

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



November 2016 Newsletter

Issue 11 • Volume XVI

YOU'RE INVITED...Join us on Nov. 16

2017 MEMBERSHIP RENEWAL!

Wed., Nov.16, 12:30-2:30

Membership is increasing to \$25 per year. Attend the "State of the Senior Center" to find out why.

All renewals will receive a "Swag Bag" provided by sponsors of the Senior Center.

Membership runs January 1-December 31st.

SCHEDULE

- 12:30-2:30 - Membership Renewal
- 2-2:30 - Make your own ice cream sundaes
- 2:30-3:30 - "State of the Senior Center"

"State of the Senior Center"

First Annual Member Meeting

Wednesday Nov., 16, 2:30-3:30

Join us as Lois shares her City Council Presentation about growth, needs and funding.

Past, Present and Future of our Center.

As we are now in the tsunami of aging with our baby boomers driving our growth, we need to hear from you, as we grow with you.

- What are your needs?
- What programs are most valuable to you?
- What do you need from your Senior Center?

Sponsored by CDPHP



Volunteer

"Thank You" Luncheon

The Senior Center has "awesome" volunteers! If you are one of these amazing volunteers, please join us as we say "Thank You" with a luncheon in your honor!

Tues., Nov. 29th 1-2 pm

R.S.V.P. Required by Nov. 22nd
Stop by the Front Desk or call 584-1621

Tarot Card Readings by Mary Shimp!

Community Connections

We are approaching an extremely busy time of year with the upcoming holiday season. Please let us know if you need any help with shopping, transportation or any other needs you may have. Please call 584-1621.

Volunteers are always needed! Do you have an hour to assist with visiting, transportation, shopping & more? We have many seniors that need a friend and could use your help.

Your free hour could change a senior's life!



New Classes

- Chair /PropYoga - Thursdays 1:30-2:30 \$10 mo.
- Nutrition - Monday Nov. 7 & 21, from 1-2. Free
- Fiction Writing - Tuesdays 3-4pm. Free.
- "Go with the Flow Yoga"- Friday, 10am \$10 mo.
- Tai Chi - Tuesdays 9-9:45am. \$10 month.

AUTO RENEW ONLINE!



Gotta love technology! We are now able to auto-renew most classes. If you take a class regularly you can avoid the lines at the front desk every month.

Stop by front desk for initial set up.

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!


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Raymond Bryan
Financial Advisor
Direct: (518) 581-5054
raymond.bryan@wellsfargoadvisors.com

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November Dinners

"Prime "

Thursday November 10 @ 5:30

Winter Greens Salad
 Cider Braised Brisket, Parsnip Whipped Potatoes, Honey Glazed Carrots
 Pear Galette with Cinnamon Whipped Cream
Sponsored by United HealthCare



Nov. Dinner Sign Up - Wed. Nov. 2 @ 10am

"DZ Restaurants"

Thursday November 17 @ 5:30

Menu TBD

\$10 per person. Members only.
Sponsored by MVP




"Memory Cafe"

The challenges of living with memory loss can sever social connections at a time when it is needed most. Memory Café gatherings are one way to share your stories and socialize with others who have been diagnosed with memory challenges in a supportive, fun way. Join us on the 2nd and 4th Thursday of each month 10:30-12. **Free. Open to the public!**

Support Groups & Services


Alzheimer's Caregiver Support Group - 3rd Thursday of each month, 10:30-12:00.
 All Alzheimer services are free and open to the public.

No memory cafe on Thanksgiving Day.



It is Medicare Open Enrollment Season !

Do you have questions about Medicare? Which plan suits you best? Meet with representatives from the health insurance companies to prepare yourselves for open enrollment. See the schedule below.



- MVP- Tues., Nov. 8, 9-11
- CDPHP -Thurs., Nov. 3, 10-12, Tues., Nov 15, 10-12, Tues., Nov. 22, 2-4, Fri., Dec. 2, 10-12.

