

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
SEPTEMBER 2021

SENIOR TECH FAIR



Where Older Adults Come to Learn, Explore and Share Smart Technology
Tuesday, September 14th. 1- 4 p.m.

KeyBank staff will be here to help you with ANY & ALL questions regarding technology!
How to use: E-mail, cell phones, IPADS, Laptops, Kindles and more! Have you always wanted to try ZOOM, Facebook, Instagram, Spotify for music or order groceries for delivery? Here is your chance.

WE WANT TO HELP YOU STAY CONNECTED, ENGAGED AND ALWAYS LEARNING.

Snacks provided! Please register!

FRIDAY BACKYARD BBQ LUNCH!

11:30-12:30. Friday September 24th. Please sign up!

Join your friends for some food and games. Let's make the most of the beautiful fall days!

ARE YOU READY? IN HOUSE DINNERS ARE BACK!



Please preorder meals by 4 pm the day before.

Humana

MENU: dinners sponsored by Home of the Good Shepherd & Humana.

Tues., September 14th. **Simply Food by Maura.** Roast Turkey Dinner - stuffing, mashed potato, gravy, green beans. \$11.
To Go dinner only 3-4:30, curbside pick up

Tues., September 28th. **Staff.** Meatball and Sausage Casserole. \$11
Dine in at the Center or under the Tent (weather dependent) with your friends at 4:30pm.
OR take your dinner "To Go" 3-4:30pm.
Please indicate your choice at sign up.

SENIOR "RIGHT SIZING" HOUSING SEMINAR

Friday, September 17th. 10am. Free

Own a home and not sure it's still right for you? Come join us for a 90 minute informational seminar on rightsizing housing for seniors. Learn about the resources available to help you make informed decisions about whether you should downsize or age in place. Gain knowledge about over 55 community living facilities, overcoming the anxiety of moving, and what factors to consider in a move. Or how to successfully set up an aging in place program that fits your needs.

SPEAKERS INCLUDE:

Bill Keogh, Licensed Realtor and Senior Real Estate Specialist with Keller Williams
Renee Birnbaum, Choice Connections
Neil Bindelglass, Saratoga Senior Move Managers
Maria Spagnola, HomeInstead



BALANCING YOUR WELLNESS WHEEL!

facilitated by Sherri Rose, Board Certified Health & Wellness Coach

Thursday, September 9th, Noon. Please sign up!



Exploring 8 Dimensions of Wellness: Including - Finding Focus - What Needs My Attention Right Now, Identifying Small Changes to Bring Balance, and Achieving a State of Holistic Wellbeing. Sherri's approach is to provide simple, easy to understand information that allows each individual to find their own unique way to a healthier lifestyle.

Thank You for Your Kindness and Support!

Thank you to Old Bryan Inn for an amazing dinner. Thank you to Pitney Meadows for our delicious fresh produce. Thank you to Bill Gervasio for beautiful music. Thank you to CDTA, Sherri Rose for presenting to us important information. Thank you to Saratoga YMCA, BlueShield of NENY, Hezog Law, Saratoga Water, Jeff Brisbin for making Senior Fun Day fun!!!! Thank you to NYRA & Trackside Grill for our great day at the track! Thank you to all the sponsors and participants in our golf tournament fundraiser. A huge thank you to all our volunteers, you keep our world rockin'!

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.

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.

Are you unsure if you are a Renew Active or Silver Sneakers member?

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

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.



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.

LEARN TO FALL IN LOVE WITH "ART" facilitated by Barry, member and artist

Monday, September 13th & 27th. 2:00pm \$5 material fee.

Afraid of expressing yourself through art? Barry has a foolproof easy method to get you to draw! Using designs provided by Barry, you will create pictures that are unique & colorful! Open to any level of experience, but geared to those with none.

NEW YORK STATEWIDE SENIOR ACTION COUNCIL MEETING

Presents Saratoga Initiatives in Supporting People with Chronic Illness

Thursday, September 23rd. 2pm.

Overwhelmed by the complexities of the health system? Wondering how to sort all this out, and what it means for the future? The 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. Speakers includes Phil Disorbo, Drs. Kevin Dooley and John Pezzulo.

Open to the Public. At the Center and Via ZOOM. Call the Front Desk to register and get ZOOM link.

PAINT & SIP facilitated by Skidmore students

Friday, September 24. 2pm. \$5 supply fee.

