

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center NEWSLETTER

DECEMBER 2020

HOLIDAY HELP, MUSIC AND FOOD - SAFE AND SOCIALLY DISTANCED

TUESDAY, DECEMBER 15



**Must RSVP!
Space is limited!
Socially distance
and covid protocols
followed**

- 11:00-1:30 Gift Wrapping with United Healthcare
bring your gifts to the center and let UHC help you wrap



- 1:00-2:00 Music by Michael Panza & Friends.
enjoy holiday and popular music with the very talented Michael Panza while you wrap and pick up dinner

Sponsored By MVP (subject to \$15 monthly fee or \$5 for this event)



- 2:30-4:00 Holiday Dinner To Grab & Go
pre order your holiday to go dinner and pick it up after the music (see dinner below)

HOLIDAY SEASON DINNER TO GO

TUESDAY, DECEMBER 15. 2:30-4:00 CURBSIDE PICK UP

Sponsored by Blue Shield of Northeastern NY

Stuffed Chicken Breast - with Broccoli and Cheese - prepared for you by your Senior Center staff.

Please place your order by Monday at 4pm. \$10 per dinner.



"IT'S THE BEST TIME OF THE YEAR" HOLIDAY RAFFLE

Buy a ticket to win some very merry swag from the Senior Center. Valued over \$130. Tickets are \$5 for one or \$9 for two. Winning package includes: Fleece Blanket, Jute Tote Bag, Insulated Wine Tumbler, Koozie Cooler, Branded Cloth Mask and to top it off add a Bottle of Champagne and a Bread Basket cake for the holiday. *(see picture below)*
Winner will be announced on Monday December 21st by noon. Stop by or call the front desk to purchase a raffle ticket.

HOLIDAY COOKIES FOR SALE AT THE CENTER

Cookies are a great gift during the holidays, but who has the time to bake?

In collaboration with Three Vines Bistro, we are selling authentic holiday Italian butter cookies from a Brooklyn Bakery. 1 1/2 lb tray - \$18.

Beginning December we will be selling tins of holiday cookies from Bread Basket Bakery. \$14 per tin. To purchase, call the front desk or stop by the Center.

*Portion of the
proceeds support the
Senior Center*

HOLIDAY GIFT IDEAS!

Need some gifts for your family and friends? Or maybe you should treat yourself. Purchase some of the Senior Centers branded merchandise. We now have soft fleece throw blankets and signature masks! Call the front desk and ask about our bundle pricing specials!

- Insulated Wine Cups - great hostess gift
- Jute Tote Bag - holiday shopping
- Koozie Cooler - snow birds
- Fleece Blanket - warm & cozy
- Cotton Masks -covid safe
- Hoffman Car Wash Tickets - shiny car (**paper tickets are back!**)

Sponsored by Alfred Z. Solomon Charitable Trust

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proceeds support the
Senior Center*



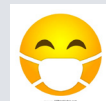
STAY INFORMED AND CONNECTED!

DO YOU GET OUR EBLASTS?

Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email address or if you don't have email, maybe you can use your son's or daughter's to keep you informed.

Protocol for Coming to the Center:

- Must wear a mask 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.



EASY WAYS TO SUPPORT YOUR SENIOR CENTER DURING THE HOLIDAY SEASON!

Looking for simple ways to support our seniors?

- Purchase our branded merchandise- Insulated cups, Koozie Cooler, masks, fleece blankets and jute tote bags. They makes great gifts!
- Make a monetary donation through our website, 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! **PAPER TICKETS ARE BACK**
- Clothing Bin - We have blue donation bins in our parking lot for clothing donations. We are paid per pound of clothes!
- 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.



Hours: Monday-Friday 8am-4pm

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

MORE GOOD STUFF.....

IT'S TIME TO RENEW - 2021 MEMBERSHIP RENEWAL

It's renewal time! Please complete the invoice form and return it to the Center by January 1st. Help us save on printing and mailing cost and renew promptly. Please take a moment to find out about our Presidential Membership. We are looking forward to another exciting year!

