

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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# Saratoga Senior Center NEWSLETTER

JANUARY 2020

## NEW YEAR NEW YOU! RENEW TODAY!

### NEW EXPERIENCES!

- Dance Parties
- Monthly Themed Parties
- Saturday Morning Programming coming in February



### KEYS TO SUCCESS!

- Exercise Your Brain
- Approaching 65yrs - what you need to know
- Healthy Living- exercise and nutrition
- Finance, Long Term Care Insurance & More



### “BEACH PARTY” - Beat the Winter Blues!

Friday, January 10th, 1:00-3:00pm. \$5.00

It's a little chilly to go to the beach so we are bringing the beach to you. Be a “snowbird” at the Center Live music with “New American Cuisine.” Enjoy dancing, food, and games! BYOB! Bring your favorite beverage. Tropical beach attire not required.



### THE PERFECT BRAIN GAME

Fridays, January 10th - February 14th, 11-11:45am. \$2 per session.

Brain Power. Better Sense of Concentration. Improved Brain Flexibility, Ability to Focus. Remember Facts Easily. Join Donald Ambrose, developer of Bright Cards Memory Deck as he teaches you to engage your brain. Use it, don't lose it!



### TUESDAY DANCE PARTY with light refreshments

Tuesday, January 14th, 2:30-3:30. \$4.00

- Belly Dancing with Elaina. Belly Dancing tones muscles, improves posture, and develops coordination. Discover the magic & mystery of true feminine energy. *Sorry gents, this one is for the ladies only.*

Tuesday, January 21st, 2:00-3:00. \$4.00

- Latin Line Dance with Ray & Mark. Try these fun Latin Line dance parties with sizzling hot Latino Beats and Rhythms Cha-Cha, Salsa, Rumba & more.



### MARTIN LUTHER KING CELEBRATION

Friday, January 17th

- 9:00-10:00 Breakfast \$3.00 Please sign up.
- 10:00- Movie - Civil Rights Themed Movie \$2.00
- 10:00-12:00: 2020 Membership Renewal Drive
- 11:00-11:45: Brain Games

*We are celebrating MLK Day on Friday. We are closed on Monday.*



### SPA CITY PORTRAIT PROJECT

Friday, January, 24th, 12:30-1:30pm. Free. Open to the Public.

Join local photographer Richard Cavagnolo as he talks about his most recent project concentrating on portraiture in Saratoga Springs. A number of prints from the project will be on display. Bring in your camera or phone and get hands on assistance on how to take portraits with your device.



### DON'T FORGET TO RENEW - 2020 MEMBERSHIP RENEWAL

It's renewal time! Complete the invoice and return it to the Center. Please take a moment to find out about our Presidential Membership. Scholarships available. *Renewal Day - Friday January 17th.*



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

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518-879-8958

# FUN FRIDAYS ARE BACK!



## Friday Activities sponsored by CDPHP

### Friday, January 3rd

- **12:30pm: Cooking & Tasting W/ Siobhan**  
Free (1st Friday of the month)  
"New Year - New You!"  
Small and easy changes to eat healthier.

*Soups are now on Mondays & Fridays at 12:30*

### Friday, January 10th

- **9-10:00am: Smartphone with Damian**
- **11am-11:45am: Brain Games \$2**  
6 week session with Donald Ambrose. See details below.
- **1-3pm: Beach Party**  
See details on front cover.

### Friday, January 17th

- **Celebrate Martin Luther King Day**
- **9am-10:00am: Breakfast \$3**
- **10:00am: Movie - civil rights themed \$2**
- **10:00-12:00: 2020 Membership Renewal Drive**
- **11am-11:45am: Brain Games**
- See details below.

### Friday, January 24th

- **11am-11:45pm: Brain Games**
- **12:30-1:30pm: Spa City Portrait Project**  
see details on front cover.

### Friday, January 31st

- **11am-11:45am: BRAIN GAMES**

## MINI MANICURES

**Wednesday, January 8th, 10-12pm.** Suggested donation \$5.00, due at sign up. Members only.

Dena Barber from Complexions Spa will be at the Center to do 4 mini 30 minute manicures. Must sign up.

## INPATIENT TRANSITION PROGRAM - Presented by Saratoga Hospital

**Wednesday, January 15th, 5:00-6:00pm** Free and Open to the Public.

Join Dr. Kevin Dooley as he explains the Inpatient Transition to provide hospital-to-home services for adult patients with chronic illnesses or health risks. The purpose is to assist patients with transitioning their care from a hospital setting to a primary care provider. This is a great program for caretakers and seniors in the community.

## "SIPPING FOR SENIORS" AT BAILEY'S CAFE - BATTLE OF THE SARATOGA RESTAURANTS & BARS!

**Thursday, January 16th, 6pm-10pm**

Stop in for dinner & drinks. Show your support for the Senior Center and your favorite establishment by tipping big! All bartender tips and 20% of the food and beverage sales benefit the Center. Join us at Bailey's Cafe.