All events Free and Open to the Public
****Open enrollment begins Nov. 1!**

November Happenings

Making Nutrition & Healthy Living Fun! with Siobhan Mon., Nov. 7 & 21 from 1-2pm. Giveaways.Free.
Polish Art, History & Culture Tues., Nov. 15, 1:00pm. Share your stories and love of Polish art, history and culture. Free.
"If You Don't Use it You Lose it" - Presented by Saratoga Hospital. . Learn how to maintain/gain general neck and back mobility properly and safely. Tues., Nov. 15, 1-1:45pm. Free.

Computer, Phone & iPad Help We have lots of students in house to help with all your computer, kindle, Ipad and phone needs. Appointments available every day. Call the front desk and sign up! Students are in the house!

Blood Pressure Clinic Wed., Nov. 18, 11-12.

Book Club Tues., Nov., 29 at 3pm . "Elsewhere" by Richard Russo.

Legal Services Thurs., Nov., 3rd, 1:30pm. Call Office for the Aging at 884-4100 for an appointment.


December Preview

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

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.

Do you shop on Amazon?
 You shop. Amazon gives. When you shop at smile.amazon.com, Amazon will donate to your favorite charitable organization at no extra cost to you. So choose the Adult and Senior Center of Saratoga! We receive a percentage of all proceeds.


Holiday Celebration
Tuesday, Dec. 20, 3-5PM
 Mixing, mingling, entertainment, food & friends! Let's celebrate the Holidays!!
Save the Date!



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Holiday Stocking Stuffers!

We are approaching the crazy, fun holiday season. We have some great stocking stuffers for your friends and family. We have Hoffman's Car wash tickets, gift certificates for memberships and classes. Pick some up at the member meeting.

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)

- **Tues., Nov. 1: "Empire State Youth Orchestra": Annual concert for Seniors performed at Proctor's Theater.** The Youth Orchestra is considered one of the premier youth orchestras in the United States. Pay \$15 van fee at sign up, concert is free. Lunch at Johnny's prior to show. Leave at 10:30, return about 3:30pm.
- **Wed., Nov. 2: SSHS Drama Club presents "The Miracle Worker":** The story of Anne Sullivan's struggle to teach the blind and deaf Helen Keller how to communicate. Pay \$1 van fee at sign up. Dress rehearsal veiwng. Leave at 2:45pm , return about 5pm.
- **Tues. Nov., 8: "The Hyde Collection":** Spend election day surrounded by beautiful selections of modern art which include paintings, drawings, prints, mixed media, and sculpture by many of the world's leading modern artists. Guided tour. Lunch at Kellys Roots. Leave at 10:15, return about 3pm Pay \$15 at sign up for van. Bring \$13 admission and lunch money.
- **Thurs., Nov., 10: "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 11:45.
- **Tues., Nov., 15: "Lunch Bunch - The Log Jam":** A pot-belly stove warmly greets you, as wood plank floors and three stone fireplaces provide the perfect Adirondack setting. Shop at the outlets. Pay \$15 at sign up & bring shopping and lunch money. Leave the center at 11:30.
- **Fri. Nov., 18: "Love of the Arts":** Start the day at the Bennington Arts Center for the "American Woman Artists: National Juried Show". Lunch at the Brown Cow Cafe. After lunch head to Bennington Museum to explore the exhibits that will excite your imagination and inspire innovation. Leave at 8:45, return at 4pm. Pay \$15 at sign up. Bring \$17 (\$8 for Arts Center & \$9 for Museum) Bring lunch money.
- **Tues., Nov., 22: "Breakfast at Lakeside Farms":** Enjoy a delicious country breakfast or lunch. Pick up some holiday pies or gifts while you are there. Pay \$10 at sign up & bring shopping and lunch money. Leave at 9am, return around 12:30
- **Sun. December 18: HMT presents: "A Saratoga Christmas with the McKrells"** Join us for an evening of Christmas favorites and their popular rendition of "A Visit from St. Nick." Leave at 6:15pm . Show at 7pm. Pay \$18 at sign up. *Sign up by Nov. 23.*
- **Sat, Dec, 17: HMT presents: "A Charlie Brown Christmas"** : The classic television special comes to life in this faithful adaptation where the Peanuts gang grapples with the real meaning of Christmas. Pay \$18 at sign up. Leave at 12:15am. Return about 4:30pm. *Sign up by Nov. 23.*
- **Wed, Mar, 2: Proctor's presents: "Wicked"** : The Untold Story of the Witches of Oz... but from a different angle. Show at 1:30. Pay \$87 at sign up for admission and van. Sign up by Nov. 20.

