

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
MARCH 2021

**WE ARE OPEN!
WE MISS ALL OF OUR MEMBERS!**

Do you know you can come into the Center for:

- Art Classes
- Lunches
- Bingo
- Exercise classes
- ZOOM classes
- Music
- Coffee & Visiting
- and more...

We are following all social distancing guidelines

NEW! LUNCH BUNCH AT THE CENTER!

Free boxed lunches for dine in are back! Limited quantities. Call the front desk to sign up! Wednesdays at 12:00. Can't come to the Center? Prepare your own lunch at home and sign on to ZOOM to eat with your friends!

NEW! BINGO after lunch! Wednesdays at 12:30.



*Benefits the
Saratoga Senior Center*

BROOKS BBQ IS BACK!

Tuesday, March 23rd, 3:30pm-6:30pm
Sponsored by Blue Shield of Northeastern NY

Chicken Dinner: \$13 Rib Dinner: \$15.

All dinners include Baked Potato, Coleslaw, Roll.

The Senior Center is one of the few places where you can purchase the Rib Dinner!

- **Curbside Pickup**
- **Bulk Orders Delivery (10 or more):** We will deliver to your office or home!
- **Call 518-584-1621 to preorder your BBQ**



SILVERSNEAKERS IS IN THE HOUSE

The Saratoga Senior Center & Saratoga YMCA are bringing SilverSneakers to the Senior Center!



SilverSneakers classes begin week of March 8th in person & via ZOOM!

- Tuesday 9:00-9:45 SilverSneakers Classic with Joyce
- Wednesday 10:15-11:00 Zumba with Miho
- Thursday 10:00-10:45 Low Impact Cardio & Strength with Jo Ann
- Thursday 11:00-11:45 Gentle Yoga with June
- Friday 11:45-12:30 Functional Strength & Balance with Stephanie

If you are coming into the Center to take classes, please call the Front Desk to sign up! **Spaces are limited!**

SilverSneakers membership allows you to attend any of our other health and wellness programs at the Center.

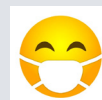
STAY INFORMED AND CONNECTED!

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.
- Please stay home if not feeling well.
- Please expect a full check-in/screening upon arrival.
- Please wipe down your seating area.



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 make 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!



Order early!

Humana

Every Tuesday through the winter months, the Senior Center will offer "to go" meals 3:00-4:30 curbside pick up. Call the front desk to order. *We ask that you preorder meals by 4 pm the day before.*

MENU: "Tuesday to Go" dinners sponsored by Home of the Good Shepherd & Humana.

- Tuesday, March 2nd. **The Wishing Well** - Turkey Vegetable Soup \$5
- Tuesday, March 9th. **Diamond Club Grill at Embassy Suites** - Pot Roast, Scalloped Potatoes, Carrots \$11
- Tuesday, March 16th. **"Simply Food by Maura"** - Roast Turkey Dinner \$11
- Tuesday, March 23rd. **Brooks BBQ** Chicken \$13 Rib \$15 (*note time 3:30-6:30pm*)
- Tuesday, March 30th. **Longfellows in Memory of Ed Kelley** - Meatloaf Dinner \$1

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. Call to reserve a seat.

- Tuesday CDPHP Free lunches for seniors in need.
- Thursday Free lunches for seniors in need.
- Thursday Regional Food Bank free produce program.
Call Senior Support Services at extension 206

SARATOGA SENIOR CENTER



Hours: Monday-Friday 8am-4pm

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

MARCH MADNESS! ZOOM PRESENTATIONS...

“ALL BODIES CAN” facilitated by Taylor Johnson, Skidmore Intern.
Mondays 6-7pm and Saturdays 1-2pm. Beginning March 1st.



All Bodies Can is a movement class for any person who is willing to move. I believe that all bodies can and are able to move in some way, shape, or form. Dancing is good for the body, mind, and soul, no matter the age or mobility. These classes give you the opportunity to move and express yourself in different ways as we focus on freeing tension from various parts of the body. It is not about remembering the steps but more about the feeling and emotions you get while doing it.

“THIRSTY THURSDAY” SOCIAL CLUB IS IN FULL SWING! JOIN US!
Thursdays at 5pm Via ZOOM.