A Paint and Sip combines the fun and relaxation of a party with a paint class. Guided by Skidmore artists, you will create a masterpiece that is suitable for framing. The emphasis is definitely on the fun. We encourage conversation and laughter rather than serious focus. All levels of experience welcome.

FREE PITNEY MEADOWS POP UP FRESH PANTRY

Mondays, 9:30am til gone. At the Saratoga Senior Center.

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.

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

Facilitated by Anna, Skidmore Intern. Mondays, 1pm. at the Center.

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

UKULELE IS BACK AT THE CENTER! facilitated by Marshall Swift

Thursdays 10:00am.

Dust off your ukulele and join your friends at the Center for some singing and playing.

TAROT CARD READINGS facilitated by Mary Shimp

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

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.

LIKE TO PLAY CARDS? JOIN OUR BRIDGE, CANASTA, PINOCHLE & POKER GROUP

Welcoming new players. Call the front desk for times and information.

VAN TRIPS

Dinosaurs in Motion at Universal Preservation Hall.

Friday, September 17th.

Dinosaurs in Motion is an amazing blend of science, art and innovation which engages and educates you by using 14 magnificent, fully interactive, recycled life-size metal dinosaur sculptures inspired by actual fossils. Pay \$27 at sign up. Leave at 9:45am

The Big E, Northeast's Biggest Fair

Tuesday, September 21st

Guests to the fair can stroll through the Avenue of States, Storowton Village and the grounds filled with shopping, entertainment, midway rides and foods from around the world -- all during New England's most colorful season! We leave the Center at 8:30am. Pay \$32 at sign up. Please bring additional money or lunch and spending.

Lunch Bunch - 550 Waterfront

Tuesday, September 28th.

Enjoy lunch at one of Saratoga Lake's restaurants with a magnificent view. Pay \$3 at signup. Bring money for lunch. Leave the Center at 11:30am.

Thank you to our newsletter sponsors for their continued support!



A plan for life.

Capital District Physicians' Health Plan, Inc.

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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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Saratoga Life

Ask me about

MEDICARE!

518-879-8958

SEPTEMBER PROGRAMMING

"Make it a September to remember."

In House & ZOOM Classes, Presentations, Food and More!

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi	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
9:00: Walking Club	10:00: Meditation w/ Susanne (<i>center & zoom</i>)	10:15-11: Zumba (<i>center & 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 Flow w/ Leanne (<i>center & zoom</i>)	10:00: Knit & Crochet	11:00-11:45 Gentle Yoga /June (<i>center & zoom</i>)	11:30-12:30:BBQ
9:30: Pitney Meadows Market	1-4: Pool League	9:30-1:00: Rug Hooking	11-12:30: Regional Foodbank Pickup	1-4: Pool League
10:00: Ukulele	3-4: Book Club (see calendar)	12:00: BINGO	12:30: Mahjong	
10-11:Chair Yoga w/ Susanne (<i>center & zoom</i>)		1-4: Canasta	1-4: Pool League	
12:30: Bridge		1-1:45: Strength w/Aidan (<i>at center & zoom</i>)	1-4: Pinochle	
1-2: Chit Chat/Music		1-4: Pool League		
1-4: Pool League		2:15: Yoga (<i>center</i>)		



Thank you CDPHP for sponsoring our Health and Wellness classes.

A plan for life.

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



SPECIAL EVENT SCHEDULE

- Monday 9-12. (*2nd Mon. of month*). Men's Haircuts
- Mondays 9:30. Pitney Meadows Pop Up Market.
- Mondays 12:30. Bridge.
- Wednesdays. 12:00. Bingo.
- Wednesdays. 1-1:45. Strength with Aidan
- Thursdays 10:00. Ukulele
- Thursdays(*last Thurs of month*). 10-2. Tarot Card Reading.
- Fridays. 9-12. Poker
- Fri., Sept., 3rd. 11:30-12:30. Lunch & BBQ
- Thurs., Sept., 9th. 12:00. Balance Your Wellness Wheel
- Tues., Sept., 14th. 1-4. Tech Fair
- Tues., Sept., 14th. 3-4:30. Turkey Dinner To Go.
- Mon., Sept., 13th & 27th. 1:00. Learn to Love Art.
- Fri., Sept., 17th. 10:00. "Right Sizing" Housing Seminar
- Thurs., Sept., 23rd. 2-4. Statewide Action Council Mtg.
- Fri., Sept., 24th. 11:30. Lunch & BBQ
- Fri., Sept., 24th. 2:00pm. Paint & Sip.
- Tues., Sept., 28th. 3:00-4:00. Book Club.
- Tues., Sept., 28th. 4:30-5:30. Dine in Dinner.

