

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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Saratoga Senior Center  
**NEWSLETTER**  
OCTOBER 2018



**HARVEST MOON SOIRÉE**

Presented by: 

**Thursday, October 25th, 5:30pm-9:30pm  
at the Knights of Columbus,  
50 Pine Rd., Saratoga Springs**

**NEW!** Join us for a fantastic evening of dinner and dancing featuring live music, welcome cocktails, wine tasting, hors d'oeuvres, full dinner including a carving station, Smile Lounge photo booth, tarot card readings, and more, all supporting the Saratoga Senior Center. Please RSVP by Monday, October 22nd.

*Tickets are \$45 each or \$80 for two tickets and may be purchased by calling the Center at (518) 584-1621 or online at: [www.saratogaseniorcenter.org](http://www.saratogaseniorcenter.org).*

Additional sponsors include:     

**OPEN HOUSE**

**Saturday, October 20th, 10:00am - 1:30pm at the Saratoga Senior Center - Free and Open to the Public**

Come enjoy the Center, grab a snack and try a class:

- 10am:** Zumba
- 10am-12pm:** Trips by Collette
- 1pm:** Yoga
- 10am-1:30pm:**
  - Cooking Class + Tastings
  - Tech assistance: learn uber, lyft, facebook & more
  - Try an art class: mosaics, ceramics, sculpture, soapstone and more
  - Make some money - sell your old gold & silver
  - Tarot Card Readings
  - Free Stewart's Ice Cream
- Meet & Greet:** Skidmore Men's Basketball Team Navy

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**HALLOWEEN "BREAKFAST AND LEARN"**

**Friday, October 26th from 8:30am - 9:30am at the Saratoga Senior Center**

Food for Thought - Presentation by Charlie Kuenzel "Ghost Stories of Saratoga".  
*Hot breakfast at 8:30am / \$5. Presentation starts at 8:45am / Free. Members only, please sign up.*



**HEALTH INSURANCE EXPO - "CHANGES IN MEDICARE 2019"**

**Friday, October 12th at the Saratoga Senior Center  
Presentation from 9:30am - 10:30am, Meet with reps from 10:30am - 12:30pm**

Presented by the New York State Wide Senior Action Council & The Saratoga County Office for the Aging. *Free and open to the Public.* Aetna • Empire Blue Cross • BlueShield of North Eastern NY • CDPHP • Humana • MVP • Today's Options • United Healthcare • United Concierge Medicine



**TUESDAY'S TO GO DINNERS**

A portion of every dinner sold goes directly to support the Center. All meals provided by Three Vines Bistro & Bar. Call the Center to order now - 518.584.1621  
**Pick up is between 5-6:00pm every Tuesday at the Center. \$12.50/dinner.**



- 10/2:** Penne Vodka with Bistro Salad
- 10/9:** Parmesan Encrusted Chicken with potato and veggies
- 10/16:** 12" Margherita Pizza
- 10/23:** Lasagna with garlic bread
- 10/30:** Parmesan Encrusted Chicken with potato and veggies



**Hours:** Monday-Friday, 8am-4pm / Tuesdays, 8am-5pm  
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • [saratogaseniorcenter.org](http://saratogaseniorcenter.org)



# OCTOBER AT A GLANCE



## TRAVEL SLIDESHOWS

Thursday, October 18th, 1:00pm at the Saratoga Senior Center

Explore our excursions to Switzerland, Austria, & Bavaria, as well as Spain & Portugal during this trip highlights presentation. \$50 off for every attendee that puts a deposit down that day. Free and Open to the Public.



## SIP HAPPENS

Tuesday, October 16th from 3:00pm-4:30pm at the Saratoga Senior Center

Join us for a lively happy hour at the Center! Enjoy food and music by Dylan Jaques - a passionate jazz pianist. Wine tasting by Thirsty Owl. BYOB if you would like. \$2/Members, please sign up at the front desk.



## LUNCHTIME CONCERT SERIES

Tuesday, October 16th from 12:30pm - 1:30pm at the Saratoga Senior Center

Featuring Heard, classical, jazz and world music. Pack a lunch or buy food from Esperanto at the show. Free and Open to the Public.

## SARATOGA ARTS

experience · discover · create  
Saratoga Arts made this program possible with a Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.



