

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center NEWSLETTER

FEBRUARY 2021

FALL IN LOVE WITH FEBRUARY

- Love to socialize over wine or a cup of tea? Join us at the “Thirsty Thursday Social Club”
- Love to snack? February is “National Snack Food” Month. Join Siobhan & learn how to make healthy snacks
- Love to exercise? “Silver Sneakers” is coming to the Center! Take care of your body and your heart!
- Love Yourself! Learn how to de-stress and “pamper” yourself at home with Patty Matthews
- Love stories of your family history? Learn how to start with “Beginning Your Family History” Genealogy Series
- Love to go out to lunch with your friends? Try our virtual “Lunch Bunch”. *Program Details inside & below!*



NEW! SILVER SNEAKERS IS IN THE HOUSE



The Saratoga Senior Center and The Saratoga YMCA are collaborating to bring the Silver Sneakers Program to the Senior Center!

Are you already a Silver Sneakers member? Are you unsure? The YMCA and Senior Center will be hosting a registration and information hour on Tuesday, February 16th from 10-12 and Tuesday, February 23rd from 12-2 at the Saratoga Senior Center. The Silver Sneakers Program will officially launch in March. Don't want to come in, call the front desk at 518-584-1621.

NEW! “ THIRSTY THURSDAY SOCIAL CLUB”



Are You Thirsty For Socialization And Laughs?

“social club - a group of people or the place where they meet, generally formed around a common interest, occupation, or activity.” Join the Senior Center staff Thursdays at 5 pm via ZOOM to meet a few new friends, sip wine or tea, laugh, and chat. Let's put our heads together and come up with fun, safe things we can do as part of our new Social Club. Maybe a wine tasting, a cooking class, outdoor activities, trips etc. Let's throw out some ideas. Come & join the fun! Call the front desk to sign up at 518.584.1621 and we will send you the ZOOM link. **free, not subject to monthly class fee. 1st meeting January 28th.**

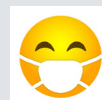
STAY INFORMED AND CONNECTED!

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.



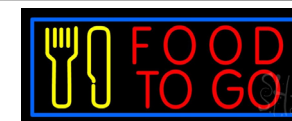
EASY WAYS TO SUPPORT YOUR SENIOR CENTER!

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, 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.



Every Tuesday!



Get your orders in early!

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 local restaurants, and “Take 5” from Simply Maura. Thanks to a donation from the Mitzen family the Senior Center is able to partner with local restaurants to bring you soup and dinner twice a month. Call the front desk to order.

Please, we ask that you preorder meals by 4 pm the day before.

MENU: “Tuesday to Go” sponsored by Home of the Good Shepherd

- Tuesday, February 2nd. Roasted Pork Belly & Poblano Pepper Chowder prepared by Boca Bistro of DZ Restaurants \$5
- Tuesday, February 9th. Longfellows in Memory of Ed Kelley \$11
- Tuesday, February 16th. Roast Turkey Dinner from “Simply Food by Maura” \$11
- Tuesday, February 23rd. Chicken Cordon Blue, prepared by Senior Center Staff with help from Longfellow's \$11

MORE FOOD PROGRAMS

- Monday 11-1:00. Cup of Homemade Soup \$5.00
- Buy a cup of delicious soup to go or dine in at the center with your friends. Limited seating available. Socially distant. Please call to reserve a seat.
- Monday CDPHP Free lunches for seniors in need.
- Thursday Free lunches for seniors in need.
- Thursday Regional Food Bank free produce program. Call Phil at extension 206

SARATOGA SENIOR CENTER



Hours: Monday-Friday 8am-4pm
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

Thank you to our newsletter sponsors for their continued support!

ZOOM PRESENTATIONS.....

ZOOM TECH CLASSES

Every Thursday morning from 9-10am, we will have a weekly "tech assistance" class via ZOOM. Tech assistance will be manned by our volunteer Stephen (Apple product help) and our Skidmore Interns. CDPHP is sponsoring a "Learn to ZOOM" class the second Thursday of every month. Call the front desk to sign up and get the ZOOM link. *see the tech schedule on the calendar page, not subject to monthly class fee.*



COOKING FUN WITH SIOBHAN. 2nd Monday of the month February thru May at 1:00pm.
Monday, February 8th. 1:00pm Via ZOOM from home or at the Center.

February is National Snack Food Month! Join Siobhan as she whips up some easy, healthy snacks.
If you are ZOOMing at the Center, you must sign up as seating/space is limited.

NEW! VIRTUAL LUNCH BUNCH - Let's Get through the winter blues together!

Wednesdays beginning February 3rd at 12pm Via ZOOM or at Center, limited seating.

Meet our new Skidmore interns. Make yourself lunch and sign on to ZOOM or bring your lunch to the center. Share some laughs and smiles! *Call the Front Desk to sign up! free, not subject to monthly class fee.*

SARATOGA HISTORY Facilitated by Charlie Kuenzel & Dave Patterson
Fridays 10:00am. Via ZOOM from home or at the Center.

