

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

Non Profit ,.  
U.S. POSTAGE PAID  
Permit No. 120

Saratoga Senior Center  
**NEWSLETTER**  
AUGUST 2020

**THE SARATOGA SENIOR CENTER IS THE AUGUST PLACE TO BE!**

**MUSIC IN THE YARD!**



Live music from some of Saratoga's best musicians in our backyard under our **NEW TENT** sponsored by the Miller/Nugent Family. Bring your lunch, a chair or stay in your car! Let's welcome summer.

- Jackslam with Jackie Dugas & Rick Bolton  
Wednesday, August 5th, 12:00pm
- Jeff Brisbin  
Wednesday, August 12, 12:00pm

*Donations appreciated*

**LUNCHTIME CONCERT SERIES AT NOON**

**Every Tuesday, July 21 - August 25.**

Concerts are held in the parking lot of the Downtowner Hotel, 413 Broadway. Unless otherwise indicated. Chairs provided. *Free. Donations appreciated.*

July 28 Golfstrom  
*Their repertoire includes all-time favorites from the wonderful old world movies; the dramatic sound of tango clubs, and the joyful and wistful melodies of Gypsy and Klezmer bands.*

**SARATOGA ARTS**  
experience · discover · create

Saratoga Arts made this program possible with a Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.

Colley Asset Management, Inc.  
An Investment Advisory Firm  
Member of Citi



August 4\*\* Smokey Greene & the  
Greene Brothers  
*(Saratoga Senior Center, 5 Williams St.)*

August 11 Gballoi  
August 18 Dylan Perrillo  
Orchestra

August 25 Olivia Quillio

*Donations appreciated*

**Please bring sun protection: sunscreen, hat or umbrella.**

**MONTHLY DINNER**

**CHEF DINNERS - \$10.00**

**Curbside Pick Up 3:00 - 4:00pm**



*Sponsored by Home of the Good Shepherd*  
Prepared for you by the Senior Center Staff. Call the Front Desk by the day before by 2pm.

- **Tues., Aug. 11. Sign up by Aug. 10.**  
Pulled Pork, Roasted Potatoes & Cole Slaw

**ONE DAY BUS TRIP!**

**A DAY IN VERMONT**

**Sponsored by CDPHP**

**Thurs, October 8, 2020 - Price TBD**



A plan for life.



A Unique Vermont Experience! Shop and dine in Manchester, Vermont. Then head to the Friesians of Majesty horse farm for a tour and show. Located in the heart of Vermont's Green Mountains on a 650-acre full-service breeding and training facility. On the way home stop at the hand melon farm and Ice Cream Man for a refreshing treat. We will be practicing all social protocols. Watch eblasts for updated information or call the front desk.

**DO YOU KNOW WE HAVE GRANTS TO HELP WITH CLASS FEES?**

We have grants, underwriting and scholarships for anyone who needs them. We want all of you to participate. These are designated funds for members to take classes and be socially active, so we encourage you to sign up. Please reserve a seat for in-house classes, as seating will be limited. First sign up for August, pay your monthly fee, or call for a scholarship. Then call the front desk to reserve your seat in the in-house classes.

**FRESH PRODUCE**

THURSDAYS, 12-12:30 *or while supplies last.*  
Sponsored by CDPHP



We have decided to continue curbside pickup through August for everyone's well being. Please return any bags, we are running out.

Deliveries available by request.  
Schedule with Phil by 12pm Wednesday.  
Call 518.584.1621 ext. 206



**"AGE FRIENDLY" SARATOGA**

Saratoga County is becoming "age-friendly" certified by AARP. Age-friendly certification is given to communities that commit to improving their livability from birth to old age. There are a lot of smart growth and complete streets style elements (bike lanes, trail systems, safe crosswalks, etc.) included under "age-friendly."

**The Survey:** Please fill out the survey! We must get as many people as possible across Saratoga County to complete AARP's Age-Friendly Survey. Go to the Saratoga Senior Center website to find the link for the survey. [www.saratogaseniorcenter.org](http://www.saratogaseniorcenter.org).

