NEWSLETTER

JULY 2023

Saratoga Senior Center

Free March Expos and Presentations

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

- Purchase our branded merchandise - They make great gifts!
- Make a monetary donation through our website, by phone, or mail in a check.
- Hoffman’s Car Wash Tickets - It’s easy to keep your car clean and shiny with discounted Hoffman’s Car Wash tickets for $11.00. Fifty percent of the sale goes to the Center!
- 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 $35 membership for a senior in need.

DONATE NOW

By scanning the QR code with your phone camera, you will be directed to our website donation page.

With utmost thanks to our donors, members & community partners, The Saratoga Senior Center is able to provide our community with the many age-friendly services & resources we offer here in Saratoga Springs. Thank you for donating to the Center and supporting your local Seniors.

“The Elder Abuse program is funded in part by Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, and participant contributions.”

The Center will be Closed

Monday and Tuesday, July 3rd & 4th for the Fourth of July Holiday.
July 25th - 28th for packing and moving.
Opening August 1st at the new building.

Saratoga Senior Center Expo

The First Event in our New Building!! 290 West Avenue - side Entrance
Thursday July 20th. 9:30-1:00pm

Over 50 community service vendors, informative presentations, raffles and tours of the new building.
Complimentary lunch by Home of the Good Shepherd when you fill your vendor passport punch card.

- Elder Abuse Awareness Program. **RSVP required.**
  9:30-10:30. Free Breakfast.
  Speakers Greg Olsen, NYS Office for the Aging; and Megan Quilliman, Mechanicville Domestic Violence.
- Visit the Community Vendor Tables
  11:00-1:00. Open to the Public
  11:00-1:00
- Box Lunch by Home of the Good Shepherd
  1:00pm.
- Tours of the Building

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One day only. All classes and programming will continue at the 5 Williams Street Address.

Sponsored by CDPHP, Herzog Law, Highmark Northeastern NY and Home of the Good Shepherd

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FREE EVENTS

**Pitney Meadows Pop-Up Fresh Pantry Is Back!**
Sponsored by Wellcare.

Mondays, 9:30am til gone at the Saratoga Senior Center.
Beginning either July 10th or 17th, watch your eblast.
Join our multi-talented barber, Ryan (Moe) Munzert as he reads a few short stories. Ryan is a local actor, voice artist and our resident barber. Please show your support for Ryan. Please sign up.

**Medicare Advantage Information**
Medicare Advantage plans include extra benefits and services that focus on your total health. We want to help you get the coverage, resources and care you need. For information stop by the center and chat with a licensed Medicare Advantage Agent.

- Aetna Mon., July 10th. 11-1 & Fri., July 14th. 12-1.
- Highmark Northeastern NY, Wednesday, July 12th. 11-12.
- Nascentia Health: Wed, July 19th. 10-12.

**ART WORKSHOP SERIES** included in the $15 monthly activity fee

- **Watercolor Workshop** facilitated by Susan Peters.
  Monday, July 17th. 10:30. Please sign up, seating is limited. $5 material fee. No experience necessary.
  Paint a beautiful and nautical summer scene. Perfect for beginners and experienced alike.

**NEW ACTIVITY**

**Biking Club**
We want to bring our biking club back. Join Mary and other interested cyclists for an informational meeting on Thursday July 6th at 9am. Please RSVP.

**CLUBS AND PEER GROUPS**

- **Chit Chat Social Group** facilitated by Anna
  Mondays from 1-2pm Join us for a fun hour of chit chat, music, laughs and snacks.

The Hot Widows Club. Tuesday, July 18th. 2:00pm.
Our goal is to help women and men restart life after the death of a loved one. It’s a way to connect with others and learn ways to move forward and live.

**Grief and Loss Support & Discussion Group** facilitated by Lois Streit, MSW.
Tuesday, July 11th & 25th. 2:00pm.
Whatever type of loss you’ve suffered, there’s no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Coping with the loss of someone or something you love is one of life’s biggest challenges. Any loss can cause grief, including divorce or relationship breakup, loss of health, loss of financial stability, retirement, death of a pet, serious illness and more. The purpose of this group is to provide friendship, understanding, and hope.

- **Book Club at the Center. New Members Welcome!** Please sign up.
  No Book Club meetings in July and August. Next meeting, Tuesday, September 26th.
  September Book – “Lessons in Chemistry” by Bonnie Garmus
  Chemist Elizabeth Zott is not your average woman. But it’s the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one. Calvin Evans, the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.

- **New Member Social Hour** Wednesday, July 19th. 2:00pm.
  Calling all new members! Join us for a fun, friendly social hour where you can meet other members.
  Conversation, fun and laughs. Please sign up!

