

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

Non Profit,
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Permit No. 120



July 2018

(518) 584-1621

saratogaseniorcenter.org

Hours: M-F, 8am-4pm
Tuesdays: 8am-5pm

5 Williams Street, Saratoga Springs, NY

BROOKS BBQ

To benefit the Saratoga Senior Center &
Saratoga Children's Theatre

SPONSORED BY



WHAT

Chicken Dinner: \$12
Rib Dinner: \$14

Dinners include: Baked Potato, Coleslaw,
Roll & Butter

WHERE

Pick-up @ the Saratoga Senior Center
5 Williams St. Saratoga Springs, NY

WHEN

Tues. July 17th, 4-6:30pm

HOW

Call the Center to order now! (518) 584-1621

***BULK ORDERS DELIVERY (20 OR MORE) AND
VALET SERVICE ARE ALSO AVAILABLE.**

SIP HAPPENS

Join us for a lively happy hour @ the Center!
Tuesday July 10th from 3-4:30pm \$5

SPONSORED BY **aetna**

Don't miss an afternoon of trivia, live music, lite fare
(including hot & cold hors d'oeuvres), and a delicious
tasting for your sipping pleasure! Sign-ups are
required, so if you're interested (and who wouldn't
be?!) be sure to sign-up with the front desk ASAP!

SPAC TICKETS

\$20 each

For Senior Center Members Only

You wanted them, and now we've got them! For a
limited time only, SPAC tickets are on sale again. Call
or stop by the front desk to get yours now! Must
order by July 11. (518) 584-1621.

Tuesday To-Go Dinner Menu

A portion of every dinner sold goes directly to support the Center. Call the Center to order now. Pick-up is
between 5-6:30pm every Tuesday at the Center, 5 Williams St. \$12.50/dinner.

7/3: 2 "Meetballs" w/ Penne
7/10: Chicken Parm w/ Penne
7/17: NO TO-GO DINNER
7/24: Penne Vodka
7/31: Eggplant Parm w/ Penne

**EVERY DINNER THIS
MONTH COMES W/ A
BISTRO SALAD!**



LUNCHTIME CONCERT SERIES

TUES. JULY 17TH, 12:30

- Free & Open to the Public
- Ben & Jerry's, 34 Phila St. *Rain Location: Saratoga Senior Center
- Food from Esperanto's will be for sale at venue.

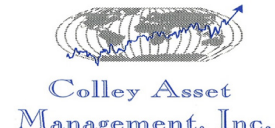
FEATURING: "GIRL BLUE"

Pseudonym of singer/songwriter Arielle O'Keefe, who's first single "Fire Under Water"
placed 7th on Spotify's New Music Friday Playlist.



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IT'S SUMMER!

"SOUP"ER SOCIAL FRIDAYS ARE NOW SOCIAL "SUNDAE" FRIDAYS

Ice cream socials are every Friday afternoon and ice cream is \$2. ***Additional cafe items available upon request. Cafe open from 12:30-1:15pm. Sponsored by Centers Health Care**



FRIDAYS ARE FULL FOR THE SUMMER!

11AM-1PM: FARMERS MARKET

12:30PM: ICE CREAM

1PM: MOVIE, PRESENTATION, OR SOCIAL



**FARMER'S MARKET
SPONSORED BY CENTERS HEALTH CARE
FRIDAYS, 11AM-1PM**

The Farmer's Market will be returning to the Center! Keep an eye out for all your favorite offerings, coming mid-late June.



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July 6th: Movie \$3/Members, \$5/Non-Members

1pm: "I Can Only Imagine" starring Dennis Quaid, Cloris Leachman, & J. Michael Finley. The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.

July 13th: Movie \$3/Members, \$5/Non-Members

1pm: "Wonder Woman" starring Gal Gadot, Chris Pine, & Robin Wright. When a pilot crashes and tells of conflict in the outside world, Diana, an Amazonian warrior in training, leaves home to fight a war, discovering her full powers and true destiny.

July 20th: Ukulele Show *Date subject to change, be sure to check with the front desk!

1pm: Join us for a fun performance by our weekly ukulele jam group! Get into the summer spirit with some tropical-sounding tunes.

July 27th: Movie, \$3/Members, \$5/Non-Members

1pm: "Molly's Game" starring Jessica Chastain, Idris Elba, & Michael Cera. The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game and became an FBI target.

SENIOR SUPPORT SERVICES

Please Call Jane at (518) 584-1621 ext. 206 for more information.

