that impact them, and the human impact on species survival. It is a rare and fun opportunity to see these beautiful and graceful birds up close. Bring your camera.



MONTHLY CHEF DINNER at the Center Sign up. \$12 per person, members only.

Each month the Center will host a local restaurant to prepare and serve their specialties at the Center. Don't miss out on this affordable way to dine with Saratoga's finest Chef's.

Wednesday, April 24th, 5:30pm - OSTERIA DANNY

Live music 4:30-5:30

Garden Salad, Chicken Francais, Pasta, Vegetable, Butterscotch Rice Pudding



"MONTHLY BREAKFAST & LEARN" Presentation by Janney, Montgomery, Scott

Wednesday, April 17th, 8:30am, \$3.00 for breakfast

Start the day right - feed your brain and your belly! Enjoy a hot pancake breakfast and get tips on how to "Fine Tune" your finances! Bring any and all questions. Don't want breakfast, come to the presentation at no cost.



AGING SAFELY IN PLACE (ASIP) Presented by Saratoga Regional Therapy



Thursday, April 18, 5:00pm free and open to the public

For adults living in the community looking to age safely in place, the Regional Therapy Center now offers the Aging Safely in Place (ASIP) Rehabilitation Assessment and Recommendations Program. ASIP is a comprehensive, multi-disciplinary rehabilitation program to specifically assess an individual's current cognition, mobility, abilities in activity of daily living, and home environment. Take this opportunity to learn about this program.



DEMENTIA CONVERSATIONS Presented by Kathryn Keary, Alzheimer's Association

Tuesday, April 30th, 11am free and open to the public

This program will offer helpful tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans. This program is primarily designed for adults who have a family member or close friend beginning to experience Alzheimer's or another dementia.



Hours: Monday-Friday, 8am-4pm / Tuesdays and Wednesdays, 8am-5pm
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FOOD, FUN & FRIENDS AT THE CENTER

FRIDAY'S AT THE CENTER Friday Activities sponsored by CDPHP Cultural Events Sponsored by Saratoga Casino and Raceway



Friday, April 5th, 1:30pm, \$3, Open to the Public
Sponsored by Herzog Law
SILENT WINGS - BIRDS OF PREY
See Front Page for details



Friday, April 12th, 1:30pm, free
COOKING AND TASTING WITH SIOBHAN CORNELL COOPERATIVE EXTENSION



What magic is Siobhan cooking up this week - Avocado Toast and the many ways to prepare it! Always something fun, easy, and delicious!

Friday, April 19th, 1:30pm, \$2
MOVIE: "GREEN BOOK", Snacks provided.
Bouncer Tony Lip is hired by African-American musician



Don Shirley to chauffeur him around the Jim Crow South in 1962 for an eight-week concert tour. The mismatched men form a friendship as Tony learns first-hand the racism Don must endure to perform.

Friday, April 26th, 10am, Free. Open to the Public
CHARLIE KUENZEL PRESENTATION
Charlie has the best stories of the rich and colorful past of Saratoga. Come and spend an hour listening to the tales of our city with a good friend!



Friday, April 26th, 12:30pm-1:30pm
TRAVEL CLUB / TRIP BUDDIES
Join our travel club, share travel stories and meet new travel buddies! 2020 trips to be announced.



Serving Soup 12:30pm - 1:30pm, \$2 per cup
Soup prepared and donated by Knights of Columbus



MY ACTIVE CENTER ONLINE CLASS SIGN UPS

Beginning April 1st, you will be able to sign up online for classes, new memberships, and membership renewals. Learn how to use this function on Tuesday, April 9th from 1-3 and Thursday, April 12th, 12-3, every half hour. Please sign up at front desk.



"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.

April 2nd	Lasagna w/Sweet & Hot Sausage, Garlic Bread
April 9th	Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
April 16th	Meatloaf, Seasoned Potato Wedges, Corn
April 23rd	Swedish Meatballs over Egg Noodles w/Buttered Carrots
April 30th	Ziti w/Meatballs and Cheese Ravioli and Garlic Bread

Place your order by Noon.



"GRAB & GO LUNCHES"

Every day at the Senior Center, \$7.00. See front desk for details.

