**Saratoga Senior Center**
5 Williams Street
Saratoga Springs, NY 12866

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**NEWSLETTER**

**DECEMBER 2019**

**Saratoga Senior Center**

### NEWSLETTER

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**“HOLIDAY SEASON DINNERS MADE EASY” - TAKE 5 TUESDAY TO GO DINNERS**

Meals by 5 Points Deli at the Center, Sponsored by Aubrey Guri Team. $9.50/dinner.

- **Dec. 3rd**
  - Spiral Ham, Scalloped Potatoes, Green Beans & a Dinner Roll

- **Dec. 10th**
  - Roast Turkey w/Homemade Mashed Potatoes, Stuffing w/Gravy & Cranberry Sauce

- **Dec. 17th**
  - Shepherd’s Pie

A portion of every dinner sold supports the Center.

### “HOLIDAY” CHEF DINNER at the Center - “Prime at Saratoga National”

Wednesday, December 11th, Dinner served promptly at 5:30pm. Sponsored by Centers Healthcare.

Enjoy dinner at the Center cooked by chefs from Prime at Saratoga National.

- Chicken Milanese - mozzarella, spinach, red peppers served with roasted potatoes, salad, coconut cream pie. Sign up at front desk. $10 per person, members only.

### MEMBER HOLIDAY PARTY

**TUESDAY, DECEMBER 10TH**

1:00pm - 3:00pm. $5, Please RSVP

Let’s celebrate the holidays together by mingling and enjoying live entertainment, food, and friends! **RSVP to the Front Desk**

- Live music by Michael Panza & Friends.
- Guest appearance by Kelsey Dodd
- Light Buffet
- BYOB! Bring your favorite beverage!

### HOLIDAY COOKIES FOR SALE AT THE CENTER

Cookies are a great gift during the holidays, but who has the time to bake? You have choice of authentic Italian cookies from Sal & Jerry’s of Brooklyn and locally made holiday cookies from The Bread Basket.

Purchase your cookies from the front desk. Cookies will be available early December.

### HOLIDAY FESTIVITIES

**BRUNCH BUFFET AND MUSIC**

Friday, December 20th

- 9:30am - 11:30am: Brunch Buffet $3. Please sign up
- 10:00am: State of the Center: Annual Member Meeting
- 11:00am: Holiday Sing-a-long with Garland Nelson & Friends

**“A GANGSTER’S PARADISE: SARATOGA SPRINGS FROM PROHIBITION TO KEFAUVER”**

Presented by Greg Vietch, Friday, December 13th, 1:00pm.

Join author and former Saratoga Springs Police Chief Greg Veitch as he discusses, reads from, and signs his new book “Gangster’s Paradise.”

**MEMORY CAFE - “A HOLIDAY GATHERING”**

Friday, December 13th, 11-12:00pm. Free. Open to the Public.

A Memory Cafe is a social gathering of individuals living with changes in their thinking or memory and their caregivers, family, and friends. It is a place to relax, have fun, and meet others. We will enjoy refreshments, listen to classic holiday songs, and decorate cookies.

**IT’S TIME TO RENEW - 2020 MEMBERSHIP RENEWAL**

It’s renewal time! Complete the invoice and return it to the Center by January 1st. Please take a moment to find out about our Presidential Membership. We are looking forward to another exciting year!
**NEW “GRAB & GO” MEALS ARE BACK! NEW REDUCED PRICING!**

Every day at the Senior Center. See front desk for details.

Choose from assorted sandwiches, soups, side salads and more right from the front desk. Perfect for lunch or dinner! A portion of every food item sold supports the Center.

**ADDITIONAL CONVENIENCE**

**FOOD ASSISTANCE**

Free. (1st Friday of the month)

**TRANSPORTATION**

Supported by Stewart’s Shops, United Way and Price Chopper’s Goldbl 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.

**FRESH PRODUCE - NEW DAY!**

**SUPPORTED BY UNITED HEALTHCARE**

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on FRIDAYS 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.

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“STATE OF THE CENTER” - ANNUAL MEMBER MEETING

Friday, December 20th, 10:00-11:00am at the Saratoga Senior Center.

Join Lois Celeste, Executive Director, on discussing plans for the Center in 2020. We want to hear your needs and what programs you find to be most valuable and where we are headed in 2020. Stop in for breakfast before or music after!

**ANNUAL SENIOR CENTER BOARD MEETING**

Wednesday, December 17, 5:30pm at the Senior Center

Open to all members. We encourage all to attend to stand up and be heard about what you want out of the center. We included ballots for Board of Directors in the newsletter. Please fill them out and return to the Center.

**MEMORIES IN THE MAKING” TRAINING**

Presented by The Alzheimers Association

Friday December 6th. 10:00-3:00pm Free. Open to the public. Please RSVP!

Memories in the Making is a unique art program for people with Alzheimer’s disease that offers a creative and non-verbal way of communicating. Training is open to anyone interested in learning how to use art as a communication tool for individuals with dementia. Lunch is provided. This training is supported by a generous grant from the Goldberg Foundation.

