

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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Permit No. 120

Saratoga Senior Center  
**NEWSLETTER**

DECEMBER 2019

**MEMBER HOLIDAY PARTY  
TUESDAY, DECEMBER 10<sup>TH</sup>  
1:00pm - 3:00pm. \$5, Please RSVP**

Let's celebrate the holidays together by mixing and mingling while 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 FESTIVITIES  
BRUNCH BUFFET AND MUSIC  
FRIDAY, DECEMBER 20<sup>TH</sup>**

- 9:30am - 11:00am: 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



**"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.*



**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.



**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



**"A GANGSTER'S PARADISE: SARATOGA SPRINGS FROM PROHIBITION TO KEFAUVER"  
Presented by Greg Vietch, Friday, December 13th, 1:00pm. Open to the Public.**

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



**"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.**

Pick up is 4-5:30pm at the Center. Call 518-584-1621 by noon to place your order.  
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



**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!



**Hours:** Monday-Friday 8am-4pm / Tuesdays, 8am-5:30pm  
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

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# FUN FRIDAYS ARE BACK!

Friday Activities sponsored by CDPHP



Soups are now on Mondays at 12:30

Friday, December 6th

- **10:30am: MEMORIES IN THE MAKING TRAINING.**  
*See details below*
- **12:30pm: COOKING & TASTING W/ SIOBHAN**  
*Free. (1st Friday of the month)*  
Healthy ideas for the holiday season!

Friday, December 13th

- **11am-12pm: HOLIDAY MEMORY CAFE**  
*See details on front page*
- **1:00pm: "A GANGSTER'S PARADISE: SARATOGA SPRINGS FROM PROHIBITION TO KEFAUVER"**  
Presented by Greg Vietch. *See details on front page.*

Friday, December 20th

HOLIDAY FESTIVITIES AT THE CENTER

- **9:30-11:00am: HOLIDAY BREAKFAST BRUNCH**  
*\$3 members. Please sign up.*
- **10:00-11:00am: STATE OF THE CENTER: MEMBER MEETING**
- **11:00am: SING-A-LONG WITH GARLAND NELSON & FRIENDS**

## 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.

## "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 dementias. Lunch is provided. *is 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 per 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!
- **Home's Car Wash Tickets** - It's that time of year! Keep the mud and salt off of your car by purchasing discounted Home's Car Wash Tickets for \$10. Proceeds will go to the Center! *Great stocking stuffers!*
- **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** - Make 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 the lives of future generations. You can name the Saratoga Senior Center in your will when it is written, or if you have a current will, your attorney can add a codicil - a simple amendment - to include your charitable bequest.

## 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 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.



### 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, 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.

### GROUPS & GATHERINGS

#### NEW CLASS! "BEING WELL"

Facilitated by Amejo Amyot, Ph.D

Mondays 2:30pm - 3:30pm. \$2.

BEING WELL focusing on getting and staying healthy. It will be a spirit, body, mind support group to bring hope to us as we age. Amejo will use guided meditation to raise spiritual wellness energy. And also address looking at letting "food be thy medicine" as well as other lifestyle issues of exercise, stress, sleep, gratitude and hope.

#### 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! Roughly 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. Open to the public.

#### Alzheimer's Office Hours at the Center

Sponsored by Goldberg Family Foundation

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 appt with Katie Keary at 518-867-4999, ext. 1680 or [KgKeary@alz.org](mailto:KgKeary@alz.org).





## 2019 VAN TRIPS

(Members Only)

### **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 lunch and 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

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# 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 amaze visitors.

### **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 Santa 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 2019!**

Subsidized by Adirondack Trust Co. Community Fund  
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.

SL  
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