WELCOME ACADEMY FOR LIFELONG LEARNING

The Senior Center and the Academy for Lifelong Learning are joining forces to bring seniors in our community the best programming and experiences. ALL Academy for Lifelong Learning classes will be held in the classes at the Center only for just the class fee. See Front Desk for sign up instructions/registration is by mail. Classes are limited. Below classes held at the Saratoga Senior Center are:

INTRODUCTION TO CLASSICAL MUSIC
Tuesdays, 1:00 – 2:30pm. 5 weeks beginning Jan 25. Facilitated by Patricia Brady.
From someone who has loved classical music her entire life, owing to her father being a professional musician, Patricia is inviting you to come and learn more about classical music, or catch the classical music bug. Media such as slides, videos, and recordings will be used to listen to compositions from Strauss to Stravinsky. There is no preparation. Just come with your ears open and your souls ready to be touched.

JOURNAL WRITING: A PATH TO UNDERSTANDING AND HEALING
Wednesdays, 11am-12:30pm. 5 weeks beginning Jan 26. Facilitated by Patricia A. Nugent
Journaling is an effective and therapeutic tool for better understanding ourselves and others, managing daily stress and anxiety, improving overall health, healing old wounds, and finding answers within. This class will review best practices in the art of journaling, as well as offer opportunities and reasons to “go deeper.” Both long-time journal-keepers and beginners will benefit. Bring paper and a writing instrument to first class but do not purchase a journal...yet.

THE SIX WIVES OF HENRY VIII
Thursdays 11am – 12:30pm. 5 weeks beginning Jan 27. Facilitated by Kathy Welch
In the style of the hit show “Hamilton,” a new Broadway musical called “Six” examines the lives of the wives of King Henry VIII. The musical, sung in the style of a pop concert competition between the wives, gives us an idea of their ultimate fates: divorced, beheaded, died, divorced, beheaded, survived.
WHAT'S NEW THIS MONTH! ... adding new programs all the time.

Conversational Spanish

Fridays, 10:15-11 am.

Hola! Speaking in Spanish is now being offered at the center! Come and join Mark and Robert for this fun and exciting class. Come to practice, learn or just converse in Spanish. All levels welcome!

TIE DYE FUN! facilitated by Meryl, artist and instructor

Thursday, January 20th, 1-3pm. $5.00 material fee. Please sign up! Please bring your own t-shirt, blouse, shorts, etc., preferably 100% cotton white or light color, must be pre-washed. If accessible, check out some YouTube videos on tie dye to get ideas. All other supplies provided by Senior Center.

Tech Fair with TRIMEDX. Thursday, January 27th, 2-4 p.m.

Did you get a gadget for Christmas? The employees of TRIMEDX 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 to learn.

My Virtual Senior Center has been extended. 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 live via virtual classes, direct video calls and far-reaching discussions through their website. Experiences span from literature to computer courses, health to virtual travel and museum tours. You have access to the site 24 hours a day. If you are interested in being a part of the Virtual Senior Center Community, call Senior Support Services at 518-584-1621, ext. 206.

Conversational Spanish

Friday, January 14th.

The New York State Museum explores the cultural and natural history of New York State. The Museum features a variety of history, science and art exhibitions. The main exhibit halls have popular long-standing favorites, including Adirondack Wilderness, Birds of New York, Beneath the City: Albany Archeology, Black Capital: Harlem in the 20s, The Cohoes Mastodon, Fire Engine Hall, Native Peoples of New York, and The World Trade Center. There’s also a working full-sized carousel on the 4th floor. Lunch at Albany Pump Station. Pay $10 at sign up. Bring $6 for admission and money for lunch. Leave the Center at 9:30am.

Saratoga Auto Museum, Friday, January 21st.

A gem right in our own backyard, Saratoga Automobile Museum is located within the Saratoga State Park. Enjoy a guided tour of beautiful, vintage cars, vehicles, photos, and history of autos in NY. Current exhibit is: Considered to be one of the few complete collections of Porsche 911 RS in the world, the Saratoga Automobile Museum is proud to announce Rennsport: The Complete Collection (RS) - featuring vehicles from the Steven Harris collection. Lunch at Old Bryan Inn. Pay $15 at sign up. Bring money for lunch. Leave the Center at 10am.

DID YOU RENEW YOUR 2022 MEMBERSHIP

Renew today - don't miss out on great programming!

See all that the Senior Center has to offer the Seniors in our community!

- Support Groups
- Discounted SPAC tickets
- Special Academy of Lifelong Learning classes
- Dining - To Go & Dine In
- Trips - local van, 1 day bus and excursions
- Exercise Classes
- Art Classes
- Cultural Events
- Special Presentations
- Live Music
- Baked Goods
- Regional Food Bank Produce
- Pinney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Outdoor Games
- Card Games
- Pool Table
- Book Club
- Social Groups and more...

Thank you to our newsletter sponsors for their continued support!
**SPECIAL EVENT SCHEDULE**
- Monday - Friday, 12:00. Office for the Aging Lunch. Wednesdays, 1:00. Bingo.
- 2nd Fri of Mon. 11:00. Caregiver Support Group.
- Tues., Jan. 18th. 5:30pm. In House Dining - Old Bryan Inn, with Sangria wine tasting.
- Fri., Jan. 21st. Van Trip - Saratoga Auto Museum.
- Tues., Jan. 25th. 1:00. ALL class- Classical Music.
- Tues., Jan. 25th. 3:30-5:00. Turkey Dinner - Dinner To Go.
- Weds., Jan. 26th. 11:00. ALL class- Journaling.
- Thurs., Jan. 27th. 11:00. ALL class - Six Wives.
- Thurs., Jan. 27th. 2-4pm. Tech Fair with TRIMEDX.
- Tues., Feb. 8th, 3pm. Beatles tribute w/ Jeff Brubin.

