

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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 Saratoga Senior Center
NEWSLETTER

MAY 2019



MURDER MYSTERY DINNER THEATER RETURNS!

“Loser by a Neck: The Green Scarf Brigade Murders”

Sponsored by Home of the Good Shepherd

Thursday, May 9th, 5:30pm at the Saratoga Senior Center

Tickets are \$22 each, includes dinner. Members only, please sign up at the front desk.

The Adirondack Flatline Players are back with a new murder mystery. The Green Scarf Brigade is holding their annual recruitment meeting at the Saratoga Senior Center. During the course of the meeting, it is discovered that they have more in common than their green scarves! Get ready for murder, mystery and mayhem!



MONTHLY CHEF DINNER at the Center: *New Price! \$10 per person.* Sign up, members only.

Each month the Center will host a local restaurant to prepare and serve their specialties at the Center. Don't miss out on this affordable way to dine with Saratoga's finest Chefs.

Tuesday, May 21st, 5:30pm - LONGFELLOWS RESTAURANT Chef Ed Kelley's Famous Baked Cod
Live music 4:30pm-5:30pm with DJ



“MONTHLY BREAKFAST & LEARN” Presentation by Lynn & Joseph Golonka

Tuesday, May 14th, 8:30am, \$3.00 for breakfast

Lynn & Joseph have many years of experience in the medical field. They will share an insiders view of the hospital system. Based on their book “Hospital Battlefield”, this presentation will help you prepare if you ever have a hospital visit. *If you don't want breakfast, you can still come to the presentation at no cost.*



“TAKE 5” TUESDAY TO GO DINNERS AT THE CENTER

FEATURING MEALS BY SARATOGA 5 POINTS DELI

Sponsored by Aubrey Guri Team

A portion of every dinner sold supports the Center. Call the Center to order 518.584.1621.

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

- | | |
|----------|---|
| May 7th | Shepherd's Pie, Dinner Roll |
| May 14th | Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce |
| May 21st | Roast Pork, Garlic Mashed Potatoes & Green Beans |
| May 28th | Manicotti stuffed with Spinach, Roasted Red Peppers, Sweet Sausage and Garlic Bread |



SPAC DISCOUNTED TICKETS ARE ON SALE!

SPECIAL SIGN UP DAY! MONDAY, MAY 6TH, 9:30am-11:30am

Are you a member of the Center? If not, this member benefit is a great reason to join! Discounted seats for the NYC Ballet, Philadelphia Orchestra, Chamber Music, Jazz Fest and more! One ticket per member per show. Purchase at Front Desk. For information call 518-584-1621.



THE SENIOR CENTER IS CLOSED FRIDAY, MAY 17TH

Sherwin Williams and Rebuilding Together Saratoga are volunteering their time and supplies to paint the Kilmer, Community and Dining Room. We need volunteers to help. If you are available, contact Lawrence at 518-584-1621 ext 209

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

FOOD, FUN & FRIENDS AT THE CENTER

FRIDAY'S AT THE CENTER

Friday Activities sponsored by CDPHP

Cultural Events Sponsored by Saratoga Casino and Raceway

Summer Hours - most events will be in the morning.



Friday, May 3rd, 10am, \$2,

MOVIE: "Stan & Ollie", Snacks provided.

Set in 1955, two world famous performers attempt to revive their careers in the comedy circuit with increasingly desperate appearances to drum up interest in their shows. Soon to be yesterday's news, the comedy duo try to ramp up their approach to business, causing them to reassess their partnership, their producer, and their careers



Friday, May 17th,

Office for the Aging "Sock Hop" luncheon at the City Center. \$4 Tickets available at the front desk. Shuttle service from the Senior Center provided beginning at 10:30am. Please sign up. The Senior Center is closed for Painting. Thank you Sherwin Williams and Rebuilding Saratoga Together .

Friday, May 24th, 10am, free

Open Mic with local High School talent

Friday, May 31st, 12:30pm-1:30pm

TRAVEL CLUB / TRIP BUDDIES

Join our travel club, share travel stories and meet new travel buddies!



Friday, May 10th, 1:30pm, free

COOKING AND TASTING WITH SIOBHAN CORNELL COOPERATIVE EXTENSION

What magic is Siobhan cooking up this week - homemade salad dressings.

Always something fun, easy, and delicious!



