“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.

NEW EXPERIENCES!
• Dance Parties
• Monthly Themed Parties
• Saturday Morning Programming coming in February

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.

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.

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.

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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.

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DONT’ 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

WE ARE CELEBRATING MLK
Day on Friday. We are closed on Monday.
FUN FRIDAYS ARE BACK!

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
11:30-11:45am: Brain Games
See details below:

Friday, January 24th
9:45-10:45am: Smartphone with Damian
11am-11:45am: Brain Games
12:30-1:30pm: Spa City Portrait Project
See details on front cover.

Friday, January 31st
11am-11:45am: BRAIN GAMES

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 Produce & 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.

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

Fun Friday at the Center. Sign up at front desk.

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 mini 30 minute manicures. Must sign up.

INPATIENT TRANSITION PROGRAM - Presented by Saratoga Hospital

Wednesday, January 8th, 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

Soop 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 10th, 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.

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, soup, sides salads, soup, and more than from the front desk. Perfect for lunch or dinner! A portion of every food item sold supports the Center.

GETTING BETTER WITH AGE!

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

“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 focuses 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 “food be thy medicine” as well as other lifestyle issues of exercise, stress, sleep, gratitude and hope.

REMEMBRANCE:

Wednesdays from 10-11am

Sponsored by Home of the Good Shepherd

Meet a new friend & talk about the good old 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 appointment with Katie Keary at 518-867-4999, ext. 1680 or kkeary@alz.org.
2019 VAN TRIPS

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
Soprano Carla Fisk, regional finalist of the Metropolitan Opera's National Council Auditions, has performed in many operas in Europe and the United States. Carla has been used for centuries for their incredible effects. Lunch at the Harvest Restaurant. Pay $10 at sign up. Admission is free. Bring additional money for lunch. Leave the Center at 9:30am.

Dining Hall for lunch, conversation and laughs.
Pay $2 at sign up. Additional money for lunch. Leave the Center at 10:45am.

The Silver Foxes lunch group is back by popular demand!

Pay $2 at sign up. Please bring additional money for lunch. Leave the Center at 11:45am.

Silver Foxes - Lunch
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.

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
• Entertaiment 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,” “Marchmaker, Matchmaker” and "To Life.” Limited tickets available. Pay $56 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-members price. Multi-day bus trips and excursions are open to anyone regardless of age or residence.

Volunteer Driver Perks
Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver. You will receive $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 which 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.

TRIPS & EXCURSIONS 2020

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)
Bangkok to the Andes 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 ($4,999 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)
Enter the kaleidoscope of color 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 to coast in the city’s multicultural atmosphere, natural beauty and profound history.

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

Discover the South Pacific Wonders
Australia and New Zealand
November 3rd-17th, 2020 ($6,999 double)
From the spectacular splendor of the 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.

DIID 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 a another state, Collette will arrange travel for them without any extra cost! 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
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.

Mystic, Foxwoods & Newport
June 14-16, 2020 $345 double occupancy
The trip combines spectacular 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
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.

One Day Bus Trips 2020!
Open to the Public

Where Do You Want To Go in 2020?!
Send me your ideas!
NEW YEAR–NEW YOU!

Free.
Friday Jan. 3, 12:30pm
Cooking with Siobhan
With IT specialist Damian Redman.

Friday, Jan. 10, 9-10am (2nd Friday)
Call the front desk for an appointment.
Computer/Technology Assistance

2nd Thursday of Month, 9:30am-12:30pm
Reiki $2.00
Richard Russo.
“Chances Are”. Pulitzer Prize-Winning author

Book Club – New Members Welcome

Tarot Card Readings

THANK YOU
Thank you to Michael 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 sponsoring our Social Activities.
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 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!

January

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

9:10am: Smartphone w/ Damian
10:00am: Fresh Produce
11:00am-11:45am: Brain Games
1:00pm-3:00pm: Beach Party

Martin Luther King Celebration
9:10am: Breakfast
10:00am: Fresh Produce
10:00am: Civil rights themed movie
10:12pm: Membership Renewal
11:00am-11:45am: Brain Games

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