

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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# Saratoga Senior Center NEWSLETTER

NOVEMBER 2018



## MONTHLY CHEF DINNERS

sponsored by CDPHP

Dinner served promptly  
at 5:30pm at the  
Saratoga Senior Center



We have two dinners this month! Enjoy dinner at the Center cooked by chef's from the Knights of Columbus and DZ Restaurants. *Sign up at front desk. \$12 per person, members only.*

## KNIGHTS OF COLUMBUS

Wednesday, November 7th

Menu: Lasagna, Salad and Garlic bread



## CHIANTI IL RISTORANTE

Thursday, November 15th - Chef Fabrizio Bazzani

1st Course: Lentil Soup with roasted squash  
2nd Course: Penne pasta, tomato, guanciale, pecorino  
3rd Course: Slow roasted pork shoulder, soft polenta, braised savoy cabbage  
4th Course: Nutella tiramisu



## NEW CHECK IN SYSTEM:

As we transition to a new check in system, please be patient, gentle and kind as we figure this out together!

### WE MAY NEED TO:

Update your profile information:

- Get your picture taken
- Home address
- Phone number
- Email address
- Emergency contact

### WE WILL OFFER EXTRA ASSISTANCE ON :

November 11/5-11/9:

Monday 1 pm- 3 pm  
Tuesday 9 am- 12 pm  
Wednesday 3 pm- 5 pm  
Thursday 1 pm - 3 pm  
Friday 10 am - 12 pm



## "BREAKFAST AND LEARN"

Thursday, November 15th from 8:30am - 9:30am at the Saratoga Senior Center

Presentation by Janet Dunn, "Honoring Your Family by Honoring Yourself," where she will share how to create a meaningful, healing and trans-formative ceremony for you, your family and friends. *Hot breakfast at 8:30am / \$5. Presentation starts at 8:45am / Free. Members only, please sign up.*



## THE BROOK TAVERN "NIGHT OUT"

Wednesday, November 21st at 4:00pm- 10pm, 139 Union Avenue, Saratoga Springs

This month The Brook Tavern selected your Saratoga Senior Center to be the recipient of a portion of receipts from the Union Neighbor Menu. Gather your family and friends for a night out! 50% of all food sales goes to the Senior Center.



## 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.**

11/6: Lasagna with garlic bread  
11/13: Parmesan Encrusted Chicken with potato and veggies  
11/20: Sausage and Mushroom Pizza  
11/27: Eggplant Parm with Penne



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SARATOGA SENIOR  
CENTER



Hours: Monday-Friday, 8am-4pm / Tuesdays, 8am-5pm

5 Williams St, Saratoga Springs, NY • (518) 584-1621 • [saratogaseniorcenter.org](http://saratogaseniorcenter.org)

# NOVEMBER AT A GLANCE



## SIPPING FOR SENIORS AT BAILEY'S CAFE

Thursday, November 8th, 6:00pm - 10:00pm, 37 Phila Street, Saratoga Springs

Stop in for dinner and drinks. All bartender tips and 20% of the food and beverage sales benefit the Senior Center. Join us at Bailey's Cafe in downtown Saratoga Springs as they serve up some drinks for a cause.



## TRAVEL SLIDESHOWS

Thursday, November 15th, 1:00pm at the Saratoga Senior Center

Explore our excursions to London and Paris and Spotlight on San Antonio Holiday during this trip highlights presentation. \$50 off for every attendee that puts a deposit down that day. Free and Open to the Public.



## VOLUNTEER LUNCHEON

Friday, November 16th from 1:00pm-2:00pm at the Saratoga Senior Center

The Senior Center would like to take this time to thank all our volunteers. We couldn't do what we do without your help. If you have volunteered in 2018, and have not signed up please call the front desk by Tuesday, November 13.



## WINE TASTING /SIP HAPPENS

Tuesday, November 27th 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 Saratoga HS Jazz Band. Join Tony and Debrean Oliva from Oliva Winery for tastings from their winery. \$2/Members, please sign up at the front desk.

## Alzheimer's Association Upcoming Informational Sessions

Thursday November 1, 1:00 - 2:00pm

"The Basics:" Alzheimer's is Not Normal Aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Free and Open to the public. Join us to learn about:

- The impact of Alzheimer's.
- The difference between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments available to address some symptoms.
- Alzheimer's Association resources.

## "Effective Communication Strategies"

Thursday November 15, 1:00 - 2:00pm

Communication is more than just talking and listening — As people with Alzheimer's disease and other dementias progress in their journey, the ability to use words is lost. Join us to explore how communication takes place when someone has Alzheimer's. Free and Open to the public

## Seniors Neighborhood Meeting- Presented by: Mayor's Senior Advisory Committee

Tuesday November 13th, 1 pm- 2:30 pm

Presenters include Mayor Meg Kelly, Peter Martin, Commissioner of Public Safety, Lois Celeste, Saratoga Senior Center and Anthony Scirocco, Commissioner of Public Works discussing issues that concern seniors.. At the Saratoga Senior Center. Free and open to the Public

## "SOUPER" SOCIAL FRIDAYS

At the Center - Sponsored by Centers Health Care

- **12:30pm - 1:30pm: Soup by Knights of Columbus**  
Soup is \$2. \*Add'l cafe items available upon request.

