

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

Non Profit ,.  
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Permit No. 120

Saratoga Senior Center  
**NEWSLETTER**  
JULY 2021



## BROOKS BBQ

TUESDAY, JULY 13TH 3:00-6:00pm

Sponsored by CDPHP

Chicken Dinner: \$14 Rib Dinner: \$16  
Dinners include Baked Potato, Coleslaw, Roll

Call 518-584-1621  
to order!

To benefit the Saratoga  
Senior Center!



- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!
- **Curbside Day of Sales** - Forgot to order your dinner! You can come and get your meal day of.
- **Bulk Orders Delivery (15 or more):** We will deliver to your office or place of business!
- **Want to have a Backyard party and not cook?!** Order Brooks dinners for your event.



A plan for life.

### NEW!! FREE PITNEY MEADOWS POP UP FRESH PANTRY

Mondays, 11am til gone. At the Saratoga Senior Center.



Sponsored by MVP



**NOTE! Because of the Holiday, the Pop Up Market will be on Tuesday July 6th at 11am.**

Pitney Meadows farm is unique because "we don't grow to make money; we grow to give. Our philosophy of farming means growing for the community." We are collaborating with Pitney Meadows in their Food Security Access to Farm-Fresh Produce program. They are committed to provide fresh produce donations to food pantries, senior programs, and other programs to feed the community.

### FRIDAY BACKYARD BBQ LUNCH!

11:30-12:30. Pricing depends on Menu. Always hot dogs available for \$2

Please sign up!

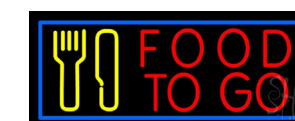
Join Abby & Anna on Friday afternoons for some BBQ and fun! With the warm weather here to enjoy, come hang out with your friends & make the most of summer days! Different fun activity every week.

**Special 4th of July BBQ -**  
Friday July 2nd, 11:30-12:30

**Live Music Schedule: Fridays 11:30-12:30.**

Bonnie Grecco - July 16. Bill Gervasio - July 30.

Music without BBQ is covered under the monthly activity fee, Silver sneakers or pay \$5 per person.



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.

Order early!

Tues., July 13th. **Brooks BBQ** - Chicken \$14 & Ribs \$16. See above.

Tues., July 20th. **Simply Food by Maura** Roast Turkey Dinner - stuffing, mashed potato, gravy, green beans. \$11

Tues., July 27th. **Summer Dinner prepared by Staff** - Grilled Chicken with a variety of cold salads. \$11



### LUNCHTIME CONCERT SERIES AT NOON IS BACK!

Concerts are held in the parking lot of the Spa City Motor Lodge, 413 Broadway.  
Unless otherwise indicated. Chairs provided. Free. Donations appreciated.

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.

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 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*

July 13- Red Canna- *chamber jazz group playing the original compositions and arrangements of pianist/composer Elizabeth Woodbury Kasius and a selection of other modern composers*



Hours: Monday-Friday 8am-4pm

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

### Thank You for Your Kindness and Support!

Thank you to Home of the Good Shepherd for dinner. Thank you to Bill Gervasio for beautiful music. Thank you to all of our Music & Mingling supporters. Thank you to our generous members for the yard sale donations. Thank you to Jeff Brisbin for an afternoon of beautiful music. Thank you to Walmart, Saratoga County Industrial Development Agency, Fingerpaint, Saratoga County Office for the Aging 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!*

**PERK FOR SENIOR CENTER MEMBERS ONLY!**  
LIMITED DISCOUNTED SPAC  
TICKETS ARE BACK FOR BALLET &  
ORCHESTRA!

CALL THE SENIOR CENTER FRONT  
DESK TO ORDER! 518-584-1621

Not a member? Call the Center & join  
today. Only \$25

### 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.



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

**NEW! BARBER AT THE CENTER!** \$5 haircuts for men.  
**2nd Monday of the Month - Monday 9:00-12pm.**



Ryan will be coming to the Center to cut our men members hair. Must call the front desk to make an appointment.

**NEW! WRITING YOUR MEMOIRS - STORIES THROUGH THE DECADES.** facilitated by Jackie, Skidmore intern.  
**Thursdays, beginning July 8th, 10:00 - 11:00am.** at the Center.

Write your stories and memories so that you and your loved ones can cherish them for a lifetime. No experience necessary. Jackie will guide you and give you prompts if needed. Please sign up!

