

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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 Saratoga Senior Center
NEWSLETTER
 JANUARY 2019

NEW IN 2019

SEE INSIDE FOR DETAILS

FOOD, FOOD & MORE FOOD

To Go Dinners - Now \$9.50

New Price, New Restaurants, More Nights!

“Take 5” Tuesdays to Go

Three Vines Wednesday To Go Pizza

Cafe

Every Day - All Day 5 Points Grab & Go Salads and Sandwiches (while supplies last) Menu at front desk **\$7.50**

Wednesday - 9 Miles East Farm

Fridays - Soup and Ice Cream

Daily Pastries Expanded

Tuesdays: Produce & More - In addition to our baked goods. (Starting Late January)

Kickoff Monthly Breakfast Series

with 5 Points Deli famous Breakfast Sandwiches

NEW PROGRAMS NEWS

Travel Club

We are starting a travel club! Meet monthly. Hear about trips our members have taken, share trips that you have taken and explore travel options. The travel club is a good fit for anyone to meet new friends, potential travel companions or just explore.

Snowshoe Club

Beginning Wednesday January 9th, if there is snow. Meet at the warming hut at the State Park at 10:30am. If you are interested call the front desk.

Friday at the Center Programs

Every Friday we will have soup and ice cream. Each Friday will be either a movie, entertainment, cooking class or social hour. See schedule inside.

“TAKE 5” TUESDAY TO GO DINNERS - SARATOGA 5 POINTS DELI

A portion of every dinner sold goes directly to support the Center. All meals are provided by Saratoga 5 Points Deli. Call the Center to order now - 518.584.1621

Pick up is between 4-5:30 pm every Tuesday at the Center. \$9.50/dinner.

- 1/8 Roast Pork, Garlic Mashed Potatoes & Green Beans
- 1/15 Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
- 1/22 Spiral Ham, Scalloped Potatoes, Green Beans & a Dinner Roll
- 1/29 Swedish Meatballs over Egg Noodles w/Buttered Carrots



WEDNESDAY'S TO GO WOOD FIRED PIZZA - THREE VINES

Pick up is between 4-5:30pm every Wednesday at the Center. \$9.50/pizza.

Call the Center to order now - 518.584.1621
10” Margherita Pizza - cherry tomatoes, handcrafted mozzarella, basil - perfect for 1 or 2 people. A portion of every dinner sold goes directly to support the Center.



MONTHLY CHEF DINNER at the Center

Each month the Center will host a local chef/restaurant to prepare and serve their specialties at the Center for an affordable price. Haven't been in awhile? 2019 brings new enhancements to our dining experience. Chef Ed Kelley.

Monday January 14, 5:30pm. *Sign up at front desk. \$12 per person, members only.*



SARATOGA SENIOR CENTER



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

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JANUARY AT A GLANCE

FRIDAY'S AT THE CENTER

Every Friday at 1:30pm will be a different activity - movie, entertainment, cooking or Social Hour. Serving soup and ice cream from 12:30pm - 1:30pm. \$2 each

- **Fri., Jan. 4 at 1:30pm: Movie \$2 "Crazy Rich Asians"**
Chinese-American New Yorker Rachel travels to Singapore with her boyfriend Nick to attend his best friend's wedding only to discover he comes from one of Asia's most wealthy, prominent families. Snacks.
- **Fri., Jan. 11 at 1:30pm: \$4member/\$6 non member Elvis Tribute wth Matthew Boyce**
Matthew is an award winning Elvis Tribute Artist from Saratoga. Put on your blue suede shoes - come and sing and dance to your favorite Elvis tunes. Snacks provided.
- **Friday, January 18 at 1:30pm: Free Cooking and Tasting with Siobhan**
New Year, New You! Small and easy changes to eat healthier. Come and taste quick & easy breakfast ideas.
- **Friday, Jan. 25 at 1:30-3:30: Social Hour**
Come hang out with old friends and make new ones! Every social hour will have one or more of these activities - live music, pool, ping pong, poker or games. Bring your favorite beverage. Cafe, soup & ice cream available for purchase.

NEW PROGRAM DETAILS

Monthly Breakfast-Kick off the New Year with 5 Points Deli
Friday, Jan. 18 at 8:30am. \$3 Special pricing
5 Points Deli will cook their famous breakfast sandwiches. Please sign up.

