

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
JUNE 2021

Join Us June 18 for a Fun Filled Day!

IN MEMORY OF ED KELLEY

Please consider donating blood in memory of Ed Kelley.
There is still time to participate in the blood drive.

RED CROSS BLOOD DRIVE

Friday, June 18th. 12:00 to 6:00 p.m.

at the Saratoga Senior Center

Visit redcrossblood.org to schedule an appointment.



FUN!
FOOD!

YARDSALE

MUSIC!
RAFFLE!

Friday June 18th, 10am-1pm
Saratoga Senior Center Parking Lot

One man's trash is another man's treasure!
Come find your treasure at our yard sale!

Music by Jeff Brisbin 11am-12pm
Concession Stand 11am-1pm
Tarot Card Reading with Mary Shimp 10am

NEW! BACKYARD BBQ LUNCH KICK OFF!

Live Music with Bill Gervasio

Kick off - Friday, June 4th. 11:30-1:00. \$8.00

Join us on Friday afternoons for some BBQ and fun! With the warm weather here to enjoy, come hang out with your friends & make the most of summer days! Menu June 4th: BBQ ribs & chicken, salad, beverage. Lawn games available.

Please sign up!



Every Tuesday!



Order early!

Humana

Tuesday "To Go" meals 3:00-4:30 curbside pick up. Call the front desk to order. Please preorder meals by 4 pm the day before.

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

Tues., June 15th. **Ed Kelley Memorial Dinner prepared by Staff** - Roasted Pork Loin \$11

Tues., June 22nd. **Simply Food by Maura** Roast Turkey Dinner - stuffing, mashed potato, gravy, green beans. \$11

Tues., June 29th. **Home of the Good Shepherd** - menu to be determined \$11

Thank You for Your Kindness and Support!

Thank you to Cantina and West Side Sports Bar for our Cinco de Mayo snacks. Thank you to Bonnie Grecco for beautiful music. Thank you to The Bread Basket for the cake donations. Thank you to BlueCross BlueShield for the mindfulness presentation. Thank you to Maria Spagnola from Home Instead for the presentation on stress. Thank you to our generous members for the art donations. Thank you to Pitney Meadows for the beautiful daffodils. Thank you to Murray and Zuckerman, Colley Asset Management, Nordlys Foundation and Saratoga County Industrial Development Agency for your support. A huge thank you to all our volunteers, you keep our world rockin'! *We could not do what we do without you!*

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.

SUPPORT YOUR SENIOR CENTER!

Looking for simple ways to support our seniors?

- Purchase our branded merchandise- They makes great gifts!
- Make a monetary donation through our website, by phone, or mail in a check.
- Amazon Smiles - 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. 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.



LUNCHTIME CONCERT SERIES AT NOON IS BACK!

Every Tuesday, June 1 - June 29.

Concerts are held in the parking lot of the Downtowner Hotel, 413 Broadway.

Unless otherwise indicated. Chairs provided. *Free. Donations appreciated.*

June 1 - Bryan Brundige and the Piggly Wiggles (at the Saratoga Senior Center)

swing band dedicated to jazz and dance music from the 1920s-1940s

June 8 - Sirsy

rock, pop, and soul duo. They write honest songs, full of sing along melodies, with lots of heart and just the right amount of sass

June 15 - Devesh and Veena Chandra

perform classical music of North India - Devesh's innovative and imaginative approach and Veena's mesmerizing sitar makes their performances enthralling to both Western listeners and Indian classical purists.

June 22 - Red Canna

chamber jazz group playing the original compositions and arrangements of pianist/composer Elizabeth Woodbury Kasius and a selection of other modern composers

June 29 - Zan and the Winterfolk

an eclectic group of musicians with wide ranging influences, from folk to bluegrass to jazz to rock. Paired with Strumfelds seductive vulnerability and soulful lyrics, The Winter Folk creates a unique and captivating sound in both their recordings and live performances.

