

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




Non Profit ,
U.S. POSTAGE PAID
Permit No. 120

The Adult & Senior Center of Saratoga

(518) 584-1621 saratogaseniorcenter.org  5 Williams Street, Saratoga Springs, NY

Hours: M-F, 8-4

March 2017

 **“SOUP”ER SOCIAL FRIDAYS** 
SCHEDULE OF EVENTS
Sponsored By Centers Health Care
Fridays, 1:30-3PM
\$2 per cup of soup- **NEW PRICE!** 

March 3 EDUCATION SERIES:
HEALTHY LIVING EXPO

1:30-3PM - FREE AND OPEN TO THE PUBLIC

Presenters: **Saratoga Hospital** on, “How can a physical therapist help you?: Incontinence and pelvic pain”
Home Helpers presents, “In it Together”: identifying need, the role of family and other caregivers, how to handle isolation and more.

March 10 **SPEED DATING/FRIENDING**
2PM-3PM -FREE!

Come meet a new friend! Rotate around the room as you spend 5 minutes with each person, asking them provided questions. Leave with a new network of friends to travel, hangout with or simply talk to! Ice cream to follow.

March 17 CASINO AND RACEWAY'S CULTURAL ART SERIES:
IRISH STEP DANCERS & SOCIAL CELEBRATION
SPONSORED BY ZIEKER EYE 

1:45-2:15PM FREE AND OPEN TO THE PUBLIC

Come celebrate St. Patrick's Day with some good old-fashion Irish step dancing! This social hour will feature refreshments and Irish step dancing by Wild Irish Acres Dancers under the direction of Terri Hughes. BYOB!

March 24 CASINO AND RACEWAY'S CULTURAL ART SERIES:
MINERAL SPRINGS

2PM-3PM - FREE AND OPEN TO THE PUBLIC

Join Aime “Trent” Millet, President of the Mohawk-Hudson Dowsers as he discusses the history of Saratoga's mineral springs. Trent has concentrated the last year's on research, experiences, medical history and re-validating the healing waters of Saratoga.

March 31 **THE MANY-LAYERED VICTORIAN WOMAN: HISTORY & TEA**

2PM-3PM - \$2/members \$5/non-members
A look at Victorian underclothes, fashion and activities for women through photos, hands-on items and advertisements. Victorian tea to follow. Presented by Kim Harvish from the Chapman Museum. Please sign up.

TO GO DINNERS...

MONDAY DINNERS TO GO PREPARED BY VILLAGE PIZZERIA AT THE CENTER

Portion of the proceeds to benefit the Center

3:30-5:30PM

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

Make Monday nights easy! Pick up or drive through at the center. Orders must be placed and paid by the Friday before.



TAKE OUT SCHEDULE:

- 3/6 - Buffalo Chicken Rigatoni Pasta with Salad
- 3/13 - Chicken Broccoli Alfredo with Pasta Fagioli Soup
- 3/20 - Baked Pasta Mellanzano: Pasta with Grilled Egg Plant, Grape Tomatoes, Roasted Peppers, 3 Cheeses and Salad
- 3/27- Pasta Primavera with Kale Pesto and Escarole Bean Soup

MONTHLY HOT BREAKFAST...

Fri., March 31st, 8:30-9:30AM - **NEW TIME!**

Let staff cook for you as you wait for April dinner and trip sign up to begin (10AM)! Admission is \$5.

RSVP required.

USE IT OR LOSE IT: please support this program if you would like it to continue.

WANTED: in need of black and white laser printer that uses 85A ink cartridge!!


THE WESLEY COMMUNITY
ENRICHED LIVING
A perfect blend of independence & support
156 Lawrence St. Saratoga Springs, NY | 518.691.1560
www.TheWesleyCommunity.org | 

Non-Medical Care at Home

Transportation
Meal Preparation
Light Housekeeping
Errands
Making *Life Easier*
Care plans are tailored to meet your needs and budget.
Call for a FREE In-Home Consultation.
(518) 584-5885 • www.HomeHelpersNY.com


Organize Senior Moves Saratoga
“Making Moving Easier”
OrganizeseniormovesSaratoga.com
Helping seniors make their moves
Floor Plans • Downsizing • Organizing • Packing • Unpacking
Experienced: 100+ moves • Set up new home • Estate sales
Oversee whole moves
(518) 339-6402 • Free Consultation •
CALL TODAY...YOU WILL BE HAPPY YOU DID!