Community Connections

If you need help with transportation, respite, home visits, etc., please call the number above for assistance. ***We also need volunteers for this program.*** Do you have an hour to assist with visiting, transportation, shopping, and more? If so, please contact the number above to learn more about volunteer opportunities.

Alzheimer's Caregiver Support Group

10:30am-12pm, 3rd Thursday of every month The group is free and open to the public. Sponsored by Home Helpers and the Goldberg Foundation.

Groups

Reminiscing: Wednesdays from 10-11am

Come meet a new friend, enjoy some iced tea and lemonade, and talk about the good ole' days!

Chit Chat: Mondays from 1-2pm

We'll chat about new topics every week over some iced tea and lemonade.

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WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged. **Prices listed are per month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Osteo 3 9: Walking Club 9:30-11:30: Ceramics & Sculpture (\$20) 10-10:45: Zumba (see calendar) 10-11: Osteo 10-12: Massage 11-12:30: Gentle/Chair Yoga (\$10) 12:30-4: Bridge 1-4: Canasta, Mahjong 1-2: Chit Chat 1-3: Pool League 2-4: Ping Pong	9-12: Watercolor 9-9:45: Tai Chi (\$10) 10: Golf League 10: Zumba Gold (\$2) 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) 1:45: Guided Meditation w/ Janet (\$4)	8:30-9:45: Yoga 9:30-2: Rug Hooking (\$5) 10: Reminiscing 10: Ukulele Jam 10-12: Knit & Crochet 12:30: Biking Group 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan (\$2) 1:00: Rummy Cube 1-3: Pool & Ping Pong 3: Embury Class (One Wednesday a Month)	8:30-9:30: Osteo 3 9-11: Tarot Card Readings (Last Thursday) 9-12: Mosaics (\$20) 9-12: Fused Glass (\$10/class) 10-11: Osteo 10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday) 11:30-12:15: Aerobics (\$10) 12:30-4: Canasta, Rummy, Mahjong, Pinochle 1:30: Conscious Aging (2nd & 4th Thursday)	10-11:15: Go with the Flow Yoga (\$10) 10-12: Ceramics & Sculpture \$20 10-12: Poker 12-4: Ceramics & Soapstone Carving Lab 12:30-1:15: Swinging Singing Seniors 12:30: Social Sundae Fridays (Please see the previous schedule in the newsletter for full details) 1: Movies/Presentation/Social

JULY HAPPENINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No Zumba 9am: Trip Sign-Up 1pm: Chit Chat	3 10am: Zumba w/ Emily No Aerobics 5-6:30pm: To-Go Dinner	4 The Center will be CLOSED for the 4th of July.	5 No Aerobics 1:30pm: Legal Assistance	6 8:30am: Breakfast 11am: Farmers Market 12:30pm: Ice Cream Social 1pm: Movie
9 1pm: Chit Chat	10 Van Trip: Lunch Bunch 10am: Zumba w/ Emily 3pm: Sip Happens 5-6:30pm: To-Go Dinner	11 Van Trip: Brookside Museum 10am: Ukulele Jam 10am Reminiscing 1pm: Iceland Presentation	12 Bus Trip: Burlington 1:30pm: Conscious Aging	13 11am: Farmers Market 12:30pm: Ice Cream Social 1pm: Movie 1:30pm: Reiki
16 Van Trip: Wild Center 1pm: Chit Chat	17 10am: Zumba w/ Emily 12:30pm: Lunchtime Concert 4-6:30pm: Brooks BBQ	18 10am: CDPHP Workshop 10am: Ukulele Jam 10am: Reminiscing 3pm: Embury Activity	19 Van Trip: Summer Luncheon 10:30am: Alzheimer's Caregiver Support Group	20 11am: Farmers Market 12:30pm: Ice Cream Social 1pm: Ukulele Show
23 1pm: Chit Chat 1:30pm: Mayor Meeting	24 10am: Zumba w/ Emily 5-6:30pm: To-Go Dinner	25 Van Trip: Johnson Hall/Fort 10am: Ukulele Jam 10am: Reminiscing 11:30am: OFA Coupons	26 Van Trip: Mohawk Maiden 9-11am: Tarot Card Readings 1:30pm: Conscious Aging	27 Van Trip: "Chicago" 11am: Farmers Market 12:30pm: Ice Cream Social 1pm: Movie
30 1pm: Chit Chat	31 10am: Zumba w/ Emily 3pm: Book Club 5-6:30pm: To-Go Dinner		Tarot Card Readings Thurs. July 26th, 9-11am (\$5 suggested Donation) Get your fortune read by the amazing Mary Shimp!	