We have a great group of people on our Social club. At the first meeting they all found out they grew up near each other in New York City! Are you from the city? Join us and connect with some new friends. Lively conversations and laughter for an hour! All are welcome.

EAT SMART, LIVE STRONG! Healthy nutrition and cooking facilitated by Siobhan.
Monday, March 8th. 1:00pm Via ZOOM from home or ZOOM at the Center.

March is National Nutrition Month. Join Siobhan for a lively chat about reaching your goals. Cap the presentation off with a cooking demo. This week's selection is 'homemade salad dressing'. Stop by the center to pick up your salad bowl and recipe.
If you are ZOOMing at the Center, you must sign up as seating/space is limited.

“YOUR IRISH ANCESTORS” - GENEALOGY SERIES, Part 2.

Facilitated by Lisa Dougherty, Professional Genealogist
Tuesday, March 16th. 1:00pm. Via ZOOM from home or ZOOM at the Center.



If you have ever wanted to learn more about your Irish ancestors, there is no better time than NOW! More and more records are becoming available every day, making it possible to trace your family back to the Emerald Isle! Lisa Dougherty, professional genealogist-in-residence for the Irish American Heritage Museum in Albany, NY, will present ideas, strategies, tips and tricks for discovering the Irish origins of your family. Whether you are an experienced family historian or just starting out, there will be something for everyone! Part 3 - April 20th “Understanding your Ancestry DNA Test”.

HOW TO AVOID COMMON SCAMS THAT TARGET OLDER ADULTS

Facilitated by Kym Hance, Herzog Law
Tuesday, March 30th. 2pm. Via ZOOM from home or ZOOM at the Center.



The program will focus on common scams and frauds that targets older adults – the warning signs, how to avoid becoming a victim, and where to seek help if you think you're a victim. The program will also cover issues such as identity theft and Internet safety. Seniors will be provided with “do's” and “don'ts” to stay safe in their daily lives.

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

“Monogamy: A Novel” by Sue Miller.
Tuesday, March 30th. 3pm. In person at the center and via ZOOM. Free.

Graham and Annie have been married for nearly thirty years. A golden couple, their seemingly effortless devotion has long been the envy of their circle of friends and acquaintances. They have two adult children; Lucas, Graham's son with his first wife and Annie and Graham's daughter, Sarah. When Graham suddenly dies Annie is lost. What is the point of going on, she wonders, without him? Then, while she is still mourning him intensely, she discovers that Graham had been unfaithful to her; and she spirals into darkness, wondering if she ever truly knew the man who loved her.

REBUILDING HOME SAFETY PLAN facilitated by Rebuilding Saratoga

Rebuilding Saratoga is collaborating with the Saratoga Senior Center to check on a variety of safety issues, including CO2 and Smoke alarms in our seniors homes. An appointment will be set up with an experienced handyman who will make home visits and check on your safety alarms. He will also assess the home for any other safety issues that present themselves. If you are interested in this program, please call the Saratoga Senior Center Support Services at ext 206 to sign up.

PLEASE WATCH YOUR E-BLASTS FOR ANY LAST MINUTE PROGRAM ADDITIONS!

If you are not receiving our e-blasts, call the Front Desk. It is the best way to keep up to date with all things happening at the Saratoga Senior Center.

Thank you to our newsletter sponsors for their continued support!



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MARCH PROGRAMMING

“MARCH MADNESS”

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
8-4: Drop in Hours	8-4: Drop in Hours	8-4: Drop in Hours	8-4: Drop in Hours	8-4: Drop in Hours
9:30: Walking Club	9-9:45: SilverSneakers Classic (center & zoom)	10:15-11: Zumba with Miho (center & zoom)	9-10: Tech Help via ZOOM (schedule below)	11:45-12:30: Functional Strength/Balance (center & zoom)
9:30-12:30: Clay Arts (at center)	10-11: Meditation w/ Susanne (zoom)	12-12:30: Lunch Bunch (zoom & at center)	10-10:45: Low Impact Cardio & Strength (center & zoom)	1-4: Pool League (center)
10-11: Chair Yoga w/ Susanne (center & zoom)	11:30-12:30: Yoga and Energy Medicine w/ Lin (zoom)	12:30: BINGO (a center)	11:00-11:45 Gentle Yoga w/ Jo Ann (center & zoom)	1-4: Pool League (center)
11-1:00: Soup	1-4: Pool League (center)	1-2: Strength w/Aidan (center & zoom)	12-12:30: Fresh Produce Pickup	5-6: Dance Movement (zoom)
1-2: Drawing (center)	3-4: Book Club (center & zoom) (see calendar)	1-4: Pool League (center)	1-4: Pool League (center)	
1-4: Pool League (center)	3-4:30pm Dinner Program	2:15-3:15: Yoga Monica (center)	5-6pm: “Thirsty Thursday” Social Club (zoom)	
5-6: Dance Movement (zoom)				

