

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
JANUARY 2021

HIGHLIGHTS OF 2020!

Throughout COVID:

- We made over 2,700 phone check-in and reassurance calls to over 1,600 seniors.
- We provided Zoom classes and computer tech assistance to keep everyone connected and active.
- We delivered masks & hand sanitizers, personal care items, books, puzzles and games.
- With the help of our volunteers we grocery shopped for those that could not get out. We restarted our Regional Food Bank fresh produce and bread items distribution, servicing 570 seniors with curbside and delivery services. We delivered 2,002 bags of food to seniors in need.
- In the summer we slowly and carefully opened our doors for exercise and art classes and continued Zoom programs.
- We rented a tent for the back lawn to provide socially distant programs and music to keep members engaged and active.
- Since June we provided free boxed lunches to 245 seniors in need, delivering 1,828 lunches, courtesy of CDPHP
- Staff worked tirelessly to meet the needs of our vulnerable seniors and when we saw a gap we tried to fill it.
- Throughout the pandemic we've been able to maintain, in fact increase, our programs and services.

WELCOME 2021!

The Senior Center is here for you as we enter 2021. If there's a need we want to meet it so please don't hesitate to contact us. For the first quarter we will again focus on emergency services, socialization, programs, technology assistance and lots of food. (see below) We will continue our zoom classes and some socially distant in house classes as long as its safe to do so. We are adding more historical, cultural and educational programs via zoom. If you don't have zoom we will set up a screen in the Center and provide space for you to come in and watch or engage here.

The Center welcomes back our Skidmore students and we are looking forward to conducting some interviews for our "Preserving the Past" series sponsored by the Adirondack Trust Companies Community Fund. Please consider supporting the Center by renewing your membership and getting your newsletter online. Starting in January we will be trying to save money and cut back on our printing. But we want to stay connected so let us know the best way to get you information and help you. We look forward to better days but plan to be there every step of the way as we ride out these unique times.

FOOD, FOOD & MORE FOOD!

Every Tuesday through the winter months, the Senior Center will offer "to go" meals 3:00-4:30 curbside pick up. Something different each week: soup, dinner prepared by staff and Longfellows, and "Take 5" meals from Simply Maura. (formerly 5 Points Deli). The 3rd Wednesday of the month will feature breakfast sandwiches. Call the front desk to order. *Please we ask that you preorder meals by 4 pm the day before. We need time to purchase and prepare the meals.*

- Monday - Homemade soup. 11am. CDPHP Free Box lunches for senior in need. Call Phil at extension 206.
- Tuesday - Dinner "To Go" curbside pickup. Sponsored by Home of Good Shepherd. 3-4:30pm.
- Wednesday - Monthly Breakfast Sandwiches To Go. Limited inside seating. 3rd Wed. of the month. 9:30-10:30am.
- Thursdays - Free Box lunches for senior in need. Regional Food Bank free produce program. We are adding dry goods, dairy and meat when available. Call Phil at extension 206

MENU

Monday, January 11th. Homemade Soup, Tortellini and Sausage \$3
Tuesday, January 19th. Roast Turkey Dinner from "Simply Food by Maura" (formerly 5 Points Deli) \$11 with stuffing, mashed potatoes, green beans, gravy and cranberry sauce
Wednesday, January 20th. Breakfast Sandwich - Sausage, Scrambled Egg & Cheese on a roll. \$5
Tuesday, January 26th. Roast Pork Dinner, prepared by Senior Center Staff with help from Longfellow's \$11

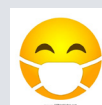
STAY INFORMED AND CONNECTED!

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!

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](https://www.amazon.com/smiles), 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. Or purchase a \$25 membership for a senior in need.
- Volunteer - Looking to give back with your time? Contact us today to learn more about volunteering at the Center.



SARATOGA SENIOR CENTER



Hours: Monday-Friday 8am-4pm

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

ZOOM PRESENTATIONS.....

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. All programs are subject to the \$15 monthly unlimited class fee. Scholarships are available.

If you are ZOOMing at the Center, you must sign up as seating/space is limited.

LIVING YOUNGER LONGER Facilitated by Patricia Matthews
Wednesday, January 6th. 11:00am Via ZOOM.

In this Class we will Learn about Natural Solutions to Help us Live Younger Longer. Growing old is definitely not the same as aging! Learn about how foods, exercise, removing toxins, getting in the drivers seat of our emotions can help us reduce inflammation. We will learn how to boost our immunity and allow our bodies to heal so we can age backwards! Patty is Certified Functional Nutrition Coach, Personal Trainer, Essential Oil Specialist and Reiki Practitioner.

If you are ZOOMing at the Center, you must sign up as seating/space is limited.

MEET THE HORSES Facilitated by Krystie Evans
Monday, January 11th. 1:00pm Via ZOOM.

"Meet the horses! Join this online meeting to meet several horses and see them in their pasture environment. During the program, several horses will be introduced in their pasture and munching on their lunch. We will also introduce Molly who is an elderly pony who still loves soft treats, pets and grooming. Also discussed will be proper grooming and how I care for the horses in the winter." *If you are ZOOMing at the Center, you must sign up as seating/space is limited.*

"BEGINNING YOUR FAMILY HISTORY" - GENEALOGY 3 PART SERIES.

Facilitated by Lisa Dougherty, Professional Genealogist
Tuesday, January 19th. 1:00pm Via ZOOM.

Genealogy, or the study of family history, has been described as the "fastest-growing hobby in America". With the popularity of television shows like "Who Do You Think You Are", the popularity of DNA tests and the reconnecting of distant relatives using social media, it's no wonder more Americans than ever before are interested in discovering their roots. Lisa will help you get started in the pursuit of your own family history by offering guidelines for gathering information, conducting effective family interviews, and organizing your research.