## "Souper" Social Friday Happenings

- **Friday, November 2nd at 1:30pm**  
Movie - Murder on Orient Express
- **Friday, November 9th at 9am**  
Come hang out with students from Spa Catholic. Games, fun, interaction and refreshments provided!
- **Friday, November 9th at 1:30pm**  
James Bruhac, Native American Storyteller, \$2 per person  
*Native American author and story teller, returns to share Native American legends, drum songs & animal lore.*  
Sponsored by The Wesley Community
- **Friday, November 30th at 1:30pm**  
Movie - Phantom Thread



THE WESLEY COMMUNITY



CENTERS HEALTH CARE

## 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\*

## 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 10-11am**  
Come meet a new friend & talk about the good ole' days!

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- **Chit Chat: Mondays from 1-2pm**  
We'll chat about new topics every week over some drinks.
- **Silver Foxes Lunch Group: Second Thursday of every month at 11:45am**
- **Conscious Aging: Second and fourth Thursday of every month from 1:30pm**
- **Music Memories & Nostalgic Friday afternoon at 2pm**

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## 2018 VAN TRIPS

(Members Only)

### Lunch Bunch – Lakeside Farms

Tuesday, November 6th

Charming country store / bakery / restaurant. Local and seasonal family-run farm / country store that sells local produce, good apple cider, baked goods, etc. We leave the Center at 11am. *Pay \$10 at sign up. Please bring additional money for lunch and shopping.*

### Empire State Youth Orchestra at Proctor's

Wednesday, November 7th

This annual concert at Proctors reaches into the heart of the community to share the joys of classical music with hundreds of Capital Region seniors. The ESYO Youth Orchestra will perform selections from Dvorak's New World Symphony, Rossini's Barber of Seville, and more! Before the concert, we'll stop at Waters Edge Lighthouse for lunch. We leave the Center at 10:15am. *Pay \$10 at sign up. Concert is free. Please bring additional money for lunch.*

### Silver Foxes

Thursday, November 8th

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.*

### Troy Savings Bank "Music at Noon"

Tuesday, November 13th

Enjoy the music of "Three Quarter North", best of American roots music with some bluegrass and fiddle. After the concert, we will go to Dinosaur BBQ for lunch. We leave the Center at 11:00. *Pay \$10 at sign up. Concert is free. Please bring additional money for lunch.*

## 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.

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### Norman Rockwell Museum, Stockbridge, MA

Tuesday, November 20th

Enjoy a gallery talk of Rockwell's work. Also exhibited is works by Frank E. Schoonover and Gregory Manchess. After the museum head to The Widow Bingham's Tavern at the Red Lion Inn for lunch. We leave the Center at 9am. *Pay \$15 at sign up. Please bring an additional \$18 for admission and money for lunch.*

### Albany Institute of Art and History

Tuesday, November 27th

A guided tour of the museum with highlights of the "Birds and Beast" exhibit. Before the tour, we'll be stopping at Albany Pump Station for lunch. We leave the Center at 10:45am. *Pay \$10 at sign up. Please bring an additional \$20 for admission and money for lunch.*

### Parks-Bentley Place Presents "Nativities Across the Empire"

Friday, November 30th

This annual exhibition presents specially selected creches from around the globe. For 2018, the focus of the exhibition is a group of creches from the British Empire, past and present. In addition, there will be several nativities from Britain's European neighbor countries. We will stop at the Peppermill Restaurant for lunch on the way. We leave the Center at 11am. *Pay \$10 at sign up. Please bring an additional \$5 for admission and money for lunch.*

### Skidmore Men's Basketball game:

Tuesday, November 20th 6:30pm

The Skidmore College men's basketball team, led by head coach Joe Burke will face a challenging schedule which features three teams that made the NCAA Tournament last season. These young men, attended our Senior Center's Open house in October to meet and greet members. Let's go show them our support, November 20th against Hartwick. We leave the Center at 6:30pm. *Pay \$2 at sign up. Please bring an additional money for concession stand.*

## 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)

## EXCURSIONS COMING IN 2019!

Collette Tours, Open to the Public)

### Iceland's Magical Northern Lights

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

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, double)

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

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

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.

### 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 Titisee.

### Spain and Portugal

October 23rd-November 5th, 2019 (\$4,999, double)

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, double)

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.

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## 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.

## NOVEMBER: THE SEASON OF GIVING

- All members will receive our Annual Appeal mailing in early November. Each and every donation makes a difference to YOUR Saratoga Senior Center's ability to fulfill its mission as a resource in the Saratoga County area for Seniors.
- Do you shop on AMAZON? If so, you can use AMAZON SMILE and click on the Saratoga Senior center, a portion of sales gets donated back to YOUR center!
- Purchase your Hoffman Car Wash tickets at the front desk, a portion gets donated to YOUR Senior Center. \$10 each.
- Donate your clothes to OUR Blue Box.