**HAPPY HOLIDAYS FROM THE CERAMICS CLASS**

December Mondays - the 2nd and 9th, 10am-12pm. Friday’s - the 6th and 13th, 10am-12pm

Stop in the Art Room, meet our ceramics instructors and members to glaze a holiday ornament for you to take home. Limit 1 person. Don’t forget to pick them up and bring them home for the tree! Free. Members only.

**GIVE WHERE YOU LIVE** - Creative Ways to Give to the Center!

Looking for simple ways to support our seniors? Participate in our GiveWhereYouLive fundraiser through one of the following options:

- **Amazon Smiles**: Do you or anyone you know do their Christmas shopping on Amazon? Go to smile.amazon.com, select the Saratoga Senior Center and a percentage of your purchase will be donated by Amazon!
- **Hoffmans Car Wash Tickets**: It’s that time of year! Keep the mud and salt off of your car by purchasing discounted Hoffmans Car Wash Tickets for $10. Proceeds will go to the Center! **Great stocking stuffer!**
- **Purchase Holiday Cookies**: delicious homemade cookies from Bread Basket and Italian cookies from Sal & Jerry’s in Brooklyn! **Makes a perfect hostess gift!**
- **Clothing Bin**: We have blue donation bins in our parking lot for clothing donations. We are paid per pound of clothes donated.
- **Fundraisers**: We have many upcoming fundraisers that benefit the Center. Watch your newsletter and e-blasts!
- **Annual Appeal**: Look out for your annual appeal letter or make an online donation for the Center!
- **Volunteer**: Looking to give back with your time? Contact us today to learn more about volunteering at the Center.
- **Charitable Giving - Making Life Easier**: a bequest to the Saratoga Senior Center. A gift to the Saratoga Senior Center in your will or trust enables you to support our mission and make a difference in your life and future generations of families.
- **Musical Memory**: For seniors with dementias. Lunch is provided. This training is supported by a generous grant from the Goldberg Foundation.

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2019 VAN TRIPS

Parks Bentley House - Nativities of the Americas®
Friday, December 6th
Enjoy a holiday tradition at this historic house. View the wonderful house decked out for the Christmas season with creches from the North and South American continents. In addition to a few favorites from previous years, there will be many nativities that have never been displayed. Have an early lunch at the Peppermill on the way. Pay $10 at sign up. Bring $5 admission and lunch money. Leave the Center at 10:45am.

Lunch Bunch at The Silo
Tuesday, December 10th
Set in a transplanted barn, this daytime cafe offers country fare, fudge and a shop with local crafts. Pay $10 at sign up. Please bring additional money for lunch and shopping. Leave the Center at 10:00am.

Silver Foxes - Holiday Lunch
Thursday, December 12th
The Silver Foxes lunch group is back by popular demand! Join Joe, our Transportation Driver, and head to Skidmore Dining Hall for lunch, conversation and laughs. Pay $2 at sign up. Please bring additional money for lunch. Leave the Center at 11:45am.

Governor's Mansion at Christmas & Festival of Trees
Thursday, December 12th
Guided tour of the holiday decorated Governor's Mansion. Lunch at The Hollow Bar & Kitchen. After lunch, swing by the Schenectady Festival of Trees. Pay $10 at sign up. Please bring $8 for admission to the festival of trees and additional money for lunch and shopping. Leave the Center at 9:45am. Bring Photo ID.

Hildene at Christmas and The Vermont Country Store
Tuesday, December 17th
Guided tour of the historic home of Robert Lincoln. In 1912, the Lincoln family spent Christmas Eve here, so when the estate hosts its holiday festivities, it is to evoke that evening. The sounds of Christmas resonate throughout the home from the family’s Aeolian player organ and the windows are candlelit. After the tour, head to The Vermont Country Store for shopping and lunch. Pay $33.50 at sign up. Please bring additional money for shopping. Leave the Center at 8:30am.

Holiday Lights in the Park
Wednesday, December 18th
The 23rd Annual Price Chopper/Market 32 Capital Holiday Lights in the Park is an all-new, drive-through spectacular with more than 125 displays and scenes in Albany’s Washington Park. Pay $15 at sign up. Please bring additional money for snacks and shopping. Leave the Center at 5:15pm.

All About the “Schuyler Women”
Thursday, December 19th
Start with a guided tour of the Schuyler Mansion, the elegant home of General Philip Schuyler, focusing on the Schuyler Women. Next stop is Albany Institute of History & Art for a gallery talk about the “Schuyler Sisters”. As the wife of Alexander Hamilton, Eliza had a front row seat to events that shaped this country in the years immediately following the Revolution. There is no time for lunch between tours. Please eat breakfast and bring a snack/water. Have a late lunch at Albany Pump Station. Pay $34 at sign up. Bring lunch money. Leave the Center at 10:15am.

TRIP POLICY
• There are no refunds for van or bus trips unless canceled by the Center.

SHOW TICKETS
Tickets on sale now!