- **Memory Cafe, facilitated by Roy Scott**
  11am-12:30pm, 1st Friday of every month. Friday, June 2nd. Please sign up. Refreshments served.
  The memory cafe offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer’s or another dementia. You can expect a judgment-free zone, the opportunity to connect with others, light refreshments and simple, yet meaningful and engaging activities.

- **Alzheimer’s Caregiver Support Group, facilitated by Roy Scott**
  11am-12:30pm, 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.

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 don’t have email, maybe you can use your son’s or daughter’s to keep you informed.

MORE JULY HAPPENINGS

- **Farmer’s Market Coupon Distribution Day**
  Friday, July 14th. 11:00am-12:30.
  Office for the Aging will be here to distribute Farmers Market coupons to all eligible seniors.
  Any questions, please call OFA at 518-884-4100.

- **Barber at the Center**
  Monday, July 17th, 9:00-12pm.
  Ryan will be coming to the Center to cut our male members’ hair. Call the front desk to make an appointment.
  $5 haircuts for men.

- **Tarot Card Reading, facilitated by Mary Shimp**
  Thursday, July 20th at Expo only. 11-1pm. $5 donation.
  Do you have any unanswered questions about your life? A tarot card reading provides insight into what the future holds. For a 15 minute appointment.

MORE JULY HAPPENINGS

COMING IN AUGUST

The Big Move is Getting Closer!!
(fingers crossed)
We are targeting August 1st for opening at the new location. We will be closing July 25-28th for packing and moving. Make sure you are signed up for our weekly eblasts so you have the latest information regarding our move to West Avenue.

Upcoming Chipotle Fundraiser
Wednesday, August 9th. 4:00-8:00pm.
This is an easy and delicious way to support the Senior Center. Grab your friends and family and go out for a meal. 33% of all supporter sales come to the Center. You have two options Senior Center at the register or use code 19ZNF74 on the app or website.

Thank you to our newsletter sponsors for their continued support!
Volunteer Assistance: who need a break; respite volunteers to come to your home.

Caregiver Support: Assistance with planning to AGE IN PLACE.

Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness.

Transportation: Our ongoing services are information and referral, advocacy, and: Rides to medical appointments, pharmacies, dentists, the Senior Center, and more. Wednesday shuttle to Price Chopper from area housing sites. Volunteers to do grocery shopping. Links to food pantries, and more.

Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness.

Alzheimer's and Dementia Support

Alzheimer's Caregiver Support Group
11am-12:30pm, 2nd Friday of every month.

Being a caregiver can present exhausting challenges and take a significant toll on your health. Support groups bring together people who are going through or have gone through similar experiences. Our support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

Memory Cafe
11am-12:30pm, 1st Friday of every month.
The memory cafe offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or another dementia. You can expect a judgment-free zone, the opportunity to connect with others, light refreshments and simple, yet meaningful and engaging activities.

Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant. Alzheimer's Support Group sponsored by Leon Goldberg's Charitable Trust.

Saratoga County Department of Aging and Youth - “Gather & Dine” Lunch Program
Monday - Friday. 12:00pm. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call the kitchen at 518-584-1621 ext. 205.

Have a little time to give? Looking to get involved in the Center? 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!

Never Underestimate The Difference You Make And The Lives You Touch!

Regional Food Bank July Schedule
- Thursday July 6th
- Thursday July 13th
- Monday July 17th
- Monday July 24th

Class Updates
- No Pilates this summer
- No Trivia July & August
- No Book club July & August
- Tarot Cards - July 20th at Senior Expo

Sponsored by MVP

TRIP POLICY

- Van trips are for members only.
- One day bus trips are open to anyone regardless of age or residence.
- Multi-day bus trips and excursions are open to anyone regardless of age or residence.
- There are no refunds for van or bus trips unless canceled by the Center.
- All times for our van trips are approximate. We do not guarantee a return time to the Center.

DO YOU GET OUR EBLASTS? STAY INFORMED AND CONNECTED!

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 or if you don't have email, you can use your son's or daughter's to keep you informed.

SPAC TICKETS - LAST CHANCE TO PURCHASE YOUR DISCOUNTED TICKETS!

There is still time to get your discounted seats for the NYC Ballet and Philadelphia Orchestra.

One ticket per member per show. If you are planning on sitting with someone, please sign up together.

Ticket sales for the ballet will end June 29th. Ticket sales for the orchestra will end July 13.

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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 or if you don't have email, you can use your son's or daughter's to keep you informed.

VOLUNTEERING! WE NEED YOU!

Have a little time to give? Looking to get involved in the Center? 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!

Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant. Alzheimer's Support Group sponsored by Leon Goldberg's Charitable Trust.

Lunch Bunch - The Log Jam
Friday, July 7th.