Choice of: Turkey Salad on a croissant, Rare Roast Beef piled high on a Kaiser roll, Salad with Mixed Greens, Hard Boiled Egg, Diced Turkey & Ham, Swiss Cheese or a Veggie Wrap



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

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.



FRESH PRODUCE

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Thursday afternoons. We are looking for volunteers who will help with picking up the produce in Latham.

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.

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GROUPS & GATHERINGS

NEW - GETTING BETTER WITH AGE! - *"the things wisdom didn't tell me"*



Sponsored by Herzog Law
10:00-11:30, Thursdays Free

Ever asked yourself "Now what?" "What's next?". Come join our new group to find out! Through informative, interactive and discussion groups, we will explore coping skills and tools to help with the challenges of aging.

Reminiscing: Wednesdays from 10-11am
Sponsored by Home of the Good Shepherd



Meet a new friend & talk about the good ole' days!

Chit Chat: Mondays from 1-2pm

Join Skidmore intern Dessy for a fun hour of chit chat, laughs and snacks.

"Silver Foxes" Second Thursday of every month at 11:45am

Join the Silver Foxes Men's Lunch Group at Skidmore Dining Hall for good food, camaraderie and laughs.

Music, Memories & Nostalgia: Thursdays from 1-2pm

Join Skidmore intern Dessy, for an hour of music that will trigger memories and transport you back in time.

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 you need. *Free and open to the public.*

NEW SKIDMORE GROUPS COMING IN THE SPRING:

Walking and Nature and Music.

Watch e-blasts, website and newsletter for information.

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2019 VAN TRIPS

(Members Only)

Lunch Bunch – 110 Grill, Crossgates Mall Thursday, April 4th

110 Grill is where contemporary dining and innovative cuisine meet. Here we are passionate about pure flavor, quality ingredients, and the cultivation of an inviting atmosphere that can play perfect host to lunch with friends. Shop a little before lunch. We leave the Center at 9:30am. *Pay \$10 at sign up. Please bring additional money for lunch and shopping.*

Troy Savings Bank, Music at Noon “Hot Tuesday” Tuesday, April 9th

Hot Tuesday, a gypsy jazz ensemble from the Capital Region, plays the upbeat, infectious music of Django Reinhardt, Stephane Grappelli and 1930s Paris. Lunch 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, April 11th

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.*

Saratoga Automobile Museum Tuesday, April 16th

Wheels of Change: Cars & Culture of the 1960s
Guided tour of the Museum. The 1960s were one of the most tumultuous and divisive decades in world history. In stark contrast to the 1950s, the Auto-Industry also saw dramatic changes. Styling, safety, size and so much more evolved. Lunch at PJ’S Bar-B-QSA. *Pay \$2 van fee at sign up. Please bring \$5 admission & money for lunch. Leave at 10:15.*

Norman Rockwell Museum Thursday, April 18th

Rockwell was one of the most talented and famous artists and illustrators from the 1910’s to the 1970’s. He is most famous for his Saturday Evening Post magazine cover illustrations, and this museum has a room with every cover. A gallery guide will introduce you to the art and life of Norman Rockwell during an orientation talk! Lunch at Pleasant & Main. *Pay \$33 at sign up. Please bring additional money for lunch. Leave at 9:15am. Return about 4:00pm.*

Arkell Museum, Canajoharie Tuesday, April 23

The Arkell Museum collects, preserves, researches and presents American Art and Mohawk Valley History. Exhibits include *November 11, 1918-* the cease fire between the Allies and Germans and *Marketing the Mohawk* - images of the Mohawk Valley that Beechnut used in advertising and much more. Lunch at the Village Restaurant. *Pay \$17 at sign up. Please bring additional money for lunch. Leave the center at 9:30am.*

Adirondack Salt Cave Thursday, April 25th

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. Lunch at the Harvest Restaurant. We leave the Center at 10am. *Pay \$22 at sign up. Please bring additional money for lunch. Must have 8 signed up for trip to go.*

Cafe Lena - Tour and Record Listening Event Friday, April 26th

Enjoy a guided tour of the infamous Cafe Lena. After the tour stay for a free record listening event with Chuck “Rochmon” Vosgianian while eating lunch. Bring your own lunch or order 5 Points Grab n’ Go sandwiches from the front desk by Wed., April 24th. Coffee will be served at Cafe Lena. We leave the Center at 11:15am. *Pay \$2 at sign up. Please bring \$5 for tour.*

