

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
APRIL 2021

Travel!

THE SENIOR CENTER IS THE PLACE TO BE!

Wine!

Fun!

TUESDAY, APRIL 20TH. 2:30-4:30.

Dinner!

ON THE ROAD AGAIN!

Travel Show with Colby from Collette Travel

Open to the Public!

Itching to travel? Tired of being cooped up? Dare to dream!
Not ready to travel just yet? Come anyway and experience a
little armchair travel!

Stop by and check out our amazing travel destinations:
domestic and abroad.

Highlighted trips include: Pacific Northwest, Christmas on
the Danube River Cruise, Italy and the Amalfi Coast,
Canyon Country - Arizona & Utah and so much more!

WINE PULL!

Tuesday, April 20th. 2:30-4:30.



Who Doesn't Like Wine?!

Take a chance to win an unknown
bottle of wine! Some wines valued at \$100 and above.
Raffle tickets are \$20. Call 518-584-1621 to
purchase your ticket.

*Purchase a Saratoga Senior Center insulated wine
tumbler to go with your wine! Sale price \$15.*

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And: Take home a delicious dinner from Old Bryan Inn! Chicken Cordon Bleu. See below.

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 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.

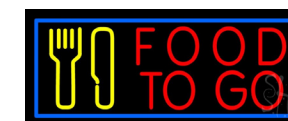


OUR TENTS ARE BACK!

Weather permitting, beginning in April we will hold classes, presentations and more on the lawn under the tents! We hope you will take advantage of our outdoor space and enjoy the Center again!

Home of the
Good Shepherd

Every Tuesday!



Order early!

Humana

Every Tuesday 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.

Tues., April 6th. **Brook Tavern** - Turkey Vegetable Soup \$5

Tues., April 13th. **Staff** - Hot Meatball Subs, Macaroni Salad, Dessert \$11

Tues., April 20th. **Old Bryan Inn in Memory of Ed Kelley** - Chicken Cordon Bleu; pan-seared in garlic butter & white wine with prosciutto, topped with Swiss cheese & roasted garlic-black pepper cream sauce, smashed potatoes & Chef's choice vegetable. \$11

Tues., April 27th. **"Simply Food by Maura"** - Roast Turkey Dinner - stuffing, mashed potato, gravy, green beans. \$11

We will deliver to Senior Housing Sites if you put a bulk order together (10 or more dinners).

SILVER SNEAKERS AND RENEW ACTIVE INFORMATION DAY

Thursday April 22 11am -1:00pm at the Saratoga Senior Center

RenewActive
by UnitedHealthcare



Come to the Center and find out all about the SilverSneakers and Renew Active programs we are now offering. Did you know that your SilverSneakers and Renew Active membership allows you to attend all programming at the Center, some exceptions may apply. It is not just for your exercise classes. It includes presentations, art classes, ZOOM classes, produce and food programs. Not sure if you are a SilverSneakers member? We can help.

SARATOGA SENIOR
CENTER



Hours: Monday-Friday 8am-4pm

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

WHAT'S NEW THIS MONTH! ... adding new programs all the time.

GENTLE YOGA FLOW with Leanne

Tuesdays, 11:30 at the Center and via ZOOM

Yoga will continue while Lin is away. Leanne will be leading a Gentle Yoga Flow class in person at the Center and on ZOOM! Let's give Leanne a warm welcome, try her class.

CHIT CHAT & MUSIC GROUPS ARE BACK!!!

facilitated by Brian, Skidmore Social Work Intern
Mondays, 1pm at the Center.

Join us for a fun hour of chit chat, laughs and music! Meet new friends and connect with old ones!

Please sign up as seating/space is limited.

LETS BE KIDS AGAIN! GAMES ON THE LAWN.

facilitated by Brian, Skidmore Social Work Intern
Mondays, 2pm at the Center.

Play time begins! Bocce, Corn Hole, and Ping Pong. *Please sign up as seating/space is limited.*

WELCOME BACK MOSAICS!

facilitated by Meryl.
Wednesdays, 9:30 - 12.

Get your creativity on! Make patterns from small pieces of colored stone, glass or ceramic, held in place by plaster/mortar.