## MONTHLY CHEF DINNER presented by CLARK'S STEAKHOUSE

Monday, October 15th, 5:30pm at the Saratoga Senior Center

Enjoy dinner at the Center cooked by Ben Patterson, the executive chef at Clark's Steakhouse in Schuylerville, NY. Menu is Chef's Choice: Steak Dinner. Sponsored by CDPHP. Sign up at front desk. \$12 per person, members only.



## Painting is Back!

New time, new instructor, all mediums. Mondays from 1:30pm-3:00pm. \$10 for the month.

## Computer/Technology Assistance (Skidmore is back)

Available everyday - call the front desk for times.

## Men's Barber on Board

Every Tuesday, 12:00pm - 5:00pm

Dan Brown will be at the Senior Center to cut hair, face shave, mustache and beard trim. Sign up at the front desk. \$5 per service, members only.

## Transportation

Senior Center van transportation may now be available into the center. Call (518) 584-1621 x206 for more information.

## Music and Memories with Skidmore students!

Friday's from 2:00pm - 3:30pm

Come listen to the oldies from various time periods and genres and reflect on where you were then...

## Let's Talk About it Now by Townley & Wheeler Funeral Home

Wednesday, October 17th from 12:30pm-1:30pm

Options to plan in advance, feel empowered and lift the burden for your loved ones.

## Make a Dreamcatcher with MaryLou.

Wednesday, October 24th, 10:00am-12:00pm

At the Senior Center, \$2. Another session at Embury from 3-4pm. Donations of lace and embroidery hoops appreciated.

## "SOUPER" SOCIAL FRIDAYS

At the Center - Sponsored by Centers Health Care

- 11:00am - 1:00pm: Farmers' Market  
Open to the Public
- 12:30pm - 1:15pm: "Souper" Social  
Soup is \$2. \*Add'l cafe items available upon request.

## "Souper" Social Friday Happenings

- Friday, October 5th at 1:30pm  
Movie - The Book Club
- Friday, October 12th at 1:30pm  
Kim Harvish, Chapman Historic Museum, "Health and Wellness Victorian Style" \$2 per person
- Friday, October 19th at 2:30pm  
Brain Gym - A gentle program that recognizes health benefits of movement, multi-sensory activities and whole brain engagement. Free and open to the public.
- Friday, October 26th at 1:30pm  
Movie - Ocean's 8



## "One Day: Jewelry Workshop

Wednesday, October 17th, 9:00am-12:00pm.

Enjoy an afternoon making a "Tree of Life" necklace pendant, with Jen Hailey. Please feel free to bring your own personal piece to wrap if you would like. Sign up at the front desk. \$20 per person.

## SENIOR SUPPORT SERVICES

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



## Community Connections

Are you a Senior over 50 with no transportation and in need of food? The Senior Center is partnering with the Elks and local food pantries. Please call the number above for assistance or if you need help with respite, home visits, etc.

\*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

Caring for someone with Alzheimer's disease can present

exhausting challenges and take significant toll on a caregiver's health. But, a support group can give you the assistance and reassurance you need to manage stress and take time for your own much-needed care. Free and open to the public.

## Groups

- **Reminiscing: Wednesdays from 10-11 am**  
Come meet a new friend 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.
- **Silver Foxes Lunch Group: Second Thursday of every month at 11:45am**
- **Conscious Aging: Second and fourth Thursday of every month from 1:30pm**

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## 2018 VAN TRIPS

(Members Only)

### Hyde Museum

#### Wednesday, October 10th

Enjoy a docent led tour of two new exhibits "Jane Peterson" and "Women Impressionists". After the museum, we'll stop at O'Toole's Restaurant for lunch. We leave the Center at 10:15am. *Pay \$20 at sign up. Please bring additional money for lunch.*

### Silver Foxes

#### Thursday, October 11th

Join the men's lunch group and head to Skidmore Dining Hall for lunch. We leave the Center at 11:45am. *Pay \$2 at sign up. Please bring additional money for lunch.*

### Hildene and The Vermont Country Store

#### Wednesday, October 17th

Guided tour of the historic home of Robert Lincoln, only child of President and Mary Todd Lincoln to survive to adulthood. The estate has beautiful gardens, restored 1903 wooden Pullman palace car, goat farm and cheese making facility. After the tour head to The Vermont Country Store for shopping and lunch. We leave the Center at 8:45am. *Pay \$30 at sign up. Please bring additional money for lunch and shopping.*