July 6 - Garland Nelson

Soulist' Defined by many spiritual dimensions, Garland is an entertainer's entertainer. Pure Energy

SARATOGA SENIOR CENTER



Hours: Monday-Friday 8am-4pm

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

SARATOGA ARTS
experience · discover · create

Saratoga Arts made this program possible with a Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.

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

THE 10 WARNING SIGNS OF ALZHEIMERS facilitated by Katie Keary, Alzheimer's Association.

Wednesday, June 16th, 11:30am. Via ZOOM.



June is Alzheimer's & Brain awareness month! Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

DIABETES 101 - TWO PART SERIES facilitated and sponsored by MVP.

Thursday, June 17 and Monday June 21. Via ZOOM



Part 1: Become knowledgeable about the different types of diabetes, how they are diagnosed, signs and symptoms, etc. A cooking demo geared toward healthy eating with diabetes will be presented.

Part 2: I have diabetes, now what?! Learn about the screenings and tests that you need so you can live well with diabetes.

GROWING MICROGREENS facilitated by Capital Roots and sponsored by BlueCross BlueShield.

Tuesday, June 22nd, 11:00am. at the Center.



If you don't have space for gardening, microgreens are a great option because they can be grown easily on a sunny windowsill. As the name implies, microgreens are miniature versions of plants and they're packed with lots of nutrients. Join Capital Roots' educator to discuss the benefits of eating microgreens, how to grow them, and how to incorporate them into your meals.

BREAKFAST

Monday, June 28, 9-10am \$3.50

Join your friends for a hot breakfast and good conversation! Please sign up!

TAROT CARD READINGS

Last Thursday of the month. 10-1pm

Welcome back Mary!!! We missed you! Call the Front Desk to make a 15 minute appointment. \$5 suggested donation.

CHIT CHAT & MUSIC GROUPS ARE BACK!!! facilitated by 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! Keep an eye on the eblast for new programs! Jackie, Maya & Abby have some great ideas for summer classes.

BINGO & SOUP!

Wednesdays, 11:30-12:30 Soup \$3. 12:30 Bingo.

Join us for homemade soup, \$3 per cup and then join in a rousing game of Bingo!!!! Welcome to our new caller, Tony!

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 are looking for someone to assist the front desk in facilitating the league.



VAN TRIPS ARE BACK!!

Hildene and The Vermont Country Store: Monday, June 7th.

Tour (on your own) the historic home of Robert Lincoln, only child of President and Mary Todd Lincoln to survive to adulthood. Take in the beauty of the newly bloomed peonies in the estate gardens. Don't forget to check out the restored 1903 wooden Pullman palace car. After the tour head to The Vermont Country Store for shopping and lunch Mildred's Grille. We leave the Center at 8:45am. Pay \$31 at sign up. Please bring additional money for lunch and shopping. Return about 4pm.

Hancock Shaker Village: Friday June 11th

Enjoy a guided tour of the living history museum in the Berkshires, Hancock Shaker Village brings the Shaker story to life and preserves it for future generations. Pay \$35 at sign up. Please bring additional money for lunch. Leave at 8:15am, return about 3pm. Lunch on site at the cafe.

Lunch Bunch - Waters Edge Lighthouse: Tuesday, June 15th

The Water's Edge Lighthouse is located in Schenectady on the shore of the Mohawk River. The scenic location is a wonderful backdrop with which to enjoy a good meal. We leave the Center at 11am. Pay \$10 at sign up. Please bring additional money for lunch.

Berkshire Botanical Garden: Monday June 21st

Enjoy an exciting guided walking tour, led by experienced Garden Guides. A "museum of living things," the Garden features dozens of display areas that are educational and highly ornamental, with plant collections emphasizing plants that are native to the Northeast. Have lunch at Pleasant and Main, a hidden cottage restaurant in the gorgeous Berkshires. Leave at 8:15am and return about 4pm. Pay \$28 at sign up. Please bring additional money for lunch.

Thank you to our newsletter sponsors for their continued support!

