

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

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Saratoga Senior Center



(518) 584-1621 saratogaseniorcenter.org



5 Williams Street, Saratoga Springs, NY

Hours: M-F, 8-4

July 2017

Letter from the Director:

The Board and staff of the Saratoga Senior Center are excited to announce our newest initiative: a charitable giving campaign. Through our strategic planning process, we have recognized the need to focus on the long-term sustainability of the center.

In addition to diligently fundraising, writing grants, and expanding programming and membership, we are focusing our efforts on a long-term plan to meet the needs of our growing senior population.

As part of this initiative, you will see an additional section in your newsletter with a new article each month. These articles will help you financially prepare for your future while also providing a potential opportunity to help a not-for-profit establish sustainability. To complement this, we will be hosting programs that will show you how to save money and get organized for the future. See below for full details.

Another main component of this initiative will be our tile recognition wall. The wall will allow you the option to create your own custom tile, or have one designed for you. You can represent yourself and/or a family member on the tile and be honored at the center for years to come. An introductory program for our tile recognition wall will be on August 8 at 11am where you can get additional information on how to get involved with this exciting new project.

Sincerely,

MAKE A DIFFERENCE

By leaving a legacy to the Senior Center, you can ensure that future generations will benefit from our services and support. Many of you already give back to the center through Presidents Club memberships and annual appeal. Our goal is to provide you with additional options you may not have even thought of. The specifics of these alternatives will be laid out in our upcoming "Getting Organized" programs.

WAYS TO GIVE

- Estates
- Gifts of stock
- Gift your home
- Bequests
- Legacy planning
- IRA distributions

REASONS TO GIVE

- Tax deduction
- Income for life
- Tax shelters
- Help not-for-profit

GETTING ORGANIZED FOR PEACE OF MIND

Presented by Charlie Joseph from Janney Montgomery Scott LLC

Tuesday, July 11 - 1PM & 4:30PM



LITE FARE AND WINE WILL BE SERVED. FREE AND OPEN TO THE PUBLIC!

LIMITED SEATING. RSVP REQUIRED. FIRST COME, FIRST SERVED.

Sign up to learn about important financial planning topics including beneficiary designations for wills, trusts, retirement plans and life insurance; locating and organizing your financial documents; life insurance reviews; investments; health care proxies; long-term care insurance; and more.

"As a child and principal caregiver of my mother, the Saratoga Senior Center remains a tremendous and blessed service. The twice-weekly exercise classes, social program offerings, and friendly atmosphere make all the difference in our experience. Thank you for being so accessible." -Carol

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Brooks BBQ

Tues., July 18th, 4-6:30PM

Benefits the Senior Center and Saratoga Children's Theatre

Tickets on sale now online, from staff and board members and at the front desk!

\$11/chicken dinner \$14/rib dinner

Dinners include: baked potato, coleslaw, roll & butter



Sponsored by Center's Health Care:



Alzheimers Support

We host a variety of programs and groups for those in need of alzheimers support. FREE AND OPEN TO THE PUBLIC!

Schedule:

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

Sponsored by Home Helpers and the Goldberg Foundation.

Thank you to the Summit of Saratoga for sponsoring our Grants Cottage presentation, United Health Care for sponsoring our Senior Summer Sizzle, Center's Health Care for sponsoring our farmer's market and Embassy Suites and Spring Street Catering for our June dinners.

We need volunteers!



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 206.

Do you need help with transportation, respite, home visits, etc? Please call 584-1621 ext. 206.



SOCIAL "SUNDAE" FRIDAYS

Now serving ice cream!

Fridays, 1-2PM - \$2 per cup



Sponsored By Centers Health Care

July 7

Education Series:

Healthy Living Expo

1:30 - FREE AND OPEN TO THE PUBLIC

Presenters: Saratoga Hospital, Home Helpers - "What is Homecare and How Do You Pay for it?", Zieker Eye "Diabetes and the Eye" and The Wesley Community

July 14

Centers Health Care Physical Therapy and Lunch

12:30

FREE FOR MEMBERS!