Join local historians Dave Patterson and Charles Kuenzel as they take you on a fun-filled trip down memory lane.
• Fri., February 12th. 10-11: "Health, History & Horses". Fri., February 19th 10-11: "Grand Hotels of Saratoga".

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, February 16th. 1:00pm. Via ZOOM from home or at the Center.

Genealogy has been described as the "fastest-growing hobby in America". With the popularity of television shows like "Who Do You Think You Are" and DNA tests it's no wonder everyone is interested in discovering their roots. Lisa will offer guidelines for gathering information, conducting effective family interviews, and organizing your research.

Part 2- March 16th "Your Irish Ancestors". Part 2 - April 20th "Understanding your Ancestry DNA Test". (Note schedule changes from January newsletter). *If you are ZOOMing at the Center, you must sign up as seating is limited.*

ESSENTIAL HEALTH SOLUTIONS TO REDUCE STRESS

Facilitated by Patricia Matthews

Wednesday, February 17th. 11:00am. Via ZOOM from home or at the Center.

It has been a difficult year. Let Patty show you ways to de-stress and pamper yourself a little bit right in your own home. 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.

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

"All Adults Here" by Emma Straub

Tuesday, February 23rd. 3pm. In person at the center and via ZOOM. Free.

Emma Straub's unique alchemy of wisdom, humor, and insight come together in a deeply satisfying story about adult siblings, aging parents, high school boyfriends, middle school mean girls, the lifelong effects of birth order, and all the other things that follow us into adulthood, whether we like them to or not.

"UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR"

Facilitated by Katie Keary of the Alzheimer's Association

Thursday, February 25th. 10:00am-11:00am. Via ZOOM from home or at the Center. Free.

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. To register call the front desk.

If you are ZOOMing at the Center, sign up as seating/space is limited. free, not subject to monthly class fee.

THE CENTER IS OPEN FOR DROP IN !

We will be open for 'drop in' visits every day from 9-11:30am. Limited seating. Bring your newspaper and have a cup of coffee. Masks are required. You will be required to wipe your own chairs and space down. To find out more call 518.584.1621.



A plan for life.

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The Heart of Senior Home Care Services



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518.584.1200 | thewesleycommunity.org



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.



To us, it's personal.

518.580.1042

www.HomeInstead.com/341

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

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.



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Independent Senior Living Community
518-926-9003 | SummitSaratoga.com

1 Perry Road | Saratoga Springs, NY 12866

SL

Saratoga Life

Ask me about

MEDICARE!

518-879-8958

FEBRUARY PROGRAMMING

"WINTER DOLDRUM BEATERS"

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30: Drop in Hours 9:30: Walking Club 9:30-12:30: Clay Arts <i>(at center)</i> 10-11: Chair Yoga <i>(at center & zoom)</i> 11-1:00: Soup 1-2: Drawing <i>(at center)</i> 1-4: Pool League <i>(center)</i>	9-11:30: Drop in Hours 10-11: Meditation w/ Susanne <i>(zoom)</i> 11:30-12:30: Yoga and Energy Medicine <i>(zoom)</i> 1-4: Pool League <i>(center)</i> 3-4: Book Club <i>(center & zoom)</i> (see calendar) 3-4:30pm Dinner Program	9-11:30: Drop in Hours 9:30-12: Mosaics <i>(center)</i> 10:15-11: Zumba with Miho <i>(center & zoom)</i> 12-12:45: Lunch Bunch <i>(zoom & at center)</i> 1-2: Strength w/Aidan <i>(center & zoom)</i> 1-4: Pool League <i>(center)</i> 2:15-3:15: Yoga Monica <i>(center & zoom)</i>	9-11:30: Drop in Hours 9-10: Tech Help via ZOOM <i>(see schedule below)</i> 12-12:30: Fresh Produce Pickup <i>(center)</i> 1-4: Pool League <i>(center)</i> 5-6pm: "Thirsty Thursday" Social Club <i>(zoom)</i>	9-11:30: Drop in Hours



Thank you CDPHP for sponsoring our Health and Wellness classes.



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

PRESENTATION AND SPECIAL EVENT SCHEDULE

- Thursdays. 5:00pm. Thirsty Thursday Social Club
- Tues., February 2nd. 3-4:30. Soup To Go
- Mon., February 8th. 1:00. Cooking with Siobhan
- Tues., February 9th. 3-4:30. Dinner To Go
- Fri., February 12th. 10-11: "Health, History & Horses".
- Mon., February 15th. Closed for Presidents Day
- Tues., February 16th. 10-12:00. Silver Sneakers Sign up
- Tues., February 16th. 1:00 Genealogy Part 1. "Beginning Your Family History"
- Tues., February 16th. 3-4:30. Dinner To Go Turkey Dinner by Simply Food
- Wed., February 17th. 11:00. Reduce Stress
- Fri., February 19th 10-11: "Grand Hotels of Saratoga".
- Tues., February 23rd. 3-4:30. Dinner To Go
- Tues., February 23rd. 3-4:00. Book Club
- Tues., February 23rd. 10-12:00. Silver Sneakers Sign up
- Thurs., February 25th. 11:00. Alzheimers' "Understanding Behaviors"

BECOME A MEMBER TODAY.

