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

**NEWSLETTER**

**MAY 2019**

Saratoga Senior Center

**“MONTHLY BREAKFAST & LEARN”**

Presentation by Lynn & Joseph Golonka

Tuesday, May 14th, 8:30am,
$3.00 for breakfast

Lynn & Joseph have many years of experience in the medical field. They will share an insiders view of the hospital system. Based on their book “Hospital Battlefield”, this presentation will help you prepare if you ever have a hospital visit.

If you don’t want breakfast, you can still come to the presentation at no cost.

**MONTHLY CHEF DINNER at the Center: New Price! $10 per person. Sign up, 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 Chefs.

**“TAKE 5” TUESDAY TO GO DINNERS AT THE CENTER**

FEATURED MEALS BY SARATOGA 5 POINTS DELI

- May 7th Shepherd’s Pie, Dinner Roll
- May 14th Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
- May 21st Roast Pork, Garlic Mashed Potatoes & Green Beans
- May 28th Manicotti stuffed with Spinach, Roasted Red Peppers, Sweet Sausage and Garlic Bread

**SPAC DISCOUNTED TICKETS ARE ON SALE!**

SPECIAL SIGN UP DAY! MONDAY, MAY 6TH, 9:30am-11:30am

Are you a member of the Center? If not, this member benefit is a great reason to join! Discounted seats for the NYC Ballet, Philadelphia Orchestra, Chamber Music, Jazz Fest and more! One ticket per member per show. Purchase at Front Desk. For information call 518-584-1621.

**THE SENIOR CENTER IS CLOSED FRIDAY, MAY 17th**

Sherwin Williams and Rebuilding Together Saratoga are volunteering their time and supplies to paint the Kilmer, Community and Dining Room. We need volunteers to help. If you are available, contact Lawrence at 518-584-1621 ext 209.
SPRINGTIME AT THE CENTER

- Cycling Group - Wednesdays, 10am. Begins May 15th. Sign up at the front desk.
- Golf League - Tuesdays, 9-10am tee time. Play at Spa State Park. Sign up at the front desk.
- Join our Gardening Club! We garden at the Center and at Pinney Farms Meadows.
- Bocce Ball on the back lawn
- Mexican Train Dominoes - Last Friday of the Month, 1pm. Please sign up
- NEW! CHAIR YOGA & DEEP BREATHING - Mondays 11-12:30.

The restorative and health benefits of deep breathing is extremely beneficial, it enhances mood, memory and promotes calmness. It also helps those with Dementia and Alzheimer’s disease.

LUNCHTIME CONCERT SERIES AT NOON

*Rain Location: Saratoga Senior Center
June 4th: Joe Club of Saratoga - Saratoga Senior Center
June 11th: Bear Grass - Ben and Jerry’s
June 18th: Taina Asili y La Banda Rebelde - Ben and Jerry’s
June 25th: The Sea the Sea - Ben and Jerry’s

Save the Date: HEALTH & WELLNESS FAIR
Thursday, June 6th, 9:00am-12:30pm. Free & Open to the Public.
Meet with over 30 specialists and healthcare professionals.

Interactive Events
- Red Cross Bloodmobile
- H.O.P.E. Pet Adoption Clinic
- Aromatouch Hand Therapy
- Reiki
- Cooking Class
- Tarot Card
- and More!

Presentations:
- 9am: Medical Marijuana with Jennifer Symon
- 10am: Senior Safety presented by the Saratoga Springs Fire Department
- 11am: Dave Patterson - Saratoga's History
- 1:00pm: Open Mic with local High School talent

FRESH PRODUCE
The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays after 11am. Every one must check in on the Food Bank button on the computer. Bring your own bags.

TRANSPORTATION
Supported by Stewart’s Shops, United Way and Price Chopper's Gold 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, ext 206.

FINANCIAL 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.

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MOBILITY MOBLE
Saratoga Arts made this program possible with a Community Arts Grant funded by Saratoga Arts made this program possible with the support of Governor Andrew Cuomo and the New York State Legislature.

