

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

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# ♥ THE ADULT & SENIOR CENTER OF SARATOGA ♥

(518) 584-1621 saratogaseniorcenter.org 5 Williams Street, Saratoga Springs, NY  
Hours: M-F, 8-4 February 2017

## MONTHLY CHEF DINNER

### VILLAGE PIZZERIA/VILLAGO PIZZERIA

Feb. 6 @ 5:30PM at the Senior Center

#### DINNER:

Escarole & Bean Soup  
Chicken Picatta Florentine

Served over a bed of Spinach & Lemon Zest Risotto

#### DESSERT:

Italian Pastries



\$12/person

## MONDAY DINNERS TO GO

### PREPARED BY VILLAGE PIZZA/VILLAGO PIZZERIA

Portion of the proceeds to benefit the Center

Every Monday starting 2/13, 3-5:30PM

\$14 - serves 2 \$24 - serves 4

Pick up or drive through dinner prepared by Village Pizzeria at the center every Monday. A portion of the proceeds will benefit the center. Orders must be placed and paid by the Wednesday before. THERE WILL BE NO DAY OF ORDERS!

#### TAKE OUT SCHEDULE:

2/13 Potato Leek Soup, Bread, Stuffed Shells Florentine

2/20 TBD

2/27 TBD

Please send your email to seniorcentermarketing@gmail.com for menu updates.

## MONTHLY BREAKFAST

Tues., Feb. 28, 8:30-9:30AM - New Time!

*You spoke. We listened.*

Monthly hot breakfast will be held on Feb. 28th. This is a members only event. Admission will be \$5. March dinner and trip sign up will follow at 10AM.

## SIPPING FOR SENIORS @ BAILEYS CAFE

Feb. 9th, 6-10PM

Join our guest bartenders, including senior center heart-throb Dan Maney, at Bailey's Cafe as he serves up some drinks for a cause. All bartender tips and 20% of food and beverage sales to benefit the Senior Center.

## "SOUP"ER SOCIAL FRIDAYS SCHEDULE OF EVENTS

Fridays, 1:30-3PM

\$3 per cup of soup

To Go Available! - Bring your own container.

FEB.  
3

#### EDUCATION SERIES:

### WILLS VS. TRUSTS, LONG-TERM PLANNING & COVERAGE, CHARITABLE GIVING, PHILANTHROPY AND BENEFICIARIES

1:30PM - FREE AND OPEN TO THE PUBLIC

Are you prepared? Do you know the answers?

Join Debra Verni from Herzog Law Firm, Brian Johnson from NY Long Term Care Brokers and Charles Joseph from Janney, Montgomery, Scott LLC as they share their expertise. Personalized Q&A to follow.

FEB.  
10

#### NETWORKING SERIES:

### SPEED FRIENDING & ICE CREAM

1:30-3 FREE!

Like speed dating, but for making friends! This is the perfect opportunity to step outside your comfort zone and meet someone new in a non-intimidating environment! Ice cream served at 2:30.

FEB.  
17

#### CULTURAL ART SERIES: CASINO AND RACEWAY

### TRACKS, TRAINS AND TREASURES

2PM-3PM - \$2/members \$5/non-members

Feel the "Spirit of the Old West" in this sampler of ghost towns, steam boats and steam trains with Chuck Oaks. Chuck shares personal stories of visiting haunted saloons and riding authentic steam trains in a multi-media program consisting of music, video and stories. OPEN TO THE PUBLIC.

FEB.  
24

#### CULTURAL ART SERIES: SPONSORED BY ZIEKER EYE

### CHARLES KUENZEL

2PM-3PM - FREE

Join Charles Kuenzel for a presentation on former Saratoga socialite, Lillian Russell and businessman Diamond Jim Brady. OPEN TO THE PUBLIC.

Donations needed: grocery bags, Ziploc bags, to go containers, post-it notes.

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**MORE THIS MONTH...**

**FEB. 2 HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH**

12:30PM - FREE AND OPEN TO THE PUBLIC  
 Presented by The Alzheimer's Association. This workshop covers four areas of lifestyle habits that are associated with healthy aging such as cognitive activity, physical health and exercise, diet, nutrition and social engagement.