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LIVE FEARLESS

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Saratoga Life
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JUNE PROGRAMMING

"All things seem possible in June."

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: Mosaics <i>(center)</i>	10-10:45: Low Impact Cardio & Strength <i>(center & zoom)</i>	9-1: Arts Lab
9:30: Walking Club	10:15: Meditation w/ Susanne <i>(zoom)</i>	10:15-11: Zumba <i>(center & zoom)</i>	10-1: Tarot Cards <i>(last Thursday of month)</i>	9-12: Poker
9:30-12:30: Clay Arts <i>(at center)</i>	11:30-12:30: Gentle Yoga Flow w/ Leanne <i>(zoom)</i>	10:00: Knit & Crochet	11:00-11:45: Gentle Yoga /June <i>(center & zoom)</i>	11:30-1: BBQ
10-11: Chair Yoga w/ Susanne <i>(center & zoom)</i>	1-4: Pool League <i>(center)</i>	10-1:00: Rug Hooking	12-12:30: Fresh Produce Pickup	1-4: Pool League <i>(center)</i>
1-4: Canasta	3-4: Book Club <i>(center & zoom)</i> (see calendar)	12-12:30: Soup <i>(at center)</i>	1-4: Pool League <i>(center)</i>	
1-2: Chit Chat/Music	3-4:30pm: Dinner Program	12:30: BINGO <i>(at center)</i>	1-4: Pinochle <i>(center)</i>	
1-4: Pool League <i>(center)</i>		1-2: Strength w/Aidan <i>(zoom)</i>		
		1-4: Pool League		
		2:15: Yoga <i>(center)</i>		
		5:00: Social Club <i>(zoom)</i>		
Closed Monday May 31st for Memorial Day!				



Thank you CDPHP for sponsoring our Health and Wellness classes.



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

SPECIAL EVENT SCHEDULE

- Wednesdays. 11:30. Soup for Lunch \$3.00.
- Wednesdays. 12:30. Bingo.
- Thursdays *(last Thurs of month)*. 10-1. Tarot Card Reading
- Fridays. 11:30 - 12:30. BBQ Lunch
- Fri., June 4th. 11:30-12:30. BBQ Lunch & Live Music
- Tues., June 15th. 3-4:30. Dinner To Go.
- Weds., June 16th. 11:30. Alzheimer's Presentation
- Thurs., June 17th. Diabetes Series Part 1
- Fri., June 18th. 10-1. Yard Sale
- Fri., June 18th. 10. Tarot Card Readings
- Fri., June 18th. 12-1. Live Music with Jeff Brisbin
- Fri., June 18th. 12-6. Ed Kelley Memorial Blood Drive
- Mon., June 21st. Diabetes Series Part 2
- Tues., June 22nd. 11. Growing Microgreens Presentation
- Tues., June 22nd. 3-4:30. Dinner To Go
- Weds., June 23rd. Boston Bus Trip
- Tues., June 29th. 3-4:00. Book Club.

BOOK CLUB AT THE CENTER

New members welcome!

Tues., June 29th 3pm. "The Giver of Stars" by JoJo Moyes.
"A great narrative about personal strength and really captures how books bring communities together."
The Giver of Stars is a celebration of love, but also of reading, of knowledge, of female friendship, of the beauty of our most rural corners, and our enduring American grit: the kind of true grit that can be found in the hills of Kentucky and on the pages of this inspiring book."

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 Renew Active or Silver Sneakers member?

Call the front desk, let Joann and Kris help you out!

COMING IN JULY!

BROOKS BBQ - Tues., July 13th
3:00pm - 6:00pm
Sponsored by CDPHP



PITNEY MEADOWS POP UP PRODUCE MARKET
Mondays 11:00am til gone!
Sponsored by MVP



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.

WE ARE HERE TO HELP YOU

SENIOR SUPPORT SERVICES

ADVOCACY AND INFORMATION REFERRAL

FOOD ASSISTANCE Supported by BlueShield
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 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

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

We are providing limited transportation to medical appointments. Contact Senior Support Services at ext. 206.

