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# SARATOGA SENIOR CENTER

DECEMBER 2023



## 2023 Holiday Festivities



### Holiday Shops at the Center Monday, December 4, 1:00pm-4:00pm

Please join us for our first annual craft and vendor fair at the Center. Stop by and get some of that holiday shopping done early. Holiday Shops will feature art pieces, ornaments, greeting cards, books and more!  
*If you are interested in being a vendor please contact Program Coordinator, Logan Audi by 12/1.*

Sponsored by Home Instead

### Wednesday, December 6 Gingerbread House Workshop \$5.00 1:00pm

Come and make your own gingerbread house for the holidays! This workshop is provided by Operation Gingerbread. *Please sign up seating is limited.*

### Monday, December 11 Gift Wrapping & Cookie Decorating 1:00pm-3:00pm

Hate to wrap? Bring in your gifts and we will wrap them for you. And while you're waiting decorate some delicious cookies.  
*Please sign up.*

Provided by Goldman Sachs Ayco.

### Monday, December 11 Holiday Movie Day 1:00pm

Join us for a holiday movie day at the Center! This year's movie will be Elf starring Will Ferrell. Snacks will be provided. *Please sign up.*

### Friday, December 15 Game Day 10:30am-12:30pm

Join us for another fun filled game day! Come play generational Trivial Pursuit, The Game of Life, Scrabble and more. While you're playing enjoy some delicious ice cream. *Please sign up.*

### Member Holiday Party

#### Monday, December 18, 2:00pm-4:00pm. \$10.00. Must RSVP

Ready to celebrate the holidays? Join us for some holiday fun! Live music by Jeff Brisbin. Complimentary tasting. Hearty appetizers, including chicken riggies by Franklin Square Market, meatballs, ice cream and more will be provided. *Sponsored by Aetna*

### HOLIDAY CHEF DINNER

Please join us for our guest chef dinners at the new center! Meet new friends and enjoy a delicious restaurant meal at an affordable price. Sells out quick-sign up early.

#### Prime at Saratoga National at The Center-Thursday, December 14, 5:30pm.

\$12 per dinner. *RSVP required.*

Sponsored by MVP



Delicious roasted turkey, garden salad, whipped maple butternut squash, and green beans.

### Expo

#### Friday, December 8, 1:00pm- 3:00pm

Presentations from



Choice Connections, Ace Handyman Services, and Retirement Solutions. Learn about senior housing, financial services, home repair services and more. Q& A to follow. *Free & open to the public.*



### New Travel Opportunity- If you love travel, London, & theatre! The Orchard Project 2024 London Theatre Tour: March 17-24, 2024

Includes: Seven nights at the Nomad London hotel in central London, full english breakfast daily, welcome drinks with leaders of some of London's most exciting theatres, two group dinners, six productions in London, guided gallery and museum visits, and guided walking tours! *\*Airfare not included\**

**Total Cost: \$6,200 until December 31st (\$1,000 is donated to The Center)**

For more information please contact program coordinator, Logan Audi.

**Our Mission:** Since 1955 the mission of the Saratoga Senior Center is to empower seniors to achieve and maintain personal independence and individual well-being by providing the program structure and support services necessary for healthy recreation, companionship, social involvement, and problem solving.



### DONATE NOW

By scanning the QRcode 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!



### "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.
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$11.00. Fifty percent of the sale goes to the Center!
- Clothing Bin - We have blue donation bins in our old 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.



Hours: Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY • (518) 584-1621

• saratogaseniorcenter.org

## ANNOUNCEMENTS/REMINDERS

- **Scholarships:** Saratoga Senior Center offers scholarships for membership and programs-monthly. If you are in need of assistance please contact the front desk at 518-584-1621.
- All members & volunteers must swipe in at the front desk prior to coming into the Center.
- The Center can assist with loaning members wheelchairs, walkers, etc. as they become available. If you have any questions please contact the front desk at 518-584-1621.

## FREE TABLE

- The free table will be back during December for the Holidays with strict parameters. Items cannot be dropped at the front door. Please see the front desk for more information regarding parameters.
- Volunteers needed.

## FREE PRESENTATIONS

### Senior Support Services Wednesday, December 6, 11:00am .

Join us for a presentation by our Saratoga Senior Center Support Services department. Wellness and independence are the goals of our Support Services. This will be a presentation and discussion of the services, assistance programs, service projects, and support groups available through the Senior Center.

