**NEWSLETTER**

**JULY 2022**

**SUMMER HOURS:**
Fridays we will close at 3pm.
We will be closed Monday, July 4th

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**“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.

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**BROOKS BBQ**

**TUESDAY, JULY 12TH 3:00-6:00pm**

Sponsored by CDPHP

Chicken Dinner: $14
Dinners include Baked Potato, Coleslaw, Roll
Dine-in or Take Out

- 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 home or office!
- Invite your friends over for a fun barbecue without the work! Order Brooks dinners for your event.

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

**Good Food! Good Friends! Good Times!**

**Dinner & a Drink!** Dinner prepared by Senior Center Staff. Enjoy a gin & tonic tasting!

*Tuesday, July 26th. 5:30pm. $12 per dinner.*

Your favorite staff is cooking up their favorite dish for you! Please join us. Please sign up, seating is limited. To go dinners may be available if sit down is not sold out.

**Simply Food by Maura. To Go only.** $12 per dinner. 3:30-5:30 pick up. Sponsored by Humana.

**Tuesday, July 19th. Lasagna- specify with Spinach or with Sausage. Orders must be placed by noon Fri., July 15th.**

**Continental Breakfast with guest speaker Executive Director Lois Celeste**

*Wednesday, July 13th. 9-10am. Free.*

Learn all about the groundbreaking, the new building and the timeline for the move to our new location.

**Brunch & a Punch! (sangria or rum maybe!!!)** (Sign up required!)

*Wednesday, July 20th. 2:00-3:00 $5* Sponsored by : Home of the Good Shepherd

**YUM! Who doesn’t love a good hearty breakfast anytime of the day? Eggs, sausage, pancakes and more.**

**Talking Track with Tom Bellhouse & Tom Durkin**

Tuesday, July 12th. 10:00am. $5

Please sign up! Sponsored by : MVP

Saratoga racing season is just around the corner. Celebrate the start of the season with a mimosa and two of racing's most colorful characters! Get some inside info, stories and history on our famous track. Tom B. is the executive Vice President of West Point Thoroughbreds & Tom D. is the legendary voice of racing.

**Drumming Circle**

Friday, July 29th. 12:00. $5

Please sign up!

Join Chelsea and the Albany Drum Circle and learn and practice African rhythms. The objective is to share rhythm and get in tune with each other and yourself. Frequently called in-the-moment music-making, drum circle participants sit in a circle and play drums and/or hand percussion instruments. Participants engage together to create a group rhythm and cooperate in rhythm games.

**Drums provided. No experience necessary.**

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

NEW! Choral Group  under the direction of Choir Director Richard Russo.
Tuesday, 2pm. Beginning July 19th.
Yes, singing is back at the center. Please come to the first meeting, meet the choral director. Consider
Senior Center Choir.

NEW! Pilates facilitated by Natasha
Thursday, July 7th, 9am.
Join Weekly Pop-Up Pilates Classes with Natasha this July! Explore standing, sitting, floor movements (and more!) in a playful and personalized setting.

Reiki Sessions - Healing Touch facilitated by Jennifer Mae
Tuesdays, 9-2pm. $5. Sign up for 45 minute appointments. Please bring cash for payment.
Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch.

MVP Medicare Advantage
Monday, July 11th. 10-12:00pm.
Shelia will be here from MVP to answer any question you have about Medicare Advantage. Stop by and say hello.

“Laughter is the Best Medicine” presented by storyteller Kate Dudding.
Tuesday, August 2nd. 2-3:00pm. $5.00
Children laugh 60 times more per day than adults – that’s just not right! Come help improve your laughing average as Kate shares humorous personal and historical stories as well as a few folk tales. Snacks provided.

“Silent Wings - Birds of Prey” a program of the Wildlife Institute of Eastern New York. & Ice Cream Social $5.00.
Thursday, August 11th. 1:00pm.
Sponsored by : The Albany Guardian Society
Join Trish Marki, Wildlife Rehabilitator and Educator as she showcases birds of prey you might see in the area - owls, hawks, eagles, and falcons. Meet these amazing raptors face to face!!!

