

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center
NEWSLETTER
MARCH 2022



BROOKS BBQ

TUESDAY, MARCH 22ND 3:00-6:00pm

Sponsored by Highmark BlueCross BlueShield



Call 518-584-1621
to order!

Chicken Dinner: \$14 Rib Dinner: on hold due to shortage
Dinners include Baked Potato, Coleslaw, Roll

To benefit the Saratoga
Senior Center!

- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!
- **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 friends over for a winter dinner and not cook?!** Order Brooks dinners for your event.

Call the Center to order now! (518) 584-1621

Fuel Up for March Madness!

Simply Food by Maura. To Go dinner only. \$12 per dinner.

- Tuesday, March 8th. Spiral Ham & Scalloped Potatoes. 3:30-5:30 pick up
- Tuesday, March 15th. Corned Beef & Cabbage. 3:30-5:30 pick up

Dinner & a Drink! Dinner prepared by Staff. Enjoy a cocktail tasting.

Tuesday, March 29th. 5:30pm. \$12 per dinner.

Roast Pork and Stuffing. **Please sign up, seating is limited. Ask front desk if you prefer to go's. May be available if sit down is not sold out.**

Homemade Soup. \$4 a cup. *While supplies last.*

Eat in or Take out. We will have cups of soup available for purchase.

SPAC DISCOUNTED TICKETS ARE ON SALE!

Are you a member of the Center? If not, this member benefit is a great reason to join!

Discounted seats for the NYC Ballet and Philadelphia Orchestra. One ticket per member per show. Purchase at Front Desk. For information call 518-584-1621.

**Tickets will be sold
Monday - Thursday 9-3.**

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 Produce | • Card Games |
| • Special Academy of Lifelong Learning classes | • Cultural Events | • Pitney Meadows Fresh Produce | • Pool Table |
| • Dinners - To Go & Dine In | • Special Presentations | • Friendships/Socialization | • Book Club |
| • Trips - van, bus & excursions | • Live Music | • Senior Support Services | • Social Groups |
| | | | • and more... |

“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.

This is March Madness!

“Beat the Winter Blues” Summer in the Winter Party! Live music Bobby Dick & Susie Q.

Tuesday, March 1st. 3:00pm. \$10. Summer party food served!

Sponsored by Saratoga Life & Health

If the winter blues have you feeling down, grab your favorite summer attire (optional) and warm up at the center.

Let's heat up the dance floor with Bobby & Susie! **Please sign up, seating is limited.**

The Wild Irish Acres Step Dancers under the direction of Terri Hughes

Thursday, March 17, 4:00pm. \$5

A return visit from these lively dancers. Irish step dance is a wonderful celebration of the arts and Ireland's unique culture. Snacks and Beverage available.

Speed Friending and Food! *facilitated by the Peer Health Education group from Skidmore.*

Thursday, March 31st, 5:00pm. \$5 Please sign up, seating is limited.

Speed friending with our Seniors and Skidmore students. What a great way fun way to establish new connections.

Trivia Night. *“Where all those useless facts you've been collecting can finally come in handy!”*

Monday, March 21st. 5:15pm. \$2.00 Snacks. Bring your own beverage.

Trivia night will be held on the third Monday of the month. Join us for fun, friendly competition!

Please sign up, seating is limited.

Live Music -Celebrate the Irish with Tim Wechgelaer and Friends

Thursday, March 24th, 2:00pm. \$5.00 Sponsored by Janney Montgomery Scott

Tim Wechgelaer is an amazing musician and songwriter. He has a warm, rugged voice and plays guitar, fiddle, mandolin and banjo. Tim has been a stalwart of the Saratoga music community for years. Delicious Irish scones and light fare served.

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.

Japan - The Culture and History - facilitated by Liam, our Skidmore volunteer.

Thursdays, 8:45am. Beginning March 3rd.

Liam is a Skidmore student, born in Japan and is currently studying Asian culture, his passion. He plans to become a professor in Asian studies. Join Liam in these interactive chat groups and immerse yourself in everything that is Japan.

Healthy Life Chat Group - facilitated by Jileen, RN

Mondays at 11am. Beginning March 7th.

Join Jileen, a registered nurse, chat, learn, and discover ideas and ways to age healthy - physically, mentally and emotionally.

Waldorf School of Saratoga will be in the house!

Monday March 7th and Wednesday March 9th. 9-11am.

Join the students for some pastries, bagels and coffee, art projects, game of pool or ping pong or just chatting! Welcome them to our Center.



“Cybersecurity - What is it? Do you need it?” facilitated by Manik Jassal. CPA, PMP. Senior Advisor to the SUNY CFO.

Thursday, March 10th and 24th. 11:00am. Please sign up!

March 10th - Being Online - Security vs Privacy. This is a basic overview of security and privacy, common attacks and weaknesses and simple things you can do to protect yourself online.

March 24th - How to Protect Oneself Online. a more in depth session. Using a password manager for EVERYTHING, and setting up two factor authentication, its importance, and how to implement it across accounts and devices.