### Times With Marie...and Parkinson's presented by author Bob Semenza Thursday, December 7, 1:00pm.

Please join us for a book reading with author Bob Semenza. Caregiving is hard work. It takes a special kind of person to be patient and disciplined enough to be a good caregiver. But through acceptance, commitment, and love, it can be a rewarding experience - as it was for Bob , which he wrote about in his book, "Times with Marie...and Parkinson's." Bob will conduct a reading of a section of his book and a presentation of his personal caregiver experience. He will discuss the challenging issues which so many in a similar role will be, or presently are, facing. Limited signed copies will be available for purchase. Copies can also be ordered for later pick up.

## ART, ART AND MORE ART! *included in the \$15 monthly activity fee*

**\*Material fees are utilized to purchase supplies needed for art classes and workshops. Please note that supplies purchased are property of the Center.**

**Intermediate/Advanced Handbuilding Clay Arts** *facilitated by Guest Clay Artist of the Month: Carol Glansberg* Please sign up. **Tuesdays, 12:00pm- 3:00pm. \$10 material fee\* New day & time this month!** Must have intermediate/ advanced clay experience. This months class will focus on experimenting with clay handbuilding.

**Zentangle Art Workshop** *facilitated by Katie Long.*  
**Thursday, December 7, 1:30pm. \$5 material fee.**

Katie will lead you in making nametags and bookmarks. Zentangle is an easy-to-learn and fun way to create beautiful images by drawing structured patterns. **Please sign up, seating is limited.**

**Slate Painting Workshop** *facilitated by Che Darden-* **Friday, December 8, 1:30 pm. \$5 material fee**  
We are offering a slate painting class with the theme of winter in mind. Participants will be using acrylic paint on slate. No experience necessary. **Please sign up, seating is limited.**

**Watercolor Workshop** *facilitated by Susan Peters.* **Tuesday, December 12, 10:00am \$5 material fee\***  
Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike. **Please sign up, seating is limited.**

**Paint n' Sip (Minus the sip)-** **Thursday, December 14, 1:00pm- 3:00pm. \$30 material fee.**  
Sign up, throw on an apron & take a seat. Anyone can do it! You'll be taken step by step to create and original piece of art...with lots of fun along the way. **Please sign up, seating is limited.**

**Beading Workshop** *facilitated by Jerry Matthews.*  
**Thursday, December 21, 1:30 pm. \$5 material fee\***  
Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. Supplies provided. **Please sign up, seating is limited.**

## Thank you to our newsletter sponsors for their continued support!



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Patricia Stanley  
Community Development Coordinator  
Capital District/Mid-Hudson Valley




StanleyP@aetna.com c 518-390-2582

## 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.



**The Pines**  
at Glens Falls  
Center for Nursing & Rehabilitation

## Thank you for your kindness and support!

Thank you to New York State OFA & Ageless Innovations for our Come Play With Us- Open House.  
Thank you to CDPHP for sponsoring Kenneth Blatt's performance.  
Thank you to Kenneth Blatt for performing for our members.  
Thank you to The West Side Sports Bar & Grill for our scrumptious dinner.  
Thank you The Horseshoe Inn Bar & Grill for our scrumptious dinner.  
Thank you to CDPHP for sponsoring our dine in dinner.  
Thank you to CDPHP & Highmark for sponsoring our tech fairs.  
Thank you to Home of the Good Shepard for preparing and sponsoring our volunteer luncheon.  
Thank you to everyone who came to support us at our Sipping for Seniors fundraiser.  
Thank you to CDPHP, MVP, Nascentia, Aetna, and Saratoga Life & Health for Medicare Advantage Information.  
Thank you to MVP for sponsoring our Capital Region Food Bank.  
Thank you to Hoffman's Car Wash, The Giving Circle, & Skidmore Athletics department for helping with our fall cleanup.

*Thank you to all our volunteers!  
You keep our world rockin'!*



## SENIOR SUPPORT SERVICES - HERE FOR YOU!

Senior Support Services has staff members, volunteers, and student interns available to help you with things that you need. After a home visit intake with our team, volunteers can be requested for assistance with transportation, friendly visiting, light yard or housework, and more! We can connect you to local resources, health organizations, social services, or advocate on your behalf. Our "Community Connections" volunteers can fill many gaps when other agencies are not able to.

