SUMMER HOURS AND CHANGES
• The Saratoga Senior Center will close at 2:30pm on Fridays during July and August.
• There will be no Reiki during the summer - it will resume in September.
• There will be no Aerobics on Tuesday, July 2nd, or Thursday, July 4th, and no Tai Chi on Wednesday, July 3rd.

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

BROOKS BBQ
TUESDAY, JULY 16TH, 4:00pm-6:30pm
Sponsored by Empire BlueCross BlueShield
to benefit the Saratoga Senior Center & Saratoga Children’s Theatre
Chicken Dinner: $12.50
Rib Dinner: $14.50
All dinners include Baked Potato, Coleslaw, Roll & Butter
• Pick up or eat in at the Saratoga Senior Center
• Bulk Orders Delivery (15 or more): We will deliver to your office or place of business!
• Valet Service Pick Up: Super easy - skip finding a parking space and getting out of the car!

Call the Center to order now! (518) 584-1621

“TAKE 5” TUESDAY TO GO DINNERS AT THE CENTER
Meals By 5 Points Deli, Sponsored by Aubrey Guri Team
A portion of every dinner sold supports the Center. $9.50/dinner.
Pick up is 4-5:30pm at the Center. Call 518-584-1621 by noon to place your order.
July 2nd       BBQ Pulled Chicken, Coleslaw, Mac-N-Cheese & Roll
July 9th   Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
July 23rd  Manicotti stuffed with Spinach, Roasted Red Peppers and Sweet Sausage and Garlic Bread
July 30th  Meatloaf, Seasoned Potato Wedges, Corn

SPAC TICKETS - SPECIAL MEMBER PRICING!
Have you purchased your SPAC tickets yet? Are you a member of the Center? Get your tickets to the Ballet, Orchestra, Chamber Music and more for ridiculously low prices at the Senior Center Front Desk!
Not a member? Join today and take advantage of this member perk and more! One ticket per member per show. Purchase at Front Desk. For information call 518-584-1621.

TRAVEL SLIDESHOW
Wednesday, July 17th, 1:30pm-3:00pm at the Saratoga Senior Center
Explore our excursion to Spectacular South Africa during this trip highlights presentation. $50 off for every attendee that puts a deposit down that day. Free and Open to the Public. See inside for details.

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MVP HEALTH CARE
Call 1-800-324-3899
TTY: 1-800-662-1220
Monday–Friday, 8am–8pm
Visit joinMVPmedicare.com

The Summit at Saratoga
Independent Senior Living Community
518-926-9003 • SummitSaratoga.com
1 Perry Road • Saratoga Springs, NY 12866

Turning 65? Retiring?
You can count on MVP to help you find the right Medicare plan.

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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

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FOOD, FUN & FRIENDS AT THE CENTER

FRIDAYS AT THE CENTER
Friday Activities sponsored by Saratoga Life

I SCREAM, YOU SCREAM,
WE ALL SCREAM FOR ICE CREAM!
Every Friday, 12:30pm-1:00pm
Serving Ice Cream, $2 per cup

FARMERS’ MARKET
Every Friday, 11:00am-1:00pm
Office For the Aging will be here to distribute Farmers’ Market coupons. If you have any questions, please contact Office For the Aging at (518) 884-4100.

LUNCHTIME CONCERT SERIES AT NOON
Every Tuesday, June 4th - July 9th. Free & Open to the Public.
*Rain Location: Saratoga Senior Center

SILVER SNEAKERS BALANCE BUILDER WORKSHOP
Sponsored by Empire BC/BS
Tuesday, July 9th, 12:00pm-1:00pm at the Saratoga Senior Center. Free & Open to the Public.
Hosted by Kristina from Silver Sneakers, this workshop will teach you how to build balance, improve strength and increase flexibility! For questions or more information, please call 518.584.1621, ext 203.

