Saratoga Senior Center 5 Williams Street Saratoga Springs, NY 12866

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Independent Senior Living Community 518-926-9003 | SummitSaratoga.com

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Your eyes don't have to act their age!

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Saratoga Senior Center

NEWSLETTER

OCTOBER 2019

FUN FRIDAYS ARE BACK!

Friday Activities sponsored by Saratoga Life Serving Soup 12:30pm - 1:00pm, \$2 per cup



Friday, Oct. 4th,

10:00am: MOVIE "Upside" \$2 members

2:00pm, COOKING & TASTING WITH SIOBHAN

Free (1st Friday of the month)

Getting back to basics; reviewing what you eat, how much, when, what you should be eating.

Friday, Oct. 11th, 1:00pm

LIVE MUSIC \$2 members / \$4 non-members

Bonnie Greco - Singing your favorite jazz and easy listening songs

Friday, Oct. 18th, 10:00am: MOVIE "Rocketman" \$2 members 1:00pm TRAVEL "SHOW & TELL"

Bring in your favorite picture, souvenir or memory from one of your travels to share with the group.

Friday, Oct. 25th, 9:00-11am, Game Day with Students of St. Peter's

Remember Recess in School! Come on in and play pingpong, pool, giant connect 4, corn hole and more.

1:00pm CITIZENS EMERGENCY PREPAREDNESS



SUNDAY FUN DAY - Football, Food & Fun!

Sunday, October 6th, 12:00pm-4:00pm Free. Please sign up.

New Program! Come to the Center once a month on a Sunday Funday, watch the football game, play pool, corn hole, life sized connect 4, cards and more. We will supply the snacks and you bring the beverage. Join us on a Sunday once a month



MEDICARE INSURANCE EXPO - "Changes in Medicare 2020"

Tuesday, Oct. 8th, 9:30-12, Free. Open to the Public. Sponsored by Clear Captions Presented by New York Statewide Senior Action Council and Office for the Aging. 9:30-10:30 Presentation on Changes in Medicare. 10:30-12:00- Meet with Insurance Representatives: Aetna • Blueshield of NENY • CDPHP • Empire Blue Cross • Fidelis • MVP • United Healthcare • Wellcare •



"TAKE 5" TUESDAY TO GO DINNERS AT THE CENTER

Meals By 5 Points Deli, Sponsored by Aubrey Guri Team \$9.50/dinner.

Pick up is 4-5:30pm at the Center. Call 518-584-1621 by noon to place your order. Oct. 1st Manicotti stuffed w/Spinach, Sausage, Roasted Red Peppers and Garlic Bread

Oct. 8th Roast Turkey w/Homemade Mashed Potatoes, Stuffing w/Gravy, Cranberry Sauce Oct. 15th Shepard's Pie

Oct. 22nd Spiral Ham, Scalloped Potatoes, Green Beans, Dinner Roll. Oct. 29nd Swedish Meatballs over Egg Noodles w/Buttered Carrots

A portion of every dinner sold supports the Center.



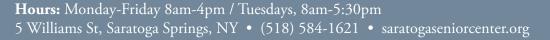
Monthly Chef Dinner at the Senior Center

Sign up, \$12 per person, members only. Sponsored by CDPHP

Tuesday, October 15th, 5:30pm Dinner. Sperry's Restaurant. Menu - Salad, Bolognese Monday, October 28th, 5:30pm Dinner. Knights of Columbus - Salad, Lasagna Please sign up.









WHAT'S NEW AT THE CENTER

NEW! **GAMES**

Funded by Lawrence H. Pohl Charitable Fund We now have corn hole, giant connect 4, hula hoops to go along with ping pong and pool. Ask at the front desk.

ROLLING WEIGHT RACK

Funded by Lawrence H. Pohl Charitable Fund YAY! You can now roll your weights from the Kilmer Room to the Strength Class.

OUTDOOR & MORE - Nature Walks With Skidmore Outdoor Club

Come to Open House, meet with the Club and go for a short walk - 1pm Saturday, September 28.

NEW CLASSES

MAHJONG LESSONS Date to be determined. Mahjong is a strategy game that originated in China. It's similar to rummy, but it's played with tiles instead of cards. Here's your chance to learn!