Entering the Log Jam you just might think you walked into an Adirondack logging camp of 100 years ago. A pot-belly stove greets you at the door, wood plank floors, pine logs cut from the mountains above Lake George, and three massive stone fireplaces set the stage for a great dining experience. Walk and shop in the surrounding outlets. Pay $10 at sign up. Bring money for lunch and shopping. Leave the Center at 11:00am. Return about 4:00.

Berkshire Botanical Gardens
Friday, July 14th
A showcase of horticulture and garden design and a “museum of living things,” The Garden’s 24 acres feature dozens of display areas that are educational, functional, and highly ornamental, with plant collections emphasizing plants that are native to the Northeast. This is a guided tour. Lunch at Main Street Cafe. Pay $15 at sign up. Bring $16 admission and lunch money. Leave the Center at 9:00am. Return about 4:00pm.

Pontoon Boat Ride on Saratoga Lake
Wednesday, July 19th
Sign up for this incredible opportunity to see one of New York's most scenic lakes the way it should be seen – up close and personal. Approximately 1 hour boat ride. Lunch after at 5:00 Waterfront by Druthers. Pay $35 at sign up. Bring lunch money. Leave the Center at 10:15am. Return about 2:30pm.

Valley Cats vs. The Joliet Slammers Baseball Game, Troy NY
Wednesday, July 26th.
The Tri-City ValleyCats are a professional independent baseball team based in Troy. The ValleyCats are affiliated of the National League’s Houston Astros. Price includes premium box ticket, hot dog, chips and water. Pay $25 at sign up. Bring additional money for snacks and beverage. Leave the Center at 10:10am. Return about 4:00pm.

Do you like football? Coming in the fall - a van trip to a NY Giants game.

All details coming soon. This trip will have a strict no refund policy.

BEING A VOLUNTEER VAN DRIVER HAS ITS PERKS

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver!

As a driver, you will receive $10 towards lunch and up to $20 for admission.

There is still time to get your discounted seats for the NYC Ballet and Philadelphia Orchestra.

One ticket per member per show. If you are planning on sitting with someone, please sign up together.

Ticket sales for the ballet will end June 29th. Ticket sales for the orchestra will end July 13.

STAY INFORMED AND CONNECTED!
2023 TRIPS
Maritimes Coastal Wonders featuring the Cabot Trail (Halifax & Nova Scotia) August, 2023
Cruising the Danube to the Black Sea September 11-23, 2023
Spotlight on San Antonio Holiday November 30 – December 4, 2023

Shades of Ireland October 7-10, 2023

COLLETTE EXCURSIONS
We travel not to escape life, but for life not to escape us.

2024 TRIPS
Journey to Antarctica January 16-29, 2024
Hawaiian Adventure January 18-27, 2024
Discover South Pacific Wonders February 21-36th, 2024
Spectacular South Africa March 7-20, 2024
Discover Nashville April 28-May 2, 2024
Spectacular Scandinavia May 16-29, 2024

Discover South Dakota June 7-13, 2024
Iceland: Land of Fire & Ice July 21-30, 2024

Spotlight on Tuscany August 1-12, 2024
Greece Island Hopper September 24, 2024. Details coming
Spains Classics & Portugal October 12-26, 2024
Southern Charm December 24, 2024. Details coming.

2023 One Day Bus Trips Open to the Public

Mystic, CT. Tuesday, July 18th.
Mystic is a quintessential Connecticut coastal town that is historic, charming, and bustling with tourists. Step on the deck of the Charles Morgan, the last of the American might whaling fleet, check out what lives in the waters around Mystic at the Mystic Aquarium and more.
Member Price $60. Non-member price $85.

Southern Charm Thursday, September 21st.
West Point Tour and Brotherhood Winery
Thursday, September 21st.
Guided tour of the story of West Point, its role in the Revolution, its famous history, and more. Lunch and wine tasting at Brotherhood Winery.
Member Price TBD. Non-member price TBD

Salem, MA Thursday, October 19th.
Historic Salem is a city of layers—one historical era layered upon another. But don’t forget to explore the witchy side of Salem too! Information coming on possible hop on/hop off trolley. (price to be confirmed). Member $60. Non-member price $85.

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

TRIP POLICY
Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. Multi-day bus trips and excursions are open to anyone regardless of age or residence.
• There are no refunds for van or bus trips unless canceled by the Center.
• All times for our van trips are approximate. We do not guarantee a return time to the Center.

2023 Multi Day Bus Trips Open to the Public. Includes bus, hotels, tours, some meals and gratuities.
Montreal, Quebec City and Ottawa. September 17-22nd, 2023. 6 days 5 nights. $1095 per person double occupancy.
Discover the French inspired culture of Quebec's cosmopolitan cities on our bus tour to Montreal, Quebec City, and also Canada's capital city, Ottawa. You will experience a guided tour of Montreal, a guided tour of Quebec City and last, but not least, a guided tour of Canada's stately capital, Ottawa, with its stunning architecture. Last day to sign up is July 7th.