Serving Soup 12:30pm - 1:00pm, \$2 per cup Soup prepared and donated by Knights of Columbus

SPRINGTIME AT THE CENTER

- Cycling Group - Wednesdays, 10am. Begins May 15th. Sign up at the front desk.
- Golf League - Tuesdays, 9-10am tee time. Play is at Spa State Park. Sign up at the front desk.
- Join our Gardening Club! We garden at the Center and at Pitney Farms Meadows.
- Bocce Ball on the back lawn
- Mexican Train Dominoes - Last Friday of the Month, 1pm. Please sign up
- NEW! CHAIR YOGA & DEEP BREATHING** Mondays 11-12:30. The restorative and health benefits of deep breathing is extremely beneficial, it enhances mood, memory and promotes calmness. It also helps those with Dementia and Alzheimer's disease.
- Mothers Day and Fathers Day is right around the corner! Hoffman Car Wash and SPAC tickets make great gifts. Inquire at the Front Desk.



LUNCHTIME CONCERT SERIES AT NOON

Every Tuesday, June 4th - July 9th. Free & Open to the Public.

*Rain Location: Saratoga Senior Center

June 4th: Hot Club of Saratoga - Saratoga Senior Center

June 11th: Bear Grass - Ben and Jerry's

June 18th: Taina Asili y La Banda Rebelde - Ben and Jerry's

June 25th: The Sea the Sea - Ben and Jerry's

July 2nd: McKrells - Saratoga Senior Center

July 9th: Annie and the Hedonists - Ben and Jerry's

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.

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SENIOR SUPPORT SERVICES

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

ADVOCACY, INFORMATION AND REFERRAL

COMMUNITY CONNECTIONS

Supported by Saratoga Hospital, Saratoga OFA and The Wesley Community

Are you a senior over 50 who needs help with friendly visits, transportation, light chores or errands? *We need volunteers to help with this program.*

Call Nicole at 518-584-1621, ext206.



TRANSPORTATION

Supported by Stewart's Shops, United Way and Price Chopper's Golub Foundation

Are you looking for rides into the Center? Rides are available Monday - Friday to the Center. \$2 Saratoga City residents/ \$5 non-city residents. Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper.

Call Nicole at 518-584-1621, ext206.



FRESH PRODUCE

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays after 11am. Every one must check in on the Food Bank button on the computer. Bring your own bags.

FOOD ASSISTANCE

The Senior Center is partnering with the Elks and local food pantries to get food to you if you can't get to the them. Call Nicole at 518-584-1621, ext206.

GROUPS & GATHERINGS

NEW - GETTING BETTER WITH AGE! - "the things wisdom didn't tell me"



Sponsored by Herzog Law

10:00-11:30, Thursdays Free

Ever asked yourself "Now what?" "What's next?". Come join our new group to find out! Through informative, interactive and discussion groups, we will explore coping skills and tools to help with the challenges of aging.

Reminiscing: Wednesdays from 10-11am Sponsored by Home of the Good Shepherd



Meet a new friend & talk about the good ole' days!

Chit Chat: Mondays from 1-2pm

Join us for a fun hour of chit chat, laughs and snacks.

"Silver Foxes" Second Thursday of every month at 11:45am

Join the Silver Foxes Men's Lunch Group at Skidmore Dining Hall for good food, camaraderie and laughs.

Music, Memories & Nostalgia: Thursdays from 1-2pm

Love music?! Join us for an hour of music that will trigger memories and transport you back in time.

Alzheimer's Caregiver Support Group

Sponsored by Home Helpers



10:30am-12pm, 3rd Thursday of every month

Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance you need. *Free and open to the public.*



Save the Date: HEALTH & WELLNESS FAIR

Thursday, June 6th, 9:00am-12:30pm. Free & Open to the Public.

Meet with over 30 specialists and healthcare professionals.

Interactive Events

- Red Cross Bloodmobile
- H.O.P.E. Pet Adoption Clinic
- Aromatouch Hand Therapy
- Reiki
- Cooking Class
- Tarot Card
- and More!

Presentations:

- 9am: Medical Marijuana with Jennifer Symon
- 10am: Senior Safety presented by the Saratoga Springs Fire Department
- 11am: Dave Patterson - Saratoga's History focusing on the Medicinal Properties of the Springs
- 12:30 Music with Jonathan Greene and Guests.