You can get as funky as you want! This is a very fun class.

"ALL BODIES CAN" facilitated by Taylor Johnson, Skidmore Intern. via ZOOM

Mondays 5-6pm and Saturdays 1-2pm.

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.



WE'VE MOVED! "THIRSTY THURSDAY" SOCIAL CLUB IS NOW ON WEDNESDAYS!

Wednesdays, 5pm. Same time, same place. "Why Not Wednesdays?"

We are having so much fun in our Social group! We laugh, share stories, give each other tips on things to do; virtually and in person safely. Grab yourself a cup of tea or a glass of wine and meet new friends!



EAT SMART, LIVE STRONG! Healthy nutrition and cooking facilitated by Siobhan.

Monday, April 12th. 1:00pm Via ZOOM.

Join Siobhan for a lively chat about reaching your goals. Cap the presentation off with a cooking demo.

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

"UNDERSTANDING YOUR ANCESTRY DNA TEST" - Facilitated by Lisa Dougherty, Professional Genealogist

Tuesday, April 20th. 1:00pm. Via ZOOM from home or ZOOM at the Center.

Whether you have done an Ancestry DNA test or are just thinking about it, you probably have many questions and concerns. Join professional genealogist Lisa Dougherty for an informative session that will guide you through the fundamentals of DNA tests. Learn how to make the most of your test by using it as a tool to discover your family history!

STORY TELLING GROUP facilitated by Skidmore students Anabelle, Mira & Stella Rose

Mondays. 1:00pm via ZOOM

Join us to listen, learn, and tell stories! We will bring different themes to each session to help guide storytelling opportunities for participants and further feelings of resilience and community. Please register by calling the front desk, spaces are limited.

EAT TO STAY YOUNG: NUTRITION FOR SENIORS. Facilitated by Emily Hall, Intern and Diane Whitten, Nutrition Educator, Cornell Cooperative Extension.

Monday April 26th. 11:30am In person at the center and via ZOOM.

Phytochemicals, Antioxidants and Super Foods. You've heard of them, but what are they, what do they do and how do you get them from your food? Do you need supplements? How important is water and does coffee count as a fluid? Knowing the answers to these questions and how to incorporate foods rich in nutrients into your diet may help you live a longer, healthier life.

"PAINT& SIP" AT THE SENIOR CENTER facilitated by Tia Wheeler.

Friday, April 2nd. 1:00pm at the Senior Center

Not artistically inclined? That's ok! Tia will instruct you step by step, making it easy to complete this piece of art! At the end of the night, you'll take home a one-of-a-kind painting and hopefully a new found talent! Soft "sips" provided. *Please register as seating is limited.*

Thank you to our newsletter sponsors for their continued support!



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APRIL PROGRAMMING

"April Showers Brings May Flowers"

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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi(<i>center & zoom</i>)	9-9:45: SilverSneakers Classic (<i>center & zoom</i>)	9:30-12: Mosaics (<i>center</i>)	9-10: Tech Help via ZOOM (<i>schedule below</i>)	1-4: Pool League (<i>center</i>)
9:30: Walking Club	10-11: Meditation w/ Susanne (<i>zoom</i>)	10:15-11: Zumba with Miho (<i>center & zoom</i>)	10-10:45: Low Impact Cardio & Strength (<i>center & zoom</i>)	
9:30-12:30: Clay Arts (<i>at center</i>)	11:30-12:30: Gentle Yoga Flow w/ Leanne (<i>center & zoom</i>)	12-12:30: Lunch Bunch (<i>zoom & at center</i>)	11:00-11:45 Gentle Yoga /June (<i>center & zoom</i>)	
10-11: Chair Yoga w/ Susanne (<i>center & zoom</i>)	1-4: Pool League (<i>center</i>)	12:30: BINGO (<i>at center</i>)		SATURDAY
11-1:00: Soup	3-4: Book Club (<i>center &</i> <i>zoom</i>)(see calendar)	1-2: Strength w/Aidan (<i>center & zoom</i>)		1-2: Dance Movement (<i>zoom</i>)
1-2: Drawing(<i>center</i>)	3-4:30pm Dinner Program	1-4: Pool League(<i>center</i>)	12-12:30: Fresh Produce Pickup	
1-2: Chit chat/Music		2:15-3:15: Yoga Monica (<i>center</i>)	1-4: Pool League (<i>center</i>)	
2-3: Games on the Lawn		5-6pm: Social Club (<i>zoom</i>)		
1-4: Pool League (<i>center</i>)				
5-6: Dance Movement (<i>zoom</i>)				