Walkway Over the Hudson Tuesday, April 30

Walk over the Historic Hudson River in Poughkeepsie and take in the fresh air and breathtaking views. Interpretive signs and cell phone tour available. Walk 1.28 miles at your own pace. Delicious lunch at Alex’s Restaurant following walk. *Pay \$20 at sign up. Please bring additional money for lunch. Leave the Center at 8:30am and return about 4:30pm.*

Yankee Stadium - Yankees vs. Arizona Diamondbacks Wednesday, July 31, 1:00pm game

If you are interested, please sign up at front desk. Details coming.



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

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TRIPS & EXCURSIONS

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

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.

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.

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 Breakfasts / 2 Dinners. Combine stately New England beauty and 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. *Please sign up by April 12th.*

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 Breakfasts / 1 Lunch / 5 Dinners
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! Subsidized by Adirondack Trust Co. Community Fund

RESCHEDULED/NEW DATE

Culinary Institute of America (CIA)
Sponsored by Saratoga Life - Medicare Products
Wednesday, September 11, 2019

Cost is \$90/Members, \$115/Non-Members

A tour of the famous Culinary Institute of America, followed by a 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 the West Side! Chelsea Pier, The Highline Walkway, Tribeca, or Uber to uptown and enjoy the day shopping.

Lake Placid Tuesday, July 9, 2019

Cost is \$28/Members, \$53Non-Members

A visit to Lake Placid is a complete experience. Downtown there are art galleries to explore, spas to pamper yourself in, and a wide range of restaurants to dine. Don’t forget about the beauty of Mirror Lake and Lake Placid. Details for optional boat cruise on Lake Placid coming as soon as the marina opens for business.

Salem, Massachusetts Sponsored by CDPHP

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 Sponsored by CDPHP

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!

2020 TRIPS - Details coming soon

Spectacular South Africa
South Pacific Wonders - Australia and New Zealand
Rediscover Cuba
Shades of Ireland
Discover Scotland
Spotlight on Sante Fe Holiday
Painted Canyons of the West - Utah’s 5 National Parks

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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 Cards (last Thursday)	10-12: Poker (\$2)
9:30-11:30: Clay Arts (formerly Ceramics & Sculpture) (\$20)	10:30-12: Explorative Arts	10:30: Snowshoeing	9-12: Mosaics (\$20)	12-4: Artist Lab
10-10:45: Zumba MVP Gold (Next Session 2/25--5/13/19)	11:30-12:15: Aerobics (\$10)	10:00: Ukulele Jam	9-12: Fused Glass (\$10/class)	12:30: Cafe - Soup \$2 per cup
10-11: Osteo	11- 2 Men's Barber (\$5 per service)	10-12: Knit & Crochet (\$2)	10-11: Osteo	1:30: "Fridays at the Center" Movies/Presentation/Social
11-12:30: Gentle/Chair Yoga (\$10)	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	11:10-12: Zumba Gold (\$2)	10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday)	1:30-3:45: Reiki (2nd Friday) Sign-up required. Members only, \$2
12:30-4: Bridge (\$5)	1-4 Ping Pong and Pool	12:30-2: Bingo (\$2)	11-12: Brain Gym (4th Thursday)	
1-2: Chit Chat	1:30-2:15: Pilates (\$10)	12:30-2:30: Wii Bowling	11:30-12:15: Aerobics (\$10)	
1-4: Canasta (\$2)	3-4: Book Club (last Tuesday)	1:00: Strength w/Aidan (\$2)	12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)	
1:30-3: Painting (\$10)		1-4 Ping Pong and Pool	1-2: Music, Memories	
		2:15: Tai Chi (\$10)	1-4 Ping Pong and Pool	
		3:00: Embury Class (One Wednesday a Month)		



Thank you to CDPHP for sponsoring our Health and Wellness classes.



Thank you to Herzog Law for sponsoring our Arts and Crafts classes.

REOCCURRING MONTHLY EVENTS

Tarot Card Readings

Thursday, April 25th, 9:00-11:00am

Card reading by the Mary Shimp! \$5

Book Club - New Members Welcome:

Tuesday, April 29th, 3:00pm

"Exit West" by Mohsin Hamid. Saratoga Library Annual book pick; presents immigration via personal stories. "...suspense, sparkling dialogue, and compassion."