YOGA WITH JANET

Wednesdays, 8:00-9;30.

Begins October 23rd. October is free. Janet will guide you through a yoga flow class. This is not a gentle or chair yoga class.

REIKI IS BACK \$2

2ND THURSDAY OF THE MONTH, 9:30-12:00.

Reiki is a very specific form of energy healing, in which hands are placed just off the body or lightly touching the body, as in "laying on of hands." Call for appointment.

SKIDMORE IS BACK IN THE HOUSE!

The students of Skidmore are in the house. We will have new interns and volunteers. Let's welcome them, invite them to your groups or just to chat. One new program is the Nature Walk Program with the Outdoor Club. There will be more to come!

HISTORIANS AT THE CENTER - The Reminiscing Group invites you to "Spirits of Sacandaga"

Wednesday Oct. 2nd, 10-11am. Free and Open to the Public.



The Sacandaga Valley is steeped in history, but is there something MORE lurking in the serene woods and cool waters? Join Saratoga County Historian Lauren Roberts for bone-chilling ghost stories, from tales of witches and haunted houses, to the spirits of Revolutionary War soldiers!!

"BREAKFAST & LEARN"

Medicare Open Enrollment presented and sponsored by Empire Blue Cross Wednesday, Oct. 23rd, 8:30am-breakfast. 9am presentation. \$3.00 for breakfast. Presentation only - free. Order breakfast sandwiches at sign up,



"STRATEGIES: PLANNING FOR THE FUTURE, NOW AND IN TIMES OF CRISIS",

Presented by Carrianna Eurillo, Esq., and Global Wealth and Investment Management Thursday Oct. 24th, 6:00 pm. Free. Open to the Public.

Achieve a better understanding of navigating the long-term care continuum as they take a focused look at the sometimes competing issues of estate planning, asset protection, and planning. Whether you are faced with crisis planning, looking to create a cohesive plan for the future, or somewhere in between, you will take something valuable away from this seminar. Get the latest updates and practical information on legal and financial means of tackling these issue head-on.

CITIZENS EMERGENCY PREPAREDNESS TRAINING Presented by the NY Army National Guard

Friday Oct. 25th, 1:00 pm. Free and Open to the Public.

This training teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. Participants will be advised on how to properly prepare for any disaster, including developing an emergency plan and stocking up on emergency supplies.

AARP SAFE DRIVING PRESENTED BY ALLAN MILLER

Tuesday, October 29th, 9:00am-3:00pm

\$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 to the class. Bring your lunch.

COMING IN NOVEMBER -

- Veteran's Day Celebration, Friday, Nov. 8th. Gary Ferris presents a Vietnam Era Radio Sho
- Brooks BBQ Nothing like the smell of a good BBQ to warm you up on a cold night! Tuesday, Nov., 19, 3:30-6pms
- Volunteer Appreciation Lunch We love our volunteers and want to have a special luncheon honoring you. Date TBD

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.







UnitedHealthcare*

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





FRESH PRODUCE SUPPORTED BY UNITED HEALTHCARE

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays at 10:00am. Please check in on the Pastry & Produce button on the computer.

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 them. Call Nicole at 518-584-1621, ext. 206.

The Heart of Senior Home Care Services Trusted, compositorate, quality care within the comfort and accordiy of your own bone. THE WESLEY COMMUNITY Where four favores INDEPENDENT LIVING I ASSISTED LIVING I LONG TERM CARE THERAPY AND REHABILITATION I HOME CARE organization | 131 Lawrence Street, Saratoga Springs, NY 12866 518.584.1200 | thewesleycommunity.org



A plan for life.

Capital District Physicians' Health Plan, Inc.

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

GROUPS & GATHERINGS

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!

Chit Chat: Mondays from 1-2pm

Join us for a fun hour of chit chat, laughs and snacks.

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 Caregiver Support Group **Sponsored by Home Helpers**



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 Office Hours at the Center

Every Friday from 9-3:30, a local representative from the Alzheimer's Association will be at the Saratoga Senior Center to meet with individuals and families who need information, referral and support services. Please schedule an appointment with Katie Keary at 518-867-4999, ext. 1680 or KgKeary@alz.org.