NEW! ALZHEIMER’S AT THE CENTER
A local representative from the Alzheimer’s Association of Northeastern New York will be at the Saratoga Senior Center on Fridays from 9am-3pm, to meet with individuals and families who need information with Alzheimer’s disease or other dementias that offers a creative and non-verbal way of communicating and providing support and services. Please schedule an appointment with Katie Keary at 518-867-4999, ext. 1680 or KatieK@alz.org. Coming in August: “Memories in the Making” is a unique fine arts program for people with Alzheimer’s disease or other cognitive impairments. Please contact Office For the Aging at (518) 884-4100 for more information.

HOW TO SUPPORT YOUR SENIOR CENTER
Want to give back to the Center and support our seniors? Here’s a list of all the ways you can help!

• Amazon Smile - Do you shop on Amazon? A percent of your sales can benefit the Center. Visit smile.amazon.com, login into your Amazon account as usual, and select Saratoga Senior Center as your charity. That’s it!

• Hoffman’s Car Wash - For every $10 car wash ticket you purchase (we sell them here), we get a $4 donation from Hoffman!

• Clothing Donations - For every pound of clothing donations we receive (the blue box in the parking lot), the Center gets a donation!

• Tuesday To-Go Dinners - Buy a 5 Points Deli to-go dinner every Tuesday night, pick it up at the Center, and a portion of the proceeds goes to the Center.

FOOD ASSISTANCE
The Senior Center is partnering with the Regional Food Bank so we can provide you with food production on Tuesdays after 11am. Everyone must check in on the Pastry and Produce button on the computer. Bring your own bags.

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 is a complimentary shuttle from area housing sites to the Price Chopper. Call Nicole at 518-584-1621, ext. 206.

SARATOGA ARTS

The Heart of Senior Home Care Services
Providing compassionate, quality care within the comfort and security of your own home.

Saratoga Hospital
people you trust care for you.

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

Karen Wojack-Hess Homes
518-366-8411
kwhomes@gmail.com
Karen@GH.com

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

SENIOR SUPPORT SERVICES

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.

GROUPS & GATHERINGS
New Time! GETTING BETTER WITH AGE! “the things wisdom didn’t tell me”
Sponsored by Herzog Law
11:00-12:00, Thursdays Free
Ever asked yourself “Now what?” “What’s next?” Come join our new group to find out! Through informative, interactive 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!

Chi Chat: Mondays from 1-2pm
Join us for a fun hour of 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
Love music? Join us for an hour of music that will trigger memories and transport you back in time.

ALZHEIMER’S AT THE CENTER
Supported by Home of the Good Shepherd
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.

Alzheimer’s Caregiver Support Group
Sponsored by Home of the Good Shepherd
3rd Thursday of every month
10:30am-12pm

January 17th
2nd Thursday of every month
10:30am-12pm

February 21st
2nd Thursday of every month
10:30am-12pm

March 21st
2nd Thursday of every month
10:30am-12pm

April 18th
2nd Thursday of every month
10:30am-12pm

May 16th
2nd Thursday of every month
10:30am-12pm

June 20th
2nd Thursday of every month
10:30am-12pm

October 24th
2nd Thursday of every month
10:30am-12pm

November 21st
2nd Thursday of every month
10:30am-12pm

December 19th
2nd Thursday of every month
10:30am-12pm

WHOLE HOUSE MAINTENANCE
Privately owned, quality work beneath the comfort and security of your own home.

Home of the Good Shepherd
Saratoga Hospital
Saratoga Springs, NY

Supported by Saratoga Hospital, Saratoga OFA and the New York State Council on the Arts with a Community Arts Grant funded by Saratoga Arts made this program possible.

For more information or to join a group, please contact Nicole at 518-584-1621, ext. 206.

Saratoga Senior Center
660 Washington Ave
Saratoga Springs, NY 12866

518.584.1621 Ext. 206

Seniors. What’s next? The things wisdom didn’t tell me. Home of the Good Shepherd

The things wisdom didn’t tell me.