At our next tech fair, the students can help set up some of these on your devices.

How to Identify and Stop the Most Common Financial Tricks and Scams.

Facilitated by Kym Hance, CMC, Aging Life Care Manager, Herzog Law Firm

Tuesday, March 29th. 1:00pm.

All older adults are at risk of being financially cheated or misled. It is not only strangers who attempt these types of crimes, it could be someone you know. When it comes to safeguarding your finances, learn how to protect yourself and stop financial scams. We will talk about where to turn, and what to do, if this is happening to you or someone you know.

Tech Fair with TRIMEDX.

Friday, March 25th. 9:00am

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.

Calling All Volunteers! Past, Present & Future! Tuesday, March 15th. 1-3pm.

Meet Anna and Staci, our new Volunteer Coordinators. Learn how you can help your Senior Center.
Pizza and beverage will be served. Please sign up, but walk-ins are welcome!

VAN TRIPS

MASS Moca, North Adams, MA

Monday, March 14th. Vaccination card, photo ID and mask required to enter.

Enjoy a guided tour of this unique museum located in a converted Arnold Print Works factory building complex. It is one of the largest centers for contemporary visual art. Lunch on site at the Cafe. Please preorder your lunch at the front desk. *Pay \$38 at sign up for van, admission and guided tour and \$13.50 for box lunch for a total of \$51.50. Please preorder your lunch at sign up. Leave the Center at 9:30am. Return about 3:30/4:00.*

Lunch Bunch - Grapevine Farms, Cobleskill, NY

Friday, March 18th.

An 1850's farmhouse with 3 floors of themed rooms: Bistro, Wine Cellar, Bakery and Shopping. *Pay \$10 at sign up. Bring money for lunch and shopping. Leave the Center at 10:00am. Return about 3:30pm.*

Capital Region Flower & Garden Expo at HVCC

Friday, March 25th

Get your first taste of spring, with blooming flowers exploding with color. Renowned for its full-scale landscape exhibits and creatively designed gardens, HVCC is turned into a backyard environment complete with shrubs, flowers, ponds, waterfalls, retaining walls, sidewalks, and lawns. Following the show, we'll be stopping at Moscatiello's Italian Family Restaurant for lunch. *We leave the Center at 9:30am. Cost is \$21. Please bring additional money for lunch and shopping. Return about 3:30.*

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



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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.

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Saratoga Life

Ask me about

MEDICARE!

518-879-8958

MARCH PROGRAMMING

"Joy Is Not In Things, It Is In Us."

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	8:45: Japan culture	9:30: Clay Arts
9:30: Walking Club	Classic (<i>center & zoom</i>)	9:30-1:00: Rug Hooking	10-10:45: Low Impact Cardio & Strength	9-12: Poker
9:30-12:30: Clay Arts	10:00: Meditation	10:00: Knit & Crochet	(<i>center & zoom</i>)	10:00: Healthy Bones
10:00: Healthy Bones	(<i>center & zoom</i>)	10:-11: Zumba	10:00: Ukelele	10:15: Spanish
10-11: Chair Yoga	11:30-12:30: Gentle Yoga	(<i>center & zoom</i>)	10-2: Tarot Cards	11:00: Caregiver Support Group (<i>2nd Fri of month</i>)
(<i>center & zoom</i>)	(<i>center & zoom</i>)	1:00: BINGO	(<i>last Thursday of month</i>)	<i>Zoom only</i>
11:00: Healthy Life	1-4: Pool League	1-4: Canasta	11:00: Regional Foodbank Pickup	12:15: Ener Chi
1-2: Chit Chat	3-4: Book Club	1-1:45: Strength w/Aidan	11:00-11:45 Gentle Yoga	(<i>center & zoom</i>)
1-4: Pool League	(see calendar)	(<i>center & zoom</i>)	1-4: Pool League	1-4: Pool League
		1-4: Pool League	(<i>center & zoom</i>)	
		2:00: Yoga	12:30: Mahjong	
			1-4: Pool League	
			1-4: Pinochle	



Thank you CDPHP for sponsoring our Health and Wellness classes.