Call 518-584-1621, extension 2010

### Our ongoing services include:

- Information and referral for local and national resources
- Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.
- Community Connections: Volunteers can assist with transportation, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- Partnerships with local organizations like Alzheimers Association, Parkinsons, medical, and health insurance community.
- Transportation: Volunteers to assist with rides to medical appointments, pharmacies, dentists, the Senior Center, and more. **Please request transportation at least 72 hours in advance.**
- Transportation: A Price Chopper shuttle from several housing sites on Wednesdays.
- Food Assistance: Regional Food Bank for pick-up or delivery at the Center, Thursdays from 11:00 AM-12:00 PM

Sponsored by MVP 

## SUPPORT AND PEER GROUPS

### Memory Cafe. 11am-12:30pm, 1st Friday of every month.

The memory café offers an interactive, supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or other dementia. We're excited to end 2023 with a special series! Opera Saratoga's "Songs by Heart" will bring a professional level singer to the café to lead an interactive sing-along. Program results in stress reduction, improved self-confidence and social interaction..

### 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. This support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

### Parkinsons Support & Discussion Group facilitated by Marie Thorne. 2:30 pm, 3rd Monday of every month

This is a community of people impacted by Parkinson's designed to help you make meaningful connections, engage in important dialogue, find useful resources and build long-lasting relationships

### Grief and Loss Support & Discussion Group facilitated by Lois Streit, MSW .

Second & Fourth Tuesday of the Month. 2:00- 3:00pm.

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.

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.

## MEDICARE INFORMATION

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.

- MVP office hours: Mon., 12/4, 12/11, 12/18 from 9am-1pm.. Wed., 12/6, 12/13, 12/27 from 9am-1pm.  
Thurs.,12/14, 12/21, 12/28 from 9am-1pm.
- Aetna office hours: Fri 12/1 from 9am-11am
- Saratoga Life & Health Presentations: Thurs 12/7 at 11:30 am



## NEW ADDITIONS

**Deterra Drug Disposal Pouches:** Deterra drug disposal pouches are available for FREE at the front desk. If you are interested in picking up a disposal pouch please stop at the front desk or call 518-584-1621.

### Pinochle- Wednesdays, 9:00am-12:00pm, beginning December 6.

Come join our Pinochle group! Pinochle is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck. Each hand is played in three phases: bidding, melds, and tricks.

### Biology of Aging facilitated by Dr. Gerald Stulc. Fridays, 1:00pm , beginning December 1.

Aging is a natural process full of potential growth that begins at conception. Every stage of life has its benefits and pitfalls. Learn about the discrimination of ageism, mental and spiritual changes,,changes in organ systems, how to cope and rejoice in what you have, and dispel myths about aging. 6 week presentation. *Please sign up.*

### English Paper Piecing Club- Fridays, 10:00am-12:00pm, beginning December 1.

English paper piecing uses paper templates & fabric, hand sewn together to create unique fabric art and quilts. *All participants must bring their own supplies.*

## MORE DECEMBER HAPPENINGS

### Apple Workshops facilitated by Stephen Ramirez Monday, December 4, 9:30-11:00 am . Please sign up.

Q&A for iPad, iPhone and Apple Watch. Bring your questions regarding your iPad, iPhone and Apple Watch. This interactive session, facilitated by Stephen Ramirez, encourages participants to share and/or demonstrate their favorite tips, tricks and apps that they use on all of their Apple devices.

### Apple Workshops facilitated by Stephen Ramirez Monday, December 11, 9:30-11:00 am . Please sign up.

Apple Watch: This is a repeat of the Watch presentation from October 30th. Imagine wearing your iPhone on your wrist. A detail look at the Apple Watch features, including the Fitness and Health app. This presentations will cover how to track health and exercise activity, answer and make phone calls, read email and messages, receive notifications from your favorite apps, navigate directions with the Maps app, make a payment at the register from your wrist with Apple Pay, record audio messages and oh yes, it's also a Watch

### Pool Tournament, Wednesday, December 13, 3:30 pm. \$5 per person. Please sign up.

Ice cream & complimentary tasting will be provided. A chance to win a prize and bragging rights at The Center!