The things wisdom didn’t tell me.

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The things wisdom didn’t tell me.
A day-long Adirondacks Photography Trip with Dale Willman. For early risers!
Thursday, August 15th
Get your cameras ready! Start with sunrise photos on the shores of Lake George, breakfast at the Sagamore. Continue to Up Yonda Farm, Chapel Pond. Lunch at Noonmark Diner. Pay $15 at sign up. Please bring additional money for breakfast, lunch & ice cream! Leave at 5:30am, return about 6:30pm.

Proctors and Capital Rep for 2020 / Tickets on Sale now!
• Fiddler on the Roof at Proctors Thursday, February 20, 2020, 1:30pm, $66 due at sign up
• Cats at Proctors Thursday, April 30, 2020, 1:30pm, $66 due at sign up
• Sister Act! at Capital Rep Wednesday, August 5, 2020, 2:00pm, $63 due at sign up

Lake Placid
Sponsored by Empire BlueCross BlueShield 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. Optional boat cruise on Lake Placid for $16.50, limited seats.

Culinary Institute of America (CIA) - 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.

Saratoga Life - Medicare Products Wednesday, December 4, 2019
Cost is $45/Members, $70/Non-Members Sponsored by Saratoga Life - Medicare Products

The Wild Center at Tupper Lake Tuesday, July 30th
Take a leisurely 14-mile afternoon trip through the many Islands of Lake George. The area called The Narrows, is easily the most scenic, peaceful, calming and beautiful spot on the entire lake. No roads line the water’s edge and it is easy to imagine life here hundreds of years ago. See for yourself why Lake George is called the “Queen of American Lakes.” Pay $36 at sign up. Please bring additional money for lunch & snacks. Leave the Center at 12:45pm.

Islands of the Narrows Cruise on Lake George Thursday, July 25th
Take a leisurely 14-mile afternoon trip through the many Islands of Lake George. The area called The Narrows, is easily the most scenic, peaceful, calming and beautiful spot on the entire lake. No roads line the water’s edge and it is easy to imagine life here hundreds of years ago. See for yourself why Lake George is called the “Queen of American Lakes.” Pay $36 at sign up. Please bring additional money for lunch & snacks. Leave the Center at 12:45pm.

Islands of Lake George Youth Theater Presents: “Mama Mia” Thursday, August 1st
Set in the Greek islands, Donna is preparing for her daughter’s wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother’s past in hope of meeting her real father and having him escort her down the aisle on her big day. Set to the music of ABBA, Pay $22 at sign up, includes van & admission. Leave at 11:45am.

Spanish 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.

Discover the South Pacific Wonders Australia and New Zealand November 3rd-17th, 2020 ($6,999 double)
Explore two great countries in the Southern Hemisphere – Australia and New Zealand. From the tropical splendor of the Great Barrier Reef on Australia’s northeast coast to the ethereal beauty of glacial fjords on New Zealand’s South Island and Maori cultural and geothermal wonders on New Zealand’s North Island, this journey to the lands “Down Under” brings you the best of both countries at an enjoyable pace.

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Informational Slideshow - Wed., Dec. 4th, 1:30-3pm

EXCURSIONS

Silver Foxes Thursday, July 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.

Lunch Bunch - Algonquin Restaurant on Lake George and Shopping in Bolton Landing Thursday, July 18th Take in the breath-taking views while dining on great salads, sandwiches, and burgers. The “A” is famous for the “Fish Pond” and the “Hens and Chicken.” Then stroll through the quaint village of Bolton Landing to do some shopping or have some ice cream! Pay $10 at sign up. Please bring additional money for lunch and shopping. Leave at 10:30am.

