Saratoga Senior Center 5 Williams Street Saratoga Springs, NY 12866

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

# Saratoga Senior Center **VSLET** SEPTEMBER 2020



### THE SARATOGA SENIOR CENTER IS HERE TO HELP YOU BE COUNTED **IN SEPTEMBER**

#### YOUR RESPONSE IS IMPORTANT TO YOU, YOUR FAMILY AND YOUR COMMUNITY

In association with the Saratoga County and the Census Bureau, the Saratoga Senior Center is helping to get seniors counted. Our senior population is way undercounted. Low counts affect our community funding for numerous vital services, such as:

### **IT IS SAFE! IT IS IMPORTANT TO ACT NOW!**

The Saratoga Senior Center is very protective of their members and seniors. All your answers are confidential by law. You will not be asked for your social security number, donations or bank/credit card information. The questions that are asked pertain to how many in the household, their statistics - age, date of birth and if you own or rent. Remember all your information is protected by law; it can't be shared with law enforcement or other government agencies.

# THE SARATOGA SENIOR CENTER CAN HELP YOU! IT'S SIMPLE!

WAYS TO COMPLETE THE CENSUS:

- Log on to https://2020census.gov and complete it online.
- the Center.
- with Senior Center staff or volunteers.
- Watch for future events and mailings.

#### **IMPORTANT DETAILS!**

- Have your ID/Pin number the Census sent you
- NO ID or PIN No Problem! We will use your name.
- NO computer No Problem! We have them and will fill it in for you.
- NO transportation No Problem! We will do it by phone!
- Watch for additional mailings and information coming in September.



# 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 September, pay your monthly fee, or call for a scholarship. Then call the front desk to reserve your seat in the in-house classes.

## **DO YOU NEED ASSISTANCE?**

The Senior Center is here to provide essential services.

- Weekly check in calls Census Count Assistance
- Fresh produce Grocery shopping

Face Masks

- Free puzzles & books • Tech assistance with:
- ZOOM, Facebook, My Active Center

Do you have medical appointments you can't get to? We are now offering limited medical transportation. If you are a senior in need: Call Phil at 518.584.1621 ext. 206

# **FRESH PRODUCE**

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

\*\*\* Thurs. Sept., 10 only - pick up is 2-4pm.

Curbside pickup. Please return your bags. Due to increased demand, there is now a 1 bag per household limit.

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

# SAFETY PROTOCALS AT THE CENTER

#### **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.

# **CHESS & CHECKERS!**

Look at our New Donation! Come play chess or checkers under the tent! Call the front desk to sign out the table!







# CENSUS **COUNTS 2020**

• Health clinics, hospitals, fire departments, schools. Even roads and highways. And your Senior Center. • Census results help determine how billions of dollars in federal funding flow into our communities each year.

• Call the Saratoga Senior Center at (518) 584-1621 for help and to schedule a one-on-one appointment here at

• Call the Saratoga Senior Center at (518) 584-1621 for help and to schedule a one-on-one phone appointment

Come to our scheduled events. A table will be set up with a staff member to help you complete your census!



5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

# ZILZ. Saratoga Senior Center SEPTEMBER 2020 NEWSLETTER

### FALL INTO FUN WITH THE SARATOGA SENIOR CENTER !

Donations

appreciated

#### WEDNESDAY MUSIC ON THE LAWN!

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 Fall.

#### • Tara Treffiletti - Sept. 2nd 12:00pm

Tara is a dynamic vocalist born-and-raised in the Capital Region. Classically trained yet contemporary, her rich vocal tone and engaging musicality complement a variety of genres - from opera to disco, jazz to pop, and everything in between.

- Jeff Brisbin Sept. 9th, 12:00pm
- Tim Wechgelaer Sept. 16th, 12:00pm
- Bonnie Greco Sept. 23rd, 12:00pm
- Maggie Doherty Sept. 30, 12:00pm

#### **SOUP & SONGS**

#### Wednesdays from 11-1pm or while supplies last. \$3.00 small/\$5.00 large

We will be selling a variety of soups on Wednesdays while supplies last. Come enjoy some music, lunch or take some soup home for dinner.

Please bring your own container with lid.

#### **MONTHLY DINNER**

#### September Dinner - \$10.00 3:30 - 4:30pm

Curbside Pick Up or Dine in the Tent. (limited seating).

Sponsored by Blue Shield of Northeastern NY Prepared for you by Ed Kelley's friends at Longfellow's.

Tues., Sept. 22nd. Pork Tenderloin with Fall sides Sign up by Mon. Sept. 21st. Purchasing a dinner is a delicious way to support your Senior Center!