**FEB. 6 & 24 MEDICARE 101 BY MVP HEALTHCARE**

FEB. 6 @ 10AM & FEB. 24 @ 1PM  
 FREE AND OPEN TO THE PUBLIC  
 Learn the ins and outs of Medicare, followed by a Q&A.

**FEB. 10 SCARVES WITH KALLIE**

1-3PM - FREE!  
 Learn how to make a fashionable scarf out of a t-shirt. Bring your own plain, seamless shirt (Fruit of the Loom makes a great one!) No skill required.

**FEB. 9 & 17 NEW YEAR, NEW YOU WITH SIOBHAN**

10-11AM - FREE!  
 Small changes for a healthy lifestyle. Healthy meal options for you to taste.

**FEB. 23 STORYTIME WITH APPLE BLOSSOM DAY CARE**

11-11:30AM FREE AND OPEN TO THE PUBLIC  
 Apple Blossom Day Care will visit the center on Thursday Feb. 23 from 11-11:30AM for story time and other activities. Members please come and share this time with our youngest "Saratogians."

**FEB. 28 BOOK CLUB**

3PM - "Kitchen" by Banana Yoshimoto.

**WRITE YOUR STORY: CRAFTING SHORT MEMOIRS**

2:30-3:30PM - Wednesdays- FREE!  
 Everyone has a story to tell. What's yours? Drop-ins welcome.

**CHAIR YOGA IS BACK!**

11AM - Mondays - \$10/mo.  
 Chair yoga will be combined with Monday Gentle Yoga. This class is perfect for those who want to reap the benefits of yoga, without getting on the floor!



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**MORE TRIPS**

**ONE DAY BUS TRIPS**  
 Brought to you by Adirondack Trust Community Fund

**WEST POINT & BROTHERHOOD WINERY - APRIL 5**  
 \$78 member/ \$103 non member  
 Includes lunch and tour.

**NYC - JUNE 7**  
 \$40 member/non member \$65

**MOHONK MOUNTAIN HOUSE MUSIC WEEK - SEPT 6**  
 \$93 member/ non member \$113  
 Includes lunch.

**NYC - DEC 6**  
 \$40 member/non member \$65

**MULTI DAY BUS TRIPS**

**GREAT GATSBY GOLD COAST - \$540**  
**CHICAGO - Sept. 10-16 \$665**  
**LANCASTER SIGHT AND SOUND THEATRE - May 22-26 \$620**

**2017 EXCURSIONS**

**DISCOVER CROATIA, SLOVENIA AND THE ADRIATIC COAST**  
 March 25-April 5, 2017

**CANADIAN ROCKIES & GLACIER NATIONAL PARK FEATURING THE CALGARY STAMPEDE**  
 July 10 -17, 2017

**SOUTH PACIFIC WONDERS**  
 October 24 -November 7, 2017

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

\*\*If you are interested in going somewhere not listed here, take a look through our trip booklet at the center. We can help you get a discounted rate.

**TWO DANCE CLASSES. TWO WAYS TO WORKOUT. \$2!**



**ZUMBA GOLD**  
 Come join the fun in this energetic and fun class, specifically designed for seniors. You will forget you are even exercising! Wed. at 11:10AM.  
 Cost is \$2 per month.

**MVP LATIN MOVES RETURNS**  
 Mondays, beginning FEB. 27 at 11AM.  
 Sign up required. FREE.

**SENIOR SUPPORT SERVICES**

**ALZHEIMERS SUPPORT**

The Alzheimers Association will be at the center every Thursday to host a variety of programs, groups and office hours. To schedule an individual appointment, call Kym Hance at 888-5368.