The Clark, Renoir: The Body, The Senses Tuesday, July 23rd Over the course of his long career, Renoir continually turned to the human figure for artistic inspiration. The body—particularly the nude—was the defining subject of Renoir’s artistic practice. One hundred years after his death, Renoir still courts controversy. Visit the many other exhibits on your own. Have lunch at the Clark’s Cafe .7. This is not a docent guided tour. Pay $35 at sign up. Please bring additional money for lunch. Leave at 8:30am.

 RCMP and the beauty of the Ring of Kerry. Journey to historic Blarney Castle, lean back and kiss its famous stone! and the beauty of Mirror Lake and Lake Placid. Optional boat cruise on Lake Placid for $16.50, limited seats.

Culinary Institute of America (CIA) - 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 $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!

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.

• There are no refunds for van or bus trips unless canceled by the Center
WEEKLY ACTIVITIES

Thank you to United Healthcare for sponsoring our Social Activities.

**MONDAY**
- Time TBD: Golf League
- 9:30-10:30: Watercolor Lab
- 11:15-12:15: Aerobics ($10) - no aerobics on July 2nd
- 1:30-2:30: Soapstone and Abaluster Carving ($10/$25)
- 3-4: Book Club (last Tuesday)

**TUESDAY**
- 9:30-2: Bug Hiking ($35)
- 10:00: Reminiscing
- 10:00: Ukulele Jam
- 10-12: Knit & Crochet
- 11:30: Biking
- 12:30-2: Bingo
- 12:30-2:30: Wii Bowling
- 1:00: Strength w/Adam ($2)
- 1-4: Ping Pong and Pool
- 11:30-12:15: Aerobics ($10)
- 12:30-4: Cafe, Ice Cream $2 per cup

**WEDNESDAY**
- 9:30-10:30: Healthy Bones
- 10-12: Clay Arts ($20)
- 10-11: Tarot Cards (last Thursday)
- 10:12: Mosaics ($20)
- 10:12: Fused Glass ($10/class)
- 10-12: Alzheimer Support Group (3rd Thursday)
- 11-12: Getting Better with Age
- 11:30-12:15: Alzheimer Office Hours (9-2:30pm)
- 11:30-12:15: Alzheimer Support Group (4th Friday)

**THURSDAY**
- 8:30-9:30: Healthy Bones
- 9:30-10:30: Healthy Bones
- 10-12: Canyon, Rumman, Pinocchio, Mahjong, ($2)
- 1-4: Music, Memories
- 1-4: Ping Pong and Pool

**FRIDAY**
- 9-3: Alzheimer Office Hours
- 10-12: Clay Arts ($20)
- 10:00 “Fridays at the Center” Movies/Presentation/Social
- 10-12: Poker ($2)
- 11-1: Farmers’ Market
- 11:30: Cafe - Ice Cream $2 per cup

**REOCCURRING MONTHLY EVENTS**

**Book Club - New Members Welcome:**
- Tuesday, July 30th, 3:00pm
- “Waiting for Eden” by Elliot Ackerman. This is a classic triangle story of love and friendship, a ghost story, a captivity narrative and a study of human endurance and suffering.

**Biking Group**
- Wednesdays at 11:30am

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

**Golf League**
- Tuesday morning Tee Times (time TBD)

**Tarot Card Readings**
- Thursday, July 25, 9am-11am. Sign up!

**SARATOGA COUNTY OFFICE FOR THE AGING PROGRAMS:**

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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**JULY 2019**

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- 1:30pm-3:00pm: Travel Slide show on South Africa
- 10:30am: Van Trip Lunch Bunch 10:30am-12:00pm: Alzheimer’s Support Group
- 9:00am-11:00am: Tarot Cards 12:45pm: Van Trip - Silver Foxes

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

**FOR THE AGING PROGRAMS:**

- Lunch: Served Daily in our Dining Room For menu information, please call (518) 584-1621 ext. 205 or (518) 884-4100 or visit www.saratogacounty.ny.gov.

- Healthy Bones for Life - Exercise Class (formerly Osteo)
  - 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.