William J. Burke & Sons / Bussing & Cunniff, Inc.
Funeral Homes
•Locally Owned and Operated
•Pre-Need Planning
•Cremations Arranged
•Financially Within the Means of All

•Proudly Serving Veterans
•Serving All Faiths With Dignity Since 1878
628 NORTH BROADWAY, SARATOGA SPRINGS, NY 12866 • 518-584-5373
www.burkefuneralhome.com • burke@burkefuneralhome.com
MARK T. PHILLIPS • R. THOMAS ARMER • DANIEL J. DECELLE • THOMAS E. SIMONE • NICHOLAS D. DECELLE


MORE ST. PATRICK'S DAY FUN!
March 23 **IRISH MUSIC & HISTORY**
Sponsored by
Janney Montgomery Scott LLC
12:30-2:30PM
Refreshments and music! Join Tim O'Shea and Oona Grady for a talk, demonstration (with live music) and introduction on Irish Folk Music.

Trusted Advisors for Generations


***Our soup program is at-risk. Please consider supporting it so we don't lose it!

MARCH HAPPENINGS...

March 3 & 22 **MEDICARE ADVANTAGE PLAN BY MVP**
2PM - Learn about Medicare, followed by Q&A. FREE AND OPEN TO THE PUBLIC!

March 10 **ORGANIZE SENIOR MOVES**
2-3 FREE AND OPEN TO THE PUBLIC
Join us for an information packed presentation featuring Lori Tracey. Topics will include: stress-free decluttering, downsizing and sorting, creating more storage in a smaller space and organization Tips and Tricks.

March 15 **NEW YEAR, NEW YOU: NUTRITION WITH SIOBHAN**
10-11AM. FREE! Small changes for a healthy lifestyle. Healthy meal options for you to taste.

March 16 **CHAT WITH A PHARMACIST**
March 16, 10AM-12PM. FREE! Make an appointment for a private consultation with Pharmacist Jennifer Symon. Bring in your list of medications. Appointments are 20 minutes.

March 28 **BOOK CLUB**
3PM - "We Are All Welcome Here" by Elizabeth Berg

PROGRAM ANNOUNCEMENTS...

VETERANS GROUP
Thursdays, 9:15-10:15AM. FREE! See calendar. In this six week series, you will talk, share and discuss veteran senior needs. Light refreshments will be served. For more information, please call Jay at 518-584-1621 x 202. FREE AND OPEN TO THE PUBLIC.

FREE AEROBICS THIS MONTH!
There will be no Aerobics class from March 1-20th. Class will resume March 21st and be FREE for the rest of March. Aerobics is held Tuesdays and Thursdays 11:30AM.

MVP LATIN MOVES
Mondays, 11-11:45AM. There will be NO CLASS on 3/13. FREE!

MONTHLY CHEF DINNERS... \$12/person

LONGFELLOWS
Sponsored by The Summit of Saratoga
Monday, March 6, 5:30PM at the Senior Center
DINNER: Caesar salad, Meatloaf with mushroom gravy
Mashed potatoes, Broccoli

DESSERT: Carrot Cake

CHEF MAUREEN CLANCY AND THE CULINARY STUDENTS OF BOCES

Tuesday, March 14, 5:30PM at the Senior Center
DINNER: Corned Beef and Cabbage, Bread
DESSERT: Assorted Desserts

**April dinner sign up: March 31 @ 10AM

MORE TRIPS...

ONE DAY BUS TRIPS

Brought to you by Adirondack Trust Community Fund
NYC
June 7
\$40 member/non member \$65

West Point & Brotherhood Winery
July 12
\$78 member/ \$105 non member
Includes lunch and tour.

Mohonk Mountain House Music Week
Sept 6
\$95 member/ non member \$115
Includes lunch.

NYC - Dec. 6
\$40 member/non member \$65

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).

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

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

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.