#### **CDPHP LUNCH BUNCH**

Mondays through Sept. 28th. Under the tent. CDPHP has graciously extended their free Monday lunch bunch program. You must sign up at the front desk. Quantities limited.

#### **MEDICARE PLANNING WEBINAR**

"What Baby Boomers Need to Know to Maximize their Healthcare and Reduce their Expenses" Tuesday, September 8th, 2020 at 5:00 PM Thursday, September 10th, 2020 at 2:00 PM ZOOM links are in the Senior Center eblast and website.

#### **NEW CLASSES & PROGRAMS**

Shooting the Breeze with Joe Good Shepherd Mondays 12:45pm. Outside & ZOOM Babble, blab, gab, chat, chatter, converse, jabber, jaw, kibitz, schmooze, talk! Whatever you call it - join Joe for an uplifting hour of conversation. (No class 9/21)

"Building Immunity & Regeneration with Guided Meditation".

Mondays. 11am. ZOOM. 4 weeks beg. 9/14. Building our immune system is the best defense to flu, virus, and colds. New biology says at any age, we can regenerate all of the body with the right foods, reducing stress, and positive thinking. Join Amejo Amyot in creating a new you!

- Medicare 101 Blue Shield of Northeastern NY Mon., Sept. 14th, 10am. Outside at the Center. There are many different options to consider when enrolling in Medicare. It can be confusing, so we're here to make the process easier for you.
- "Happiness" How To Stop Others From Controlling Yours. **Monday 9/21**. 12:30pm (Outside & Zoom) Join life coach Annette Quarrier and learn how we each hold the keys to our own happiness and how we often give our keys away to others. This talk will help bring clarity and peace to your life.
- Tai Chi with Mark Tolstrup, The Tai Chi Center Wednesdays, 11:00am, Sept. 9-Sept. 30. 4 week workshop. Outside at Center. Tai chi, is an internal Chinese martial art practiced for both its defense training, its health benefits and meditation.
- Yoga on the lawn with Monica Wednesdays, 2:15.
- Card Making and or Scrapbooking Workshop Wednesday 9/16 & 9/23. 1-3pm. Inside Center. Take your mind off Covid: be creative, have some fun & laughs with Marylou!
- Clear Captions "Lunch & Learn" Wednesday, Sept. 16th, 11am. Outside at Center. ClearCaptions enables anyone with hearing loss to communicate easier with the most advanced captioning phone system available. NO COST - FREE Iphone & Ipad app. Join Deborah Grant to learn more about this program. Lunch provided. *Must pre-register*. Limited seating.
- ZUMBA with Marcia. Fridays, 10:15am. Outside at Center. Another day to DANCE! This is in addition to Emily's Wednesday Zumba.



# A plan for life.

Capital District Physicians' Health Plan, Inc.

#### The Heart of Senior Home Care Services Trusted, compositionate, quality core within the confirst and escally of your over home. THE WERLEY COMMUNETY Weisser Science Sciences 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 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<sup>a</sup>

Call today for more information or to schedule a tour.

1 Emma Lane, Clifton Park, NY 12065 518-371-2200 www.cliftonparkmemories.com





Meel Precention **Medication Romindore** Light Housekseping Errande & Shopping Alzheimer's Care

Respite Care

Companionship

www.HomeInstead.com/341

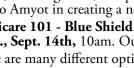


Your eyes don't have to act their age!

Make an appointment today! (518) 450-1080 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





# SUPER SEPTEMBER PROGRAMMING

### "Something for Everyone!"

#### In House, Outside & ZOOM Classes, Music, Presentations, Food and More!

Don't miss out on our low monthly unlimited program fee. \$15 a month while it lasts! Take advantage of our full September schedule as we take full advantage of our covered outdoor spaces thanks to the Miller/Nugent Family and Alfred Z. Solomon Charitable Trust.

#### NOT A MEMBER? JOIN TODAY!

The Senior Center is offering it's Open House Special New Membership rate a little early! \$20 for the remainder of 2020. Purchase 2021 membership at \$25 and get the remainder of 2020 for \$15.

