

Senior Citizens Center of Saratoga Springs, New York
5 Williams Street
Saratoga Springs, NY 12866

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The Adult and Senior Center of Saratoga Springs
5 Williams Street
Saratoga Springs, NY 12866
Phone: 518 584-1621 • Fax: 518 581-8608
Hours: Monday-Friday 8-4
Visit us online at saratogaseniorcenter.org



December 2016 Newsletter

Issue 12 • Volume XVI

Holiday Happenings

Holiday Art Show & Sale

Saturday, Dec. 3

11-3pm

at the Saratoga Senior Center

Artists from our center and the community will be showcasing their work. The exhibition will include works in drawing, painting, ceramics, and more. All artwork is for sale. A portion of the proceeds will benefit the Center. If you wish to showcase your art, please sign up at the front desk. If you wish to be a vendor, call the front desk.

Holiday Elves

Thursday, Dec. 8

8-11AM

Volunteers from Merck + Co. will be coming to The Saratoga Senior Center from 8-11AM to help assist with holiday cookies making for you to take home. They will also be providing assistance with wrapping gifts, writing holiday cards and online shopping.

Then join us from approximately 4-5PM for ice cream and more festivities with the staff from Fingerpaint. FREE for members.

Egg Nog, Cookies and Caroling

Tuesday, Dec. 13

11-11:30AM

Volunteers from DeCresente Distributing Co. will be here to entertain us with holiday songs. Stop by to listen or join in the sing-a-long.

Free and Open to the Public.

Annual Board Meeting

Tues., Dec. 20

5:30PM

Our annual board meeting will be held on Tues., Dec. 20. We encourage all to attend to stand up and be heard about what you want out of the center. Please send in your ballots sent in last month's newsletter.

Stay Tuned For... "Soup"er Social Fridays

You spoke. We listened. Thank you to all who attended our State of the Senior Center last month and offered all of your great suggestions. We have met as a staff and come up with some exciting things for the new year including, monthly breakfasts, take out and eat in dinners, Soup and Social Fridays and more. We have also updated our wish list and put an accessible van at the top and are working on getting a grant for this. Stay tuned for updates in January's newsletter.

Holiday Celebration

Tuesday, December 20

3-5pm

Mixing, mingling, entertainment, food & friends! Let's celebrate the Holidays!!

- Music & Dancing by Steve Keller
- Light Fare
- Photos by Walgreen's
- A visit from Santa Claus
- BYOB! Bring your favorite beverage.
- And more!!!



Pay \$4.00 at Sign up!

Sponsored by Centers Health Care

Holiday Shopping

Do you shop on Amazon?

Shopping on Amazon for the holidays? When you shop with Amazon Smile, Amazon will donate to the center at no cost extra cost to you! Go to smile.amazon.com and choose the senior center at checkout. It's that easy! Please spread the word to your friends and family!

Stocking Stuffers & Gift Cards

We are approaching the crazy, but fun holiday season and have some great stocking stuffers for your friends and family, including Hoffman's Car wash tickets and Senior Center gift certificates for both memberships and classes. Pick some up at the front desk today!

Bread Basket Cookies For Sale

Cookies are a great hostess gift during the holidays, but who has the time to bake? Our good friends at Saratoga's Bread Basket Bakery do. We will be selling tins of their delicious cookies beginning Dec., 1st. \$11 each


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RENEW YOUR MEMBERSHIP ONLINE!

NEW! You can now renew your membership online! It doesn't matter if you are a snowbird or staying in Saratoga - everyone can renew in a timely manner! We offer two membership options.



PRESIDENTS CLUB:

Available for a \$100 donation. Your donation supports the vital programs and services provided by the Senior Center and covers annual membership for you and another member of your household. Our President's Club members play an important role in helping us to continue to provide high-quality programming, exciting trips, essential senior support services, and much more. \$50 of your donation is tax deductible.

REGULAR MEMBERSHIP:

Regular membership is \$25 per year and is available to adults and seniors age 50 and older.

December Dinner

"Gideon Putnam"
Tuesday December 13
Dec. Dinner Sign Up - Mon. Dec., 5 @ 10am
 \$10 per person. Members only.

Butternut Apple Bisque
Roasted Pork Loin
Sweet Sausage Stuffing- Honey Glazed
Carrot- Cinnamon Apple Compote
Chocolate Caramel Fudge Cake

December Happenings

Reminiscing Group Wednesdays at 10:15AM. Join your friends and take a trip down memory lane.

Computer, Phone & iPad Help Need help with your computer, kindle, iPad or phone? Appointments available every day. Call the front desk and sign up!

Tarot Cards Mary will not be here Nov and Dec.

Book Club Tues., Dec. 27 at 3PM. "Crossing to Safety" by Wallace Stegner

Legal Services Thurs., Dec. 1st, 1:30PM. Call Office for the Aging at 884-4100 for an appointment.

Blood Pressure Clinic Wed., Dec. 14, 11AM-12PM.

CDPHP - Open Enrollment - Medicare questions Fri., Dec. 2, 10AM-12PM and Tues., Dec. 20 2-4PM.