JULY PROGRAMMING
"If summer had one defining scent, it'd definitively be the smell of barbecue"
Did you know our low monthly $15 all inclusive unlimited program fee includes classes, events & programs. Ask about how Silver Sneakers & ReNew Active work with the monthly fee.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
9:00: Tai Chi 9:00: Golf League 8:45: Senior Life Transitions Team Mtg. 10:10-10:45: SS Cardio & Strength (center & zoom) 9:00: Pool
9:00-12: Barber (see schedule) 9:00: Poker 10:00: Women’s Golf 9:30-9:45: $50 Baccarat 9:30: Dine In Buffet Dinner 3:00: Bridge
9:00-12: Walking Club 9:30: SilverSneakers 10:00: Meditation 10:00: Knit & Crochet 1:00: Golf League
9:30-12:30: Clay Arts 11:00: Spanish 11:00: Zombie 11-12: Mahjong 12:30-1:00: Mahjong 11:00: Bingo
10:00-12:30: Healthy Bones 1-4: Pool League 11:00-12:30: Strength w/Adask (center & zoom) 10:00-12:30: Canasta 1-4: Pool League
11:00-12:30: Chair Yoga (center & zoom) 1-2: Chin Chat 12:30-1:00: Canasta 1:00-2:00: Historic Salem 1-4: Pool League
12:30-1:30: Lunch and wine tasting at Brotherhood Winery. 1-2: Canasta 1:00: Women’s Pool League 1-2: Chit Chat 10:00-11:30: Support 2nd & 4th
1-4: Bridge 2:00: Grips & Loss 11:00: Memory Cafe Support 2nd & 4th 3:00: Book Club (see schedule)

SPECIAL EVENT SCHEDULE
• Every Monday. 9:00 Pitney Farms Pop up Market/watch (last for start date)
• Every Monday. 9-11:30. Barber
• Every Monday. 9:00 Chin Chat Social Group
• Every Tuesday. 9:00 Women’s Pool League
• Every Tuesday. 9:00. Golf League
• Every Wednesday. 1:00. Bingo
• Thurs., July 6th. 9:00am. Biking Info Meeting
• Thurs., July 6th. 2:00pm. 4th of July Party
• Fri., July 7th. 11:00. Memory Cafe
• Mon., July 10th & Fri. July 14th. 11-1pm. AETNA Medicare Advantage
• Tues., July 11th & 25th. 2:00. Grief & Loss
• Tues., July 11th. 3:30 - 6:00. Brooks BBQ
• Wed., July 12th. 1-11. Highmark Medicare
• Friday July 14th. 11-12.30. Alzheimer’s Support
• Friday July 14th. 11-12.30. Farmers Market Coupons
• Mon., July 17th. 9:30-3:30. To Go Meals
• Mon., July 17th. 10:30. Watercolor Workshop
• Mon., July 17th. 12.00. Storytelling with Ryan
• Mon., July 17th. 3:30. Dine In Buffet Dinner
• Tues., July 18th. 2:00. Widows Club
• Wed., July 19th. 10-12. Nascentia Health Medicare
• Weds., July 19th. 2:00. New Member Social
• Thurs., July 20th. 9:30. Elder Abuse Program
• Thurs., July 20th. 11-1:00. Senior Expo.

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• Thursday July 6th
• Thursday July 13th
• Monday July 17th
• Monday July 24th

Thank You For Your Kindness and Support!
Thank you to Herzog Law and the United States Attorneys Office for bringing the facts of elder abuse to the forefront.
Thank you to Aetna for sponsoring Elder Abuse Awareness Day.
Thank you to Jeff Brisbin for some rocking music at our Woodstock Party.
Thank you to Home of the Good Shepherd for sponsoring our Woodstock party.
Thank you to Old Bryan Inn for another amazing dinner.
Thank you to AETNA, CDPHP, Highmark NENY, and Nascentia for Medicare Advantage Information.
Thank you to CDPHP for sponsoring Trivia night.
Thank you to Air National Guard for providing us with the tools and knowledge to respond to a disaster.
Thank you to Community Hospice Foundation for supporting Senior Life Transitions.
Thank you to John and Chrissy Colley for supporting Senior Life Transitions.
Thank you to all our class instructors.
Thank you to Ellen Barrett Bevins Fund of the Community Foundation Greater Capital Region for bringing the facts of elder abuse to the forefront.
Thank you to Ellen Barrett Bevins Fund of the Community Foundation Greater Capital Region for supporting our Woodstock party.
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Thank you all our volunteers!
You keep our world rockin’!