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.

EASY WAYS TO SUPPORT YOUR SENIOR CENTER!

Looking for simple ways to support our seniors?

• Purchase our branded merchandise- Insulated cups, Koozies, 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 Saratoga Senior Center and The Saratoga YMCA are collaborating to bring the Silver Sneakers Program to the Saratoga 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.

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.

NEW! SILVER SNEAKERS IS IN THE HOUSE

The Silver Sneakers Program will officially launch in March. Don’t want to come in, call the front desk at 518-584-1621 and we will send you the ZOOM link.

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.

SOCIAL CLUB - a group of people or the place where they meet, generally formed around a common interest, occupation, or activity.

Every 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 Longfellows’s $11

MENU:

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

Monday, February 1st. 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 23rd. Chicken Cordon Blue, prepared by Senior Center Staff with help from Longfellows’s $11

MORE FOOD PROGRAMS

Monday 11-1:00. Cup of Homemade Soup $5.00

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

More food programs!

• Monday CDPHP Free lunches for seniors in need.

• Thursday Free lunches for seniors in need.

• Thursday Regional Food Bank free produce program.

Please call to reserve a seat.

Call Phil at extension 206

FAQ:

CDPHP Free lunches for seniors in need.

Regional Food Bank free produce program.

Get your orders in early!

Each Tuesday 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.

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 call to reserve a seat.

Call Phil at extension 206
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 up on 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.


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 change 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.

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

“UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR” Facilitated by Katie Kearcy 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.

Thank you to our newsletter sponsors for their continued support!
**FEBRUARY PROGRAMMING**

"WINTER DOLDRUM BEATERS"

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

Don’t miss 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.

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**MONDAY**

9:30: Walking Club
9:30-12:30: Clay Arts (at center)
10-11: Chair Yoga (at center & zoom)
11-1: Soup
1-2: Drawing (at center)
1-4: Pool League (center)

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**TUESDAY**

9:15-10:00: Yoga (zoom)
10:15-11: Yoga with Mike (center & zoom)
12:12-15: Lunch Bunch (zoom & at center)
1-2: Strength w/ Aidan (center & zoom)/see calendar)
1-4: Pool League (center)
2-15-17: Yoga Monica (center & zoom)

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**WEDNESDAY**

9-11:30: Drop in Hours
9-11:30: Drop in Hours
10-11: Meditation w/ Susanne (zoom)
11:30-12:30: Yoga and Energy Medicine (zoom)
12:12-15: Lunch Bunch (zoom & at center)
1-4: Pool League (center)

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**THURSDAY**

9-11:30: Drop in Hours
9-11:30: Drop in Hours
9-30-12: Mosaics (center)
10-15-11: Zumba with Mike (center & zoom)
12:12-12:30: Fresh Produce Pickup (center)
1-4: Pool League (center)
5-6pm: “History Thursday” Social Club (zoom)

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**FRIDAY**

9-11:30: Drop in Hours
9-11:30: Drop in Hours

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

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

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**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 19th 10-11: “Grand Hotels of Saratoga”
- Wed., February 17th. 11:00. Reduce Stress
- Tues., February 16th. 1:00 Genealogy Part 1.
- Tues., February 16th. 3-4:30: Dinner To Go
- 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. Alzheimer’s “Understanding Behaviors”

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**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.

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**TRAVEL**

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

- Maine, Dartmouth: January 23, 2021: 3:30pm - 5pm
- Foxwoods & Mohican Sun: February 27, 2021: 3:30pm
- Greece Island Hopper: March 2, 1:30pm
- Alaska Discovery Land & Cruise, Tues., January 26th: 1:30pm
- Greece Island Hopper: September 11-22, 2021: 5pm
- Pacific Northwest feat. Washington, Oregon & California: October 4-11, 2021: 5pm
- Greece Island Hopper: October 16-26, 2021: 5pm
- Zion National Park: November 20-27, 2021: 5pm
- Christmas on Danube River: December 2-10, 2021: 5pm
- Spotlight on Sante Fe: December 5-10, 2021: 5pm

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**FOOD ASSISTANCE**

**WE ARE HERE TO HELP YOU**

**AVOCADO, INFORMATION AND REFERRAL**

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 hobby or a passion you would like to share? The Senior Center is in need of volunteers to help with this program! We could not do what we do without you!

**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.

**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

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**EXCURSIONS**

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

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**INFORMATIONAL SLIDE SHOWS**

- Alaska Discovery Land & Cruise, Tues., January 26th: 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!

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**ONE DAY BUS TRIPS**

coming soon for summer and fall dates.

- Greece Island Hopper: June 1, 2021: 1:30pm
- Greece Island Hopper: July 10, 2021: 1:30pm
- Christmas on Danube River Cruise. December 2-10, 2021
- Spotlight on Santa Fe: December 5-10, 2021
- Greece Island Hopper: September 11-22, 2021
- Zion National Park: November 20-27, 2021
- Greece Island Hopper: October 16-26, 2021
- Greece Island Hopper: October 27-30, 2021
- Zion National Park: November 20-27, 2021

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**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

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**PROGRAM NEWS**

Did you know that you can attend programs and classes by coming to the center, ZOOM from home or 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.