PROGRAMMING GOING FORWARD

Beginning in January you can attend programs and classes by coming to the center, ZOOM from home or Zoom at the Center. We will have a screen set up and ZOOM the classes here. This way if you cannot ZOOM from home or wish to be with others, we have you covered at the center or stay safe and connected from home. ***You must sign up as seating/ space is limited.***

HOLIDAY "CLOSET" SALE

We are cleaning out the closets! We will be selling items such as holiday greeting cards, rubber stamps, craft items, fabric and more. We will also be selling our holiday cookies, Senior Center merchandise, raffle tickets and dinner tickets.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA.

Facilitated by Katie Keary of the Alzheimer's Association

Thursday, December 10th. 10:00am-11:00am Via ZOOM.

Alzheimer's Association is partnering with the Saratoga Senior Center to present a one-hour program that explains the impact of Alzheimer's and the differences between Alzheimer's and Dementia. A screen will be set up at the Senior Center for in-house ZOOM viewing and will also be accessible via ZOOM for at-home viewing.

ANNUAL SENIOR CENTER BOARD MEETING

Wednesday, December 16th, 5:30pm via ZOOM.

If you are interested in attending the Annual Board Meeting, please call the front desk for the ZOOM link.

LADIES OF CHARITY AND THE SENIOR CENTER HOLIDAY POINSETTIA SALE

December 5, 10-3 and December 12, 10-12

The Ladies of Charity are having their annual poinsettia sale at the Senior Center. Stop by the Center and pick up some holiday gifts and cookies for your family and friends. Pick some up for your self, your family and your friends. Don't forget to get a raffle ticket while you are here!

DON'T MISS OUT ON THESE GREAT CLASSES

"Healing Guided Meditation And Wellness." Facilitated by Amejo Amyot, Ph.. via ZOOM

Mondays 11:00am - 12:00pm.

This is a spirit, body, mind peer group to bring hope to us as we age. Amejo will use guided meditation to raise spiritual well-ness energy. And also address looking at letting "food be thy medicine" as well as other lifestyle issues of exercise, stress, sleep, gratitude and hope. Bringing healing energies to the parts of the body that need some extra TLC. Also learn about foods that help to regenerate the body. *Can't ZOOM from home, come to the Center to participate via ZOOM.*

Bright Cards Memory Program with Donald Ambrose. via Zoom.

Tuesdays, 11:30am

The Bright Cards method will provide you with a fun, working and practical way to exercise your brain and improve a means of memorizing facts. It's a winning combination... Don't let Covid slow down your brain power. (formerly brain games). Donald has supplied us with items you will need to follow along with the program. Please call the Center so we can get these supplies to you. *Can't ZOOM from home, come to the Center to participate via ZOOM.*

BOOK CLUB AT THE SENIOR CENTER *New members welcome!*

"The Book of Longings" by Sue Monk Kidd.

Tuesday, December 29th. 3pm.

Both a radical reimagining of the New Testament, and an homage to all untamed, trespassing women, The Book of Longings is right on time for this moment. The book tells the story of Ana—a brave and ambitious woman who rails against her repressive society, fighting to express herself and realize her full potential. Sue Monk Kidd, the brilliant, beloved storyteller who gifted us with The Secret Life of Bees, has done it again!

Thank you to our newsletter sponsors for their continued support!



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1 Perry Road | Saratoga Springs, NY 12866



Saratoga Life

Ask me about

MEDICARE!

518-879-8958

2021 EXCURSIONS!

Collette Tours. Open to the Public

- Imperial Russia
July 22-30
Get a glimpse into the world's largest country and experience the distinctive allure of Russia, a land abundant with intrigue and history.
- Alaska - Land and Cruise
September 11-22, 2021
Traverse the Pacific coast by land and sea aboard one of Princess Cruise lovely ships on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia.
- Pacific Northwest and California also featuring Oregon and Washington
October 4- 11, 2021
From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California.
- Greece Island Hopper
Oct. 16-26, 2021
In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living.
- Canyon Country featuring Utah and Arizona
October 20-27, 2021
Traveling through America's Canyon Country will bring you into a colorful world of stunning southwestern vistas and to the neon-lit spectacle of Las Vegas.
- Christmas on the Danube - River Cruise
Dec. 2-10, 2021
Begin your holiday season with a relaxing cruise along the Danube River, stopping at the festive Christmas markets.
- Spotlight on Santa Fe Holiday
December 5-10, 2021
Discover how "The City Different" does the holidays on this Southwestern getaway. Santa Fe's flourishing art scene, Native American roots and festive charm await.