Try Something New!

The possibilities are endless when it comes to trying new things at the senior center. Whether it's a big or small leap outside your comfort zone, there are many benefits to challenging yourself with something you have never done. So join a group, go on a trip, meet new people, learn a new skill, broaden your horizons, and give your soul a boost.

Here are some ideas!

Yoga - Now 5 days a week. Choose your style. \$10 each

Ask the front desk about scholarships for paid classes!

- **Kundalini Yoga** - Meditation and yoga together. Mondays 11:30-12:30.
- **Gentle Yoga** - Mat and some chair poses. Tuesdays 10-11:15 and Wednesdays 9:45-11AM.
- **Chair and Prop Yoga** - For those who do not want to get on the floor. Thursdays 1:30-2:30PM.
- **Flow Yoga** - Mat poses only. Take your practice up a notch. Fridays 10-11AM.

Nutrition - Making Nutrition & Healthy Living Fun! with Siobhan Monday, Dec. 19, 1-2pm. Staying active and healthy at the holidays. Giveaways. Free. Open to the Public.

Writing Your Story: Crafting Short Memoirs with Rachel Kurtz. This is a 6 week seminar taking place on Wednesdays from 3-4, beginning on 12/7 and ending 1/11. Free. Bring a notebook.

Fiction Writing - Do you like reading fiction? Love stories, adventure and so forth? How about trying your hand at writing fiction? A published author can teach you the basics right here in the Senior Center. Free. Tuesday 3-4PM.

Love to Dance - Try Aerobics on Tues. or Thurs. with Valerie from 11:30-12:15. Zumba is held on Wed., 11:10-12 with Emily. Have fun. Dance at your own pace.

Painting with Susan - All mediums, beginners welcome. Mondays 12:30-2:30

Holiday Wreath making with Marylou- Wed., Dec. 14 2-4PM. Free. Supplies provide. You may bring your favorite decoration.

NEW! POKER FRIDAYS

From 10-12

Back by popular demand! Stop by the center on Fridays to share some laughs over a friendly game of poker with friends. Free.


CDTA Presentation

Thurs., Dec. 15, 1PM. CDTA will be doing a presentation at the center on how to use the transit system and Star service. Free and open to the public. Please sign up.

Wish List

- Binder Clips
 - Glue Sticks
 - Large Bags
 - Black Sharpies
 - Silverware
- If anyone has any of the above items they would like to donate, we would greatly appreciate it!

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TRIPS!

Trips must be prepaid. We do not give refunds if you decide to cancel. Please arrive 15 mins. prior to departure.

"Seniors on the Go! VAN TRIPS (Membership required)

Trip Policy - Van trips are for members only. Sign ups begin on the 1st of the month. One day bus trips are open to anyone regardless of age or residence. There is a non-member price. Multi-day bus trips and excursions are open to anyone regardless of age or residence. Travel arrangements on excursions can be made for someone out of area. **Refunds on all trips will only be issued if your seat has been sold and the van/bus is filled. Refunds will be issued after the trip has gone.**

- **Thurs., Dec. 8: "Silver Foxes":** Join our men's group for lunch. Pay \$1 at sign up & bring \$12 for lunch at the Skidmore Dining Hall. Leave the center at 11:45AM.
- **Tues., Dec. 13: "Capital Area Flute Ensemble":** Presented by Troy Savings Bank. Lunch at Illium Cafe after concert. Pay \$10 van fee at sign up & bring lunch money. Leave the center at 11:00AM. Return about 3:30
- **Wed., Dec. 14: "Capital Holiday Lights, Washington Park, Albany":** Explore this enchanted display of lights that are sure to fill you with the spirit of the season. Optional stop for snacks, weather permitting. Leave the Center at 5:15PM and return at 8PM. Pay \$15 at sign up.
- **Thurs., Dec. 15: "Governor's Mansion at Christmas":** Tour the holiday decorated Governor's Mansion and then enjoy a delicious lunch at the Albany Pump Station. Leave the center at 10AM. Tour is free. Pay \$10 at sign up for van. Bring lunch money. *Sign up by Dec 6th. Bring photo ID.*
- **Fri., Dec. 16: "Christmas Through Their Eyes":** Explore the culture of five continents through this unique display of over 100 Nativity sets from around the world in Hudson Falls, NY. Stop for lunch on the way at the Peppermill Restaurant. Leave the Center at 11AM and return at 3PM. Pay \$10 at sign up. Bring lunch money and \$5 admission.
- **Tues., Dec. 27: "Lunch Bunch - Lake Ridge":** Tucked away in the village of Round Lake, Lake Ridge is an award winning fine dining restaurant with excellent food, great service and an inviting ambiance. Pay \$5 at sign up & bring lunch money. Leave the center at 11:00.

2017 One Day Bus Trips *Details coming*

West Point, Adirondack Rail & Sail, Mohonk Mountain Music Fest, New York City

2017 Multi Day Bus Trips *Details coming*

Virginia's Azalea Festival - April 27-30, • Black Hills of South Dakota - May 10-24, • Great Gatsby Gold Coast - June 27-29, • Chicago - September 10-16, • Chattanooga Choo Choo - October 22-27.