JULY HAPPENINGS

MONTHLY BREAKFAST

Fri. July 6th, 8:30am, \$5

Be sure to join us for a delicious breakfast spread. What better way to kick off your weekend than with a breakfast at the Center!

ORCHARD PROJECT CABARET

Fri. July 6th, 8pm @ Saratoga Art Center

This show is free to Center members! If you're interested, please sign-up at the front desk.

ICELAND INFORMATIONAL PRESENTATION

Wed. July 11th, 1pm, Free

Start planning your 2019 travel by coming to an information presentation on our Collette Trip, Iceland's Magical Northern lights. Find out details about the trip and what you'll see on this once in a lifetime excursion.

FARMERS MARKET COUPONS

Wed. July 25th, 11:30am-12:30pm

OFA will be here to distribute Farmers Market coupons. If you have any questions, please contact OFA at (518) 884-4100.

PLANNING YOUR LEGACY

Think about including life insurance. Life insurance gives you the ability to leverage your charitable generosity. You can make a meaningful difference just by naming the Saratoga Senior Center as a beneficiary on all or part of a life insurance policy you own. For more information please call Lois at 518-584-1621.

MONTHLY FEATURES

Computer Assistance is Back! (Thursdays 10am-12pm)

Kelsey will now be here for computer assistance every Thursday from 10am-12pm. Sign-up at the front desk if you're interested!

SARATOGA SENIOR CENTER PROGRAMMING @ EMBURY



Free For Members

Wednesday July 18th: Painting Ceramic Christmas Ornaments @ 3pm

JULY CLASS CHANGES & UPDATES

OFF FOR THE SUMMER

- Painting & Drawing on Mondays
- Line Dancing on Tuesdays
- Stained Glass on Wednesdays

CANCELLATION DAYS

- NO AEROBICS: July 3rd and 5th
- NO MVP ZUMBA: July 2nd and 9th

NEW DAY

- MVP Zumba will now be on Tuesdays at 10am

NEW TIME

- Walking Group will meet Mondays at 9am

HOW TO SUPPORT YOUR SENIOR CENTER

Want to give back to the Center and support our seniors? Here's a list of all the ways you can help!

Amazon Smile

Visit smile.amazon.com, login to your Amazon account as usual, and a portion of your purchase will automatically go to benefit the Center. That's it!

Hoffman's Car Wash

For every \$9 car wash ticket you purchase (we sell them here), we get a \$4 donation from Hoffman!

Clothing Donations

For every pound of clothing donations we receive (the blue box in the parking lot), the Center gets a donation!

Tuesday To-Go Dinners

Buy a Three Vines to-go dinner every Tuesday night, pick it up @ the Center, and a portion of every dinner goes back to the Center!

REOCCURRING EVENTS

NO MORE MESSAGES

Sam is off to prepare for college so we will no longer be having Monday massages.

Legal Assistance: Thurs. July 5th, 1:30pm

Call Office For the Aging at 884-4100 for an appointment.

Reiki: Fri. July 13th, 1:30-3:45pm (Members Only, \$2)

Sign-ups are required so be sure to stop by the front desk.

Join Our Book Club: Tues. July 31st - 3pm

"The CrazyLadies of Pearl Street" by Trevanian

Office For the Aging Lunch Served Daily in our Dining Room

For menu information, please call Janet at (518) 584-1621 ext. 205 or (518) 884-4100 or visit www.saratogacountyny.gov

2018 VAN TRIPS (Money Due at Sign-Up)

Lunch Bunch at Water's Edge Lighthouse: Tuesday July 10th

Join us for an exciting lunch at a beautiful restaurant on the Mohawk River. We leave the Center at 10:45am. Cost is \$10. Please bring additional money for lunch.

Brookside Museum: Wednesday July 11th

The Center's own resident sculpture instructor, Mitch, will have an exhibit on display at the Brookside Museum in Ballston Spa. After touring the exhibit, we'll be stopping for lunch at Villago Pizzeria in Ballston Lake. Cost is \$10. Please bring \$3 for admission and additional money for lunch. We leave the Center at 10am.

The Wild Center at Tupper Lake: Monday July 16th

We'll be taking a Wild Walk up a trail of bridges to the treetops of the Adirondack forest. This walk is designed to transform the way we see into the natural world by offering up the perspective of the rest of nature. Dale Wilhelm will be driving and has a background in environmental journalism. This trip is accessible for all ages and abilities. Lunch will be on site at The Waterside Cafe. Cost is \$20. Please bring \$15 for admission and additional money for lunch. We leave the center at 8am.