## MEMORIES IN THE MAKING Presented by the Alzheimer's Association

**Friday, January 31st, 10:00am**

The Alzheimer's Association Memories in the Making® program offers creative art expression for individuals with mild cognitive impairment (MCI) and early to the middle stages of Alzheimer's disease and related dementias. Memories in the Making participants create imaginative and colorful watercolor paintings. Open to all individuals with mild dementia.

## CHEF DINNER at the Center

**Diamond Club Restaurant, Embassy Suites**

**Sponsored by United Health Care**

**Wednesday, January 8th, Dinner served promptly at 5:30pm.**

Always a delicious dinner from our neighbors, Embassy Suites. Watch your eblast or call the front desk for a menu. Sign up at front desk. \$10 per person.



*Sign up at front desk. \$10 per person*

## HUNGRY AFTER CLASS? DON'T FORGET ABOUT OUR "GRAB & GO" MEALS!

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

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

## TAKE 5 TUESDAY TO GO DINNERS Meals By 5 Points Deli at the Center, \$9.50/dinner.

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

- Jan. 7th Manicotti stuffed w/Spinach, Sausage, Roasted Red Peppers and Garlic Bread
- Jan. 14th Roast Pork, Garlic Mashed Potatoes & Green Beans
- Jan. 21st Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
- Jan. 28th Swedish Meatballs over Egg Noodles w/Buttered Carrots

*A portion of every dinner sold supports the Center*

## "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 - Hoffmans Car Wash Tickets - Clothing Bin - Fundraisers - Annual Appeal - Volunteer - Charitable Giving**

## 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 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.



### 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.

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### GROUPS & GATHERINGS

### "BEING WELL"

**Facilitated by Amejo Amyot, Ph.D**  
**Mondays 2:30pm - 3:30pm. \$2.**

*This class is on hiatus - will return in April.*

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! 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. 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).

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## 2019 VAN TRIPS

(Members Only)

### Foxy Ladies - Lunch Thursday, January 2nd

The Foxy Ladies (formerly known as the Golden Gals) women's lunch group is back by popular demand! The first Thursday of every month 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.*

### Silver Foxes - Lunch Thursday, January 9th

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.*

### Carla Fisk - Soprano at Troy Savings Bank Tuesday, January 14th

Soprano Carla Fisk, regional finalist of the Metropolitan Opera's National Council Auditions, has performed in many operas in Europe and the United States. Lunch at the Ilium Cafe. *Pay \$10 at sign up. Admission is free. Bring additional money for lunch. Leave the Center at 10:45am.*

### Lunch Bunch at The Raindancer Thursday, January 16th

Entering the Raindancer is like a trip back to the Fifties. Both menu and décor reflect a time of Tiffany lamps lighting most tables like round kaleidoscopic faux jewels, dark wood, salad bars and smaller rooms carved from large spaces. A good restaurant that does what it promises to do - good food. Stop at the WaterWheel Village Country Store on the way home. *Pay \$10 at sign up. Please bring additional money for lunch and shopping. Leave the Center at 10:45am.*

### Albany Museum Tuesday, January 21st

The New York State Museum is a center of art, science, and history dedicated to exploring the human and natural history of the state. Established in 1836, it is the oldest and largest state museum in the country. Explore such exhibitions as Erie Canal and Fort Orange. There is a free Brain Talk from 12:10-12:40pm on "The Fingerprint of Glaciers." Lunch at Druthers, Albany. *Pay \$10 at sign up. Please bring \$5 admission & additional money for lunch. Leave the Center at 9:00am.*

### Adirondack Salt Cave Thursday, January 23rd

Our man-made Himalayan Salt Environment is intended to reproduce the unique microclimate and the healing properties of the deep salt caves within the Himalayan Mountains that have been used for centuries for their incredible effects. Lunch at the Harvest Restaurant. *Pay \$22 at sign up. Please bring additional money for lunch. Must have 8 signed up for trip to go. Leave the Center at 10:00am.*

### Rivers Casino "Senior Day" Monday, January 27th

Rush Rewards members that are 55+ get...

- Entry into exclusive slot tournaments at select slot machines from 10am – 6pm
- All You Can Eat Soup & Salad for \$9.99 at Dukes from 11am-3pm
- Entertainment at Van Slyck's from 2pm – 5pm
- Complimentary regular coffee or fountain drink at Villa Italia from 9am – 9pm.
- Sign up for Rush Rewards Card at the Casino

*Pay \$10 at sign up, bring lunch & gambling money. Leave the Center at 10:15am.*

### Roosevelt Baths Thursday, January 30th

Join us for a day of relaxation at the acclaimed Roosevelt Baths in Saratoga. Relax in the steam room after a nice lounge in one of the infamous baths (individuals must be able to get in and out of deep tubs). Space is limited to 6 so sign-up ASAP! *Cost is \$32. We leave the center at 9:30am.*

### Fiddler on the Roof at Proctors Thursday, February 20th

A wonderful cast and a lavish orchestra tell this heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family. Featuring the Broadway classics "Tradition," "If I Were a Rich Man," "Sunrise, Sunset," "Matchmaker, Matchmaker" and "To Life." Limited tickets available. *Pay \$66 at sign up. Please bring additional money for lunch. Leave the Center at 10:30am.*

### 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.
- All times are van trips are approximate. We do not guarantee a return time to the center.