**THE NORTHEASTERN ASSOCIATION OF THE BLIND AT ALBANY (NABA) PRESENTS**  
**Independent Living with Aging Vision** facilitated by Lisa Jordan of NABA

Wednesday, July 28. 1:00pm.

An engaging presentation designed for adults to learn about the leading causes of vision loss, early warning signs, eye health, vision rehabilitation therapy and low vision adaptive aids, such as magnifiers, large print and talking items. To reserve your seat, contact the Saratoga Senior Center Front Desk. **Please RSVP.**

**GROWING MICROGREENS** facilitated by Capital Roots and sponsored by BlueCross BlueShield.  
**Tuesday, July 27th, 11:00am.** at the Center under the tent.



If you don't have space for gardening, microgreens are a great option because they can be grown easily on a sunny windowsill. 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. **Please RSVP.**

## TAROT CARD READINGS

**Last Thursday of the month. 10-2pm.** \$5 suggested donation.



Mary is back!!! Do you have some unanswered questions about your life? A tarot card reading provides guidance to gain an insight into what the future holds through the use of a special deck of cards. Call to make a 15 minute appointment.

## LOOKING FOR SOMETHING FUN TO DO? JOIN OUR CHIT CHAT & MUSIC GROUP

facilitated by Skidmore Intern, Abby. **Mondays, 1pm.** at the Center.

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

## ART SHOW July 13-23rd.

Barry Finley will have his art displayed in the dining room for you to view. Please stop by and enjoy his unique works. If anyone else wants to show their work, see Colleen.

## BREAKFAST & LEARN - EVERYTHING YO NEED TO KNOW ABOUT ADVANCE DIRECTIVES, PROXIES, WILLS.

facilitated by Debra Verni of Herzog Law

**Monday, July 26, 9:00 Breakfast \$3.50. 9:30 Presentation only - Free**

Choices regarding medical care and financial decisions are within your control. Advance directives, which include power of attorney and health care proxy, are the legal documents, which allow you to designate individuals to make decisions related to your medical care and finances if you become incapacitated. Presentation and Q&A. **Please sign up!**

## VAN TRIPS

### Lunch Bunch - Algonquin Restaurant on Lake George and Shopping in Bolton Landing

**Monday, July 12th**

Take in the breath-taking views of the lake while dining on great salads, sandwiches, and burgers. Then stroll through the quaint village of Bolton Landing to do some shopping or have some ice cream! Pay \$10 at sign up. Please bring additional

### Boat Cruise on Saratoga Lake: Date to be announced

Sit back and relax while your Captain takes you on a scenic cruise around Saratoga Lake and Fish Creek aboard the 50' launch "General Schuyler". See Saratoga's best kept secret and learn the rich history of Saratoga Lake on this narrated cruise.

### Old Bennington Step-on Guide Tour. Friday, July 23rd

In addition to a guided tour of the museum's galleries, one of our trained docents will board the coach to guide your group as they explore the Bennington Monument, Old First Church, Robert Frost's grave site, providing information about the history of the area. Pre-order lunch at sign up. Pay \$42 at sign up, includes van, admission and lunch. Leave at 8:45am

### Gilded Age Tour: Tuesday July 27th

Start the day with a 2-hour cruise on Raquette Lake with historic commentary, a buffet-style meal. Then after explore Great Camp Sagamore with a guided tour of this fascinating National Historic Landmark from America's Gilded Age. It was once a private getaway for the wealthy and famous. Cost is \$76 for everything. We leave the Center at 8:00am.

Thank you to our newsletter sponsors for their continued support!



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[bsneny.com/medicare](http://bsneny.com/medicare)

BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and Blue Shield Association.



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## Turning 65? Retiring?

You can count on MVP to help you find the right Medicare plan.