PROCTORS AND CAPITAL REP SHOW
• Fiddler on the Roof At Proctors
  Thursday, February 20, 2020, 1:30pm
  $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

EXCURSIONS 2020

Collette Tours, Open to the Public

Discover Spectacular South Africa
Culture & Nature in Harmony
March 19th-31st, 2020 ($1,199 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 ($5,599 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)
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.

Where Do You Want To Go?!
Looking for 1 Day Bus Trip ideas!
Where your ideas/suggestions in the box where Colleen’s desk is. The trips need to be within 4 hours of the Senior Center.

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.

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.

Discover Croatia & its Islands
September 28th-October 7th, 2020 ($4,049 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 Santa Fe Holiday - Informational Slideshow Wed., Dec. 4th, 1:30pm

ONE DAY BUS TRIPS 2019!
(Subsidized by Adirondack Trust Co. Community Fund)
Open to the Public

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
WEEKLY ACTIVITIES

MONDAY
8:30-9:30: Healthy Bones
9:30: Walking Club ($5)
9:30-1:30: Clay Arts ($20)
10-11: Healthy Bones
11-11:45: Zumba with Emily ($2)
11-12:30: Gentle/Chair Yoga ($10)
12:30: Cafe - Soup $2 per cup
12:30-4: Bridge ($5)
1-2: Chi Chat
1-4: Canasta ($2)
1:30-3: Painting ($10)
NEW 2:30: “Being Well” $2

TUESDAY
9:10-10:30: Watercolor Lab
10:11-11:15: Gentle Yoga ($10)
11:30-12:15: Aerobics ($10) - 1-2:30 Soupstone and Alabaster Carving ($10/25)
1-4: Ping Pong and Pool
1:30-2:15: Pilates ($10)
3-4: Book Club (or calendar)

WEDNESDAY
9:30-2: Rug Hooking ($5)
10:00: Reminiscing
10:00: Ukulele Jam
10:12: Knit & Crochet
12:30-2: Bingo
12:30-2:30: Wii Bowling
1:00: Strength w/Adan ($2)
1-4: Ping Pong and Pool

THURSDAY
8:30-9:30: Healthy Bones
9:11: Tarot Cards (last Thursday)
9:12: Mosaics ($20)
9:12: Fused Glass ($30/class)
9:30-12: Reiki (2nd Thursday)
10-11: Healthy Bones
10:30-12: Alzheimer Support Group (3rd Thursday)
11-12: Getting Better with Age
11:30-12:15: Aerobics ($10)
12:30-4: Canasta, Rummey, Pinochle, Mahjong, ($2)
1-2: Music, Memories
1-4: Ping Pong and Pool

FRIDAY
9-10:30: Healthy Bones
10:00: Free Produce
10-12: Clay Arts ($20)
10-12: Poker ($2)
12-2:30: Artist Lab
1-00: Mexican Train Dominos (4th Friday)
1:00pm: “Fridays at the Center” Movies/Presentation/Social

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
No Tarot cards in December
Book Club - New Members Welcome: Tuesday, Dec. 17th, 3:00pm “His Favorites” by Kate Walbert
Reiki $2.00
2nd Thursday of Month, 9:30am-12:30pm
Computer/Technology Assistance
Call the front desk for an appointment.

Smartphone Skills for Seniors
Friday, Dec. 13, 9-10am (2nd Friday)
With IT specialist Damian Redman.

Cooking with Siobhan
Friday Dec. 6, 12:30pm Free.
Learn easy healthy ways to prepare food.

THANK YOU

Thank you to The Saratoga Casino Hotel Foundation, Inc., for their generous gift.
Thank you to Bailey’s for hosting our “Sipping For Seniors”. Thank you to Chianni’s Restaurant for our dinner. Thank you to CDPHP for sponsoring dinner. Thank you to Opera Saratoga for an amazing performance. Thank you to Skidmore Orchestra for the tickets to there concert. Thank you to Empire Blue Cross for sponsoring breakfast. Thank you to all the volunteers who helped at our first fall Brooks BBQ. Thank you to CDPHP for sponsoring the Brooks BBQ.

DECEMBER 2019

MONDAY
11-11:45am: Zumba with Emily
12:30pm-1:00pm: Soup
NEW 2:30pm: “Being Well”

TUESDAY
11:00am-1:00pm: Empire Blue Cross
4:00pm: 5 Points To Go Dinner

WEDNESDAY
7:00am: NYC Bus Trip
1:30pm-3pm: Travel Side Show
5:30pm: Holiday Dinner - Prime

THURSDAY
9:30am-12:30pm: Reiki
9:45am: Van Trip - Governor Mansion
11:45am: Van Trip - Silver Fosses

FRIDAY
9-10am: Smartphone w/ Damian
10:00am: Fresh Produce
10-12noon: Van Trip - Nativities of the Americas
10:30-12noon: Memory Cafe

December Changes In Food Programs Beginning in December
Soup - will be on Mondays from 12:30pm-1:00pm
Fresh Produce - will be on Fridays at 10am. (except in inclement weather)
Skidmore Lefover Day - is on hiatus until April. They support Code Blue in the winter months.