### Dakota Ridge Llama Farm

#### Thursday, October 18th

A walking tour of Dakota Ridge Farm which was established in 1990 and is home to approximately 55 llamas. You will have a personal hands-on experience with the llamas who are very gentle and easy to love. After the tour, we'll be stopping at Carson's Woodside Tavern for lunch. Dress appropriately, there will be walking. We leave the Center at 10:30am. *Pay \$10 at sign up. Please bring an additional \$10 for admission and money for lunch.*

### Howe Caverns

#### Friday, October 19th

Your guided journey winds through limestone corridors, cavernous galleries, under massive boulders, to a subterranean riverbed carved over countless millennia. Deep in the cave, solid rock appears fluid: creating strange formations, flowing sheets and dripping stalactites. The path twists and turns to the glassy surface of an underground lake. Lunch and shopping at the Schoharie Valley Farm and Carrot Barn on the way home. Wear good walking shoes and bring a jacket. We leave the Center at 9:15am. *Pay \$15 at sign up. Please bring \$22 for admission and additional money for lunch and shopping.*

## 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. Money is due at sign-up for all trips.

### North Bennington Outdoor Sculpture Show

#### Tuesday, October 23rd

Our first stop is at the Bennington Museum where you will have two hours for a tour and/or free exploration. After the museum visit, we will stop at The grille at Mt. Anthony Country Club for lunch, immediately followed by a walk around downtown North Bennington to view the outdoor sculpture show. We leave the Center at 8:30am. Must be able to walk independently. *Pay \$15 at sign up. Please bring an additional \$10 for admission and money for lunch.*

### Lake George Cruise

#### Wednesday, October 24th

Take a leisurely cruise through the many islands of the Narrows. Easily the most scenic, peaceful and beautiful area on the entire lake where no roads line the water's edge. View the mountains and bays just like they've been for hundreds of years. See for yourself why Lake George is called the Queen of American Lakes. Stop at Scotty's Restaurant, a 24hr. diner for a late breakfast/early lunch on the way to Lake George. We leave the Center at 9:15am. *Pay \$29 at sign up. Please bring additional money for lunch and on board snacks.*

### Lunch Bunch – Cate's Italian Garden, Bolton Landing

#### Tuesday, October 30th

Take in the ambiance and sights of Bolton Landing on the quaint patio or inside the beautifully decorated restaurant. Enjoy walking and shopping along the quaint streets of Bolton Landing. We leave the Center at 11:00am. *Pay \$10 at sign up. Please bring additional money for lunch and shopping.*

## 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.

## NEW TRIP POLICIES: EFFECTIVE 9/1/18

For administrative purposes and implementation of trips there are several new van policies the agency will put in place. Sorry for any inconvenience.

- Restaurants will now be automatically adding 18% gratuity to the checks. You can always leave more gratuity if you wish.
- Van trips will need a minimum of 6 attendees to go.
- We cannot guarantee which van will be used on a trip.
- There will be no refunds, unless the Center cancels the trip. You are welcome to find a replacement if you need to cancel.

# TRIPS & EXCURSIONS

(Money due at sign-up)

## 2018 EXCURSIONS

(Collette Tours, Open to the Public)

### Tropical Costa Rica:

December 1st-9th, 2018 (\$2,899)

Visit paradise in tropical Costa Rica with its sandy beaches, lush forests, exotic plants, incredible animals, and stunning waterfalls.

### America's Music Cities (feat. Nashville, Memphis, & New Orleans):

December 7th-14th, 2018 (\$3,199)  
Take in the sights and sounds of the holidays in America's most famed musical cities. Visit New Orleans, Memphis and Nashville as you revel in the sounds of the blues, jazz, country, and good old rock 'n' roll. Experience the unique city of New Orleans, where jazz, food and fun are always on the menu.

## 2018 ONE-DAY BUS TRIPS

(Open to the Public)

### New York City Trip: Wednesday December 5th, 2018

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

Celebrate Christmas in NYC! We'll get you all down to the city and then you're on your own to explore the big apple! See the Rockefeller tree, browse holiday windows, get some Christmas shopping done or see a show!

## EXCURSIONS COMING IN 2019!

(Collette Tours, Open to the Public)

### Iceland's Magical Northern Lights

March 13th-19th, 2019 (\$3,599)

Trip Highlights: Reykjavic, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Geysir, Gullfoss, Seljalandsfodd, Vik, Skogar Folk Museum, Skogafoss, Jokulsarlon Glacial Lagoon, Skaftafell National Park, Vatnajokull Glacier, and Blue Lagoon.