Smartphone Skills for Seniors - ipads, kindles
Thursday, January 3rd, 1:00-2:00pm, Free
Just Received a New Smartphone or Tablet? Overwhelmed by the functions? Tired of having to call your niece every time you want to update Facebook? Join former radio DJ and current IT specialist Damian "JD" Redman for technology tips and personalized assistance for your iPhone, iPad, or Android device.

Learn to Use UBER/LYFT
Thursday, January 10th, 10:00am, Free
Navy Volunteers will be in the house to show you how to sign up for UBER or LYFT. Both are great alternative transportations. No reason to be stuck at home. Bring your phone.

Travel Club / Trip Buddies
Friday, Jan. 25 at 12:30 -1:30pm Free
Come and learn about our trips for 2019. Tell us where you want to travel. Join the travel club and meet some new travel partners. Share your pictures and experiences from previous trips.

AARP Tax Help
Tuesday, February 6th to April 17th, 9:00am-2:00pm
Have all your tax questions answered and file your return. Free and by appointment only! Be sure to call the front desk to sign up. A picture ID, social security card and previous years taxes will also be required.

AARP Safe Driving presented by Allan Miller
Tuesday, January 15th, 9:00am-3:00pm
\$20 AARP member/\$25 non member. Checks made out to AARP. Must have valid NYS drivers license. AARP member number required at sign up, bring AARP membership card.



IT'S TIME TO RENEW - 2019 MEMBERSHIP RENEWAL

It's renewal time! Please complete the invoice form and return it to the Center. In addition, due to our software conversion, we ask everyone to fill out the emergency contact information and sign the code of conduct. Also, take a moment to find out about our Presidential Membership option, we've added more benefits. We are looking forward to another exciting year!



"PAINT & SIP" at the Senior Center

Thursday, January 17th, 1:00pm, \$25

A local artist will instruct you step by step through an original piece of art! At the end of the class you'll take home a one-of-a-kind painting, a newfound talent and the most fun you've had in a while! Bring your favorite beverage. Must sign up in advance!



TRANSPORTATION Sponsored by Stewart's Shops, United Way and Price Chopper

Are you looking for transportation into the Center? Rides are available Monday through Friday from 8:30am - 10:30am and 12:30pm - 2:30pm. Please call the Center at 518.584.1621 ext. 206. \$2 round trip / Saratoga, \$5 round trip / non-city residents

SENIOR SUPPORT SERVICES

Please Call (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 a significant toll on a caregiver's health. 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!
- **Chit Chat: Mondays from 1-2pm**
We'll chat about new topics every week over some snacks.
- **Silver Foxes Men's Lunch Group: Second Thursday of every month at 11:45am**
Enjoy friendship and lunch at the Skdimore Dining Hall

Troy Savings Bank, Music at Noon
Tuesday, January 8th

Enjoy a truly unique and beautiful concert by William Safford and the Bassoon Ensemble. The bassoon is the best and most unique instrument ever made. It is a member of the woodwind instruments. Lunch after the concert at Illium Cafe. We leave the Center at 10:45am. *Pay \$10 at sign up. Concert is free. Please bring additional money for lunch.*

Silver Foxes
Thursday, January 10th

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.*

Lunch Bunch – Lake Ridge Restaurant
Tuesday, January 15th

Tucked away in the village of Round Lake, Lake Ridge is one of the finest Saratoga Springs Restaurants. Enjoy lunch in our bright and sunny Saratoga Room. Chef Scott's lunch menu offers a wide variety of entrees, salads, sandwiches and burgers. We leave the Center at 11:15am. *Pay \$5 at sign up. Please bring additional money for lunch.*

VIA Aquarium in Rotterdam
Thursday, January 24th

Explore a self guided tour of vivid underwater worlds, see and learn about reptiles, feed the stingrays and more. Late lunch following the aquarium at Water's Edge Lighthouse. We leave the Center at 9:30am. *Pay \$29 at sign up. Please bring additional money for lunch.*

St Paul's Church Tour, Troy, NY
Tuesday, January 22nd

Marvel at the beauty of St. Paul's Church with a guided tour. St. Paul's is one of only a handful of spaces in the country that can be called a totally integrated Tiffany interior. Lunch following the tour at Moscatiello's. We leave the Center at 10am. *Pay \$35 at sign up. Please bring additional money for lunch. Must have a minimum of 8 for trip to go.*

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.