PRESIDENTIAL LIBRARY PROGRAMS
- Music, Memories & Nostalgia: Thursdays from 1-2pm
- Dining Hall for good food, camaraderie and laughs.
- Join the Silver Foxes Men’s Lunch Group at Skidmore Dining Hall for good food, camaraderie and laughs.
- Love music?! Join us for an hour of music that will trigger memories and transport you back in time.
- “Silver Foxx” Second Thursday of every month at 11:45am Join the Silver Foxx Men’s Lunch Group at Skidmore Dining Hall for good food, camaraderie and laughs.
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AERIAL ARTS
This is a FREE program, Space is limited, please preregister by calling the Senior Center at 518-584-1621 ext. 206.

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MR. BROWN'S APOTHECARY
Saratoga’s former pharmacist shares information about medicine through the ages.

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Valley Artisans Market in Cambridge
Tuesday, May 7th
Visit one of the oldest arts cooperatives in the country. Local fine artists and craftsmen work in a variety of hand-crafted media including glass, paper, cloth, photography, oil paintings, pastels, wood, mosaic, sculpture, metal, jewelry, ceramics and more. Sharon Kingbury, our Clay Arts instructor, has a show of her work at the Market, titled “Glass Houses.” Lunch at the Village Cafe after. We leave the Center at 11:45am. Pay $2 at sign up. Please bring additional money for lunch and shopping.

Silver Foxes
Thursday, May 9th
Join the men’s lunch group and head to Skidmore Dining Hall for lunch. We leave the Center at 11:45am. Pay $10 at sign up. Please bring additional money for lunch.

Tulip Festival - Washington Park, Albany
Friday, May 10th
Enjoy a guided tour of over 150 different kinds of tulips in Washington Park with City Gardener Jessica Morgan. Afterwards, we’ll be having lunch at Albany Pump Station. We leave the Center at 9am. Pay $10 at sign up. Please bring additional money for lunch. Weather dependent.

Lunch Bunch - Up River Cafe, Lake Luzerne
Tuesday, May 14th
Awesome hood overlooking the Hudson River. Pay $10 at sign up. Please bring additional money for lunch. Leave at 11:15am.

Walkway Over the Hudson
Tuesday, May 21st
Walk over the Historic Hudson River in Poughkeepsie and take in the fresh air and breathing views. Interpretive signs and cell phone tour available. Walk 1.2 miles at your own pace. Delicious lunch at Gateway Diner following walk. Pay $20 at sign up. Please bring additional money for lunch. Leave the Center at 8:30am.

Dakota Ridge Llama Farm
Thursday, May 23rd
Don’t miss this unique opportunity for a working farm tour at Dakota Ridge in Ballston Spa. You will have a personal pace. Delicious lunch at 5 Points Deli Church, Robert Frost’s grave site, providing information about the history of the area. Order lunch from 5 Points Deli at the Front Desk. Pay $36 at sign up, includes van, admission and lunch. Leave at 8-4:30pm.

Old Bennington Step-on Guide Tour
Tuesday, May 28th
In addition to a guided tour of the museum’s galleries, one of our trained docents will board the coach to guide your group as they explore the Bennington Monument, Old First Church, Robert Frost’s grave site, providing information about the history of the area. Order lunch from 5 Points Deli at the Front Desk. Pay $36 at sign up, includes van, admission and lunch. Leave at 8-4:30pm.

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.

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.

A truly different osseted living community for the memory impaired.
Embracing long term memories. Tracing mind, body and spirit.
Empowering our residents to thrive the Peregrine Way®
Call today for more information or to schedule a tour.

1 Emma Lane, Clifton Park, NY 12065
518-871-3200
www.cliftonparkmemorig.com

2019 VAN TRIPS (Members Only)

2019 TRIPS & EXCURSIONS

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

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 Canadian Island of Coudres, Guided Tour of Quebec City, Whale Watching.

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-4th, 2019 ($4999 double)
Highlights: Big Ben, Cordoba, Royal Alcazar of Seville, Jerez de la Frontera, Tangier, Chefchaouen, Mausolaum of Mohammed V, Marrakech, ElBaha 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

Discover Cuba - A Cultural Exploration
April 26th - May 5th, 2020 ($3,899 double) Visit Cuba and explore its art, history and culture! Experience the power of travel to unite two peoples in a true cultural exchange.

Discover Spectacular South Africa Culture & Nature in Harmony
March 19th–31st, 2020 ($5,199 double) South Africa’s cosmopolitan cities, posh resorts, expansive desert, magnificent wildlife and fertile wine country combine with a harmonious mix of many cultures to create a beautiful mosaic to discover on this fascinating tour.