2019 VAN TRIPS

(Members Only)

Valley Artisans Market in Cambridge

Tuesday, May 7th

Visit one of the oldest arts cooperatives in the country. Local fine artists and craftsmen work in a variety of hand-crafted media including glass, paper, cloth, photography, oil paintings, pastels, wood, mosaic, sculpture, metal, jewelry, ceramics and more. Sharon Kingsbury, our Clay Arts instructor, has a show of her work at the Market, titled "Glass Houses". Lunch at the Village Cafe after. We leave the Center at 9:15am. Pay \$10 at sign up. Please bring additional money for lunch and shopping.

Silver Foxes

Thursday, May 9th

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.

Tulip Festival - Washington Park, Albany

Friday, May 10th

Enjoy a guided tour of over 150 different kinds of tulips in Washington Park with City Gardener Jessica Morgan. Afterwards, we'll be having lunch at Albany Pump Station. We leave the Center at 9am. Pay \$10 at sign up. Please bring additional money for lunch. Weather dependent.

Lunch Bunch - Up River Cafe, Lake Luzerne

Tuesday, May 14th

Awesome food overlooking the Hudson River. Pay \$10 at sign up. Please bring additional money for lunch. Leave at 11:15am.

Walkway Over the Hudson

Tuesday, May 21st

Walk over the Historic Hudson River in Poughkeepsie and take in the fresh air and breathtaking views. Interpretive signs and cell phone tour available. Walk 1.28 miles at your own pace. Delicious lunch at Gateway Diner following walk. Pay \$20 at sign up. Please bring additional money for lunch. Leave the Center at 8:30am.

Dakota Ridge Llama Farm

Thursday, May 23

Don't miss this unique opportunity for a working farm tour at Dakota Ridge in Ballston Spa. You will have a personal hands-on experience as we bring out a llama for you to pet, brush, feed and walk. The tour will be outdoors so dress appropriately! Afterwards we'll stop for lunch at Carson's Woodside Tavern. Pay \$20 at sign up. Please bring additional money for lunch. Leave at 10:30am. Return about 3pm.

MASS MoCA

Friday, May 24th

The Massachusetts Museum of Contemporary Art is a museum in a converted factory building complex located in North Adams. It is one of the largest centers for contemporary visual art in the US. Some of the current exhibits are Louise Bourgeois, Sol Lewitt, Dawn DeDeaux and Lonnie Holley and many more. After your self guided tour, we'll stop for lunch at The Hub. Pay \$15 at sign up. Please bring additional \$18 for admission and money for lunch. Leave at 10am.

Old Bennington Step-on Guide Tour

Tuesday, May 28th

In addition to a guided tour of the museum's galleries, one of our trained docents will board the coach to guide your group as they explore the Bennington Monument, Old First Church, Robert Frost's grave site, providing information about the history of the area. Order lunch from 5 Points Deli at the Front Desk. Pay \$38 at sign up, includes van, admission and lunch. Leave at 8:45am.

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.

- There are no refunds for van or bus trips unless canceled by the Center.

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.

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TRIPS & EXCURSIONS

MULTI DAY BUS TRIPS 2019!

(Diamond Tours, Open to the Public)

Canadian Island of Coudres - Quebec Bus Tour

A valid US passport or passport card required.

September 24-29 \$849 double occupancy

6 days / 5 nights. 11 meals - 5 Breakfasts / 1 Lunch / 5 Dinners

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.

EXCURSIONS

Collette Tours, Open to the Public

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)

Highlights: Madrid, Cordoba, Royal Alcazar of Seville, Jerez de la Frontera, Tangier, Chefchaouen, Mausolaum of Mohammed V, Marrakech, ElBahia Palace, Koutoubia Mosque.

London and Paris

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

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)

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.

Discover Cuba - A Cultural Exploration

April 28th -May 5th, 2020 (\$3,899 double)

Visit Cuba and explore its art, history and culture! Experience the power of travel to unite two peoples in a true cultural exchange.

Discover Spectacular South Africa Culture & Nature in Harmony

March 19th -31st, 2020 (\$5,199 double)

South Africa's cosmopolitan cities, posh resorts, expansive desert, magnificent wildlife and fertile wine country combine with a harmonious mix of many cultures to create a beautiful mosaic to discover on this fascinating tour.

ONE DAY BUS TRIPS 2019!

Subsidized by Adirondack Trust Co. Community Fund

New York City - Chelsea Pier Area

Wednesday, May 15, 2019

Cost is \$42/Members, \$67/Non-Members

Leave 7am from the Saratoga Train Station on West Ave.