For administrative purposes and implementation of trips there are several new van policies the agency has put in place.

- 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 for van or bus trips unless the Center cancels the trip.

2019 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 \$20 for admission.

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

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Do you have difficulty reading the newspaper, watching TV, setting appliance dials, preparing meals, telling time, identifying money or writing checks?

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- * talking clocks & vision aids
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- * vision rehabilitation services for independent living

NABA
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www.naba-vision.org
 Visit us on Facebook!

EXCURSIONS COMING IN 2019!

Collette Tours, Open to the Public

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.

River Cruise - Magical Rhine and Moselle:

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

Morocco & Spain

November 2nd-14th, 2019 (\$4499 double)
 Trip Highlights: Madrid, Cordoba, Royal Alcazar of Seville, Flamenco Show, Jerez de la Frontera, Tangier, Chefchaouen, Fes, Mausolaum of Mohammed V, MArrakech, ElBahia Palace, Koutoubia Mosque and more.

London and Paris

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

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

MULTI DAY BUS TRIPS 2019!

(Diamond Tours, Open to the Public)

Canadian Island of Coudres - Quebec Bus Tour

Date To Be Determined
 6 days 5 nights 11 meals - 5 Breakfast/1 Lunch/2 Dinner
 Escape to the Island of Coudres in Canada's beautiful region of Charlevoix. A well kept secret nestled between the Saint Lawrence River and the Laurentian Mountains; relax and rejuvenate in this little oasis during your three night stay. Trip Highlights: The Amazing Island of Coudres, Guided Tour of Quebec City, Whale Watching.

Mystic, Foxwoods & Newport Bus Tour

Date To Be Determined
 3 days/2 nights. 4 meals - 2 Breakfast/2 Dinners. Combine stately New England beauty with resort excitement with our bus trip to Mystic, Newport and Foxwoods! Your group will stay at the Two Trees Inn at Foxwoods - a quintessential country inn complete with a restaurant, bar and heated indoor pool. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

ONE DAY BUS TRIPS 2019!

(Open to the Public)

Bus Trip Details Coming

Culinary Institute of America (CIA)

Tuesday, April 16, 2019
 A tour of the famous Culinary Institute of America, followed by set-menu lunch at the CIA's delicious American Bounty restaurant. The day will end with a tour and tasting at the exciting Brotherhood Winery.

New York City - May 2019

Lake Placid - July 2019

Salem, Massachusetts - October 2019

New York City Trip: Wednesday, December 4, 2019
 Celebrate Christmas in NYC! We'll get you to the city and then you're on your own to explore the big apple!

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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	9-12: Watercolor Lab	9:30-2: Rug Hooking (\$5)	8:30-9:30: Osteo 3	10-12: Clay Arts (formerly ceramics & Sculpture)(\$20)
9:00: Walking Club (\$5)	10-11:15: Gentle Yoga (\$10)	10:00: Reminiscing	9-11: Tarot Card Readings (last Thursday)	10-12: Poker (\$2)
9:30-11:30: Clay Arts (formerly Ceramics & Sculpture) (\$20)	11:30-12:15: Aerobics (\$10)	10:00: Snowshoeing	9-12: Mosaics (\$20)	12-4: Artist Lab
10-10:45: Zumba MVP Gold (Next Session 2/25--5/13/19)	11- 2 Men's Barber (\$5 per service)	10:00: Ukulele Jam	9-12: Fused Glass (\$10/class)	12:30-1:30: Swinging Singing Seniors
10-11: Osteo	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	10-12: Knit & Crochet	10-11: Osteo	12:30: Cafe - Soup & Ice Cream
11-12:30: Gentle/Chair Yoga (\$10)	1-4 Ping Pong and Pool	11:10-12: Zumba Gold (\$2)	10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday)	1:30: "Fridays at the Center " Movies/Presentation/Social
12:30-4: Bridge (\$5)	1:30-2:15: Pilates (\$10)	12:30-2:30: Wii Bowling	11-12: Brain Gym (4th Thurs)	1:30-3:45: Reiki (Jan. 11th. Sign-up required. <i>Members only</i> , \$2)
1-2: Chit Chat	3-4: Book Club (last Tuesday)	1:00: Strength w/Aidan (\$2)	11:30-12:15: Aerobics (\$10)	
1-4: Canasta (\$2)		1-4 Ping Pong and Pool	12:30-4: Canasta, Rummy, Mahjong, (\$2)	
1:30-3: Painting (\$10)		2:15: Tai Chi (\$10)	1-4 Ping Pong and Pool	
		3:00: Embury Class (One Wednesday a Month)		

REOCCURRING MONTHLY EVENTS

Tai Chi

Wednesdays from 2:15 - 3:15pm

Chuck Loboskey He is certified in Tai Chi for Arthritis and Chair Tai Chi. \$10 for the month.