In this interactive exercise ball program, you will work to improve stability and mobility throughout the body. This exercise routine is great for individuals with arthritis. Lunch will be served. SIGN UPS REQUIRED BY JULY 11th FOR EQUIPMENT AND LUNCH COUNT.



July 21

CASINO AND RACEWAY'S CULTURAL ART SERIES::

Loveletters from Mt. Rushmore

2:00 - FREE AND OPEN TO THE PUBLIC

Join author Richard Cerasani as he presents on his book, "Love Letters from Mount Rushmore." The story of a Marriage, a Monument, and a Moment in History. The discovery of an old trunk leads to a story of love, opportunity and yearning set during the carving of Mount Rushmore. Sponsored by CDPHP.



July 28

Networking Series:

Speed Friending

1:30 - FREE AND OPEN TO THE PUBLIC

Like speed dating, but for friends. This is the perfect opportunity to step outside your comfort zone and meet someone new in a non-intimidating environment!

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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 (no class in July) 11-11:45: ZUMBA \$2 12:30-2:30: Painting & Drawing \$10 (no instructor in July & August) 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 (no class in August) 11:30-12:15: Aerobics 12:15-1 Art 101 \$10 1-2:30: Soapstone Carving \$10/\$25 1:30-2:15: Pilates \$10	9:30-2: Rug Hooking \$5 10 Reminiscing 10: Fused Glass \$10/class. (see below) 10-12: Knit & Crochet 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 \$10 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, Majong 1:30 Conscious Aging (2nd & 4th Thursday) 2:30-4: Writer's Workshop	10-12: Ceramics & Sculpture \$20 10: Go with the Flow Yoga with Kate \$10 10-12: Poker 11 NEW! Swinging Singing Seniors 12-4: Ceramics & Soapstone Carving Lab 1-2 Ice Cream 1:30-3: Social "Sundae" Fridays


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Center Closed ³	Center Closed: 4th of July ⁴ 	9:10 9 Miles East Farm 10 Fused Glass ⁵	10:30 Van trip - New Skete 1:30 Legal Aid ⁶	11-1 Cliff's Vegetables 11 Swinging Singing Seniors 1:30 Healthy Living Expo ⁷
No Yoga 3:30-6 To Go Dinner ¹⁰	1 Getting Organized for Peace of Mind #1 3 MVP Medicare 4:30 Getting Organized for Peace of Mind #2 ¹¹	9:10 9 Miles East Farm 7am Bus Trip: West Point and Brotherhood Winery (leave from the Senior Center) ¹²	11:45 Van trip Silver Foxes ¹³	11 Swinging Singing Seniors 11-1 Cliff's Vegetables 11:30-12:30 Farmers Market Coupons 12:30 Physical Therapy with Centers Health Care ¹⁴
No Yoga 3:30-6 To Go Dinner ¹⁷	No Yoga 4-6:30 Brooks BBQ ¹⁸ 	9:10 9 Miles East Farm 10 Fused Glass 11-12 Blood Pressure 10:30 Van trip: Mama Mia ¹⁹	10 Van Trip: Mary Poppins 11-2 Wesley Fall Risk Assessment ²⁰	11-1 Cliff's Vegetables 11 Swinging Singing Seniors 2 Loveletters ²¹
No Yoga 3:30-6 To Go Dinner ²⁴	11 Van Trip: Lunch Bunch 3 Book Club ²⁵	9:10 9 Miles East Farm 10 Van Trip: Boat Cruise ²⁶	9-11 Tarot Card Readings 9:30 Van Trip - Bolton Landing ²⁷	11-1 Cliff's Vegetables 11 Swinging Singing Seniors 1:30 Speed Friending ²⁸

JULY HAPPENINGS...

