

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

Non Profit ,.  
U.S. POSTAGE PAID  
Permit No. 120

## VAN TRIPS

### Norman Rockwell Museum. Monday, November 15th.

A warm welcome awaits you at the museum. Be surprised and delighted at the magnificence of Rockwell's large scale original paintings and discover the highly relatable world of American Illustration – the art that tells our stories. Special exhibition - Jan Brett: Stories Near & Far. Jan Brett is one of the nation's foremost and most widely read author/illustrators for children. This lively exhibition explores the breadth of Brett's art and the travel experiences that have inspired her many children's books and characters. Pay \$28 at sign up. Bring additional money for lunch at Michaels of Stockbridge. Leave the Center at 9am.

### Roosevelt Baths and Spa. Monday, November 29th

Begin the new week with a private soak in Saratoga's naturally effervescent water. You will discover a delightfully buoyant quality to the mineral water. The mineral water is captured cold from underground springs, then mixed with warm fresh water to a neutral temperature for maximum benefits. Pay \$?? at sign up.

### Lunch Bunch - 550 Waterfront. Friday, November 12th.

"550 Waterfront is located on Saratoga Lake. It is a seafood & gastropub offering delicious craft cocktails with a beautiful view of the lake. Leave the Center at 11:30am. Pay \$3 at sign up.

## SUPPORT YOUR SENIOR CENTER!

- Purchase our branded merchandise- They makes great gifts!
- Make a monetary donation through our website, by phone, or mail in a check.
- Amazon Smiles - Go to smile.amazon.com, select Senior Citizens Center of Saratoga Springs and a percentage of your purchase will be donated by Amazon!
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$10.00. Fifty percent of the sale goes to the Center! **PAPER TICKETS ARE BACK.**
- Clothing Bin - We have blue donation bins in our parking lot. We are paid per pound of clothes!
- Fundraisers - We have many fundraisers that benefit the Center. Watch our eblasts and newsletters.
- Annual Appeal - Look out for your annual appeal letter or make an online donation for the Center!
- Membership - We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. Or purchase a \$25 membership for a senior in need.



# Saratoga Senior Center NEWSLETTER NOVEMBER 2021



Sponsored by: MVP



## VETERAN'S DAY CELEBRATION SIP, SNACK & SHIMMY!

Wednesday, November 10th, 4pm - 6:00pm.  
\$10. Veterans with ID free.

Celebrate our Veterans! Land of the Free because of the Brave!

Hearty Food!

Mix & Mingle

Live Music  
with Betsy  
&  
The ByeGons

Wine Tasting

Dancing



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## VOLUNTEER "THANK YOU" LUNCH

Tuesday, November 16th, 1:00pm.

The Saratoga Senior Center has "AWESOME" volunteers!

If you are one of our amazing volunteers, please join us as we say "Thank You" with a luncheon in your honor! R.S.V.P. required by Friday, November 12th. Stop by the Front Desk or call 518-584-1621.

Luncheon prepared and sponsored by Home of the Good Shepherd.

## NEW THIS MONTH!

### Introductory Classes to Clay Arts/ Ceramics

Mondays in November beginning November 8th. 9:30 - 12:30.

Have you always wanted to try your hand at clay? Maybe make a bowl or a vase? Come to this no pressure class to unleash your creative side. Already familiar with Clay Arts? There will be an additional class on Fridays from 9:30-12:30. There is a \$10 materials fee for each monthly class.



### NEW! Conversational Spanish

Fridays, 10-11am.

*Hola!* Speaking in Spanish is now being offered at the center! Come and join Skidmore intern, Alejandra, if you would like to learn, practice or just converse in Spanish.



### The Grand Hotels of Saratoga presented by Charlie Kuenzel

Friday, November 19th. 11am.

In the 1800's our city was the number one destination for summer travelers. The grand hotels would open for the summer season. Hotels with names like Grand Union, United States, Congress Hall and Grand Central to name a few. These enormous hotels were like the cruise ships of today, offering the very best in food, music and entertainment. Since Saratoga Springs was the spot to see and be seen, the large porches found at each hotel were lined with rocking chairs that provided the place to people watch on hot afternoons. Join Charlie and immerse yourself in the history of these "grand hotels".



SARATOGA SENIOR  
CENTER



Hours: Monday-Friday 8am-4pm

5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

# WHAT'S NEW THIS MONTH! ... adding new programs all the time.

## Bright Cards Memory Program with Donald Ambrose. Mondays, 11am.

Brain Games is back!! The Bright Cards method will provide you with a fun, working and practical way to exercise your brain and improve a means of memorizing facts.



## Dancing with the Seniors facilitated by Monica Stoeher. 2pm. The first & 3rd Monday of the month.

Get your swing on! Learn the basic steps of dancing and listen to great music. No experience required. Let's have fun! Monday 11/1 & 11/15. Monday 12/6 & 12/20.