The Fascinating Life of Katrina Trask” presented by Betty Spinelli, Literary Dramatist.
Tuesday, August 30th. 3:00pm. $10.00
Best known as the founder of Yaddo, Katrina Trask led an accomplished and intriguing life with many Lake George connections. Lite fare and a cocktail.

STAY INFORMED AND CONNECTED!
DO YOU GET OUR EBLASTS?
Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time.
Call the Front Desk and give them your email address or if you dont have email, maybe you can use your son’s or daughter’s to keep you informed.
WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.
Have a little time to give? Looking to get involved in the Center in a different way? We have volunteer opportunities! Senior Center volunteers are involved both in-house and out in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form. We look forward to having you involved!

BOOK CLUB AT THE CENTER – New Members Welcome!
July Book - “Between Sisters” by Kristin Hannah. Tuesday, July 26th. 3pm.
Meghann Donnests is a woman haunted by heartbreak. Twenty-five years ago she was forced to make a terrible choice, one that cost her everything, including the love of her sister, Claire. Now, Meghann is a hotshot divorce attorney who doesn’t believe in love. Until she meets the one man who can change her mind...

September Book - “Pray for Silence” by Linda Castillo. Tuesday, September 27th. 3pm.
In the quiet town of Painters Mill, an Amish family of seven has been found brutally murdered on their farm. Chief of Police Kate Burkholder and her small force have few clues, no motive, and no suspect. State agent John Tomasetti arrives on the scene to assist. The disturbing details of this case will push them to their limits and force them to face demons from their own troubled pasts. When Kate discovers a diary, she realizes a haunting personal connection to the case. One of the teenagers daughters may have been leading a lurid double life.

No August Book or Meeting.
ONE DAY BUS TRIPS
JUST ADDED!!!
• BRONX ZOO OR NY BOTANICAL GARDENS
  Tuesday, September 19th.
  Must specify destination at sign up.
• BURLINGTON, VERMONT
  Wednesday, October 19th.
  Sponsored by Highmark.
• HOLIDAYS IN NEW YORK CITY
  Wednesday, December 7th.

2022 TRIPS
Tropical Costa Rica with Optional 3-Night Jungle Adventure November 2 – 10, 2022.
America’s Music Cities Holiday December 4-11, 2022.

TRIPS & EXCURSIONS! LET’S GET AWAY!

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.

One day bus trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.

2023 TRIPS
South Pacific Wonders with Optional 3-Night Fiji Post Tour Extension February 5 – 22, 2023.
Exploring Scotland & Ireland April 30 – May 12, 2023.
Discover the Spotlight on Nashville April 30 – May 4, 2023.

Barber at the Center!
$5 haircuts for men.

MONDAY – FRIDAY

TRIPS & EXCURSIONS! LET’S GET AWAY!

SPECIAL EVENT SCHEDULE
• Monday - Friday: 12:00. Office for the Aging Lunch.
• Monday 9-12. Men’s Haircuts. 1st Monday of month.
• Tuesday. Alzheimer’s Office Hours. 1st Tues of month.
• Tuesdays. 9-2. Reiki Healing Touch Sessions.
• Wednesdays. 1:30. Bingo.
• Wednesdays. 1:00. Continental Breakfast.
• Mondays. 9-2. Reiki.
• Thursdays. 11:00. Regional Food Bank.
• Thursdays (last Thurs of month). 10-2. Tarot Cards.
• Thursdays (last Thurs of month). 2-3. Newcomers Social.

Thank you to Quad Graphics for supporting the Life In House & ZOOM Classes, Presentations, Food and More.

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

Thank you to everyone who doated blood at the Ed Kelley Memorial Blood Drive.
Thank you to Maria and Aaron for hosting Trivia Night.
Thank you to everyone who helped at the Garage Sale.
Thank you to Olde Bryan Inn for our amazing dinner.
Thank you to Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, for making Elder Abuse Day possible.
Thank you to Aetna for sponsoring Elder Abuse Day.
Thank you to Highmark for assisting members with their afternoon.
Thank you to Cohoes Paranormal Society for a spooky afternoon.
Thank you to Barry Finley for leading a class on Freud.
Thank you to Quad Graphics for supporting the Life Transitions program.

Thank you to all our volunteers!