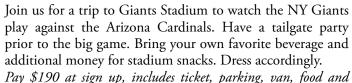


2019 VAN TRIPS (Members Only)

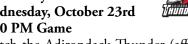
Sights of Cambridge, NY Thursday, October 10th

Enjoy a scenic ride to Cambridge. 1st stop - Battenkill Bookstore, a bright, airy, place that makes you want to grab a seat by the window and start your book right away. Grab lunch at the Round House Bakery, an awesome food experience, with many locally obtained ingredients, amazing coffee, baked goods made with love. On the way home take Proctors and Captial Rep Show Tickets on sale now! a tour of New Skete, see the breathtaking churches, the extensive gardens and waterfall feature, learn about its history, art and culture. Have a slice of cheesecake. Stop by the Nuns and purchase cheesecake to take home. Pay \$16 at sign up. Leave the Center at 9am.

NY Giants Football Game Sunday, October 20th 1:00 PM Game



Ice Hockey Action Wednesday, October 23rd 7:00 PM Game



bottled water. Leave the Center at 6:30am.

Watch the Adirondack Thunder (affiliate of NJ Devils) play the Maine Mariners in Glens Falls. This is a night game. Must sign up by Friday October 11.

Pay \$30 at sign up, bring spending money. Leave at 5:15pm.

Patrick Tobin sings "Sinatra" at Albany JCC Thursday, October 24th

Must sign up by September 30th

Singing professionally since 1996, Patrick is a critically acclaimed Frank Sinatra tribute artist. He has performed with the Springfield Symphony Orchestra and in the Tropicana Hotel and Resorts in Atlantic City and more. He is known for his laid back style and love of having fun with the audience. Pay \$22 at sign up. Leave at 12:15pm.

Saratoga Casino

Saratoga Tuesday, October 29th

Save your pennies and quarters! The slot machines are calling your name! The Saratoga Casino is the place for over 1,700 exciting slots and electronic table games. Enjoy lunch at the Garden Buffet.

Pay \$2 at sign up. Please bring additional money for lunch. Leave at 9:30am and return about 2pm.

Lunch Bunch Thursday, October 31th

Steininger's - A very special restaurant in Salem, New York with a Fine European Chocolate Shop inside.

Pay \$10 at sign up. Please bring additional money for lunch and delicious chocolate treats! Leave the Center at 10:30am.

- Fiddler on the Roof At Proctors Thursday, February 20, 2020, 1:30pm **atheREP**★ \$66.00 due at sign up
- Cats! At Proctors Thursday, April 30, 2020, 1:30pm \$66.00 due at sign up
- Sister Act! At Capital Rep Wednesday, August 5, 2020, 2:00pm \$63.00 due at sign up

TRIP POLICY

There are no refunds for van or bus trips unless canceled by

ONE DAY BUS TRIPS 2019!

Subsidized by Adirondack Trust Co. Community Fund Open to the Public

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!

Proud home to some of the happiest people in the Adirondacks.

Skilled nursing, rehabilitation, adult day care and assisted living facilities. To learn more visit

www.CentersHealthCare.com



TRIPS & EXCURSIONS

EXCURSIONS 2020

Collette Tours, Open to the Public

Discover Spectacular South Africa Culture & Nature in Harmony

March 19th-31st, 2020 (\$5,199 double)

Tap into South Africa's harmonious mix of cultures, cosmopolitan cities, magnificent wildlife and fertile wine country.

Discover Panama: The Land Between the Seas

April 17th-25th, 2020 (\$3,099 double)

Between the Atlantic and Pacific oceans lies Panama, a country where bustling cities surround Spanish ruins, and rainforests cradle luxury resorts.

Shades of Ireland

May 16th-25th, 2020 (\$4,099 double)

Set out on our most popular Irish adventure. Experience all of the charms of this enchanted country, including its welcoming people.

Discover South Dakota

featuring Mount Rushmore & The Badlands

June 5th-11th, 2020 (\$2,599 double)

Discover the spirit of the American West and come to know the legends of the past.

Discover Mackinac Island featuring the Grand Hotel & Chicago

July 10th-17th, 2020 (\$3,599 double)

This classic Midwestern destination tour features Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island.

The Azores Jewels of Portugal

August 21st -30th, 2020 (\$4,599 double)

Enter an untouched paradise on an adventure through the Azores, the archipelago gems of Portugal.

