

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

Non Profit ,.
U.S. POSTAGE PAID
Permit No. 120


Saratoga Senior Center
NEWSLETTER
JANUARY 2022

JANUARY MUSIC & FOOD PROGRAMS

Free Breakfast - Bagels and Coffee!

Friday, January, 14th. 8:30-10:00. Thank you to Trakside Grill for the donation of bagels.

Dinner & a Drink! Chef Dinner by Old Bryan Inn. Enjoy a Sangria tasting.

Tuesday, January 18th. 5:30pm. \$11 per dinner.

Menu to be determined. It's Old Bryan Inn - how can you go wrong!

Dinner is served at 5:30. Please sign up, seating is limited. Dine- in only!

Simply Food by Maura. To Go dinner only. \$11 per dinner.

Tuesday, January 25th. Turkey Dinner. 3:30-5:30, curbside pick up. To go dinners sponsored by Humana.

Humana

Light Fare and Live Classical Music Performance with The C/Dee Ensemble.

Friday, January 28th. Music at 2p.m. Light fare at 3pm. \$5. **Please sign up, seating is limited.**



Featuring Melanie Chirignan and Michael Dee. They will be performing popular classical works by Geroges Bizet, Camille Saint-Saens, Felix Mendelssohn, Mozart, Telemann, and Beethoven for flute and clarinet. Melanie is a flautist known for her musicality and versatility of repertoire. She has performed with: New York Chamber Players Orchestra, Albany Pro Music, and many more. Las Vegas born clarinetist, Michael is a versatile soloist, chamber, and orchestral musician.

Save the Date! Beatles Tribute and Trivia - Live music with Jeff Brisbin.

Tuesday, February 8th. 3:00pm. \$5. Light fare served! **Please sign up, seating is limited.**



SUPPORT THE SENIOR CENTER BY PURCHASING OUR LOGO SWAG

Need some gifts for your family and friends? Or maybe you should treat yourself.
Purchase some of the Senior Centers branded merchandise and other gifts.

- Insulated Wine Cups - great hostess gift
- Jute Tote Bag - holiday shopping
- Koozie Cooler - snow birds
- Fleece Blanket - warm & cozy
- Saratoga National Logo Titleist Golf Duffle Bags \$100
- Hoffman Car Wash Tickets
- Senior Center Artists creations

Sponsored by Alfred Z. Solomon Charitable Trust

“GIVE WHERE YOU LIVE” - Creative Ways to Give to the Center!

- 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.



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*) will be holding select classes at the Center. Senior Center members may enroll 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.”

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.

Conversational Spanish

Fridays, 10:15-11am.

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 new 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 through live virtual classes, direct video chats 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.



VAN TRIPS

Troy Savings Bank "Music @ Noon", Tuesday, January 11

Musica Trio Capitale with soprano Sabrina Manna, pianist Dan Foster, and Peter Bellino, trumpet. Selections from Lieder by Richard Strauss, Morgen! op. 27, no. 4, Allerseele op. 10, no. 8, Ständchen op. 17, no. 2, Johann Sebastian Bach and more. Lunch at Dinosaur Bar-B-Que. *Pay \$10 at sign up. Admission is free. Bring additional money for lunch. Leave the Center at 10:45am.*

Vaccination card or negative covid pcr test (72 hrs) and mask required to enter concert hall.

NY State Museum at Albany, 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 RSs 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!

Your Senior Center Membership Gives You Access To:

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

Thank you to our newsletter sponsors for their continued support!

A plan for life.

Capital District Physicians' Health Plan, Inc.

The Heart of Senior Home Care Services

Trusted, compassionate, quality care within the comfort and security of your own home.

THE WESLEY COMMUNITY
Senior Services

INDEPENDENT LIVING | ASSISTED LIVING | LONG TERM CARE
THERAPY AND REHABILITATION | HOME CARE

A non-profit organization | 131 Lawrence Street, Saratoga Springs, NY 12866
518.584.1200 | thewesleycommunity.org

LIVE FEARLESS

BlueShield of Northeastern New York

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.

518.580.1042

www.HomeInstead.com/341

- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Errands & Shopping
- Alzheimer's Care
- Respite Care
- Companionship

Home of the *Good Shepherd* Choose a Place Where Excellence is the Standard.

Assisted Living • Enhanced Assisted Living
Memory Care Assisted Living

Saratoga: 584-3317 • Wilton: 580-0702 • Malta: 581-7600
Coming soon: Moreau!

- 24 Hour Care, LPN's & RN's on Site
- Private Suites, Daily Activities, Transportation
- Customized Care Plans for Each Resident

www.homeofthegoodshepherd.com

Proud of our healthy relationship

SARATOGA HOSPITAL
people you trust. care you deserve.