The Saratoga Senior Center Announces a New Senior Support Services Program:

SENIOR LIFE TRANSITIONS

New Program! Are you confused and troubled by a worsening health condition or serious illness? Overwhelmed by the complexities of the health system? Wondering how to sort all this out, and what it means for the future? Our new Senior Life Transitions Program may be able to assist you with these challenges: supporting you in transition, helping you plan for possible futures, empowering you to best age-in-place. The program is facilitated by Phil Di Sorbo, our national Board Certified Patient Advocate.

Call Phil at the Saratoga Senior Center today to see if our new Senior Life Transitions program may be able to assist you." 518-584-1621 ext.206.

Senior Support Services Supported by:

Arnold Cogswell Health Fund and Hortense and Louis Rubin Health Fund of The Community Foundation, Leon J. Goldberg Charitable Trust, Price Chopper's Golub Foundation, Saratoga Hospital, United Way Greater Capital Region and The Wesley Community. Thank you for your support of our programs.

WELCOME TO OUR SUMMER SKIDMORE INTERNS!

Welcome to Abby, Jackie and Maya- our new Skidmore summer interns! And Anna is coming back! Watch our eblasts for new programming. The Skidmore Interns have such creative program ideas!



TRIPS & EXCURSIONS!

EXCURSIONS 2021

Spotlight on South Dakota. September 24-30.
Pacific Northwest. October 4-11, 2021.
Greece Island Hopper. October 16 -26.
Bluegrass Country & the Smokey Mountains. Oct. 15-23.
Canyon Country feat. Arizona & Utah. October 20 -27.
Christmas on Danube River Cruise. December 2-10.
Spotlight on Sante Fe. December 5-10.

EXCURSIONS 2022

Tropical Costa Rica. February 19-27, 2022.
South Pacific Wonders. March 15-April 1, 2022.
Charleston, Jekyll Island & Savannah. April 25-May 1, 2022.
Rome & the Amalfi Coast. May 17-26, 2022.
Netherlands, Belgium & France
feat. the Floriade Expo. June 4-15, 2022.
Canadian Rockies & Glacier National Park. July
California Dreaming. September 19- 26, 2022
Music Cities Holiday. December 4-11, 2022.

ONE DAY BUS TRIPS 2021

A DAY IN BOSTON ON YOUR OWN Wednesday, June 23, 2021

We will drop you off by Long Wharf in front of the New England Aquarium. You are free to explore this historic city on your own!

A DAY IN VERMONT

Tuesday, July 20, 2021. Price to be determined.

A Unique Vermont Experience! Shop and lunch in Manchester. Head to the Friesians of Majesty horse farm for a tour and show. Located in the heart of Vermont's Green Mountains on a 650-acre full-service breeding and training facility.

SONNENBERG MANSION

Sponsored by CDPHP
Thursday, August 19, 2021. Price to be determined.

Land, Lake & Lunch in Canandaigua. Sonnenberg Gardens & Mansion is one of the longest surviving estates from the Victorian Era in the US. The elegant 40-room Queen Anne-style mansion was built in 1887 by NYC financier Frederick Ferris Thompson and his wife, Mary Clark Thompson, as a summer home. Enjoy a lunch cruise on the Canandaigua Lady - a 19th century steamboat replica and double-decker paddle wheeler.

A DAY IN NEW YORK CITY ON YOUR OWN December, 2021. Price to be determined.

There is no other place quite like New York City; from its world-class museums, art galleries and architecture to its role as the theatre and financial capital of the world. Spend the day on your own and explore the fascinating city. You will be dropped off at Bryant Park (42nd between 5th & 6th).

MORE TRIPS TO BE ANNOUNCED....

All one day bus trips leave from the train station on West Avenue. Our bus trips are open to the public, all ages, any residence. You do not have to be a member. Masks will be required to be worn on the bus.