**PERFECT FOR A GIFT!**

*A portion of every sale supports the Center*

*Sponsored by Alfred Z. Solomon Charitable Trust*

We are now selling branded merchandise to help support the Saratoga Senior Center! Purchase your Jute Tote Bag, Insulated Wine Cup, and Koozie Kooler today by calling the front desk at 518.584.1621 or buy online for curbside pick - up!



**NEW OUTSIDE CLASSES**

**At the Center Classes** (*reserve a spot. seating will be limited*) See Schedule inside.



YAY! The Center has added outside fitness classes in addition to our art classes.

Classes will be held under our new big tent or in the front driveway. Your favorite instructors are looking forward to seeing you. Beginning August 3rd we will offer yoga, and zumba along with lunch bunch, walking group and golf. We will be continuing the \$15 per month unlimited class fee through the summer: mix and match your ZOOM and "at the center" classes. You must pre-register for all classes as space is limited.

**Wear sunscreen, bring extra water, and a towel!**

**Protocol for Coming to the Center:**

- Must wear a mask - nose and mouth covered while at the Center.
- Must sanitize hands upon entering
- Attend class only, there is no hanging around.
- Please stay home if not feeling well.
- Please expect a full check-in/screening upon arrival.



**Thank you for your continued support!**

- Saratoga Foundation Donor Advised Fund
- Stewart's Shops and The Dake Family - a fund of The Community Foundation for the Greater Capital Region
- Target
- Walmart

Thank you to our 'remote' Skidmore interns. They will be wrapping up the ZOOM classes by mid August. Hopefully we will all get to meet them in person once they are back in school.



5 Williams St, Saratoga Springs, NY • (518) 584-1621 • [saratogaseniorcenter.org](http://saratogaseniorcenter.org)

## SUMMER TRANSITIONAL PROGRAMMING

### “Something for Everyone!” Limited In House/Outside Classes & ZOOM Classes.

Our “at the Center” class schedule is growing! We have added exercise and outdoor activities. We still have a selection of ZOOM classes for those that prefer to stay at home. There is a \$15 fee for unlimited monthly classes - Mix & Match Zoom and at the center classes. Grants are available for everyone by calling the front desk.

#### AUGUST ZOOM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Yoga on the Lawn 1pm: Drawing	10:00-11:00: Meditation 1-2: Beginning Ballet <i>(last class 8/18)</i> 3:00-4: Book Club <i>(last Tues of month)</i>	9:00-10: Rug Hooking 10:15: Zumba 1-2: Strength	9:00-10: Stretching <i>(last class 8/18)</i> 10:00-11:00: French <i>(last class 8/18)</i>	9-10: Apple PhoneTech <i>(1st Friday)</i> Smartphone Tech <i>(2nd Friday)</i> 11-12:00: Brain Corner <i>(last class 8/14)</i>



Thank you CDPHP for sponsoring our Health and Wellness classes.

#### AUGUST ‘AT THE CENTER’ CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
“Madcap Mondays” Sponsored by Alfred Z. Solomon Charitable Trust 9:00: Yoga on the Lawn / Lin 8:45: Walking Group 10:00: Clay Arts 12:00: Lunch Bunch on the Lawn with CDPHP 1-3: Drawing	time TBD: Golf	9:30-11:30: Mosaics 10:15: Zumba Outside w/ Emily 1-4: Pool	12-12:30: Fresh Produce - curbside pickup	



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



Thank you Blue Shield of Northeastern NY for sponsoring our Outdoor Activities.

#### DO WE HAVE YOUR EMAIL?

Our weekly eblasts keep you updated on classes and everything new. In efforts to go paperless, our newsletter is being sent via email to save costs. If we don't have your email please call the front desk.

#### WE ARE HERE TO HELP YOU

The Senior Center is here to provide essential services. If you are a senior in need: Call Phil at 518.584.1621 ext. 206.