### America's Cowboy Country

May 26th-June 2nd, 2019 (\$3,799)

Trip Highlights: National Museum of Wildlife Art, Grand Tetons, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Crazy Horse Memorial, Mt. Rushmore, and Badlands National Park.

### Discover Switzerland, Austria, & Bavaria - Collette Travel Slideshow on Thursday, October 18th at 1:00pm

July 25th-August 3rd, 2019 (\$3,999)

Trip Highlights: Bern, Chateau de Chillon, Montreaux, GoldenPass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Tyrolean Folklore Show, Bavaria, and Oberammergau.

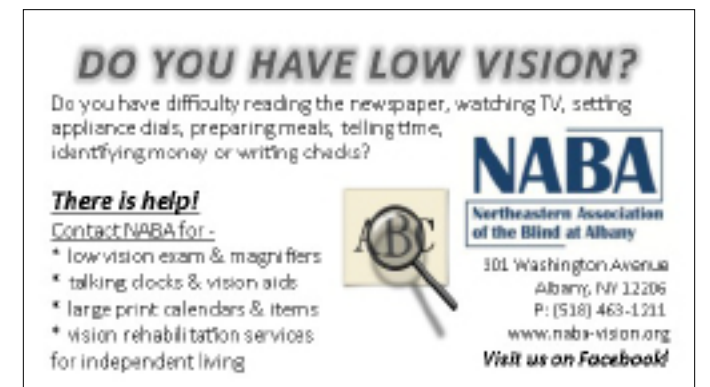


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### Magical Rhine and Moselle River Cruise:

September 16th-25th, 2019 (\$4,799)

Trip Highlights: Amsterdam, Cologne, Moselle River, Cochem, Wine Tasting, Koblenz, Rudesheim, Siegfried's Mechanical Music Museum, Mannheim, Speyer, Strasbourg, and Tittisee.

### Spain and Portugal - Collette Travel Slideshow on Thursday, October 18th at 1:00pm

October 23rd-November 5th, 2019 (\$5249)

Trip Highlights: Explore Spain & Portugal's priceless treasures of art, history and culture, set against a backdrop that spans sunny Mediterranean shores and grand mountain ranges.

### London and Paris - Collette Travel Slideshow on Thursday, November 15th at 1:00pm

November 6th-13th, 2019 (\$3,499)

Trip Highlights: Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and Seine River Cruise.

### Spotlight on San Antonio Holiday- Collette Travel Slideshow on Thursday, November 15th at 1:00pm

December 5th-9th, 2019 (\$2,109)

Trip Highlights: Mission San Jose, The Alamo, LBJ Ranch, Fredericksburg, Choice of South Texas Heritage Center or San Antonio Botanical Gardens, El Mercado, & Paseo del Rio Cruise.

# 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	9-12: Watercolor	9:30-2: Rug Hooking (\$5)	8:30-9:30: Osteo 3	10-11:15: Yoga (\$10)
9:00: Walking Club	10:00: Golf League	10:00: Reminiscing	9-11: Tarot Card Readings (last Thursday)	10-12: Ceramics & Sculpture (\$20)
9:30-11:30: Ceramics & Sculpture (\$20)	10-11:15: Gentle Yoga (\$10)	10:00: Ukulele Jam	9-12: Mosaics (\$20)	10-12: Poker
10-10:45: Zumba MVP Gold (9/17 through 12/3/18)	11:30-12:15: Aerobics (\$10)	10-12: Knit & Crochet	9-12: Fused Glass (\$10/class)	12-4: Ceramics & Soapstone Carving Lab
10-11: Osteo	12-5: Men's Barber (\$5 per service)	11-10-12: Zumba Gold (\$2)	10-11: Osteo	12:30-1:15: Swinging Singing Seniors
11-12:30: Gentle/Chair Yoga (\$10)	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	12:30: Biking Group	10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday)	12:30: Social "Souper" Fridays (Please see schedule in newsletter for details)
12:30-4: Bridge	1:30-2:15: Pilates (\$10)	12:30-2: Bingo	11:30-12:15: Aerobics (\$10)	1:00: Movies/Presentation/Social
1:30-3: Painting (\$10)	3-4: Book Club (last Tuesday)	12:30-2:30: Wii Bowling	12:30-4: Canasta, Rummy, Mahjong	2-3:30: Music & Memories with Skidmore Students
1-4: Canasta		1:00: Strength w/Aidan (\$2)	1:30: Conscious Aging (2nd & 4th Thursday)	1:30-3:45: Reiki (Oct 12th. Sign-up required. Members only, \$2)
1-2: Chit Chat		3:00: Embury Class (One Wednesday a Month)	2:30: Pinochle	
1-3: Pool League				
2:15-2:45: Guided Meditation w/Janet (\$4)				

## REOCCURRING MONTHLY EVENTS

### Legal Assistance

Thursday, October 4th, 1:30pm

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

### Tarot Card Readings

Thursday, October 25th, 9:00am - 11:00am

Get your fortune read by the amazing Mary Shimp! \$5 suggested donation.