INFORMATIONAL SLIDE SHOWS: ARMCHAIR TRAVEL

Travel Informational Slide Shows.

Presented by Colby Yeaton of Collette Travel. Via ZOOM

Tuesday, December 8, 1:30. Christmas on the Danube
On a boat cruise along the Danube, explore charming Christmas markets and see Europe dressed in its holiday best.

ZOOM at home or at the Center. **Note: seating at Senior Center is limited. Please RSVP.** For ZOOM links, call the Senior Center front desk.

WE ARE HERE TO HELP YOU

ADVOCACY, INFORMATION AND REFERRAL

FOOD ASSISTANCE

Supported by CDPHP



The Senior Center is partnering with the Regional Food Bank so we can provide Thursday produce available for Noon pick-up at the Center. No registration required. We also provide home-delivered Monday lunches for any senior in need, most especially isolated seniors living on fixed incomes. Registration required. Home delivery for both programs is based on need and volunteer availability. Contact Phil at the Senior Center, ext. 206

VOLUNTEERS NEEDED

Social distance, non contact for deliveries, regional food bank etc. College students home? Shovel for a Senior! We can't always plan ahead when snow is coming, please consider helping. Call Lawrence at 518-584-1621, ext. 209 for details.

COMMUNITY CONNECTIONS

Supported by Saratoga Hospital, Saratoga Office for the Aging and The Wesley Community.

Are you a senior over 50 who needs no-contact assistance with grocery shopping, medical transportation, yard work, check-in calls or errands? Please call Phil at 518-584-1621, ext. 206.

We need volunteers to help with this program!



TRANSPORTATION

Supported by Stewart's Shops, United Way and Price Chopper's Golub Foundation

We are now providing limited medical transportation. We have also restarted our complimentary shuttle from area housing sites to the Price Chopper. Please call Phil at 518-584-1621, ext. 206 for details.



LOOKING FORWARD TO 2021! REASONS TO RENEW YOUR MEMBERSHIP

- If you can't ZOOM from home we will be ZOOMing classes at the Center.
- More exercise classes
- Art workshops
- Monthly series on topics such as health, finance, and personal growth
- Cultural and historical series featuring Charlie Kuenzel, Dave Patterson and more
- Live music
- Weekly Tuesday To Go meals - dinners, soup, sandwiches
- Expanded free produce program. We are adding dry goods, dairy and meat when available
- More one day bus trips (in the summer - optimistically!!)
- More computers for member use. A loaner program may be available. Thank You CDPHP
- Skidmore interns - Anna and Brian

REOCCURRING MONTHLY EVENTS

Apple Phone/Ipad Tech with Steve via Zoom

First Friday of month. 9-10 am.

Need help with your Iphone or your Ipad. Sign up with Steve and he can answer your questions.

Computer/Phone/Tech Assistance

We are offering computer/phone assistance Tuesday- Friday. Need help with your phone or Ipad? Want to learn ZOOM, Facebook or email? Please call the Front Desk at 518-584-1621 to schedule your appointment.

Senior Computers in the Library are Open

Monday & Wednesday 10-2. Friday 10-12.

Must make an appointment. Please call the front desk.

DO YOU HAVE A SPECIAL TALENT OR PASSION YOU WOULD SHARE WITH SENIOR CENTER MEMBERS?

Do you know a second language, can you teach an exercise or art class? Are you an "expert" on birding, cooking or the history of our area - Saratoga, the Adirondacks?

We are looking for volunteers to share their passion, talent, humor and music with our members. It can all be done contact free via ZOOM or in house. One session, a 6 week series or a continuing weekly class. We are open to all ideas. Please contact Colleen at seniorcenterprogram@gmail.com or 518-584-1621.

HAPPY HOLIDAY FROM THE SENIOR CENTER STAFF!