Reiki

Friday, April 12th, 1:30pm

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

Art and Crafts at Embury

Wednesday, April 17th, 3:00pm

Open to all members.



Make A Spring Hat for the Spring Fling Lunch

Wednesday April 10. 10-12

Make your hat for the hat contest with the help of Marylou. Supplies provided, but you can also bring your favorite decorations or hat!

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

Brain Gym Kali Nagler, Saratoga Library, Free

Thursday, April 25th, 11:00am

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.

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 - painting, felting, photography and more

Saratoga County Office For the Aging Programs:

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, April 4th, 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.

APRIL 2019

Thank you to United Healthcare for sponsoring our Social Activities.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00-10:45am: Zumba MVP	2 9:00am-2:00pm: AARP Taxes 10:30am-12pm: Explorative Art 4:00pm: 5 Points To Go Dinner	3 10:00am: Reminiscing 2:15pm: Tai Chi	4 9:30am: Van Trip Lunch Bunch 10am: "Getting Better with Age" 1:00-2:00pm: Music, Memories 1:30pm: Legal Assistance	5 12:30-1:30pm: Soup 1:30pm: Owls, Falcons, & Raptors
8 10:00-10:45am: Zumba MVP	9 9:00am-2:00pm: AARP Taxes 10:30am-12pm: Explorative Art 10:45am: Van Trip - Music at Noon 4:00pm: 5 Points To Go Dinner	10 10:00am: Reminiscing 10am-12pm: Make a Spring Hat Class 2:15pm: Tai Chi	11 10am: "Getting Better with Age" 11:45am: Van trip - Silver Foxes 1:00-2:00pm: Music, Memories 1:30pm: Legal Assistance 6-10: Sipping For Seniors	12 9:00-10:00am: Smartphone help with JD 12:30-1:30pm: Soup 1:30pm: Reiki 1:30pm: Cooking with Siobhan
15 10:00-10:45am: Zumba MVP	16 10:15am: Van Trip Auto Museum 10:30am-12pm: Explorative Art 11:30am: Aerobics - FREE 1:30pm: Lunch & Hat Contest 4:00pm: 5 Points To Go Dinner	17 8:30am: Breakfast & Learn 10:00am: Reminiscing 2:00-3:30pm: MVP 2:15pm: Tai Chi 3:00pm: Embury Class 5:30pm: Board Meeting	18 9:15: Van Trip Norman Rockwell 10am: "Getting Better with Age" 10:30am-12:00pm: Alzheimer's Support Group 11:30am: Aerobics - FREE 5:00pm: "Aging Safely in Place"	19 12:30-1:30pm: Soup 1:30pm: Movie - "Green Book"
22 10:00-10:45am: Zumba MVP	23 9:30am: Van Trip - Arkell Museum 10:30am-12pm: Explorative Art 11:30am: Aerobics - FREE 4:00pm: 5 Points To Go Dinner	24 10:00am: Reminiscing 2:15pm: Tai Chi 5:30pm: Dinner - Osteria Danny	25 10:00am: Van Trip Salt Cave 10am: "Getting Better with Age" 11am-12pm: Brain Gym 11:30am: Aerobics - FREE 1:00-2:00pm: Music, Memories	26 10:00am: Charlie Kuenzel 11:15am: Van Trip Cafe Lena 12:30pm: Trip Buddies/Travel Club 12:30-1:30pm: Soup
29 10:00-10:45am: Zumba MVP	30 8:30am: Van Trip - Walkway / Hudson 10am: Alzheimer's - Conversations 10:30am-12pm: Explorative Art 3:00-4:00pm: Book Club 4:00pm: 5 Points To Go Dinner	NOTES: <ul style="list-style-type: none"> No Aerobics - April 2, 4, 9 & 11. Try an aerobics class - free April 16, 18, 23 & 25 Tai Chi is back - Wednesdays, 2:15pm Discounted SPAC tickets for Ballet, Orchestra, Chamber, Jazz Fest on sale at front desk. New Show Added - YAMATO: The Drummers of Japan. One ticket per member per show. 		