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

## REOCCURRING MONTHLY EVENTS

### Tai Chi is Back!

Wednesdays from 2:15 - 3:15pm

Welcome Chuck Loboskey who is currently a Tai Chi instructor at the YMCA. He is certified in Tai Chi for Arthritis and chair Tai Chi. \$10 for the month.

### Legal Assistance

Thursday, November 1st, 1:30pm

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

### Tarot Card Readings

Thursday, November 29th, 9:00am - 11:00am

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

### Saratoga Senior Center Programming at Embury

Wednesday, November 7th, 3:00pm

Make an Ornament.



THE WESLEY COMMUNITY

### Join Our Book Club:

Tuesday, November 27th, 3pm

"Celine" by Peter Heller

### 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.



### 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.

### Swinging Singing Seniors with Judith Thomas

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

We have a new pianist to lead the group.

### 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). You also have the opportunity to meet with insurance representatives before Open Enrollment to learn about the coverage that meets your needs and your budget. Free and open to the Public.

### Computer/Technology Assistance

(Skidmore is back)

Available everyday - call the front desk for times.

### Reiki

Friday, November 9th, 1:30pm

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

# NOVEMBER THE SEASON OF GIVING

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| <b>Save the Date:</b><br>• <b>Annual Board Meeting</b> , Monday December 3rd 5:30pm at the Saratoga Center   |  |  | <b>1</b>  | <b>2</b>   |
| <b>Navigating the Medicare Maze</b><br><i>See the calendar for dates and times</i><br>Representatives from various health insurance companies will be at the center answering questions on Medicare. |  |  | 9:00am: Trips & Dinner Sign-Ups<br>10am-12pm: CDPHP Medicare<br>1:00pm: Alzheimer's Presentation<br>1:30pm: Legal Assistance  | 11:00am: Farmers' Market<br>12:30pm: "Souper" Social<br>1:30pm: Movie  |
| <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b>  | <b>9</b>   |
| 10-10:45am: MVP Zumba Gold<br>1:30pm: Painting   | <b>Election Day Polling Place</b><br>10am-12pm: CDPHP Medicare<br>11:00am: Lunch Bunch - Lakeside Farms Van Trip<br>5-6:00pm: To-Go Dinner | 10:00am: Reminiscing<br>10:15am: Proctor's EYSO Van Trip<br>10:55am: 9 Miles East<br>2:15pm: Tai Chi<br>3:00pm: Embury Program<br>5:30pm: Dinner | 10am-12pm: Empire Blue Cross Medicare<br>11:45am: Silver Foxes Van Trip<br>1:30pm: Conscious Aging<br>6-10pm: Sipping for Seniors at Bailey's Cafe                      | 9am: A visit with Spa Catholic<br>12:30pm: "Souper" Social<br>1:30pm: Reiki<br>1:30pm: James Bruhac, Native American Storyteller |
| <b>12</b>  | <b>13</b>  | <b>14</b>  | <b>15</b>   | <b>16</b>  |
| <b>CLOSED FOR VETERANS DAY</b>   | 11:00am: Troy Savings Bank "Music at Noon" Van Trip<br>1-2:30pm: Senior Citizens Neighborhood Meeting<br>5-6:00pm: To-Go Dinner            | 10:00am: Reminiscing<br>10:55am: 9 Miles East<br>2:15pm: Tai Chi   | 8:30am: Breakfast with Janet Dunn<br>10:30am: Alzheimer's Support<br>1:00pm: Collette Slideshow<br>1:00pm: Alzheimer's presentation<br>5:30pm: Chef Dinner - Chianti II | 12:30pm: "Souper" Social<br>1:00pm: Volunteer Luncheon   |
| <b>19</b>  | <b>20</b>  | <b>21</b>  | <b>22</b>   | <b>23</b>  |
| 10-10:45am: MVP Zumba Gold<br>1:30pm: Painting   | 9:00am: Norman Rockwell Museum Van Trip<br>5-6:00pm: To-Go Dinner<br>6:30pm: Skidmore Men's Basketball                                     | 10:00am: Reminiscing<br>10:55am: 9 Miles East<br>2:15pm: Tai Chi<br>4:00pm: Brook Tavern "Night Out"   | <b>CLOSED FOR THE HOLIDAY HAPPY THANKSGIVING!</b>   | <b>CLOSED FOR THE HOLIDAY</b>  |
| <b>26</b>  | <b>27</b>  | <b>28</b>  | <b>29</b>   | <b>30</b>  |
| 10-10:45am: MVP Zumba Gold<br>1:30pm: Mayor Sr. Meeting<br>1:30pm: Painting  | <b>"Giving Day"</b><br>10:45am: Albany Institute of Art and History Van Trip<br>3:00pm: Book Club<br>5-6:00pm: To-Go Dinner                | 10:00am: Reminiscing<br>10:55am: 9 Miles East<br>2:15pm: Tai Chi   | 9-11am: Tarot Card Readings<br>10am-12pm: Empire Blue Cross Medicare  | 11:00am: Parks-Bentley Place Van Trip<br>2:30pm: "Souper" Social<br>1:30pm: Movie  |