Painted Canyons of the West

Featuring Utah's Five National Parks

September 13-21, 2020, (\$3,649 double)

Explore the kaleidoscope of colors that is America's stunning canyon lands, on a journey that takes you across Utah's scenic byways and beyond.

Discover Scotland

September 28th-October 7th, 2020 (\$4,049 double) From rugged sea-sprayed islands to stately castles drenched in history, Scotland's treasures never fail to amazing visitors.

Informational Slideshow - Nov., 13th, 1:30pm

Croatia & its Islands

Small Ship Cruising on the Adriatic Coast

October 13th-24th, 2020 (\$4,999 double)

From medieval architecture to ethereal waterfalls, coast along the sparkling Adriatic Sea and experience the best of Croatia.

Discover the South Pacific Wonders Australia and New Zealand

November 3rd-17th, 2020 (\$6,999 double)

From the tropical splendor of the Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of two amazing countries.

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

MORE 2020 TRIPS - Details coming soon

Spotlight on Sante Fe Holiday -

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

MULTI DAY BUS TRIPS 2020! (Diamond Tours, Open to the Public)

Mystic, Foxwoods & Newport

June 14-16, 2020 \$345 double occupancy

3 days/2 nights. 4 meals - 2 Breakfast/2 Dinners.

This trip combines stately New England beauty with resort excitement! Your group will stay at the Two Trees Inn at Foxwoods - a quintessential country inn complete with a restaurant, bar and heated indoor pool. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

Charleston, South Carolina

September 13-19, 2020 \$920 double occupancy

7 days /6 nights: 10 meals - 6 Breakfasts/4 Dinners Historic Charleston is bursting with Southern charm and hospitality. The city feels a bit like it's suspended in time, thanks to its antebellum architecture and surrounding plantation landscapes.

ONE DAY BUS TRIPS 2020! (Diamond Tours, Open to the Public)

Where Do You Want To Go!? Looking for 1 Day Bus Trip ideas!

Leave your ideas/suggestions in the box where Colleen's desk is. The trips need to be within 4 hours of the Senior Center.



WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged **Prices listed are per month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 : Healthy Bones	9-10:30: Watercolor Lab	NEW! 8-9:30 : Yoga with	8:30-9:30 : Healthy Bones	9-3: Alzheimer Office Hours
9:30 : Walking Club <i>(\$5)</i>	10-11:15 : Gentle Yoga <i>(\$10)</i>	Janet(\$10) Starts 10/23	9-11:Tarot Cards (last Thursday)	10-12 : Clay Arts (\$20)
9:30-11:30 : Clay Arts <i>(\$20)</i>	1000:: Free Produce	9:30-2 : Rug Hooking <i>(\$5)</i>	9-12 : Mosaics (\$20)	10-12 : Poker <i>(\$2)</i>
10-11: Healthy Bones	11:30-12:15: Aerobics (\$10) -	10:00: Reminiscing	9-12 : Fused Glass (\$10/class)	12-2:30 : Artist Lab
11-11:45: Zumba with Emily (\$2)	1-2:30: Soapstone and Alabaster	10:00: Ukulele Jam	9:30-12 :30: Reiki (2nd Thurs)	12:30 : Cafe - Soup <i>\$2 per cup</i>
11-12:30 : Gentle/Chair Yoga <i>(\$10)</i>	Carving (\$10/\$25)	10-12 : Knit & Crochet	10-11: Healthy Bones	1:00: Mexican Train Dominoes
12:30-4 : Bridge <i>(\$5)</i>	1-4: Ping Pong and Pool	12:30-2 : Bingo	10:30-12: Alzheimer Support	(4th Friday)
1-2: Chit Chat	1:30-2:15 : Pilates (\$10)	12:30-2:30 : Wii Bowling	Group (3rd Thursday)	1:00pm : "Fridays at the Center'
1-4 : Canasta (\$2)	3-4 : Book Club (last Tuesday)	1:00 : Strength w/Aidan (\$2)	11-12: Getting Better with Age	Movies/Presentation/Social
1:30-3: Painting (\$10)		1-4 Ping Pong and Pool	11:30-12:15 : Aerobics <i>(\$10)</i>	
			12:30-4 : Canasta, Rummy,	
			Pinochle, Mahjong, (\$2)	
			1-2: Music, Memories	
			1-4: Ping Pong and Pool	



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

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

REOCCURRING MONTHLY EVENTS

Tarot Card Readings
Thursday, Oct. 31st, 9am-11am. Sign up!