**BOOK CLUB AT THE CENTER**
*No book for January!*

**TAROT CARD READINGS** facilitated by Mary Shimp

**January date - Thursday, January 27th**

**BARBER AT THE CENTER!** $5 haircuts for men. Mon., Jan. 10th. 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.

**Thank you for Your Kindness and Support**

Thank you to Dottie Pepper for a fantastic afternoon. Thank you to the Guardian Society for free Dottie Pepper books. Thank you to CDPHP for the gift of free classes all month. Thank you to Wyre Storm for the Tech assistance. Thank you to Michael Panza and friends - Jay, Chris, Brian and Kelsey Dodd for holiday party music. Thank you to Prime for our amazing holiday buffet. Thank you to Rick Bolton and Jackie Dugas for our holiday singAlong. Thank you to Welcare, Skidmore and Marylou for gift wrapping. Thank you to Karen for the holiday ornament class. Thank you to Secret Santas for making a senior's Christmas bright. Thank you to the Giving Circle for caroling to seniors who are home bound. A huge thank you to all our volunteers, you keep our world rocking!

**Thank you to Collette Travel for sponsoring our Outdoor Activities.**

**TRAVEL SLIDE SHOW with Collette Travel**

January 19th, 1pm.

Presenting informational slide shows on:
- Western Canada’s Rockies, Lakes & Wine Country July 30-August 7, 2022
- California Dreamin’ feat Monterey, Yosemite & Napa September 19-26, 2022
- Tropical Costa Rica with Optional 5-Night Jungle Adventure Post Tour Extension November 2 – 10, 2022
- America’s Music Cities Holiday December 4-11, 2022

**2023 TRIPS**

**TRIPS & EXCURSIONS! LET’S GET AWAY!**

2022 TRIPS
Netherlands, Belgium & France with Optional 3-Night London Post Tour Extension June 11 – 22, 2022
Western Canada’s Rockies, Lakes & Wine Country July 30-August 7, 2022
California Dreamin’ feat Monterey, Yosemite & Napa September 19-26, 2022
Tropical Costa Rica with Optional 5-Night Jungle Adventure Post Tour Extension November 2 – 10, 2022
America’s Music Cities Holiday December 4-11, 2022

**ONE DAY BUS TRIPS**

NEW YORK CITY
Wednesday, April 6th, 2022.

**POSSIBLE TRIPS IN THE PLANNING STAGES:**
- PHILADELPHIA
- NEWPORT, RHODE ISLAND
- FALL FOLIAGE
- HOLIDAYS IN NYC

Contact Colleen with any trip ideas - van, bus or air travel.

colleenk@saratogaseniorcenter.org or 518-584-1621 ext. 203.

**Thank you CDPHP for sponsoring our Outdoor Activities.**

**WE ARE HERE TO HELP YOU**

Alzheimer’s Caregiver Support Group Group 11am-12pm, 2nd Friday of every month.

Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance you need.

Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant. If you are a caregiver and would be interested in respite assistance from the Saratoga Senior Center, please call Support Services at 518584-1621 ext. 206.

**SENIOR SUPPORT SERVICES ADVOCACY AND INFORMATION REFERRAL CALL THE CENTER IF YOU NEED ASSISTANCE**

FOOD ASSISTANCE

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 units 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 to see if Senior Life Transitions may be able to assist you. 518-584-1621 ext. 206.

**REGIONAL FOOD BANK**

Thurs.11-12:00. Fresh produce pickup in the center. Deliveries available by request. Call Senior Support Services at 518-584-1621 ext. 206. Sponosred by MVP.

**Office for the Aging Dine In Lunches Are Back!**

Monday - Friday. 12:00. Participants must be age 60 or older. Participants must sign up at least one day in advance by 12 noon by calling OFA or in person with the meal Site Manager. You must have a reservation to be served a congregate meal. Call Office for the Aging at 518-884-4100 for details.

**WE ARE HERE TO HELP YOU**

**Thank you CDPHP for sponsoring our Outdoor Activities.**

**TRIPS & EXCURSIONS! LET’S GET AWAY!**

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Tropical Costa Rica with Optional 5-Night Jungle Adventure Post Tour Extension November 2 – 10, 2022
America’s Music Cities Holiday December 4-11, 2022

**2023 TRIPS**

South Pacific Wonders with Optional 3-Night Fiji Post Tour Extension January 5 – 22, 2023

Sunset Portugal with Optional 3-Night Porto Pre Tour Extension with Optional 4-Night Madeira Island Post Tour Extension March 21 – 30, 2023

Exploring Scotland & Ireland April 30 – May 12, 2023

Discover the Spotlight on Nashville April 30 – May 4, 2023

**TRAVEL SLIDE SHOW with Collette Travel**

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**ONE DAY BUS TRIPS**

NEW YORK CITY
Wednesday, April 6th, 2022.

sponsored by Humana. Details coming.

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

**Thank you CDPHP for sponsoring our Health and Wellness classes.**

**January Programming**

“one kind word can warm three winter months”

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

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

**MIDWEST TRIPS**

- NEW YORK CITY
- PHILADELPHIA
- NEWPORT, RHODE ISLAND
- FALL FOLIAGE
- HOLIDAYS IN NYC

**Colleenk@saratogaseniorcenter.org or 518-584-1621 ext. 203.**