### 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.

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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*

### Spotlight on Sante Fe Holiday

December 13th-18th, 2020 (\$2,399 double)

Immerse yourself in the holiday spirit of Santa Fe in December as you take in the city's multicultural atmosphere, natural beauty and profound history.

### DID YOU KNOW?!

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.

If you would like to take a Collette excursion and your friend lives in another state, Collette will arrange travel for them from their home. You will meet up at the destination!

## 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! Open to the Public

Where Do You Want To Go in 2020!?  
Send me your 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	9:30-2: Rug Hooking (\$5)	8:30-9:30: Healthy Bones	9-3: Alzheimer Office Hours
9:30: Walking Club (\$5)	10-11:15: Gentle Yoga (\$10)	10:00: Reminiscing	9-11: Tarot Cards (last Thursday)	10:00: Free Produce
9:30-11:30: Clay Arts (\$20)	11:30-12:15: Aerobics (\$10) -	10:00: Ukulele Jam	9-12: Mosaics (\$20)	10-12: Clay Arts (\$20)
10-11: Healthy Bones	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	10-12: Knit & Crochet	9-12: Fused Glass (\$10/class)	10-12: Poker (\$2)
11-11:45: Zumba with Emily (\$2)	1-4: Ping Pong and Pool	12:30-2: Bingo	9:30-12:30: Reiki (2nd Thurs)	12-2:30: Artist Lab
11-12:30: Gentle/Chair Yoga (\$10)	1:30-2:15: Pilates (\$10)	12:30-2:30: Wii Bowling	10-11: Healthy Bones	12:30: Cafe - Soup \$2 per cup
12:30: Cafe - Soup \$2 per cup	3-4: Book Club (see calendar)	1:00: Strength w/Aidan (\$2)	10:30-12: Alzheimer Support Group (3rd Thursday)	1:00: Mexican Train Dominoes (4th Friday)
12:30-4: Bridge (\$5)		1-4 Ping Pong and Pool	11-12: Getting Better with Age	Time TBD: "Fridays at the Center" Presentation/Social
1-2: Chit Chat			11:30-12:15: Aerobics (\$10)	
1-4: Canasta (\$2)			12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)	
1:30-3: Painting (\$10)			1-2: Music, Memories	
2:30: "Being Well" \$2 (on hiatus - will return in April)			1-4: Ping Pong and Pool	



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  
 Thursday, January 30

Book Club - New Members Welcome:  
 Tuesday, Jan. 28th, 3:00pm

"Chances Are". "Pulitzer Prize-Winning author Richard Russo.


Reiki \$2.00

2nd Thursday of Month, 9:30am-12:30pm  
 Call the front desk for an appointment.

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

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

Cooking with Siobhan  
 Friday Jan. 3, 12:30pm Free.  
 New Year- New You!



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

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, Dec. 5th, 1:30pm

## THANK YOU

Thank You to Micheal Panza & Friends, Kelsey Dodd & Santa for entertaining us at the Holiday Party. Thank you to Panza's, Mama Mia's & Springstreet Deli for donating food for the Holiday Party. Thank you to Prime for our delicious dinner. Thank you to Girl Scout Troops 3232 & 3579 for caroling. Thank you to Garland Nelson & Friends for our Holiday Sing-a-long. Thank you to Michael Vietch for bringing the seedy side of Saratoga to life with his presentation on the gangsters of Saratoga. Thank you to Alfred Z. Solomon Charitable Trust for their continued support. Thank you to all our amazing volunteers and sponsors. We could not do what we do without you.

# JANUARY 2020

Thank you to United Healthcare for sponsoring our Social Activities.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		The Senior Center is Closed for New Years Day!	11:45am: Van Trip - Foxy Ladies 1:30pm: Legal Assistance	10:00am: Fresh Produce 12:30pm: Cooking w/Siobhan
6	7	8	9	10
11-11:45am: Zumba with Emily 12:30pm-1:00pm: Soup	4:00pm: 5 Points To Go Dinner	10:00-12:00: Mini Manicures with Dena	9:30am-12:30pm: Reiki 11:45am: Van Trip - Silver Foxes	9-10am: Smartphone w/ Damian 10:00am: Fresh Produce 11:00am-11:45am: Brain Games 1:00pm-3:00pm: Beach Party
13	14	15	16	17
11-11:45am: Zumba with Emily 12:30pm-1:00pm: Soup	10:45am: Van Trip- Troy Savings Bank 2:30-3:30pm: Belly Dancing Party 4:00pm: 5 Points To Go Dinner 5:00pm: Saratoga Hospital Presentation	5:00pm: Saratoga Hospital Presentation	10:45am: Van Trip - Lunch Bunch 10:30-12: Alzheimer's Support 6-10:00pm: Sipping for Seniors	<b>Martin Luther King Celebration</b> 9-10:00am: Breakfast 10:00am: Fresh Produce 10:00am: Civil rights themed movie 10-12pm: Membership Renewal 11:00am-11:45am: Brain Games
20				
"I have a dream"				