Card reading by Mary Shimp! \$5 suggested donation

Book Club - New Members Welcome: Tuesday, Oct. 29th, 3:00pm "The Bean Trees" by Barb Kingsolver

Tuesday, Nov. 26th, 3:00pm

"The Women In the Castle" by Jessica Shattuck.

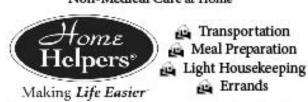
Reiki \$2.00 2nd Thursday of Month, 9:30-12:30 Call the front desk for appointment

Computer/Technology Assistance all the front desk for an appointment.

Smartphone Skills for Seniors Friday, Oct. 4, 9-10am (2nd Friday of month except October))

Shrink the technology gap! Join IT specialist Damian Redman for tips and personalized assistance for your iPhone, iPad, or Android device.

Non-Medical Care at Home



Care plans are tailored to meet your needs and budget. Call for a FREE In-Home Consultation.

(518) 584-5885 • www.HomeHelpersNY.com

Cooking with Siobhan

1st Friday of the month at 2pm. Free. Learn easy healthy ways to prepare food.

Saratoga County Office For the Aging Programs. For information and to sign up, please call (518) 884-4100.

- Lunch
 - Served Daily in our Dining Room
- Healthy Bones for Life Exercise Class Monday: 8:30-9:30am and 10-11:00am Thursday: 8:30-9:30am and 10-11:00am
- Legal Assistance
 Thursday, October 3rd, 1:30pm

Fall Harvest Festival at Milton Park

Presented by County Board of Supervisors, Office for the Aging, and The Veterans' Agency. Call 518-884-4996 for details.

OCTOBER 2019

Thank you to United Healthcare for sponsoring our Social Activities.

UnitedHealthcare®

MONDAI	IUESDAI	WEDNESDAI	IIIURSDAI	TRIDAI
	No Aerobics 4:00pm: 5 Points To Go Dinner	2 10:00am: Lauren Roberts- Historian	3 10:00: Progressive House Crawl 1:30pm: Legal Assistance	9-10am: Smartphone w/ Damian 10am: Movie "Upside" 12:30pm-1:00pm: Soup 2:00pm: Cooking w/Siobhan Sun 10/6 - 12-4: Sunday FunDay
7 11-11:45am: Zumba with Emily	9:30-12: Medicare Expo 4:00pm: 5 Points To Go Dinner	9	10 9am: Van Trip - Cambridge 9:30-12:30: Reiki	11 12:30pm-1:00pm: Soup 1:00pm: Music
The Center is Closed	4:00pm: 5 Points To Go Dinner 5:30pm: Dinner by Sperrys	16	BUS TRIP: Salem Mass. 10:30am-12:00pm: Alzheimer's Support Group	10am: Movie - "Rocketman" 11am-1:00pm: Empire Blue Shield 12:30pm-1:00pm: Soup 1:00pm: Travel "Show & Tell" Sun 10/20 - Van Trip-Giants Game
21 11-11:45am: Zumba with Emily	22 10:00am: Fresh Produce 4:00pm: 5 Points To Go Dinner	8:30am: Breakfast & Learn NEW! 8-9:30: Yoga with Janet 10:00-12: CDPHP 5:15pm: Van Trip - Hockey Game	24 12:15pm: Van Trip - Frank Sinatra 6pm: Planning Strategies Presentation	9-11am: Game Day with St. Peter's 12:30pm-1:00pm: Soup 1:00pm: Mexican Train Dominoes 1:00pm: Emergency Preparedness
28 11-11:45am: Zumba with Emily 5:30pm: Dinner - Knights of Columbus	9am: Van Trip -Casino 9:00-3:00: AARP Driver Safety 11am-1:00: Empire Blue Shield 3:00pm: Book Club 4:00pm: 5 Points To Go Dinner	30 NEW! 8-9:30: Yoga with Janet	9:00am-11:00am: Tarot Cards 10:30am: Van Trip - Lunch Bunch	