Call 1-800-324-3899

TTY: 1-800-662-1220

Monday-Friday, 8 am-8 pm

Visit [joinMVPmedicare.com](http://joinMVPmedicare.com)



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- [www.homeofthegoodshepherd.com](http://www.homeofthegoodshepherd.com)

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# The Pines at Glens Falls

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SL

Saratoga Life

Ask me about

**MEDICARE!**

518-879-8958

# JULY PROGRAMMING

*"July is bold stripes, bright stars and brave hearts."*

**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 &amp; zoom)</i>	9-9:45: SilverSneakers Classic <i>(center &amp; zoom)</i>	9:30: Mosaics <i>(center)</i>	10-10:45: Low Impact Cardio & Strength <i>(center &amp; zoom)</i>	9-1: Arts Lab
9:00: Walking Club	10:00: Meditation w/ Susanne <i>(zoom)</i>	10:15-11: Zumba <i>(center &amp; zoom)</i>	10-2: Tarot Cards <i>(last Thursday of month)</i>	9-12: Poker
9:30-12:30: Clay Arts	11:30-12:30: Gentle Yoga	10:00: Knit & Crochet	11:00-11:45 Gentle Yoga /June <i>(center &amp; zoom)</i>	11:30-12:30: BBQ
10-11: Chair Yoga w/ Susanne <i>(center &amp; zoom)</i>	Flow w/ Leanne <i>(center &amp; zoom)</i>	10-1:00: Rug Hooking	11-12:30: Regional Foodbank Pickup	1-4: Pool League
11:00: Pitney Meadows Market	1-4: Pool League	12:30: BINGO	12:30: Mahjong	
1-2: Chit Chat/Music	3-4: Book Club <i>(see calendar)</i>	1-4: Canasta	1-4: Pool League	
1-4: Pool League	3-4:30pm: Dinner Program	1-2: Strength w/Aidan <i>(zoom)</i>	1-4: Pinochle	
<i>Closed Monday July 5th for Fourth of July!</i>		1-4: Pool League		
		2:15: Yoga <i>(center)</i>		



**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

- Monday *(second Mon. of month)*. Men's Haircuts
- Wednesdays. 12:00. Bingo.
- Thursdays *(last Thurs of month)*. 10-2. Tarot Card Reading.
- Fridays. 11:30 - 12:30. BBQ Lunch.
- Fri., July 2nd. 11:30-12:30. 4th of July BBQ.
- Tues., July 13th. 3:00-6:00. Brooks BBQ.
- Fri., July 16th. 11:30. Live Music with Bonnie Grecco.
- Tues., July 20th. Vermont Bus Trip.
- Tues., July 20th. 3-4:30. Dinner To Go.
- Mon., July 26th. Breakfast & Learn w/ Herzog Law.
- Tues., July 27th. Growing Microgreens Presentation.
- Tues., July 27th. 3:00-4:00. Book Club.
- Tues., July 27th. 3-4:30. Dinner To Go.
- Weds., July 28th. 1:00. NABA Presentation.
- Fri., July 30th. 11:30. Live Music with Bill Gervasio.

## BECOME A MEMBER TODAY.

**Support your Center and Stay Active!**

Do you know someone turning 50 or 60? Why not purchase a Saratoga Senior Center membership for a gift?! 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.

## 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.

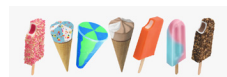
Do you carry any of the following medicare advantage plans: BlueCross BlueShield, BlueShield of NENY, CDPHP, EmblemHealth, Empire BlueCross, Empire BlueCross BlueShield, healthfirst, Humana, Independent Health, MVP, or WellCare? You may be eligible for the Silver Sneakers program and free classes at 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!

## ICE CREAM & BEVERAGES

Did you know that we sell ice cream sandwiches and other ice frozen novelties and water at the front desk?! If this is successful we will add more items!



## WE ARE HERE TO HELP YOU

### SENIOR SUPPORT SERVICES

#### ADVOCACY AND INFORMATION 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 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

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.

### REGIONAL FOOD BANK

Thursdays 11-12:30.  
Sponsored by CDPHP



Fresh produce pickup in the back yard under the tents.

Deliveries available by request.

Call Senior Support Services at 518.584.1621 ext. 206.

## TRIPS & EXCURSIONS! LET'S GET AWAY!

### 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 VERMONT

**Tuesday, July 20, 2021. \$55 member price. Non members welcome, please call the front desk.**



A Unique Vermont Experience! Shop and lunch in Manchester. Head to the Friesians of Majesty horse farm for a tour and show. These horses are stunning. Located in the heart of Vermont's Green Mountains on a 650-acre full-service breeding and training facility. Leave at 7:45am.

#### SONNENBERG MANSION



**Sponsored by CDPHP**

**Thursday, August 19, 2021. \$100 member price. Non members welcome, please call the front desk.**

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.*