Enjoy a beautiful spring day on the West Side! Chelsea Pier, The Highline Walkway, Tribeca, or Uber to uptown and enjoy the day shopping.

Lake Placid

Tuesday, July 9, 2019

Cost is \$28/Members, \$53/Non-Members

A visit to Lake Placid is a complete experience. Downtown there are art galleries to explore, spas to pamper yourself in, and a wide range of restaurants to dine. Don't forget about the beauty of Mirror Lake and Lake Placid. Details for optional boat cruise on Lake Placid coming as soon as the marina opens for business.

Culinary Institute of America (CIA)

Sponsored by Saratoga Life - Medicare Products

Wednesday, September 11, 2019

Cost is \$90/Members, \$115/Non-Members

A tour of the famous Culinary Institute of America, followed by a set-menu lunch at American Bounty restaurant. End the day with a tour and tasting at Brotherhood Winery.

Salem, Massachusetts

Sponsored by CDPHP

Thursday, October 17, 2019

Cost is \$45/Members, \$70/Non-Member

Historic Salem is a city of layers—one historical era layered upon another. But don't forget to explore the witchy side of Salem too! Optional hop on/hop off trolley is an additional \$18. Sign up for trolley with trip sign up.

New York City Trip: Bryant Park

Sponsored by CDPHP

Wednesday, December 4, 2019

Cost is \$42/Members, \$67/Non-Member

Celebrate Christmas in NYC! We'll get you to the city and then you're on your own to explore the big apple!

2020 TRIPS - Details coming soon

Spectacular South Africa

South Pacific Wonders - Australia and New Zealand

Rediscover Cuba

Shades of Ireland

Discover Scotland

Spotlight on Sante Fe Holiday

Painted Canyons of the West - Utah's 5 National Parks

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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	9:00: Golf League	9:30-2: Rug Hooking (\$5)	8:30-9:30: Osteo 3	10-12: Clay Arts (\$20)
9:00: Walking Club (\$5)	9-10:30: Watercolor Lab	10:00: Reminiscing	9-11: Tarot Cards (last Thursday)	10:00: "Fridays at the Center" Movies/Presentation/Social
9:30-11:30: Clay Arts (\$20)	10-11:15: Gentle Yoga (\$10)	10:00: Biking	9-12: Mosaics (\$20)	10-12: Poker (\$2)
10-10:45: Zumba MVP Gold (Ends May 13)	10:30-12: Explorative Arts	10:00: Ukulele Jam	9-12: Fused Glass (\$10/class)	12-4: Artist Lab
10-11: Osteo	11:30-12:15: Aerobics (\$10)	10-12: Knit & Crochet (\$2)	10-11: Osteo	12:30: Cafe - Soup \$2 per cup
11-12:30: Gentle/Chair Yoga (\$10)	11- 2 Men's Barber (\$5 per service)	11:10-12: Zumba Gold (\$2)	10-11:30: Getting Better with Age	1:00: Mexican Train Dominoes
12:30-4: Bridge (\$5)	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	12:30-2: Bingo (\$2)	10:30-12: Alzheimer Support Group	1:30-3:45: Reiki (2nd Friday)
1-2: Chit Chat	1-4 Ping Pong and Pool	12:30-2:30: Wii Bowling	11-12: Brain Gym (4th Thursday)	Sign-up required. Members only, \$2
1-4: Canasta (\$2)	1:30-2:15: Pilates (\$10)	1:00: Strength w/Aidan (\$2)	11:30-12:15: Aerobics (\$10)	
1:30-3: Painting (\$10)	3-4: Book Club (last Tuesday)	1-4 Ping Pong and Pool	12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)	
		2:15: Tai Chi (\$10)	1-2: Music, Memories	
		3:00: Embury Class (One Wednesday a Month)	1-4 Ping Pong and Pool	



Thank you to CDPHP for sponsoring our Health and Wellness classes.



Thank you to Herzog Law for sponsoring our Arts and Crafts classes.

REOCCURRING MONTHLY EVENTS

Tarot Card Readings

NO Readings this Month

Card reading by the Mary Shimp! \$5

Book Club - New Members Welcome:

Tuesday, May 28th, 3:00pm

"Exit West" by Mohsin Hamid. Saratoga Library Annual book pick; presents immigration via personal stories. "...suspense, sparkling dialogue, and compassion."