Wishing you a very healthy holiday season despite these difficult times. We really wish things were different and that we could be together! We hope that the New Year brings you and your family much happiness and prosperity, and that in time the world will be a safe place again. Stay safe, take care of yourselves and we will see you on soon - on ZOOM or in person!

We Miss You!

Lois, Colleen, Tawn, Jody, Brigitte, Joann, Kris, Lawrence, Phil, Joe and Joan!



Thank you for Your Support!

Thank you to Jackie Dugas, Rick Bolton and Jeff Brisbin for bringing music to the Senior Center. Thank you to MVP for sponsoring music. Thank you to CDPHP for the senior lunches. Thank you to CDPHP for sponsoring dinner. Thank you to Humana for sponsoring Brooks BBQ. Thank you to The Arnold Cogswell Health Fund of The Community Foundation for the Greater Capital Region and Funders Capacity Building Fund of The Community Foundation for the Greater Capital Region for their support. Thank you to the Giving Circle for yardwork for seniors. Thank to all the BBQ volunteers including Sponsor a Scholar students. We could not do what we do without you!

A HUGE SINCERE THANK YOU TO ALL OF OUR AMAZING VOLUNTEERS!

"Volunteers bring a little hope and leave a little sunshine wherever they go!"

The Senior Center Staff

DECEMBER PROGRAMMING

“Something for Everyone!”

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

Don't miss out on our low monthly **all inclusive unlimited** program fee. \$15 a month!

Beginning December all events and programs will be subject to the \$15 monthly fee, except where noted! Alternative option to the \$15 monthly fee is a \$5 fee per event. Take advantage of our full December schedule!

NOT A MEMBER? JOIN TODAY!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
“Madcap Mondays” <i>Sponsored by Alfred Z. Solomon Charitable Trust</i>	10-11:Meditation w/Susanne(<i>zoom</i>) 11:30-12:30: Gentle Yoga (<i>zoom</i>) 12:30-1:30: Memory Games(<i>zoom</i>)	9:30-12: Rug Hooking (<i>at center & zoom</i>) 9:30-12: Mosaics (<i>at center</i>) 10:15-11: Zumba with Emily(<i>at center</i>)	12-12:30: Fresh Produce Pickup. (<i>at center</i>)	9-10: Phone Tech - Apple phone, Ipad(<i>zoom</i>)
9:30: Walking Club 9:30-12:30: Clay Arts (<i>at center</i>) 10-11:Chair Yoga & Energy Medicine (<i>at center</i>) 11-12: Healing Guided Meditation & Wellness (<i>zoom</i>) 1-4: Pool League (<i>at center</i>) 1:00-2: Drawing(<i>at center</i>)	3-4: Book Club (<i>at center</i>) (see calendar)	2:15-3:15: Yoga / Monica (<i>at center & zoom</i>) 1:00: Strength w/Aidan (<i>zoom</i>) 1-4: Pool League (<i>at center</i>)		10:15::Zumba /Miho (<i>at center & zoom</i>)

NOTE-

You must sign up and reserve a seat for all indoor activites and classes. Inside seating is limited.



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



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









Thank you to BlueShield of Northeastern NY for sponsoring our Social Activities.



DON'T FORGET TO RENEW - 2021 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.

DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	 4 Saturday December 5th, 10-3 . Poinsettia & Holiday Gift Sale
7	 8 10-2pm: Holiday “Closet” Sale 1:30pm: “Christmas on the Danube” Information slide show. (<i>zoom at center & zoom from home</i>)	9	10 10-11am: “Understanding Alzheimer’s & Dementia” (<i>zoom at center & zoom from home</i>)	 11 Sunday December 12th, 10-12 . Poinsettia & Holiday Gift Sale
14	 15 Holiday Magic! 10-12: Gift Wrapping 1:00: Live Music 2:30: Dinner To Go	16 5:30: Board Meeting via ZOOM	17	18
No Monday Lunch 21	22	23	 24 The Senior Center will close at 12:00 for the Christmas Holiday!	 25 The Senior Center is Closed for the Christmas Holiday!
28	29	30	31 GOODBYE 2020!	January 1 The Senior Center is Closed for New Years Day!