It's a simple way to support your Center and stay active!

We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. It's \$25 a year, and with a membership, you instantly get access to our programs and services. To find out more call 518.584.1621.

COVID VACCINE INFORMATION

If you need assistance navigating the covid vaccine sign up process or are in need of transportation to the vaccine facility, we may be able to help. Call Senior Support Services at the Center. 518-584-1621, ext. 206

MONTHLY TECH EVENTS

Weekly Tech Help via ZOOM Thursdays 9-10am

- Week 1 Apple Phone/Ipad Tech with Steve.
- Week 2 "Learn to ZOOM" class.
- Week 3 Open Help - Q&A
- Week 4 Open Help - Q&A
- Daily one on one computer/phone/tech assistance by appointment.
- Computers in the Library are Open by appointment. Please call the Front Desk for an appointment.



FEBRUARY "SALE" EVENT!

Purchase Valentine's Day Gifts for Yourself, a Friend or your Sweetheart!

- \$15 Insulated Wine Cups - great hostess gift
- \$6 Jute Tote Bag - perfect for shopping
- \$17 Koozie Cooler - snow birds
- \$10 Fleece Blanket - warm & cozy
- \$4 Cotton Masks - covid safe
- \$10 Hoffman Car Wash Tickets - shiny car (paper tickets are back!)

Out of the area? Call and order over the phone, we will hold your gift until you return!

Discounted prices thru the end of February!

Hurry while supplies last!

Supported by Alfred Z. Solomon Charitable Trust

WE ARE HERE TO HELP YOU

ADVOCACY, INFORMATION AND REFERRAL FOOD ASSISTANCE

Supported by Blue Shield of Northeast NY

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 & Thursday 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

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 and Price Chopper's Golub Foundation

We are now providing limited transportation to medical and vaccine appointments. Please call Phil at 518-584-1621, ext. 206 for details.



VOLUNTEERS NEEDED

Do you have a little extra time on your hands? Are you bored, looking for something to do? Come volunteer at the Saratoga Senior Center! We have socially distant, virtual and in house opportunities. Some of our current needs:

- Regional Food Bank - Project Manager, or packing bags for distribution
- Transporting seniors to appointments in your car or our van
- Do you have a hobby or a passion you would share with our members via ZOOM:
 - Cooking class
 - Arts & Crafts
 - Show & Tell - a collection to share
 - Teach a Language
 - The possibilities are endless

Call Lawrence at 518-584-1621, ext. 209 for details.



2021 TRIPS & EXCURSIONS!

EXCURSIONS

- Imperial Russia. July 22-30, 2021
- Alaska Discovery Land & Cruise featuring a 7-night Princess Cruise. September 11-22, 2021
- Pacific Northwest feat. Washington, Oregon & California. October 4-11, 2021
- Greece Island Hopper. October 16 -26, 2021
- Canyon Country feat. Arizona & Utah. October 20 -27, 2021
- Christmas on Danube River Cruise. December 2-10, 2021
- Spotlight on Sante Fe. December 5-10, 2021

MULTI DAY BUS TRIPS *(more to be scheduled)*

- Maine feat. Portland & Kennebunkport. September 20 - 23, 2021
- Foxwoods & Mohegan Sun. October 25 - 27, 2021

INFORMATIONAL SLIDE SHOWS

- Alaska Discovery Land & Cruise. Tues., January 26. 1:30pm
 - Greece Island Hopper. Tues., March 2. 1:30pm
- Slide shows are via ZOOM from your home or at the Center. If you are ZOOMing at the Center, you must RSVP.*

ONE DAY BUS TRIPS

coming soon for summer and fall dates.

Thank You for Your Kindness and Support!

Thank you to Alfred Z. Solomon Charitable Trust, Leon J. Goldberg Charitable Trust and Adirondack Trust for your continued support of the Center and our programs. Thank you to Patricia Matthews, Katie Keary and Krystie A Evans-Zaman and for facilitating amazing ZOOM classes. Thank you to Home of the Good Shepherd for sponsoring the "Tuesday to Go" dinner program. Thank you to Longfellows for helping to prepare dinner.

We could not do what we do without you!



SENIOR CENTER WISH LIST

The Senior Center is in need of:

- 4 drawer locking file cabinet with key
- Freezer - commercial, chest or upright in good condition
- Vacuum Cleaner in good working order



PROGRAM NEWS

Did you know that 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.

All programs are subject to the \$15 monthly unlimited class fee unless indicated. Full and partial scholarships are available.