### Saratoga Senior Center Programming at Embury

Wednesday, October 24th, 3:00pm

Make a Dreamcatcher.



### Join Our Book Club:

Tuesday, October 30th, 3pm

"The Dry" by Jane Harper

### Swinging Singing Seniors with Judith Thomas

Every Friday, 12:30pm - 1:15pm

We have a new pianist to lead the group.

### Reiki

Friday, October 12th, 1:30pm

A Japanese technique for stress reduction and relaxation that also promotes healing. \$2, members only.

### 9 Miles East:

Wednesdays, 10:55am - 11:25am

Every week, 9 Miles East Farm brings healthy meals and soups all prepared with high-quality local and organic ingredients, as well as bags of freshly harvested vegetables and farm eggs available for purchase.



### 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](http://www.saratogacountyny.gov)

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# OCTOBER HAPPENINGS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00am: Trips & Dinner Sign-Ups 1:30pm: Painting NO MVP ZUMBA	5-6:00pm: To-Go Dinner	10:00am: Reminiscing 10:55am: 9 Miles East	8:30am: Walkway over the Hudson Van Trip 1:30pm: Legal Assistance	11:00am: Farmers' Market 12:30pm: "Souper" Social 1:30pm: Movie
8	9	10	11	12
CLOSED FOR COLUMBUS DAY	1-3:00pm: Polish Group 5-6:00pm: To-Go Dinner	10:00am: Reminiscing 10am-2pm: Flu Shots 10:15am: Hyde Museum Van Trip 10:55am: 9 Miles East	10am-12pm: Empire Blue Cross 11:45am: Silver Foxes Van Trip 12:30pm: Sammy Davis Jr. Tribute Van Trip 1:30pm: Conscious Aging	9:30am: Health Insurance Expo 11:00am: Farmers' Market 12:30pm: "Souper" Social 1:30pm: Reiki 1:30pm: Health & Wellness Victorian Style
15	16	17	18	19
10-10:45am: MVP Zumba Gold 1:30pm: Painting 2:30pm: CDPHP 5:30pm: Chef Dinner - Clark's Steakhouse	8:30am: North Bennington Outdoor Sculpture Show Van Trip 12:30pm: Lunchtime Concert 3:00pm: Sip Happens 5-6:00pm: To-Go Dinner	8:45am: Hildene Van Trip 9:00am: Jewelry Workshop 10:00am: Reminiscing 10:55am: 9 Miles East 12:30pm: Townley and Wheeler	10:30am: Dakota Ridge Llama Farm Van Trip 10:30am: Alzheimer's Caregiver Support Group 1:00pm: Collette Travel Slideshow	9:15am: Howe Caverns Van Trip 11:00am: Farmers' Market 12:30pm: "Souper" Social 2:30pm: Brain Gym
22	23	24	25	26
10-10:45am: MVP Zumba Gold 1:30pm: Mayor Sr. Meeting 1:30pm: Painting	8:30am: North Bennington Outdoor Sculpture Show Van Trip 5-6:00pm: To-Go Dinner	9:15am: Lake George Cruise Van Trip 10:00am: Reminiscing 10am: Dreamcatchers 10:55am: 9 Miles East 3-4:00pm: Program at Embury	9-11am: Tarot Card Reading 10am-12pm: Empire Blue Cross 1:30pm: Conscious Aging 5:30pm: Harvest Moon Soirée	8:30am: Halloween Breakfast & Learn 11:00am: Farmers' Market 12:30pm: "Souper" Social 1:30pm: Movie
29	30	31	SATURDAY, OCTOBER 20 <sup>TH</sup> OPEN HOUSE 10am - 1:30pm	
10-10:45am: MVP Zumba Gold 1:30pm: Painting	11:00am: Lunch Bunch - Cate's Italian Garden Van Trip 3:00pm: Book Club 5-6:00pm: To-Go Dinner	10:55am: 9 Miles East		