

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
MAY 2021

MAY IS MEMBERSHIP MONTH!

Thank you to all of our members who stuck with us in this trying time.

WE LOVE OUR MEMBERS!

During this unprecedented time of disruption, membership support means more to The Senior Center than ever. Members are the backbone of our organization and help ensure the continuity of our mission.

If you're not yet a member, or if you've let your membership lapse, now is the time to be part of the family. Already a member? Consider purchasing a membership as a gift for a friend, family or scholarship a senior in need. Mother's Day is a perfect day for a gift.



RAFFLE!

2 Chances to Win!

A gift for Mother's Day & Memorial Day!

sponsored by United Healthcare

Celebrate the gorgeous month of May! The Sun is warming, the birds are chirping, the flowers are blooming, and the garden is growing.

Celebrate by winning a great May basket for Mother's Day & Memorial Day

Koozie cooler, throw blanket, bottle of wine, flowers and a cake from Bread Basket Bakery.

Raffle tickets are \$15. BONUS! Purchase a \$25 membership and \$15 raffle ticket and get an extra raffle ticket. 2 for the price of 1! A sweet deal for everyone! Call 518-584-1621 to purchase your ticket.

OUR TENTS ARE BACK!

Weather permitting, 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!

GRAND OPENING OF THE TENT AND CINCO DE MAYO!!

Wednesday, May 5th, 1:30pm. At the Center.

Join us for a fun hour of live music with Bonnie Grecco and some light snacks Please sign up as seating is limited! *This is covered by your SilverSneakers, Renew Active or monthly class fee. If you do not have one of these, it is a \$5 special events fee.*

DINING UNDER THE STARS! Don't wait - order early!

Tuesday, May 11th, 4:00-5:00pm. Reservations required.

Join us for dinner under the 'stars' (tents) with live music from Jeff Brisbin. Pre order your Roast Turkey Dinner and make your reservation, as seating is limited. Limited curbside pick up also be available from 2:30-4.

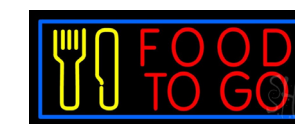
TUESDAY "TO GO" MEALS 3:00-4:30 CURBSIDE PICK UP.

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., May 4th. **Spring Street Deli** Macaroni and Cheese, Green Salad. \$11
Tues., May 11th. **Simply Food by Maura** Roast Turkey Dinner - stuffing, mashed potato, gravy, green beans. \$11
Tues., May 18th. **Senior Center Staff** Chicken Stir Fry. \$11.
Tues., May 25th. **Senior Center Staff** Creamy Vegetable Soup. \$3 . Available at 11:00 am.

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



**Every Tuesday!
Order early!**

Humana



YOU MAY BE ELIGIBLE FOR FREE CLASSES AT THE SENIOR CENTER!

Do you carry United Healthcare and are 65+ years? You may be eligible for Renew Active and free classes at the Center. Do you carry any of the following medicare advantage plans: BlueCross BlueShield, BlueShield of NENY, CDPHP, EmblemHealth, Empire BlueCross, Empire BlueCross BlueShield, healthfirst, Humana, Independent Health, MVP, or WellCare? You may be eligible for the Silver Sneakers program and free classes at the Center.

Are you unsure if you are a member? Call the front desk, let Joann and Kris help you out!

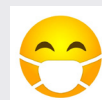
STAY INFORMED AND CONNECTED!

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 \$10.00. 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.



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.

GOODBYE AND THANK YOU TO OUR SKIDMORE INTERNS!

Anna, Brian and Joshua - Good luck in the future and thank you for all your hard work at the Center. Welcome to Abby, Jackie and Maya- our new Skidmore summer interns!



CHIT CHAT & MUSIC GROUPS ARE BACK!!!

facilitated by Abby and Jackie our Summer Skidmore Interns
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!

GENTLE YOGA FLOW with Leanne

Tuesdays, 11:30 via ZOOM

Leanne will be leading a Gentle Yoga Flow class on ZOOM! Let's give Leanne a warm welcome, try her class.

WE ARE BACK! GOLF LEAGUE

Call the Front Desk if you are interested in joining our golf league. We play 9 holes at Spa State Park on Tuesdays usually around 9am. We would love for the league to grow. We are looking for someone to assist the front desk in facilitating the league.



BINGO & SOUP!

Wednesdays, 12:00 Soup \$3. 12:30 Bingo.

Join us for homemade soup, \$3 per cup and then try your luck at a rousing game of Bingo!!!!

"WHY NOT WEDNESDAYS" SOCIAL CLUB

Wednesdays, 5pm. VIA ZOOM and our first meet together!

We are having so much fun in our Social group! We laugh, share stories, sip on tea or our favorite wine!

First in person get-together; Wednesday May 19, 4pm at the Center under the tent! Bring snacks and your favorite beverage.



MINDFULNESS. facilitated and sponsored by BlueCross BlueShield.

Tuesday, May 11th, 1:00pm. ZOOM from home or watch from the Center.

To live mindfully is to live in the moment and reawaken oneself to the present, rather than dwelling on the past or anticipating the future. Discuss how to live 'mindful'. Giveaways and a raffle entry for all attendees to win a journal and pens.

BREAKFAST & LEARN!

Thursday, May 20th, 9:30pm. \$5.00 at the Center. Under the tent weather permitting.

Guest presenter is Maria Spagnola, Home Instead. Maria will discuss "Stress Management".

We all could use a little help managing our stress in these trying times. *Please sign up as seating is limited.*



VAN TRIPS ARE BACK!!

Walkway Over the Hudson. Monday, May 10th

Walk over the Historic Hudson River in Poughkeepsie and take in the fresh air and breathtaking views. Interpretive signs and cell phone tour available. Walk 1.28 miles at your own pace. Delicious lunch at Gateway Diner following walk. *Pay \$20 at sign up. Please bring additional money for lunch. Leave the Center at 8:30am.*

Lunch Bunch – Raindancer Restaurant. Friday, May 14th

Enjoy lunch at the iconic traditional American restaurant in Amsterdam. After lunch stop at Waterwheel Village Country Store for here amazing cheese and an excellent selection of craft beers, old fashion candy more. We leave the Center at 11am. Pay \$10 at sign up. Please bring additional money for lunch and shopping.

Dakota Ridge Llama Farm. Tuesday, May 25th

Don't miss this unique opportunity for a working farm tour at Dakota Ridge in Ballston Spa. You will have a personal hands-on experience as we bring out a llama for you to pet, brush, feed and walk. The tour will be outdoors so dress appropriately! Afterwards we'll stop for lunch at Carson's Woodside Tavern. *Pay \$20 at sign up. Please bring additional money for lunch. Leave at 10:30am. Return about 3pm.*

Van Trip Protocol - Van trips are open to members only. You must sign up with the front desk. Masks must be worn on the van.

Thank you to our newsletter sponsors for their continued support!



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Center for Nursing & Rehabilitation



Saratoga Life
 Ask me about

MEDICARE!

518-879-8958

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>	12-12:30: Fresh Produce Pickup	
11-1:00: Soup	3-4: Book Club <i>(center & zoom)</i> (see calendar)	1-2: Strength w/Aidan <i>(center & zoom)</i>	1-4: Pool League <i>(center)</i>	
1-2: Drawing <i>(center)</i>	3-4:30pm: Dinner Program	1-4: Pool League <i>(center)</i>		
1-2: Chit chat/Music		2:15-3:15: Yoga Monica <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>				

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

- 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

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.