### Annual Board Meeting-Tuesday, December 19, 7:30am

All members are welcome to join us for our annual board meeting.

### ACE Handyman. TBD. 15 minute appointments

Have projects you need completed in your home? Want to know how to make your home more fit for yourself as an active older adult? Sign up for an appointment with the ACE Handyman where you can receive free advice for how to make your home exactly the way you want it to be. **Please sign up.**

### Book Club. New Members Welcome! Tuesday, December 26, 3:00 pm.

For December book club please bring your own book to share.

### Tarot Card Reading facilitated by Mary Shimp. Thursday, December 28. 10-2pm. \$5 donation.

Do you have some unanswered questions about your life? A tarot card reading provides insight into what the future holds. Call for a 15 minute appointment.

### Barber at the Center-Monday, December 11, 9:00am-12pm. \$5 haircuts for men.

Ryan and guest barbers will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment.

### One-on-One Tech Assistance

Did you receive a new phone, iPad, laptop or smartwatch? Let our savvy students help you. Call front desk to make your private appointment.

## FITNESS PROGRAMS included in the \$15 monthly activity fee

**Come to the Center and check out our fitness classes! Are you a Silver Sneakers or ReNew Active member? Swipe in to waive the monthly activity fee. New fitness classes coming in January!**

- Tai Chi
- Walking Club
- Chair Yoga
- Silver Sneakers Classic
- Zumba
- Strength w/ Aidan
- SilverSneakers Yoga
- Belly Dancing
- Meditation
- SilverSneakers BOOM Muscle
- Soul Line Dancing

# December Weekly Programming

“Wisdom comes with winters.” — Oscar Wilde

\$15 monthly unlimited class fee. ReNew Active & Silver Sneakers member must wipe in to waive monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi	9:00: Poker	8:45: Senior Life	10-10:45: Silver Sneakers Classic - Joanne	9-12: Poker
9:00-12: Barber (see schedule)	9-9:45: Silver Sneakers Classic - Joyce (No class 12/26)	Transitions Team Mtg.	10:00: Ukelele	9-1: Intermediate / Advanced Clay Arts
9:30: Walking Club	9-11: Women's Pool	9:30: Mosaics	10-2: Tarot Cards (see schedule)	10:00: Healthy Bones*
10:00: Healthy Bones *	9:30: Mahjong	9:30-1: Rug Hooking	11:00: Foodbank	10:00: English Paper Piecing Club
10:00 Saratoga Library(2nd Monday)	10:00: Meditation	9:00: Pinochle	11:00-11:45 Silver Sneakers Yog	9:45 Spanish Review
10-11: Chair Yoga	10:15: Beginning Spanish	10:00: Knit & Crochet	1-4: Pool League	11:00: Memory Cafe - (1st Friday of month)
11:30: Silver Sneakers BOOM Muscle	11:30: Intermediate Spanish	10-11: Zumba	1:00: Mahjong	11:00: Caregiver Support Group (2nd Friday of month)
1-2: Chit Chat	12:30: Mahjong	12:30-4: Canasta	1:00: Belly Dancing	1:00 Biology of Aging
2:30: Parkinson Support (3rd monday)	1-4: Pool League	1:00: Bingo		1-4: Pool League
12-3 :Bridge	12-3: Intermediate/Advanced Clay Arts	1:00: Strength w/Aidan		
1-4 Pool League	1:30: Soul Line Dancing	1-3: Guitar Lessons		
	2:00: Grief & Loss (2nd & 4th Tuesday)	1-4: Pool League		

\*Healthy Bones is offered by the Saratoga County Office for the Aging. All participants must have a doctors note. Please contact OFA at 518-884-4100 for more information.