Part 2 - February 16th "Understanding your Ancestry DNA Test". Part 3 - March 16th "Your Irish Ancestors".

If you are ZOOMing at the Center, you must sign up as seating/space is limited.

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

"Unsheltered" by Barbara Kingsolver.

Tuesday, January 26th. 3pm. At the Center and via ZOOM. Free.

Barbara Kingsolver returns with a timely novel that interweaves past and present to explore the human capacity for resiliency and compassion in times of great upheaval...How could two hardworking people do everything right in life, a woman asks, and end up destitute?" An honest portrayal of families coping with difficulties in two different centuries. The dialogue is amazing. The observations are so precise, and beautifully described. The attention to historical settings is interesting and very realistic. *If you are ZOOMing at the Center, you must sign up as seating/space is limited.*

DEMENTIA CONVERSATIONS

Facilitated by Katie Keary of the Alzheimer's Association

Thursday, January 28th. 10:00am-11:00am Via ZOOM. Free.

Alzheimer's Association is partnering with the Saratoga Senior Center to present a one-hour program that will help you have the important conversations: going to the doctor, deciding when to stop driving, and making legal and financial plans. 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. To register to view the Zoom, visit <https://bit.ly/2IS2d0x>.

If you are ZOOMing at the Center, you must sign up as seating/space is limited.

Thank you to our newsletter sponsors for their continued support!



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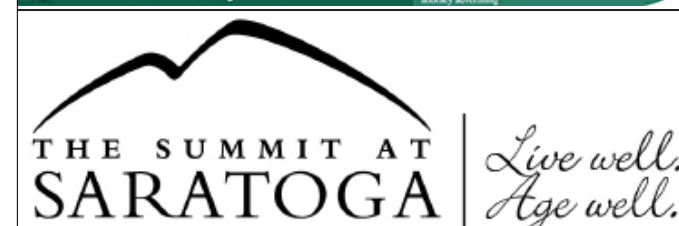
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1 Perry Road | Saratoga Springs, NY 12866

WINTER WEATHER AND PROGRAMMING!

If we have a snowstorm, icy roads or inclement weather, the Monday lunch program and the Regional Food Bank Produce pick up may be cancelled.



SL

Saratoga Life

Ask me about

MEDICARE!

518-879-8958

JANUARY PROGRAMMING

“Try Something New!

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

Don't miss out on our low monthly **all inclusive unlimited** program fee. \$15 a month includes all classes, events and programs except where noted! An alternative option for special programs is a \$5 per event fee.

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 (zoom)	9:30-12: Mosaics (at center)	9:00: iPhone & iPad Help (zoom)	
9:30: Walking Club	11:30-12:30: Gentle Yoga (zoom)	10:15-11: Zumba with Miho (at center & zoom)	1st Thurs of month	
9:30-12:30: Clay Arts (at center)	3-4: Book Club (at center) (see calendar)	1:00: Strength w/Aidan (zoom)	12-12:30: Fresh Produce Pickup (at center)	
10-11: Chair Yoga (at center & zoom)	3:00-4:30pm Dinner Program	1-4: Pool League (at center)		
1-4: Pool League (at center)		2:15-3:15: Yoga / Monica (at center & zoom)		
1:00-2: Drawing(at center)				



Thank you CDPHP for sponsoring our Health and Wellness classes.



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



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

PRESENTATION AND SPECIAL EVENT SCHEDULE

- Wed., January 6th. 11am “Natural Solutions to Live Younger Longer”
- Mon., January 11th. 11am til it's gone - Soup
- Mon., January 11th. 1pm. “Meet the Horses”
- Tues., January 19th. 1pm. Genealogy Part 1. “Beginning Your Family History”
- Tues., January 19th. 3-4:30pm. Dinner To Go Turkey Dinner by Simply Food
- Wed., January 20th. 9:30-10:30 Breakfast Sandwiches To Go. *Limited inside seating.*
- Tues., January 26th. Dinner To Go Roast Pork Dinner
- Thurs., January 28th. 11am. Alzheimers’ “Dementia Conversations”

MONTHLY TECH EVENTS

- Apple Phone/Ipad Tech with Steve via Zoom First Thursday of month. 9-10 am.
- Computer/Phone/Tech Assistance by appointment
- Senior Computers in the Library are Open by appointment

Please call the Front Desk at 518-584-1621 to schedule your appointment.

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Purchase Senior Center Merchandise and Support Your Center!

Treat yourself and a friend! Call the front desk and ask about our bundle pricing specials!

- Insulated Wine Cups - great hostess gift
- Jute Tote Bag - perfect for 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

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



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.



DO YOU HAVE A SPECIAL TALENT OR PASSION YOU CAN SHARE ?

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.

Thank You for Your Kindness and Support!

Thank you to Michael Panza and Friends for bringing holiday music to the Senior Center. Thank you to MVP for sponsoring music. Thank you to CDPHP for the senior lunches. Thank you to the Giving Circle for yardwork for seniors. Thank you to Key Bank for the \$1000 donation and lunch for the staff. Thank you to Blue Cross Blue Shield for sponsoring dinner. Thank you to DJ Jacques for the beautiful music. Thank you to The Ladies of Charity for the gorgeous poinsettias. Thank you to everyone who donated to the Santa project.

We could not do what we do without you!

2021 TRIPS & EXCURSIONS!

We have several excursions planned in the United States and abroad from Alaska, Pacific Northwest, Russia, Greece and more.

We also have multi day bus trips to Charleston and Maine. Soon we will start planning our one day bus trips.

Go to our website: saratogaseniorcenter.org to see what is coming up for 2021.

All of our trips will follow all the safety precautions and social distancing.

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.**
- **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.**
- **Welcome Skidmore interns - Anna, Brian and Cecily.**