SPECIAL EVENT SCHEDULE

- Monday - Friday. 12:00. Office for the Aging Lunch.
- Monday 9-12. (*2nd Mon. of month*). Men's Haircuts.
- Wednesdays. 1:00. Bingo.
- Thursdays(*last Thurs of month*). 10-2. Tarot Cards.
- 2nd Fri of Month. 11:00. Caregiver Support Group. ZOOM only.
- Mon., Mar. 1st. Beat the Winter Blues Party
- Thurs., Mar. 3rd. 8:45am: Japan Culture Group
- Mon., Mar. 7th. 11am. Healthy Life Chat Group
- Mon., Mar. 7th. 9am. Waldorf School Visit
- Tues., Mar. 8th. 3:30-5:30. To Go Dinner
- Thurs., Mar. 10th. Cyber Security.
- Mon., Mar. 14th. Van Trip - Mass Moca.
- Tues., Mar. 15th. 3:30-5:30. To Go Dinner.
- Thurs., Mar. 17th. 4pm. Irish Dancers.
- Fri., Mar. 18th. Van Trip - Grapevine Farms.
- Mon., Mar. 21st. 5:15pm. Trivia Night.
- Tues. Mar. 22nd. 3-6. Brooks BBQ.
- Thurs., Mar. 24th. Cyber Security.
- Thurs., Mar. 24th. 2pm. Irish Music.
- Fri., Mar. 25th. Van Trip - Flower Show.
- Fri., Mar. 25th. Tech Fair.
- Thurs., Mar. 29th. 1pm. Scams with Herzog Law.
- Tues., Mar. 29th. 3pm. Book Club.
- Tues., Mar. 29th. 5:30pm. In House Dining.
- Thurs., Mar. 31st. 10-2. Tarot Card Readings.
- Thurs., Mar. 31st. 5pm. Speed Friending.

BARBER AT THE CENTER! \$5 haircuts for men.

Mon., March 14th. 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.

BOOK CLUB AT THE CENTER

Tuesday, March 29th. 3pm.

"Lady in the Lake" by Laura Lippman

In 1966, Baltimore is a city of secrets that everyone seems to know—except Maddie Schwartz. She's bolted from her 20 year marriage determined to make good on her youthful ambitions to live a meaningful life. Drawing on her own secrets, she helps police find a murdered girl. This leads to a job at the city's newspaper. Working at the Star, Maddie has found just the story to do it: Cleo Sherwood, a missing woman whose body was discovered in the fountain of a city park lake.

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.

March date - Thursday, March 28th

Thank You for Your Kindness and Support!

Thank you to Jeff Brisbin for the amazing Beatles night of music. Thank you to Maria and Aaron for hosting Trivia Night. Thank you to Music Performance Trust Fund for beautiful classical music from Cee/D. Thank you to D'Andrea's Pizza for donating pizza for trivia night. Thank you to Will Gergits for the entertaining DNA presentation. Thank you to Rachel Robinson Albany Medical Center of Excellence, for presenting on Alzheimers. Thank you to Skidmore students for hosting the Tech Fair. Thank you to the Skidmore Bene-Faction and Citizenship and Services students for the Valentine's Day cards and gifts. Thank you to Price Chopper's Golub Foundation for supporting our transportation program. Thank you to Christine Swan for supporting our senior life transitions program. A special "Thank You" to Lawrence for always giving us his best!

WE ARE HERE TO HELP YOU

SENIOR SUPPORT SERVICES – HERE FOR YOU



Our staff, volunteers, and student interns are here to support you in meeting needs you have. Many times, getting you connected to the right resource is what works best. We collaborate with the health and social service agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. And our "Community Connections" volunteers can fill many gaps that other agencies may not be able to meet. For all Senior Support Services:

Call 518-584-1621, extension 206

Our ongoing services are information and referral, advocacy, and:

- Transportation:** Rides to medical appointments, pharmacies, dentists, the Senior Center, and more. Wednesday shuttle to Price Chopper from area housing sites.
- Food Assistance:** Thursday Regional Food Bank produce for pick-up at the Center, or home delivery if homebound. Volunteers to do grocery shopping. Links to food pantries, and more.
- Senior Life Transitions:** Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.
- Caregiver Support:** Monthly Caregiver Support Group; Monday client drop-In program for caregivers who need a break; respite volunteers to come to your home.
- Volunteer Assistance:** Rides, grocery shopping, light yard work, special needs and circumstances - our volunteers are ready!



Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.

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. **IN PERSON.**

Office for the Aging Dine In Lunches.

Monday - Friday. 12:00.

Participants must be age 60 or older. 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 Dreaming feat. Monterey, Yosemite & Napa

September 19-26, 2022

Tropical Costa Rica

with Optional 3-Night Jungle Adventure 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 Pre and Post Tour Extensions
March 21 – 30, 2023

Exploring Scotland & Ireland

April 30 – May 12, 2023

Discover the Spotlight on Nashville

April 30 – May 4, 2023

ONE DAY BUS TRIPS

- NEW YORK CITY \$50**
Wednesday, April 6th, 2022.
sponsored by Humana.
- PHILADELPHIA \$58**
Friday, May 13th
sponsored by BlueShield
- NEWPORT, RHODE ISLAND \$58**
Wednesday, June 29th
sponsored by CDPHP
- HOLIDAYS IN NEW YORK CITY \$50**
Wednesday, December 7th.
- Pending:** Fall Foliage Trip



Multi Day Bus Trip

Charleston, South Carolina, November 6-12, 2022

Charleston is defined by its cobblestone streets, horse-drawn carriages and pastel antebellum houses. Come and visit this historic city. \$899. *Open to the public.*

Trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.

Bus trips are open to all ages, members and non members regardless of where you live.