587-3222 * SaratogaHospital.org

Family is Everything.

Make sure they are taken care of.

HERZOG LAW FIRM

For all your estate planning needs.

- Estate Planning
- Elder Law
- Nursing Home Planning
- Health Care Proxies
- Special Needs Planning
- Estate Administration

call for a FREE one hour consultation.
518.465.7581

7 Southwoods Blvd. Albany, NY 12211 | 47 West Harrison St. Saratoga Springs, NY 12866 | 688 Aaron Court Kingston, NY 12401

www.herzoglaw.com

The Pines at Glens Falls

Center for Nursing & Rehabilitation

Do You have a Special Talent or Passion that You Would Share?

Do you know a second language, can you teach an exercise or art class? Are you an "expert" on birding, cooking or the history of our area - Saratoga, the Adirondacks? We are looking for volunteers to share their passion, talent, humor and music with our members. One session, a 6 week series or a continuing weekly class. We are open to all ideas Please contact Colleen at colleenk@saratogaseniorcenter.org or call 518-584-1621.

SL

Saratoga Life
Ask me about
MEDICARE!

518-879-8958

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi	9-9:45: SilverSneakers	9:30: Mosaics	10-10:45: Low Impact	9:30: Clay Arts
9:30: Walking Club	Classic (<i>center & zoom</i>)	9:30-1:00: Rug Hooking	Cardio & Strength	9-12: Poker
9:30-12:30: Clay Arts	10:00: Meditation	10:00: Knit & Crochet	(<i>center & zoom</i>)	9-10: Ener Chi
10:00: Healthy Bones	(<i>center & zoom</i>)	10:15-11: Zumba	10:00: Ukelele	10:00: Healthy Bones
10-11: Chair Yoga	11:30-12:30: Gentle Yoga	(<i>center & zoom</i>)	10-2: Tarot Cards	10:15: Spanish
(<i>center & zoom</i>)	(<i>center & zoom</i>)	1:00: ALL Class	(<i>last Thursday of month</i>)	11:00: Caregiver
1-2: Chit Chat	1:00: ALL Class	1:00: BINGO	1:00: ALL Class	Support Group
1-4: Pool League	1-4: Pool League	1-4: Canasta	11:00: Regional	(<i>2nd Fri of month</i>)
	3-4: Book Club	1-1:45: Strength w/Aidan	Foodbank Pickup	1-4: Pool League
	(see calendar)	(<i>center & zoom</i>)	11:00-11:45 Gentle	
		1-4: Pool League	Yoga (<i>center & zoom</i>)	
		2:00: Yoga	12:30: Mahjong	
			1-4: Pool League	



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.



BlueShield of Northeastern NY

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.
- Monday 9-12. (*2nd Mon. of month*). Men's Haircuts.
- Thursdays (*last Thurs of month*). 10-2. Tarot Card Reading.
- NEW! Fridays. 1pm. Movies.
- Tues., Jan. 11th. Van Trip - Troy Savings Bank.
- Fri., Jan. 14th. 8:30-10:00. Bagels & Coffee.
- Fri., Jan. 14th. Van Trip -NYS Museum at Albany.
- Tues., Jan. 18th. 5:30pm. In House Dining - Old Bryan Inn, with Sangria wine tasting.
- Wed., Jan. 19th. Travel Slide Show.
- Thurs. Jan. 20. 1-3. Tie Dye.
- Fri., Jan. 21st. Van Trip -Saratoga Auto Museum.
- Tues., Jan. 25th. 1:00. ALL class- Classical Music.
- Tues., Jan. 25th. 3:30-5:30. 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.
- Thurs., Jan. 27th. 10-2. Tarot Card Readings.
- Fri., Jan. 28th. 2:00. Classical Music - Live Performance
- Tues., Feb. 8th. 3pm. Beatles tribute w/ Jeff Brisbin.

The Saratoga Senior Center will be
CLOSED

Monday, January 17th for Martin Luther King Day

BOOK CLUB AT THE CENTER

No book for January!

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.

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 sing-a-long. Thank you to Wellcare, Skidmore and Marylou for gift wrapping. Thank you to Karen for the holiday ornament class. Thank you to our 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 rockin'!

WE ARE HERE TO HELP YOU

Alzheimer's Caregiver Support 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 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 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. Sponsored 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.

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 3-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
February 5 - 22, 2023

Sunny 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

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
- America's Music Cities Holiday. December 4-11, 2022

ONE DAY BUS TRIPS

NEW YORK CITY

Wednesday, April 6th, 2022.

sponsored by Humana.

Humana

details coming.

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.