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

- Mondays. 1:00. Chit Chat/Music Group
- Mondays. 2:00. Lawn Games
- Wednesdays. 12:00. Lunch Bunch
- Wednesdays. 12:30. Bingo
- Wednesdays. 5:00. "Why Not Wednesdays?" Social Club
- Fri., April 2nd. 1:00. Paint & Sip
- Mon. April 5th, 12th & 19th. 1:00. Story Telling
- Tues., April 6th. 3-4:30. Dinner To Go
- Mon., April 12th. 1:00. Cooking with Siobhan
- Tues., April 13th. 3-4:30. Dinner To Go
- Tues. April 20th. 2:30-4:00. Travel Show with Collette
- Tues. April 20th. 2:30-4:30. Wine Pull
- Tues., April 20th. 3-4:30. Dinner To Go
- Thurs., April 22nd 11-12:30: SilverSneakers Meet Up
- Mon., April 26th. 11:30 "Eat to Stay Young" Nutrition Program
- Tues., April 27th. 3-4:00. Book Club
- Tues., April 27th. 3-4:30. Dinner To Go
- TBD. "Eat to Stay Young" Nutrition Program

BOOK CLUB AT THE CENTER *New members welcome!*
"The Mother's Promise" by Sally Hepworth.
Tuesday, April 27th. 3pm. at the center and via ZOOM.

A new poignant and breathtaking novel from the author of The Things We Keep and The Secrets of Midwives. Sally delivers her most powerful novel yet: the story of a single mother who is dying, the troubled teenage daughter who is battling her own demons, and the two women who come into their lives.

OH, HOW THINGS HAVE CHANGED! CALLING ALL CARD AND GAME PLAYERS

We are looking forward to having you back several days at the Center. Many changes since Covid. For \$15 month you have unlimited access to programs and classes, both ZOOM and in-house. If this is a hardship for anyone, please call the Front Desk.

Are you a SilverSneakers or Renew Active member? If yes, your monthly class fee is covered through them. When you come to the Center, there will be protocols to follow. You will be required to wear masks and sanitize your area when you are finished, and wear masks.

We hope to start mid April, or early May. Please call the Front Desk or Colleen to let us know if you are coming back.

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



Do you want to look up your childhood home via Google Earth? Connect with friends & family via Facebook! You can get help on these

SENIOR CENTER WISH LIST

1. Gardening gloves
2. Large piece of delicate lace for art projects
3. Glass display case for member's artwork
4. 4 Drawer locking file cabinet



WE ARE HERE TO HELP YOU

ADVOCACY, INFORMATION AND REFERRAL FOOD ASSISTANCE

Supported by Blue Shield of Northeastern 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 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.



CALLING ALL GARDENERS!



We are in need of volunteers to help us with our vegetable plots at Pitney Meadows.

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

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

BECOME A MEMBER TODAY.

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.

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

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,

New York City and More!

DON'T FORGET THE COLLETTE TRAVEL SHOW ON TUESDAY APRIL 20TH

2:30-4:00.



Thank You for Your Kindness and Support!

Thank you to Brook Tavern for our delicious soup.

Thank you to Embassy Suites, Longfellow's and Simply

Maura for dinners. Thank you to Kym Hance of Herzog

Law for the presentation on scams. Thank you to Lisa

E. Dougherty for this month's genealogy presentation.

Thank you to The Hortense and Louis Rubin

Community Health Fund of the Community Foundation

for the Greater Capital Region, United Way Respond

and Recover and Saratoga County Emergency Food and

Shelter Program for their continued support. Thank you

to all the amazing volunteers who helped us make Brooks

BBQ an extremely successful fundraiser for the Center.

We could not do what we do without you!