Reiki

Friday, May 10th, 1:30pm

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

Art and Crafts at Embury

Wednesday, May 15th, 3:00pm

Open to all members.



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.



Computer/Technology Assistance

Call the front desk for appointment

Brain Gym Kali Nagler, Saratoga Library, Free

Thursday, May 30th, 11:00am

Using a combination of Brain Gym exercises and our 5 senses in mindful ways, we will explore healthy lifestyles, brain research, positive mindset and memory exercises in a fun, engaging manner.

Smartphone Skills for Seniors

Friday, 9-10am (2nd Friday of month)

Shrink the technology gap! Join IT specialist Damian Redman for tips and personalized assistance for your iPhone, iPad, or Android device.

AARP Safe Driver Class presented by Allan Miller

Tuesday, May 28- 9-3

\$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.

Saratoga County Office For the Aging Programs:

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.

Legal Assistance

Thursday, May 2nd, 1:30pm

Call Office For the Aging at (518) 884-4100 for an appt.

Osteo Exercise Classes

Monday: 8:30-9:30am and 10-11:00am

Thursday: 8:30-9:30am and 10-11:00am

Sign up at Office for the Aging, (518) 884-4100.

MAY 2019

Thank you to United Healthcare for sponsoring our Social Activities.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Volunteer Opportunities - Contact Lawrence 518-584-1621 ext 209 May 5 - Raking for Seniors. Thank You to The Giving Circle May 17 - Painting the Senior Center. Thank you Sherwin Williams & Rebuilding Together Saratoga May 18 - The flower beds Thank You United Way Giving Day May 29 - Thank You AYCO for helping with Music & Mingling			1	2
		10:00am: Reminiscing 2:15pm: Tai Chi	10:00am: "Getting Better with Age" 1:00-2:00pm: Music, Memories 1:30pm: Legal Assistance	10:00am: Movie - "Stan & Ollie" 12:30-1:00pm: Soup
6	7	8	9	10
10:00-10:45am: Zumba MVP 11:00am-12:30pm: Gentle & Chair Yoga	9:15am: Van Trip Valley Artisans Market 11:30am: Fresh Produce 4:00pm: 5 Points To Go Dinner	10:00am: Reminiscing 2:15pm: Tai Chi	10:00am: "Getting Better with Age" 11:45am: Van trip - Silver Foxes 1:00-2:00pm: Music, Memories 5:30pm: Murder Mystery Dinner Theater	9:00am: Van trip - Tulip Fest 9:00-10:00am: Smartphone Skills with Damian 12:30-1:00pm: Soup 1:30pm: Reiki 1:30pm: Cooking with Siobhan
13	14	15	16	17
10:00-10:45am: Zumba MVP (end of Spring session) 11:00am-12:30pm: Gentle & Chair Yoga	10:15am: Van Trip Lunch Bunch 11:30am: Fresh Produce 4:00pm: 5 Points To Go Dinner	7:00am: NYC Bus Trip 10:00am: Reminiscing 10:00am: Biking Group 2:15pm: Tai Chi 3:00pm: Embury Class 5:30pm: Board Meeting	10:30am-12:00pm: Alzheimer's Support Group	11:00am: OFA Senior "Sock Hop" Lunch at City Center Center is closed for Painting!
20	21	22	23	24
11:00am-12:30pm: Gentle & Chair Yoga	11:45am: Van Trip - Walkway over the Hudson 11:30am: Fresh Produce 4:00pm: 5 Points To Go Dinner 5:30pm: Chef's Dinner - Longfellows	10:00am: Reminiscing 2:15pm: Tai Chi	10:30am: Van trip - Llama Farm 11am-12pm: Brain Gym 1:00-2:00pm: Music, Memories	10:00am: Van trip -Mass Moca 10:00am: Open Mica 12:30-1:00pm: Soup
27	28	29	30	31
 Happy Memorial Day! The Center is Closed	8:45am: Van Trip - Bennington 9:00am: AARP Safe Driver Class 11:30am: Fresh Produce 3:00-4:00pm: Book Club 4:00pm: 5 Points To Go Dinner	10:00am: Reminiscing 2:15pm: Tai Chi	No Tarot Cards Today 1:00-2:00pm: Music, Memories 7-10:30pm: 9th Annual Music & Mingling at the National Museum of Dance	12:30-1:00pm: Soup 12:30pm: Trip Buddies/Travel Club 1:00pm: Mexican Train Dominoes