2017 One Day Bus Trips *Details coming*

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

2017 Multi Day Bus Trips *Details coming*

Virginia's Azalea Festival, Black Hills of South Dakota, Great Gatsby Gold Coast, Chicago, Chattanooga Choo Choo




2017 Excursions

- Cuba, *A Cultural Exploration-* March 16-24, 2017 *informational meeting Tues., Nov 3 @ 2pm*
- 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
informational meeting Tues., Nov 3 @ 1pm
- 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 info. meeting Tues., Jan. 24 @ 10am



November Special Events - Please Sign Up!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
***Computer Help- We have volunteers every-day at various times. Call front desk for ap- pointment.	1 10:30: Trip -EYSO 3-4:Fiction Writing	2 10:00: Dinner Sign Up 10-12: Fused glass 10:15: Reminiscing Group 2:45: Trip -The Miracle Worker	3 10-12: CDPHP Medicare 1:30: Legal Services 1:30-2:30:NEW Chair Yoga 1-2: Croatia Slide Show 2-3: Cuba Slide Show	4 10: Yoga with Susan <i>Turn your clocks back 1 hour this weekend!</i>
7	8 9-11:MVP Medicare 10:15: Trip -Hyde Collec- tion 3-4:Fiction Writing  Election Day	9 10:15: Reminiscing Group	10 10:30-12: Memory Cafe 11:45: Trip - Silver Foxes 1:30-3: Conscious Aging 1:30-2:30:NEW Chair Yoga "Sipping for Seniors"@ Baileys 5:30 Dinner by Prime	11  Veteran's Day! Thank a Veteran today and everyday! Center Closed
14	15 11:30: Trip - Outlet Shop- ping and Lunch 10-12: CDPHP Medicare 1-1:45: "If You Don't Use It, You Lose It" 1-3: Polish Club 3-4:Fiction Writing	16 10-12: Fused glass 11-12: Blood Pressure 12:30-2:30: Membership renewal 2-2:30: Ice Cream Sun- daes 2:30-3:30: "State of the Center": presentation & member meeting	17 10:30-12: Alzheimer Support Group 1:30-2:30:NEW Chair Yoga 5:30 Dinner by DZ Restaurants	18 8:45: Trip -Bennington 10: Yoga with Susan
21 3-4:Canadian Rockies Slide Show	22 10:30: Trip -Lakeside Farms 2-4: CDPHP Medicare 3-4:Fiction Writing 3: Book Club	23 10:15: Reminiscing Group No Zumba today!	24 Happy Thanksgiving! Center Closed 	25 Center Open 9-2 No Yoga today
28	29 1-2: Volunteer Lunch 3-4:Fiction Writing 3: Book Club	30 10:15: Reminiscing Group	Every day brings new choices!	

THANK YOU!! • To Chef Brian Bowden and Sperry's for dinner •To CDPHP for sponsoring dinner • We appreciate your generosity!

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 11-11:45: MVP Latin Moves (9/19-12/5) 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 Carv- ing \$ 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 Bowl- ing 1:00: Strength w/Aidan \$ 12:30-4: Bridge	8:30-9:30: Osteo 3 9-12: Stained Glass/ Mosaics \$ 10:30-12: Alzheimers Support (<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>) 1:30: Chair Yoga\$ 2:30-4: Writer's Work- shop	10-12: Ceramics & Sculpture \$ 10: Go with the Flow Yoga \$ 12-4: Ceramics & Soapstone Carving Lab