#### SEPTEMBER '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 9:30: Walking Group 9:30: Clay Arts 12: CDPHP Lunch Bunch 12:45: Shooting the Breeze w/ Joe 1-3: Drawing	time TBD: Golf 3:00-4: Book Club ( <i>last Tues of month</i> )	9:30-11:30: Mosaics 9:30-Rug Hooking 10:15: Zumba w/ Emily 11:00: Tai Chi (4wk series) 12:00 Live Music Series 1-3:00: Card Making/ Scrapbook workshop 9/16 & 23 2:15-3:15: Yoga w/Monica	12-12:30: Fresh Produce - curbside pickup 9/10 only - pick up curbside 2-4pm due to OFA Senior Picnic	<u>10:15: Zumba</u>

# Thank you CDPHP for sponsoring our Health and Wellness classes.

SEPTEMBER ZOOM CLASS SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
9:00: Yoga on the Lawn 11:00: "Building Immunity & Regeneration Through Guided Meditation" 12:45: Shooting the Breeze w/ Joe	10:00-11:00: Meditation 11:00: Yoga w/Lyn 3:00-4: Book Club ( <i>last Tues of month</i> )	9:00-10: Rug Hooking 10:15: Zumba 11: Tai Chi (4wk series) 12:00 Live Music Series 1-2: Strength 2:15-3:15: Yoga w/ Monica		9-10: Apple PhoneTech ( <i>1st Friday</i> ) 10:15: Zumba		

HERZOO Thank you Herzog Law for sponsoring our Arts and Crafts classes. Thank you Blue Shield of Northeastern NY for sponsoring our Outdoor Activities.

# Apple Phone/Ipad Tech with Steve via Zoom

First Friday of month. 9-10 am.

#### Computer/Phone/Tech Assistance

We are offering computer/phone assistance. Please call the Front Desk at 518-584-1621 to schedule your appointment.

#### Computer Lab is Open

Monday, Wednesday & Friday 10-2. Must make an appointment. Please call the front desk.

#### Book Club - Tuesday, Sept. 29th. 3pm.

"The Dutch House" by Ann Patchett. "You won't want to put down this engrossing warmhearted book even after you've read the last page.'

#### **STAY INFORMED AND CONNECTED! DO YOU GET OUR EBLASTS?**

Our weekly eblasts keep you updated on classes and

#### **ONE DAY BUS TRIPS!**

#### A DAY IN VERMONT Sponsored by CDPHP Thursday, October 8, 2020 \$58 per member



A Unique Vermont Experience! Shop and dine in Manchester. Then head to the Friesians of Majesty horse farm for a tour and show in the heart of Vermont's Green Mts. Stop for a refreshing treat on the way home.

# A DAY IN COOPERSTOWN

#### Sponsored by Blue Shield of Northeastern NY Thursday, October 22, 2020 \$38.00 per member

Spend the day in beautiful Cooperstown. Go to the many museums - Farmer's Museum, Baseball Hall of Fame or The Fenimore, shop in the downtown area, or have lunch overlooking the lake! It is day on your own.

# **SUPPORT YOUR CENTER!**

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

- Purchase our branded merchandise- Insulated cups, Koozie Kooler and jute tote bags. Call the front desk or purchase on the Senior Center website. Makes great gifts!
- Make a monetary donation by clicking donate now on our website, calling the center and make a donation by phone, or mail in a check.
- Amazon Smiles Do you or anyone you know that shops on Amazon? Next time go to smile.amazon.com, select Senior Citizens Center of Saratoga Springs and a percentage of your purchase will be donated by Amazon! Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets
- for \$12.00. Fifty percent of the sale goes to the Center!
- 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 fundraisers that benefit the Center. Watch our eblasts and newsletters.
- Annual Appeal Look out for your annual appeal letter or make an online donation for the Center!
- Membership We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. Or purchase a membership for a senior in need. It's \$25 a year, and with a membership, you instantly get access to our services.

## **SENIOR CENTER SWAG!**



#### **BE PROUD OF YOUR SENIOR CENTER!**

Sport your Senior Center swag around town! Give as a gift to family and friends!

A portion of every sale supports the Center Sponsored by Alfred Z. Solomon Charitable Trust



#### bsnenv.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

#### Creative Ways to Give to the Center!



#### Volunteer - Looking to give back with your time? Contact us today to learn more about volunteering at the Center.



to Jeff Brisbin, Rick Bolton, Jackie Dugas, Jay Yager, Bobbie Vendetta, Chris Dollard, Garland Nelson for bringing music to the Senior Center. Thank you to CDPHP for the free lunches for seniors. Thank you to Primal:Butcher & Deli and Fred the Butcher for their and sponsors.

We could not do what we do without vou!

#### **COMING IN OCTOBER**

#### MEDICARE INSURANCE EXPO "Changes in Medicare 2021" Tuesday, Oct. 6th

Medica

Meet with Insurance Representatives and learn about the changes in medicare.

#### **OPEN HOUSE** Saturday, October 24th

Explore: Classes & programs available to adults age 50 and up. See how we have shifted our focus with Covid and the support services we are offering. Learn about volunteer opportunities.

Watch for music and event schedule!