2017 Excursions

- Cuba, A Cultural Exploration
March 15-22, 2017
double occupancy rate of \$5039

- Discover Croatia, Slovenia and the Adriatic Coast
March 25-April 5, 2017

Book before November 25, 2016 and save \$400 for a double occupancy rate of \$2999


- Canadian Rockies & Glacier National Park featuring the Calgary Stampede
July 10 -17, 2017

*Book before January 10 and save \$100 for double occupancy rate of \$3799
informational meeting Mon., Nov. 21 @ 3pm*

- South Pacific Wonders
October 24 -November 7, 2017.

Book before April 24 and save \$500 for a double occupancy rate of \$6399

December Special Events - Please Sign Up!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		***Computer Help- We have volunteers everyday at various times. Call front desk for appointment.	1:30: Legal Services 1:30:NEW! Chair Yoga	10-12: CDPHP Medicare 10: Yoga Flow 10-12: New! Poker 11-3: Sat. Dec. 3rd Art Show & Sale
5 Last day for MVP ZUmba 10: Dinner sign up	6 3-4:Fiction Writing	7 7am: Bus trip NYC 10:15: Reminiscing Group 3-4: NEW! Write Your Story	8 8-11:30: Holiday Elves with Merck 10:30-12: Memory Cafe 11:45: Trip - Silver Foxes 1:30:NEW! Chair Yoga 1:30-3: Conscious Aging 4-5: More Holiday with Fingerpaint Marketing	9 10: Yoga Flow 10-12: New! Poker Sat. Dec. 10th Kiwanis "Breakfast with Santa"
12	13 11-11:30: Egg Nog, Cookies & Caroling 11am: Trip - Capital Area Flute Ensemble 3-4:Fiction Writing 5:30: Dinner by Gideon Putnam	14 10:15: Reminiscing Group 10: Fused Glass 11-12: Blood Pressure Check 3-4: NEW! Write Your Story 2-4: Wreath Making 5:15pm: Trip - Lights in the Park	15 10am: Trip - Governors Mansions 10:30-12: Alzheimer Support Group 1:00: CDTA Presentation 1:30:NEW! Chair Yoga	16 10: Yoga Flow 10-12: New! Poker 11am: Trip - Christmas Through Their Eyes
19 1-2: Nutrition Class	20 2-4: CDPHP 3-4:Fiction Writing 3-5: Holiday Celebration 5:30 - Annual Board Meeting	21 10:15: Reminiscing Group 3-4: NEW! Write Your Story <i>Winter Begins!</i>	22 10:30-12: Memory Cafe 1:30:NEW! Chair Yoga	23 10: Yoga Flow 10-12: New! Poker Sun., Dec 25th Happy Hanukkah - Merry Christmas
26 Center Closed to Celebrate the Holidays	27 11:Trip - Lunch Bunch 3-4:Fiction Writing 3: Book Club	28 10:15: Reminiscing Group 3-4: NEW! Write Your Story	29 1:30:NEW! Chair Yoga	30 10: Yoga Flow 10-12: New! Poker

Regular Weekly Activities

Call 584-1621 for class descriptions and cost. Advance sign-up suggested

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Osteo 3 9:30-12: Walking Club 9:30-11:30: Ceramics & Sculpture \$ 10-11: Osteo 11-12:30: Gentle Yoga\$ 12:30-2:30: Painting & Drawing \$ 12:30-4: Bridge 1-4: Canasta, Mahjong 1-3: Pool League	9-12: Watercolor 9-9:45: Tai Chi \$ 10-11:15: Gentle Yoga \$ 11:30-12:15: Aerobics\$ 1-2:30: Soapstone Carving \$ 1:30-2:15: Pilates \$ 2:30: Book Club (<i>last Tues. of month</i>) 3-4: Fiction Writing	9:30-2: Rug Hooking \$ 9:45-11: Gentle Yoga \$ 10: Fused Glass(<i>see calendar</i>) \$ 10-12: Knit & Crochet 10:15: Reminiscing 11:10: ZUMBA Gold \$ 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan \$	8:30-9:30: Osteo 3 9-12: Stained Glass/Mosaics \$ 10:30-12: Alzheimers Support Group (<i>3rd Thurs.</i>) 10:30-12: Memory Cafe (<i>2nd & 4th Thurs</i>) 11:30-12:15: Aerobics \$ 12:30-1:30: Osteo 12:30-4: Canasta, Rummy 1:30: Conscious Aging (<i>2nd & 4th Thurs</i>) 2:30-4: Writer's Workshp	10-12: Ceramics & Sculpture \$ 10: Go with the Flow Yoga \$ 10-12: Poker 12-4: Ceramics & Soapstone Carving Lab

THANK YOU!! • To Prime at Saratoga National and DZ Restaurants for our November dinners • To United Healthcare and MVP for sponsoring dinners • To Bailey's Cafe and everyone who attended, volunteered and participated in "Sipping for Seniors" and making it a successful event • We appreciate your generosity!