Summer Luncheon featuring Laura Roth: Thursday July 19th

We're headed to the Hilton Garden Inn in Clifton Park for a 4 course lunch with live entertainment from Laura Roth, one of the world's leading cabaret singers. Cost is \$49.50. Please bring additional money for drinks, if you wish. We leave the Center at 11:15am.

Johnson Hall & Fort Johnson in Johnstown, NY: Wednesday July 25th

First we'll be stopping at Old Fort Johnson, the 1749 limestone house William Johnson built on the Mohawk River in colonial New York. It was fortified for protection during the French & Indian Wars. Next, we'll be heading to Johnson Hall, the 1763 Georgian-style estate of Irish immigrant Sir William Johnson and Molly Brant, a Mohawk Indian, and their 8 children. Johnson was the largest single landowner and most influential individual in the colonial Mohawk Valley. Afterwards, we'll be stopping at the Raindancer restaurant for a late lunch. Lastly, on the way home we'll pop into the Waterwheel Village Country Store in Galway. Cost is \$10. Please bring \$5 admission for both stops (Johnson Hall and Fort Johnson) and additional money for lunch and shopping. We leave the Center at 9am.

Mohawk Maiden Cruises: Thursday July 26th

Our Lock and Waterfall Cruise takes you south through Lock C5 and down to Schuyler Island. Then you'll turn north and go back through the lock on the Champlain Canal landcut to the Hudson River, where you'll view the Northumberland waterfall. The trip is an hour and a half in length. We'll be having lunch prior to the cruise at Sweet Lou's Deli. Cost is \$49.50. Please bring additional money for drinks, if you wish. We leave the Center at 11:15am.

Lake George Youth Theater: "Chicago": Friday July 27th

You won't want to miss this exciting production of "Chicago" put on by the Lake George Youth Theater. After the show, we'll be stopping for lunch at the Log Jam. Cost is \$20.50. Please bring additional money for lunch. ***Sign-ups are due by July 10th!**

Adirondack Experience: Tuesday July 31st

Formerly known as the Adirondack Museum, the Adirondack Experience brings the history of the Adirondacks to life in fun, family-friendly, and unique ways in 24 historic and contemporary buildings in the Central Adirondacks. Lunch will be at the cafe on-site. Cost is \$20. Please bring \$18 for admission and additional money for lunch. We leave the Center at 8:30am.

The Clark Institute: "Women Artists of 19th Century Paris: Thursday August 2nd

Join us for a riveting gallery talk and tour at the Clark Institute on Women Artists in 19th Century Paris. Afterwards, we'll be having lunch on-site at Cafe 7. Cost is \$15. Please bring additional money for lunch. We leave the Center at 8:15am.

Lake George Youth Theater: "Evita": Friday August 3rd

We're headed to a fantastic production of "Evita" put on by the Lake George Youth Theater. After the show, we'll be stopping for lunch at the Log Jam. Cost is \$20.50. Please bring additional money for lunch. ***Sign-ups are due by July 10th**

2018 ONE-DAY BUS TRIPS

New York City Trip: Wednesday December 5th, 2018

\$40/Members, \$65/Non-Members

We'll get you all down to the city and then you're on your own to explore the big apple! We can assist with getting you tickets and reservations but the day will be yours to do as you please.

2018 MULTI-DAY BUS TRIPS (DIAMOND TOURS)

Virginia Beach, Colonial Williamsburg, & Historic Norfolk (7 days- 6 nights) \$815

October 14th-20th

Trip highlights: 10 meals, 6 breakfasts, 4 dinners, the Virginia Beach Boardwalk, guided tour of Colonial Williamsburg, dinner cruise on the Spirit of Norfolk, admission to the Nauticus & Battleship Wisconsin, and more!

***Seats are still available!**

2018 EXCURSIONS (COLLETTE TOURS)

Colors of Morocco: October 31st-November 10th, 2018 (\$4,159)

Tropical Costa Rica: December 1st-9th, 2018 (\$2,899)

America's Music Cities (feat. Nashville, Memphis, & New Orleans): December 7th-14th, 2018 (\$3,199)

Iceland's Magical Northern Lights: March 13th-19th, 2019 (\$3,599)

Informational Presentation: July 11th at 1pm



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.

VOLUNTEER DRIVER PERKS

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver! As a driver, you will receive \$10 towards lunch and up to \$25 for admission. Thank you to the Community Foundation for making this possible.