EXCURSIONS
Collette Tours, Open to the Public

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New York City - Chelsea Pier Area
Wednesday, May 15, 2019
Cost is $42/Members, $67/Non-Members
Leave 7am from the Saratoga Train Station on West Ave. 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, $53/Non-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.

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.

Salem, Massachusetts
Sponsored by CDPHP Thursday, October 17, 2019
Cost is $42/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 Santé Fe Holiday
Painted Canyons of the West - Utah's 5 National Parks
**WEEKLY ACTIVITIES**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:30: Osteo 3</td>
<td>9:00: Golf League</td>
<td>9:30-2: Rug Hooking ($5)</td>
<td>8:30-9:30: Osteo 3</td>
<td>10-12: Clay Arts ($20)</td>
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<tr>
<td>9:00: Walking Club ($5)</td>
<td>9:10-10:30: Watercolor Lab</td>
<td>10:00- Reminiscing</td>
<td>9:11: Tarot Cards (last Thursday)</td>
<td>10:00: &quot;Fridays at the Center&quot; Movies/Presentation/Social</td>
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<td>9:30-11:30: Clay Arts ($20)</td>
<td>9:10-11:15 Gentle Yoga ($10)</td>
<td>10:00- Eoking</td>
<td>9:12: Mosaics ($30)</td>
<td>10:12: Poker ($2)</td>
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<tr>
<td>10-10:45: Zumba MVP Gold (Ends May 13)</td>
<td>10:00-30: Explorative Arts</td>
<td>10:00- Ukulele Jam</td>
<td>10-11: Osteo</td>
<td>12-4: Artist Lab</td>
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<td>10-11: Osteo</td>
<td>11:30-12:15: Aeronics ($10)</td>
<td>10-12: Knit &amp; Crochet ($2)</td>
<td>10:11-13:00: Getting Better with Age</td>
<td>12:30- Cafe - Soup $2 per cup</td>
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<td>11-12:30: Gentle/Chair Yoga ($10)</td>
<td>11-2: Men's Barber ($5 per service)</td>
<td>11:10-12: Zumba Gold ($2)</td>
<td>10:30-12: Alzheimer Support Group</td>
<td>1:00: Mexican Train Dominos</td>
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<td>12:30-4: Bridge ($)</td>
<td>1-2: Chair Chat</td>
<td>12:30-2: Bingo ($2)</td>
<td>11-12: Brain Gym (4th Thursday)</td>
<td>1:30-3:45: Reiki (2nd Friday)</td>
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<td>1-2: Chair Chat</td>
<td>1-4: Canasta ($2)</td>
<td>12:30-3:50: Wii Bowling</td>
<td>11:30-12:15: Aerobics ($10)</td>
<td>Sign-up required. Members only. $2</td>
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<td>1:30-3: Painting ($10)</td>
<td>1:30-2:15: Pilates ($10)</td>
<td>1-4: Ping Pong and Pool</td>
<td>12:30-4: Canasta, Rummy, Pinochle, Mahjong, ($2)</td>
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**Thank you to CDPHP for sponsoring our Health and Wellness classes.**

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

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**REOCCURRING MONTHLY EVENTS**

**Tarot Card Readings**
NO Readings this Month
Card reading by the Mary Shimp! $5

**Book Club - New Members Welcome:**
Tuesday, May 28th, 3:00pm
Book Club - New Members Welcome
$5 Card reading by the Mary Shimp!

**Art and Crafts at Embury**
Wednesday, May 15th, 3:00pm
Open to all members.

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**MAY 2019**

**Thank you to United Healthcare for sponsoring our Social Activities.**

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**AARP Safe Driver Class presented by Allan Miller Tuesday, May 28-9.3**
$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.

**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.saratogacounty gov](http://www.saratogacounty.gov).

**Legal Assistance**
Thursday, May 2nd, 1:30pm
Call Office For the Aging at (518) 584-844-410 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.

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**REOCCURRING MONTHLY EVENTS**

**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, May 30th, 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.

**Smartphone Skills for Seniors**
Friday, 9-10am (2nd Friday of month)
Shrink the technology gap! Join IT specialist Damian Redman for tips and personalized assistance for your iPhone, iPad, or Android device.

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