SATURDAY

1-2: Dance Movement (zoom)



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

- Wednesdays. 12:00. Lunch Bunch
- Wednesdays. 12:30. Bingo
- Thursdays. 5:00- 6:00. Thirsty Thursday Social Club
- Tues., March 2nd. 3-4:30. Turkey Vegetable Soup To Go by Wishing Well
- Tues., March 2nd. 1:30. Greece Island Hopper Slideshow
- Mon., March 8. SilverSneakers Classes begin (see schedule)
- Mon., March 8th. 1:00. Cooking with Siobhan
- Tues., March 9th. 3-4:30. Pot Roast Dinner - The Diamond Club Grill at Embassy Suites
- Tues., March 16th. 1:00 Genealogy Part 2. “Your Irish Ancestors”
- Tues., March 16th. 3-4:30. Dinner To Go Turkey Dinner by Simply Food
- Tues., March 23rd. 3:30-6:30. Brooks BBQ
- Tues., March 30th. 3-4:00. Book Club
- Tues., March 30th. 2:00. Scams with Herzog Law
- Tues., March 30th. 3-4:30. Dinner To Go - Meat Loaf by Longfellows

PHONE CALLS FROM THE CENTER!

Our staff and interns will be making calls on behalf of the Senior Center for surveys and to update our records. Some may be working from home and using their personal phones. If you are unsure, you can call us at the Center to verify. People you may get calls from are Joe, Anna, Josh and Brian.



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.



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. Please sign up if you are coming to the Center to ZOOM!

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

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. For just \$25 a year you instantly get access to our programs and services. To find out more call the Front Desk at 518.584.1621.

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 Tuesday & 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 Senior Support Services at 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? Contact Senior Support Services at 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. Contact Senior Support Services at ext. 206.



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.



TRIPS & EXCURSIONS!

EXCURSIONS 2021

- Alaska Discovery Land & Cruise. September 11-22, 2021
- Pacific Northwest -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
- JUST ADDED! details coming**
- Spotlight on South. Dakota End of September
- Bluegrass Country & the Smokey Mountains. Mid October

EXCURSIONS 2022

- Tropical Costa Rica. February
- South Pacific Wonders. March
- Southern Charm - Charleston, Jekyll Island & Savannah. April
- Italy & the Amalfi Coast. May
- Netherlands, Belgium & France feat. the Floriade Expo. June
- Canadian Rockies & Glacier National Park. July
- California Dreaming. September
- Music Cities Holiday. December

INFORMATIONAL SLIDE SHOW

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.

COMING APRIL 20TH, 2:30-4PM

TRAVEL PARTY & WINE PULL FUNDRAISER WATCH FOR DETAILS!



BUS TRIPS 2021

MULTI DAY BUS TRIPS (more to be scheduled)

- Maine ft. Portland & Kennenbunkport. Sept 20-23, 2021
- Foxwoods & Mohegan Sun. October 25 - 27, 2021 \$287

ONE DAY BUS TRIPS Details Coming!

- Friesians of Majesty (rescheduled from last year)
- Sonnenburg Mansion and Boat Ride on Lake Canandagua
- And more....

Thank You for Your Kindness and Support!

Thank you to Boca Bistro of DZ Restaurants for our delicious chowder. Thank you to Patricia Matthews, Katie Keary, Lisa Dougherty, Charlie Kuenzel, Dave Patteson and Siobhan Ahearn for sharing their talent and for facilitating amazing ZOOM classes. Thank you to Community/Land Preservation and Planning Fund of the Community Foundation for the Greater Capital Region and Price Chopper's Golub Foundation for their continued support. Thank you to Northshire Bookstore for their community support and fundraiser for the Center. We could not do what we do without you!