**SCHEDULE**

- 1st Thursday of the month: Educational Discussion
- 2nd and 4th Thursday of the month: Memory Cafe
- 3rd Thursday of the month: Caregiver Support Group:

**COMING THIS MARCH: LEGACY WRITERS**

Do you suffer from memory loss? In this course, you will exercise your brain by writing down memories from your past and present. Each week, you will share your memories with the group. Held on Thursdays from 12:30-1:30, beginning on March 9th. Presented by the Alzheimer's Association.



**COMMUNITY CONNECTIONS**

Your free hour could change a senior's life. Volunteers needed! Do you have an hour to assist with visiting, transportation, shopping & more? Please contact Kris at 518-584-1621 ext 208. Do you need help with transportation, respite, home visits, etc? Please call 584-1621 ext. 202.

**COMPUTER, PHONE & IPAD HELP**

Need help with your computer, kindle, iPad or phone? Learn how to navigate your device and save battery life easily! For appointments, call the front desk.

**GROUPS**

Please check our weekly calendar for dates and times.

- Reminiscing
- Memory Cafe
- Coming Soon: Veterans Group
- Alzheimers Support Group
- Conscious Aging
- Networking Fridays



# SENIORS ON THE GO

## VAN TRIPS

**FEB. 7 - VIA AQUARIUM** Experience the wonders of the ocean in your backyard! Embark on an exciting self-guided tour visiting over 2,000 creatures of the sea at the VIA Aquarium in Schenectady. Lunch will be held at Waters Edge Lighthouse in Glenville at 1:30PM. Leave the center at 9:45AM. Return about 4PM. Pay \$10 van fee at sign up. Bring \$14 admission fee and lunch money.

**FEB. 9 - SILVER FOXES** Join our men's group for lunch. Pay \$1 at sign up and bring \$12 for lunch at the Skidmore Dining Hall. Leave the center at 11:45AM.

**FEB. 10 - THE HYDE EXHIBIT** Discover two new exhibits at the Hyde Museum- "Lorna Bieber: Forces of Nature" and "Marking the Moment: The Art of Allen Blagden." Lorna Bieber manipulates stock media photography in scale and medium, reinterpreting the natural world. Allen Blagden is a distinguished contemporary realist with long-time ties to the Adirondacks. He is known for his paintings of animals, birds, landscapes and people in the style of Winslow Homer and Andrew Wyeth. Lunch at Coopers Cave Ale Co. at 12:45. Leave the center at 9:30AM. Pay \$10 van fee at sign up. Bring additional \$10 for admission and lunch money.

**FEB. 14 - PROCTORS ORGAN CONCERT** Local organists will share the hour, offering selections of their own choosing. They will demonstrate the marvels of "Goldie", an 18 voice, three-keyboard instrument that includes a full set of percussion instruments and a grand piano that can be played from the organ console. The series showcases the artistry of area organists and the versatility and the power of "Goldie." Lunch at Pin Head Susan's at 1:30. Pay \$10 van fee at sign up. Bring lunch money. Leave the center at 11AM.

**FEB. 15 - BREAKFAST AT EMBASSY SUITES - NO VAN! 9AM**

Come to Embassy Suites with us for a delicious, discounted breakfast buffet. Located right across from CVS, we will meet at the Center and then walk to Embassy Suites. Sign up and payment due before the 13th. Must sign up at the center. Cost is \$12 per person (normally \$15!).

**FEB. 16 - LUNCH BUNCH AT SKIDMORE DINING HALL** Pay \$2 van fee at sign up. Bring \$12 for lunch. Leave the center at 11:45AM.

**FEB. 21 - RACINO** Spend a day at the Racino, followed by a lunch at the Garden Buffet. Receive lunch at a discounted rate of \$5.95 with a Racino club card and photo ID. To get your free club card, visit the Saratoga Club, located inside the main entrance of the gaming floor. Lunch is \$13.95 without a club card. Leave the center at 10AM, return at 3PM. Pay \$2 van fee at sign up.

**FEB. 23 - NYS MUSEUM: THE PEOPLE'S ART** The Empire State Plaza Art Collection has been heralded as one of the greatest collections of modern American art in any single public site. It features 20 works by 17 artists and includes paintings and sculpture by modern masters such as Mark Rothko, Jackson Pollock, Helen Frankenthaler, Franz Kline, David Smith, and Alexander Calder. Pay \$10 van fee at sign up. Leave the center at 9AM. Lunch at Cafe Madison. Bring \$5 admission fee and lunch money.