Go with the Flow Yoga with Kate, Fridays, 10-11AM
Sub. for Susan - July and August
Book Club Tues., July 25th, 3PM
"Re Jane" by Patricia Park

Tarot Card Readings Thurs., July 27th, 9-11AM
Get your fortune read by the amazing Mary Shimp!
Please sign up. (By donation)

NEW! Saratoga's Swinging Singing Seniors Fridays, 11AM-12PM
Do you like to sing? Join Dottie and the Swinging Singing Seniors, a no experience necessary singing group. For questions call Dottie (518) 583-6639.

Fall Risk Assessments performed by Amy Ripchick from Wesley Health Care Thurs., July 20th, 11-2PM

The test will take about 5-10 minutes per person. Amy will give you a rating of your risk results to take home. Please sign up. Free and Open to the Public

Farmer's Market Coupons Friday, July 14
Coupons distributed at the center from 11:30-12:30.
Legal Services Thurs., July 6th 1:30PM. Call Office for the Aging at 884-4100 for an appt.

The Reminiscing Group
Wednesdays, 10AM - FREE!
Join friends to share memories about times gone by!

Friendly Golf Group
We are starting a friendly golf club this July. Interested? Sign up at front desk. Play will most likely be at Spa State Park golf course - 9 holes. Details coming.

Are you getting our emails?
Sign up for our email list to receive important, timely updates on the happenings at the center. Send your email address to seniorcentermarketing@gmail.com.
Not seeing our emails in your inbox? Please check your spam folder. Need help, please see the front desk.

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FOOD, FOOD & MORE FOOD...

NEW! We have listened to your comments! Dinner and trip sign up will return to the **FIRST** day of the month along with breakfast! See below.

Monthly Hot Breakfast
Tues., August 1st 8:30-9:30AM

Let staff cook for you as you wait for August dinner and trip sign up to begin at 9:30AM! Admission is \$5. Open to the public! RSVP required.

Monday Dinners To Go 3:30-6PM

Prepared by Village Pizzeria at the Center
Portion of the proceeds to benefit the Center

\$14 - serves 2 \$24 - serves 4
Gluten free - NEW!
+ add \$5- serves 2 + add \$10- serves 4



7/10 Shrimp & Asparagus with a Lemon Zest Alfredo over Rigatoni Pasta
7/17 Chicken Parmigiana served with Pasta (\$18 - serves 2 / \$28 - serves 4)

7/24 Sausage & Pepper Pasta with Marinara Sauce
7/31 Chicken Riggis - Sauteed Chicken, Roasted Peppers, Onions & Mushrooms, Tomato Cream Sauce

NEW! 9 Miles East - Wednesdays, 9:10-9:40

Starting on July 6th, 9 Miles East will offer a convenient weekly delivery service to the center to make it easy for you to enjoy healthy, delicious food and fresh seasonal vegetables, including vegan and gluten-free options.



Cliff's Fresh Vegetables
at the Senior Center, 11AM-1PM

Every Friday beginning June 2nd, farmer Cliff Samson will be at the center bringing you fresh quality vegetables grown right in Ballston Spa! Selection will grow as the season progresses. **FOOD STAMPS ACCEPTED!**
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VAN TRIPS

Thurs. July 6 - Nuns of New Skete - Tour the historic churches, gardens and waterfalls in New Skete, located in Cambridge, NY. Visitors will also have the opportunity to listen to a lecture given by one of the brothers and to enjoy a delicious slice of cheesecake. Pay \$10 at sign up. Bring \$6 for admission and lunch money. Leave the center at 10:30AM. Return around 4:30PM. Early lunch at the Greenwich Village Cafe preceding tour. Open to waitlist first.

Thurs., July 13 - Silver Foxes at Skidmore Dining Hall - Join our men's group for lunch at Skidmore Dining Hall. Pay \$1 at sign up and bring \$12 for lunch. Leave the center at 11:45AM.

Thurs., July 20 - Lake George Youth Theatre Presents: Mary Poppins - Breakfast on the way to the play at Silo. Leave the center at 10AM, return around 4PM. Pay \$20 at sign up. Bring money for breakfast with you.