Legal Assistance

Thursday, January 3rd, 1:30pm

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

Tarot Card Readings

Thursday January 31st, 9-11

Card reading by the Mary Shimp! \$5

Join Our Book Club:

Tuesday, January 29th, 3pm

The Japanese Lover" by Isabel Allende. A magical love story set in San Francisco & Poland.

Reiki

Friday, January 11th, 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.



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.

Computer/Technology Assistance

Call the front desk for appointment

Art and Crafts at Embury

Wednesday, January 16th, 3:00pm

Brain Gym Kali Nagler, Saratoga Library, Free

Returns in February- New Day and Time

New Senior Center Pricing

For 2019, to be consistent across all our programs, we are charging a nominal fee for any weekly card game, group or activity that needs a space for extended time and requires staff set up. Pricing is based on size of room, private verses public space and size of the group. Costs per month are listed on the calendar page. Scholarships are available if needed.

Van Trip Pricing

Again, being consistent with our van trip policies and pricing any program using the van will have a nominal trip fee attached. This includes class field trips. Costs per month are listed on the calendar page.

See Lois with any concerns.

JANUARY

HAPPY HOLIDAYS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Happy New Year! The Center is Closed	Trip Sign ups 10:00am: Snowshoe/Bike Club 10:00am: Reminiscing 1-4pm: Ping Pong and Pool	No Aerobics 1-2pm: New Device Class 1:30pm: Legal Assistance 1-4pm: Ping Pong and Pool	12:30-1:30pm: Cafe - Soup & Ice Cream 1:30pm: Movie - Crazy Rich Asians
7	8	9	10	11
	No Aerobics 11am: Van Trip - Troy Savings Bank 11am: MVP Medicare 4pm: 5 Points To Go "Dinner"	10:00am: Snowshoe/Bike Club 10:00am: Reminiscing 1-4pm: Ping Pong and Pool 4:00pm: Three Vines Pizza To Go	No Aerobics 10am: UBER/LYFT 11:45am: Van Trip - Silver Foxes 1-4pm: Ping Pong and Pool	12:30-1:30pm: Cafe - Soup & Ice Cream 1:30pm: Reiki 1:30pm: Elvis Tribute
14	15	16	17	18
5:30pm: Monthly Chef Dinner	9am-4pm: AARP Driver Safety 11:15am: Van Trip - Lunch Bunch 1-4pm: Ping Pong and Pool 4pm: 5 Points To Go "Dinner"	10:00am: Snowshoe/Bike Club 10:00am: Reminiscing 1-4pm: Ping Pong and Pool 3pm: Embury Craft Class 4:00pm: Three Vines Pizza To Go 5:30pm: Board Meeting	10:30am-12pm: Alzheimer's Caregivers Support Group 1-4pm: Ping Pong and Pool 1pm: "Paint & Sip" at the Center	8:30am: Kick off Breakfast with 5 Points Deli 12:30-1:30pm: Cafe - Soup & Ice Cream 1:30pm: Cooking with Siobhan
21	22	23	24	25
Martin Luther King Day! The Center is Closed	10am: Van Trip St. Paul's Church 4pm: 5 Points To Go "Dinner"	10:00am: Snowshoe/Bike Club 10:00am: Reminiscing 1-4pm: Ping Pong and Pool 4:00pm: Three Vines Pizza To Go	No Brain Gym 9:30 am: Van Trip - VIA Aquarium 1-4pm: Ping Pong and Pool	12:30-1:30pm: Cafe - Soup & Ice Cream 12:30pm: Trip Buddies/Travel Club 1:30pm: Social Hour
28	29	30	31	
	3-4pm: Book Club 4pm: 5 Points To Go "Dinner"	10:00am: Snowshoe/Bike Club 10:00am: Reminiscing 1-4pm: Ping Pong and Pool 4:00pm: Three Vines Pizza To Go	9-11am: Tarot Card Reading 1-4pm: Ping Pong and Pool	