*\*\*Trip Policy - Van trips are for members only. 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 the area. Refunds on all trips will only be issued if your seat has been sold and the van/bus is filled and AFTER the trip has gone.*


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# REGULAR WEEKLY ACTIVITIES

\*\*Prices listed are per month.

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 \$20 10-11: Osteo 11-12:30: Gentle Yoga/Chair Yoga \$10 12:30-2:30: Painting & Drawing \$10 12:30-4: Bridge 1-4: Canasta, Mahjong 1-3: Pool League	9-12: Watercolor 9-9:45: Tai Chi \$10 10-11:15: Gentle Yoga \$10 11:30-12:15: Aerobics \$10 1-2:30: Soapstone Carving \$10/\$25 1:30-2:15: Pilates \$10	9:30-2: Rug Hooking \$5 9:45-11: Gentle Yoga \$10 10: Fused Glass \$10/class. (see below) 10-12: Knit & Crochet 9:30: Reminiscing 11:10: ZUMBA Gold \$2 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan \$2 2:30 Write Your Story	8:30-9:30: Osteo 3 9-12: Stained Glass/Mosaics \$20 10:30-12: Alzheimers Support Group (3rd Thurs.) 10:30-12: Memory Cafe (2nd & 4th Thurs) 11:30-12:15: Aerobics \$10 12:30-1:30: Osteo 12:30-4: Canasta, Rummy 2:30-4: Writer's Workshop 3-4: Fiction Writing	10-12: Ceramics & Sculpture \$20 10: Go with the Flow Yoga \$10 10-12: Poker 12-4: Ceramics & Soapstone Carving Lab 1:30-3: "Soup"er Social Fridays - <b>NEW!</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SPECIAL EVENTS CALENDAR</b> Please sign up!		1	2	3
			12:30 Healthy Living for Your Brain and Body	1:30 Wills, trusts and long-term care
6	7	8	9	10
10 Medicare 101 5:30 Dinner by Village Pizzeria	9-2 AARP Taxes 11 Van trip: Via Aquarium NO YOGA TODAY	10 Fused Glass	10-11 New Year, New You 11:45 Silver Foxes 1:30 Conscious Aging 6-10 Sipping for Seniors @ Bailey's	12:45 Van trip: Hyde Exhibit 1 Scarves with Kallie 1:30 Speed Friending
13	14	15	16	17
3-5:30 To Go Dinner	9-2 AARP Taxes 12 Van trip: Proctors	9 Breakfast at Embassy	12 Van trip: Lunch Bunch	10-11 New Year, New You 2 Tracks, Trains and Treasures
20	21	22	23	24
CENTER CLOSED 3-5:30 To Go Dinner still on	9-2 AARP Taxes 10 Van trip: Racino	10 Fused Glass	9-11 Tarot card readings 11 Storytime with Apple Blossom Day Care 1:30 Conscious Aging	1 Medicare 101 2 Charles Kuenzel
27	28	 We're trying to grow our email list. Send your email and a family member's to seniorcentermarketing@gmail.com and be entered to win a FREE bowl of soup at our "Soup"er Social Fridays. The winner will be notified by email.		
11 MVP Latin Moves Begins 3-5:30 To Go Dinner	8:30 Monthly Breakfast 9 Van trip: NYS Museum 9-2 AARP Taxes 10 March dinner sign up 3 Book Club			

Thank you to Centers Health Care and Embassy suites for making January's dinner possible!



## SENIOR OF THE MONTH



Meet Joe Pallotta, our senior of the month for February. Joe has been a citizen of Saratoga Springs since 1974 and is a lifetime member to the senior center. Joe was born in Amsterdam, NY and worked as a mason.

Who would you like to see as the next senior of the month? Email your suggestions to: seniorcentermarketing@gmail.com.