- Weekly check in calls
- Free puzzles & books
- Fresh produce
- Tech assistance with: ZOOM, Facebook, My Active Center
- Grocery shopping
- Face Masks

#### OFFICE FOR THE AGING EVENTS

##### Farmer's Market Coupons Drive-Thru Event.

Wed., Aug.5, 3-5pm - Saratoga Farmer's Market  
Wed., Aug.19,1-4pm - Saratoga County Fair Grounds

##### Annual Senior Picnic “An All American Salute to Seniors”.

Sept. 10, 11-3pm. Saratoga County Fair Grounds  
This is a car hop event - drive in style. \$4.00 per ticket.

Call OFA at 518-884-4100 for details on both events.

#### COMPUTER ASSISTANCE

We are now offering one on one computer/phone assistance. The seating is outside and all social distancing protocols are followed. Please call the Front Desk at 518-584-1621 to schedule your appointment on Mondays and Tuesdays.



##### Book Club - New Members Welcome:

**Tuesday, August 25th, 3:00pm via ZOOM**  
“The Book Woman of a Troublesome Creek” by Kim Michelle Richardson“, is a story of raw courage, fierce strength, and one woman's belief that books can carry us anywhere—even back home.

**LIVE FEARLESS**  
BlueShield of Northeastern New York

[bsneny.com/medicare](https://bsneny.com/medicare)

BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and Blue Shield Association.

Thank you to our newsletter sponsors for their continued support!



## A plan for life.

Capital District Physicians' Health Plan, Inc.

#### The Heart of Senior Home Care Services

Trusted, compassionate, quality care within the comfort and security of your own home.

INDEPENDENT LIVING | ASSISTED LIVING | LONG TERM CARE  
THERAPY AND REHABILITATION | HOME CARE

A non-profit organization | 131 Lawrence Street, Saratoga Springs, NY 12866  
518.584.1200 | [thewesleycommunity.org](http://thewesleycommunity.org)

#### A truly different assisted living community for the memory impaired

Embracing long term memories  
Enriching mind, body and spirit  
Empowering our residents to thrive the Peregrine Way®

Call today for more information or to schedule a tour.

1 Emma Lane, Clifton Park, NY 12065  
518-371-2200

[www.cliftonparkmemories.com](http://www.cliftonparkmemories.com)



To us, it's personal.

518.580.1042

[www.HomeInstead.com/341](http://www.HomeInstead.com/341)

- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Errands & Shopping
- Alzheimer's Care
- Respite Care
- Companionship



Your eyes don't have to act their age!

Make an appointment today!  
(518) 450-1080  
[www.ziekereye.com](http://www.ziekereye.com)

Cataracts • Laser Surgery  
Lifestyle Lenses • Complete Eye Exams  
Reduce Dependence on Glasses

Christopher Zieker, MD • Steven Clark PA-C  
Zieker Eye Ophthalmology, PC  
14 Mountain Ledge Dr.  
Wilton, NY 12831



Assisted Living • Enhanced Assisted Living  
Memory Care Assisted Living

Saratoga: 584-3317 • Wilton: 580-0702 • Malta: 581-7600  
Coming soon: Moreau!

- 24 Hour Care, LPN's & RN's on Site
  - Private Suites, Daily Activities, Transportation
  - Customized Care Plans for Each Resident
- [www.homeofthegoodshepherd.com](http://www.homeofthegoodshepherd.com)

Proud of our healthy relationship



SARATOGA HOSPITAL  
people you trust. care you deserve.

587-3222 \* [SaratogaHospital.org](http://SaratogaHospital.org)

Family is Everything.



Make sure they are taken care of.



call for a FREE one hour consultation.  
518.465.7581

7 Southwoods Blvd. Albany, NY 12211 | 47 West Harrison St. Saratoga Springs, NY 12866 | 688 Aaron Court Kingston, NY 12401  
[www.herzoglaw.com](http://www.herzoglaw.com)

For all your estate planning needs.

- Estate Planning
- Elder Law
- Nursing Home Planning
- Health Care Proxies
- Special Needs Planning
- Estate Administration



Independent Senior Living Community  
518-926-9003 | [SummitSaratoga.com](http://SummitSaratoga.com)

1 Perry Road | Saratoga Springs, NY 12866



Saratoga Life  
Ask me about

**MEDICARE!**

518-879-8958