## DECEMBER SPECIAL EVENTS

- Fri., Dec. 1st. 11:00 Memory Cafe
- Mon, Dec. 4th. 9:30 Apple Workshop
- Mon, Dec. 4th. 1:00. Holiday Shops
- Wed., Dec. 6 11:00. Senior Support Services
- Wed., Dec 6. 1:00. Gingerbread Workshop.
- Thurs., Dec 7th, 11:30. Saratoga Life & Health Presentation
- Thurs., Dec 7th. 1:00. Times With Marie...and Parkinson's Book Presentation.
- Thurs., Dec. 7th, 1:30. Zentangle Workshop
- Fri., Dec. 8th, 11:00. Caregiver Support Group
- Fri., Dec. 8th, 1:00. Senior Center Expo
- Fri., Dec 8th, 1:30. Slate Painting Workshop
- Mon., Dec 11., 9:30. Apple Workshop
- Mon., Dec 11th. 10:00. Saratoga Library
- Mon., Dec. 11th. 9:00. Barber
- Mon., Dec. 11th 1:00. Cookie Decorating & Gift Wrapping
- Mon., Dec. 11th. 1:00. Holiday Movie Day
- Tues., Dec. 12th. 10:00. Watercolor Workshop
- Tues., Dec. 12th. 2:00. Grief & Loss
- Wed., Dec. 13th. 3:30 Pool Tournament
- Thurs., Dec. 14th. 1:00. Paint n' Sip
- Thurs., Dec. 14th 5:30. Dine in Dinner
- Fri., Dec 15th. 10:30. Game Day
- Mon., Dec 18th. 2:00. Holiday Party
- Mon., Dec. 18th. 2:30 Parkinsons Support
- Thur., Dec 21st. 1:30. Beading Workshop
- Mon., Dec. 25 CLOSED
- Tues., Dec 26th 2:00. Grief & Loss
- Tues., Dec. 26th. 3:00. Book Club
- Thurs., Dec 28. 10:00 Tarot Card

## COLLETTE EXCURSIONS

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

2024 TRIPS Are any of these on your bucket list?

**Discover South Pacific Wonders**  
February 21-March 6, 2024  
**Spectacular South Africa**  
March 7-20, 2024

\*New Trip!-see front page\*

**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 14-22, 2024  
**Greece Island Hopper**  
September 28-Oct. 8, 2024.  
**Spains Classics & Portugal**  
October 12-26, 2024  
**Southern Charm**  
December 2-8, 2024

### 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.

### Proctor's Van Trips

- SIX** - May 9, 2024. Matinee. \$103.00 per person. Purchase tickets by March 1st, 2024. Six is a British musical comedy, a modern retelling of the lives of the six wives of Henry VIII, presented in the form of a pop concert.
- BEETLEJUICE** - June 20th, 2024. Matinee. \$86 per person. Purchase tickets by April 1st, 2024. It's showtime! Based on Tim Burton's dearly beloved film, this hilarious musical tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes.

## VAN TRIPS

\* All van trip sign ups begin the 1st of the month. Please contact the front desk at 518-584-1621\*

### Claude Monet: The Immersive Experience, Monday, December 11 Please sign up by 12/5.

Discover a new way to enjoy the works of Claude Monet and immerse yourself in the artist's masterpieces at this 360-degree, digital show. Expect digital displays, sound effects, projection mapping and much more. After, enjoy lunch at the Armory Lounge. Offering diverse appetizers, delicious sandwiches and salads or sip and savor a Monet inspired signature cocktail!

Pay \$47 at sign up. Bring lunch money. Leave the Center at 9:00 am. Return about 2:30 pm

### Troy Savings Bank Music Hall- Music @ Noon, Tuesday, December 12

Enjoy a FREE Americana/Folk concert by Alan Goldberg at Troy Savings Bank Music Hall. After the concert, enjoy lunch at the 110 Grill in Latham, NY. "Modern American Cuisine in a Trendy Casual Atmosphere."

Pay \$15 at sign up. Bring lunch money. Leave the Center at 11:00 am. Return about 4:30 pm

### Quick Response Holiday Lights, Thursday, December 21

Enjoy a festive ride through the Quick Response Holiday Lights in Round Lake! The displays include the Candy Factory, Tumbling Gingerbread Men, Santa's Sleigh with Reindeer Team, Busy Elves, and A Patriotic Salute.

Pay \$15 at sign up. Leave Center at 4:30pm. Return about 7:00 pm

### Lunch Bunch- Carsons Woodside Tavern, Friday December 29

Enjoy a gorgeous view overlooking Saratoga Lake and the Vermont Mountains. Carsons has great food, drinks and service. Perfect destination for comfy, casual dining in a great atmosphere!

Pay \$15 at sign up. Bring lunch money. Leave the Center at 11:30 am. Return about 2:00pm

### 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.