MULTI-DAY BUS TRIPS

Lancaster Sight and Sound Theatre - May 22-26 \$618
**Sign up by 3/20/17

Great Gatsby Gold Coast - June 20-22 \$340
**Sign up by 4/14/17

Chicago - Sept. 10-16 \$665
**Sign up by 7/6/17

THE SUMMIT AT SARATOGA | *Live well. Age well.*
Independent Senior Living Community
518-926-9003 | SummitSaratoga.com
1 Perry Road | Saratoga Springs, NY 12866

Proud home to some of the happiest people in the Adirondacks.

Skilled nursing, rehabilitation, adult day care and assisted living facilities.
To learn more visit www.CentersHealthCare.com

PRESTWICK CHASE AT SARATOGA
For the Best Season of Your Life

Upstate New York's Premier Adult Living Community
(518) 584-7766 100 Saratoga Blvd. Saratoga Springs
www.prestwickchase.com

Tunison Funeral Home
"WE CARE BECAUSE EVERY LIFE HAS A STORY"
Providing the community with professional service and affordable arrangements since 1861.

105 Lake Avenue, Saratoga Springs, NY 12866
(518) 584-0440
tunisonfuneralhome@yahoo.com
www.tunisonfuneralhome.com

Diagnostic and Rehabilitative Audiology
Hearing Care RESOURCES LLC

For Appointments: (518) 580-0080
Office Hours: Monday through Friday By Appointment
12 Mountain Ledge, Suite 2 | Wilton, NY 12831
www.Hearing.Pro

People Over Profits

LOOK TO TCT FOR ALL YOUR FINANCIAL NEEDS

- Share Certificates
- VISA Credit Card with Rewards
- Vehicle Loans
- 55,000 Surcharge-Free ATMs
- Insurance Discount
- Mobile and Online Banking
- And so much more...

Join Today!
Adult and Senior Center Members, Staff and their families are eligible to join TCT Federal Credit Union.

TCTFCU.ORG | (518) 884-7002 | 416 ROWLAND ST. BALLSTON SPA, NY 12020

Serving the Real Estate needs of the Capital Region Since 1922

BERKSHIRE HATHAWAY HomeServices
Blake, REALTORS*

518-584-0060 376 Broadway, Saratoga Springs
www.BHHSBlake.com

Call for a FREE no obligation Home Evaluation!

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
- 6 Week Veterans Group
- Alzheimers Support Group
- Conscious Aging
- Networking Fridays

— SENIORS ON THE GO —

VAN TRIPS

TUES, MARCH 7 - LUNCH BUNCH

Held at Over the Moon Cafe and Bakery in Schuylerville. Menu options include homemade soups, salads and breads made daily. \$10 van fee due at sign up. Bring lunch money with you. Leave the center at 11:15. Reservations at 12PM.

TUES, MARCH 14 - TRISKELE CELTIC MUSIC AT TROY SAVINGS BANK MUSIC HALL

Get in the St. Patrick's Day spirit with Celtic music by Triskele. Pay \$10 at sign up. Leave the center at 11AM. Lunch to follow at Dinosaur BBQ. Bring lunch money.

TUES, MARCH 21 - NORMAN ROCKWELL MUSEUM

Hanna-Barbera: The Architects of Saturday Morning is the first museum exhibition on the world's most successful animation partnership. The exhibit provides a glimpse of the extraordinary story of how two astute businessmen reacted to a dying film animation industry and revolutionized a new format for their product, while hiring the best talent in the business, and explores how their product transformed over the years and adapted through government restrictions, corporate changes, and changing viewing habits. Pay \$15 at sign up. Bring additional \$17 for admission and lunch money. Leave the center at 9:15AM. Lunch at Main Street Cafe.

FRI, MARCH 24 HVCC FLOWER SHOW

Full scale gardens - over 100 floral exhibits - hourly lectures & cooking demonstrations - outdoor living & garden themed retail exhibits - wine tastings. Lunch at Moscatellos Italian Restaurant. Pay \$22 at sign up. Bring lunch and shopping money. Leave the center at 9AM. Sign up by March 20th.

TUES., MARCH 28 ALBANY MUSEUM - NEW EXHIBIT: ICE AGE!

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.

THURS., MARCH 30 NATIONAL BOTTLE MUSEUM

Situated in the heart of Ballston Spa, NY is a museum whose mission is to preserve the history of our nation's first major industry: Bottle making. Exhibits inside of the National Bottle Museum allow visitors to view thousands of glass bottles that were produced by strong men who toiled in intense heat for 12 hours a day, six days a week when the demand for glass containers was staggering. Pay \$5 van fee at sign up. Bring additional \$5 for admission and lunch money. Leave the center at 10AM. Lunch at the Route 50 Diner.