BARBER AT THE CENTER! \$5 haircuts for men.
1st Monday of the Month - 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.

TAROT CARD READINGS *facilitated by Mary Shimp*
Last Thursday of the month. 10-2pm. \$5 donation.

Do you have some unanswered questions about your life? A tarot card reading provides guidance to gain an insight into what the future holds. Call to make a 15 minute appointment.

BOOK CLUB AT THE CENTER

Tues., Sept., 28th 3pm. "The Story of Arthur Truluv"
By Elizabeth Berg

A moving novel about three people who find their way back from loss and loneliness to a different kind of happiness. Arthur, a widow, meets Maddy, a troubled teenage girl who is avoiding school by hiding out at the cemetery, where Arthur goes every day for lunch to have imaginary conversations with his late wife. The two strike up a friendship and Maddy gives Arthur the name Truluv. With Arthur's nosy neighbor Lucille, they create a loving and unconventional family, proving that life's most precious moments are sweeter when shared.

COMING IN OCTOBER

- Medicare Expo - Tuesday October 5th
- Health Fair - Tuesday October 5th
- Open House - Saturday October 23rd
- NABA Low Vision Tech Fair - Tuesday, October 19th
- Burlington Bus Trip - Thursday, October 7th
- Fall Fest with Saratoga YMCA - Tuesday October, 26th

NEW CLASSES/PROGRAMS

- Brain Games with Don Ambrose
- Learn Basic Dance Steps with Monica
- New programs with Skidmore
- Art Workshops

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.

WE ARE HERE TO HELP YOU

SENIOR SUPPORT SERVICES ADVOCACY AND INFORMATION REFERRAL

CALL THE CENTER IF YOU NEED ASSISTANCE

FOOD ASSISTANCE

Supported by CDPHP

The Senior Center is partnering with the Regional Food Bank so we can provide Thursday produce available for 11am pick-up at the Center. Home delivery for produce is based on need and volunteer availability. Contact Senior Support Services at ext. 206 to register.

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 transportation to medical appointments, shopping, groceries, etc. Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper. Contact Senior Support Services at ext. 206.

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.

REGIONAL FOOD BANK

Thursdays 11-12:30.

Sponsored by CDPHP



A plan for life.



Fresh produce pickup in the back yard under the tents. Deliveries available by request. Call Senior Support Services. at 518.584.1621 ext. 206.

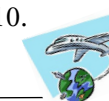
MY VIRTUAL SENIOR CENTER

The VSC gives seniors a place to go, learn, explore, and socialize without having to leave home. VSC's vibrant and safe virtual community offers ways to interact and engage through live virtual classes, direct video chats and far-reaching discussions. Experiences span from literature to computer courses, health to virtual travel and museum tours. If you are interested in being a part of the Community, call Senior Support Services at 518-584-1621, ext. 206.

TRIPS & EXCURSIONS! LET'S GET AWAY!

EXCURSIONS 2021

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-April1, 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



BURLINGTON/SHELBURNE MUSEUM

Fall Foliage Scenic Trip Sponsored by Blue Shield
Thursday, October 7th.

Member price \$60. Non members welcome, please call the front desk.

Compact and beautiful, Burlington is home to a thriving arts scene, museums and educational opportunities, and great shopping.

From weathervanes, quilts and American art to transplanted 1950s-era homes, a railroad station and a fully outfitted steamboat, the Shelburne Museum really does have a little of everything on display. Nearly 40 buildings, filled with various exhibits, span the museum's 45 acres.

BOSTON - A Day On Your Own in This Amazing City!
Thursday, November 18th.

Member Price \$53. Non members welcome, please call the front desk.

Between the beautiful architecture, unique culture, amazing history and delicious food, it's one of the most popular tourist destinations on the East Coast. November is a great time to get unique gifts for the up-coming holidays.

NEW YORK CITY - A Day On Your Own!
Wednesday December 8th.

Member price \$48. Non members welcome, please call the front desk.

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).

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.

We suggest you carry a mask with you when traveling on any of our van and bus trips. We are never sure of a facilities policy as things change all the time.