Tues, July 25- Lunch Bunch at Lake Local - Enjoy lunch on the lake at Lake Local. Pay \$2 van fee at sign up, bring money for lunch. Leave the center at 11AM, return around 1PM.

Wed., July 26 - Adirondack Cruise on Saratoga Lake - Start the day right. Join us aboard the **General Schuyler, a 1900's replica Fantail Launch**, on this one hour cruise on Saratoga Lake. Local coffee or tea will be served on the boat. Leave the center at 10AM, return around 2PM. You may drive yourself to the marina if you would like. Pay \$27 at sign up. Bring \$5 for souvenir mug(optional). The boat can accommodate 20 passengers.

Thurs., July 27 - Shopping and Dining in Bolton Lnding (Lake George) - Enjoy shopping and lunch in Bolton Landing! Leave the center at 9:30AM. First stop will be town for shopping and then lunch reservations at 1PM. Return around 3PM. Pay \$10 van fee at sign up. Bring money for lunch and shopping.

Fri., August 4 - Lake George Youth Theatre Presents: Singing in the Rain - The 1950's film comes to life at the Lake George Youth Theatre. Lunch at the Log Jam. Pay \$20 at sign up. Bring money for lunch. Leave the center at 8:15, return around 3PM. Sign up by July 28.

Wed., August 9 - Lake Theater Holiday Inn Presents: Last of Red Hot Lovers - Middle-aged and happily married, seafood restaurateur Benny Cashman also is overworked and overweight when he suffers a mid-life crisis. We follow his attempts through a foul-mouthed neurotic, a kooky 20 something actress, and then Jeanette who is married to Benny's best friend. Pay \$67 at sign up. Includes admission, lunch and van fee. Please choose lunch option at sign up. Must sign up by July 24th. Leave center at 10:30. Return around 4pm.

****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.**

MORE TRIPS

ONE DAY BUS TRIPS



Brought to you by Adirondack Trust Community Fund

West Point & Brotherhood Winery - July 12

\$78 member/ \$103 non member

Includes lunch and tour. Stroll around this historic site as you learn the history of West Point. Lunch will be held at the Thayer Hotel. Wine tasting and tour at Brotherhood Winery. Park at Spa Catholic. Bus will pick up in front of senior center.

Mohonk Mountain House Music Week - Sept 6

\$93 member/ non member \$115

Enjoy two fantastic musical concerts, breathtaking garden views and a buffet lunch.

SEATS STILL AVAILABLE!

NYC - Dec. 6

\$40 member/non member \$65

Come celebrate Christmas in NYC! See the Rockefeller tree, browse holiday windows, get some Christmas shopping done or see a show!

MULTI-DAY BUS TRIPS

Chicago - Sept. 10-16 \$665

Come see Chicago! Highlights will be a stop at the Art Institute of Chicago, the Magnificent mile, a skyline cruise of Lake Michigan, the Chicago Money Museum and more! Includes lodging, 6 breakfasts, 4 dinners and transportation.

The bus is almost full, sign up today. Don't miss out!

EXCURSIONS

South Pacific Wonders

October 24 - November 7, 2017

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

at **PROCTORS** TICKETS ON SALE!

Wed., July 19 - 2PM

Mama Mia

\$18/person + \$10 van fee

Van Trips

Thurs., Feb. 22, 2018

Les Miserables

\$61/person + \$10 van fee

Thurs., May 3, 2018

The King and I

\$57/person + \$10 van fee



Philadelphia Orchestra & NYC Ballet Tickets

Members of the Senior Center are invited to join SPAC during their New York City Ballet and Philadelphia Orchestra summer residencies this July and August at the **EXCLUSIVE \$20 ticket rate**. Not a member? Join today to take advantage of this great deal!

You must provide your own transportation. Book your seat now! Beat the rush and take advantage of this great deal!



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