THURS., MAY 11 CABARET AT PROCTORS

Based on a book by Christopher Isherwood, Cabaret tells the story of a seedy nightclub in 1930's Berlin where a young English performer strikes up a relationship with an American writer, all while a zealous Master of Ceremonies commands the action at the Kit Kat Klub. Pay \$61 at sign up. Leave the center at 10:30AM. Show is at 1:30PM. Sign up by March 16th.

***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.*

VOLUNTEERS NEEDED TO:

- Pick up pastries from Price Chopper and bring them to the Center in the morning
- Deliver newsletters to housing sites and locations around town

If you are interested in volunteering, please contact Kris Wurl: 518-584-1621 x208.



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					
8:50-9:30: Osteo 3 9:30-12: Walking Club 9:50-11:30: Ceramics & Sculpture \$20 10-11: Osteo 11-12:50: Gentle Yoga/Chair Yoga \$10 11-11:45: MVP Latin Moves 12:30-2:30: Painting & Drawing \$10 12:30-4: Bridge 1-4: Canasta, Mahjong 1-5: Pool League	9-12: Watercolor 9-9:45: Tai Chi \$10 10-11:15: Gentle Yoga \$10 11:50-12:15: Aerobics (free for March) 1-2:50: Soapstone Carving \$10/\$25 1:50-2:15: Pilates \$10	9:50-2: Rug Hooking \$5 9:45-11: Gentle Yoga \$10 10: Fused Glass \$10/class. (see below) 10-12: Knit & Crochet 9:50: Reminiscing 11:10: ZUMBA Gold \$2 12:50-2: Bingo 12:50-2:50: Wii Bowling 1:00: Strength w/Aidan \$2	8:50-9:50: Osteo 3 9-12: Stained Glass/Mosaics \$20 10:50-12: Alzheimers Support Group (3rd Thurs.) 10:50-12: Memory Cafe (2nd & 4th Thurs) 11:50-12:15: Aerobics (free for March) 12:50-1:50: Osteo 12:50-4: Canasta, Rummy 2:50-4: 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 1:50-5: "Soup"er Social Fridays - <i>NEW!</i>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
Daylight savings begins March 12. Remember to turn your clocks ahead!		1	2	3					
3:50-5:30 To Go Dinner 5:30 Longfellows Dinner	6	9-2 AARP Taxes 12 Lunch Bunch (leave 11:15) 1-5 Polish Group	7	10 Fused Glass	8	9:15-10:15 Veterans Group 12:30 Legacy Writers 11:45 Silver Foxes	9	2 Organize Senior Moves 1:30 Speed Dating/Friending	10
10-12 Health Screening	13	9-2 AARP Taxes	14	10-11 New Year, New You: Nutrition with Siobhan 11-12 Blood Pressure	15	9:15-10:15 Veterans Group 10-12 Pharmacist Chat 12:30 Legacy Writers CABARET \$ DUE	16	4:45 Irish Step Dancers	17
3:50-5:30 To Go Dinner 1st day of Spring!	20	9-2 AARP Taxes 11:50-12:15 Free Aerobics 9:15 Van Trip: Norman Rockwell	21	10 Fused Glass 2 Medicare Advantage 2:50 Write Your Story Returns!	22	9:15-10:15 Veterans Group 11:50-12:15 Free Aerobics 12:30 Legacy Writers 12:50-2:50 Irish Music	23	2 Mineral Springs of Saratoga 9 Van Trip: HVCC Flower Show	24
11-11:45 MVP Latin Moves 3:50-5:30 To Go Dinner	27	9-2 AARP Taxes 9 Van Trip: Albany Museum 11:50-12:15 Free Aerobics 3 Book Club	28	2:50 Write Your Story	29	9-11 Tarot Cards 11:50-12:15 Free Aerobics 12:30 Legacy Writers 10 Van Trip: Bottle Museum	30	8:50-9:50 Breakfast 10 April Dinner Sign Up 2 Victorian Women/Tea	31

A plan for life.
Capital District Physicians' Health Plan, Inc.