## TAI CHI IS BACK! Two chances to practice the ancient art of Tai Chi

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. It is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

**Mondays, 9-10am Tai Chi with Frank.** Resuming October 25th.

**Fridays, 9-10am Silver Sneakers Ener Chi with Shelia** Beginning October 29th..

## Tech Fair with Skidmore Students. Thursday, November 18th. 1- 3 p.m.

The amazing Skidmore students are back to help you with ANY & ALL questions regarding technology! How to use: E-mail, cell phones, IPADS, Laptops, Kindles and more! Have you always wanted to try ZOOM, Facebook, Instagram, Spotify for music or order groceries for delivery? Here is your chance to learn. Appointments are for 30 minutes maximum.

## Medicare Information.

Medicare Advantage Insurance representatives will be on site to answer your questions and distribute information about their particular insurance plans.



### Wellcare

- Tues., Nov. 2nd. 9-11am.
- Wed., Nov. 10th. 10-12pm.
- Thurs., Nov. 18th. 9-11am.
- Mon., Nov. 22nd. 10-12pm.
- Wed., Dec. 1st. 10-12am

### CDPHP:

- Thurs., Oct. 28th. 2-4pm.
- Thurs., Nov. 4th. 10-12pm.
- Wed., Nov. 10th. 2-4pm.



## MUSIC AT NOON! at the Saratoga Senior Center

**Heard.** Saturday October 30th. Heard is a collective of musicians that bring their skills and passion for world music, jazz and improvising together to create irresistible grooves set in a unique sonic tapestry.

**Hot Club of Saratoga.** November 13th. Upstate NY's premier gypsy swing ensemble, plays hot swing in the spirit of 1930's Paris.

## NOVEMBER FOOD PROGRAMS

### Simply Food by Maura. Pre-order your Thanksgiving Feast!

Single Meal \$14. Roast Turkey, Stuffing, Mashed Potato, Green Beans, Gravy and Cranberry Sauce. Served with a homemade biscuit and a slice of pumpkin pie. *Turkey Dinner for 4-6 available on request.*

Limited number of Homemade Apple, Apple Crumb, Pecan or Pumpkin Pies available \$19.

**Must pre-order by Thurs., November 18th. NO EXCEPTIONS. Pick up Wednesday, Nov 24th. from 12-3pm.**

To Go Dinners sponsored by Home of the Good Shepherd & Humana.



Humana

### Free Breakfast - Bagels and Coffee! Tuesday, November 23rd. 8:30-10:30.

Thank you to Trakside Grill for the donation of bagels. *Thank you Trakside Grill!*

### Chef Dinner - Senior Center Staff. Tuesday, November 30th. To Go Option - 3-4:30pm. \$11.00

Watch your eblast! How can it be anything but delicious! *Chef Dinner Sponsored by CDPHP.*



## COMING in DECEMBER

- Create a holiday ornament in the Clay Arts Class. Open to all members.
- Holiday Party with Michael Panza and Friends.
- Holiday Breakfast.
- Cookies, cookies and more cookies!
- Gift Wrapping
- NYC bus trip.
- and more....



Thank you to our newsletter sponsors for their continued support!

## A plan for life.

Capital District Physicians' Health Plan, Inc.

### The Heart of Senior Home Care Services

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## LIVE FEARLESS

BlueShield of Northeastern New York

bsneny.com/medicare

BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and Blue Shield Association.

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Center for Nursing & Rehabilitation

Saratoga Life  
Ask me about  
**MEDICARE!**

518-879-8958



# NOVEMBER PROGRAMMING

*“November: The last month of autumn, but the beginning of a new adventure; time to take a risk and do the unexpected.”*

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs.

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| 9:00: Tai Chi                                  | 9-9:45: SilverSneakers Classic ( <i>center &amp; zoom</i> ) | 9:30: Mosaics   | 10-10:45: Low Impact Cardio & Strength ( <i>center &amp; zoom</i> ) | 9:30-12:30: Clay Arts                                      |
| 9:30: Walking Club                             | 10:00: Meditation ( <i>center &amp; zoom</i> )              | 9:30-1:00: Rug Hooking                                | 10:00: Ukelele  | 9-12: Poker  |
| 9:30-12:30: Clay Arts                          | 11:30-12:30: Gentle Yoga ( <i>center &amp; zoom</i> )       | 10:00: Knit & Crochet                                 | 10-2: Tarot Cards ( <i>last Thursday of month</i> )                 | 9-10: SS Ener-Chi  |
| 10:00: Healthy Bones                           | 1-4: Pool League  | 10:00-11: Zumba ( <i>center &amp; zoom</i> )          | 10:00: Regional Foodbank Pickup                                     | 10:00: Healthy Bones                                       |
| 10-11: Chair Yoga ( <i>center &amp; zoom</i> ) | 3-4: Book Club (see calendar)                               | 1:00: BINGO   | 11:00-11:45: Gentle Yoga ( <i>center &amp; zoom</i> )               | 10:00: Conversational Spanish                              |
| 11:00: Brain Games                             |   | 1-4: Canasta  | 12:30: Mahjong  | 10:30: Caregiver Support Group ( <i>2nd Fri of month</i> ) |
| 12:30: Bridge                                  |   | 1-1:45: Strength w/Aidan ( <i>center &amp; zoom</i> ) | 1-4: Pool League  | 12:30: Music & Memories                                    |
| 1-2: Chit Chat                                 |   | 1-4: Pool League                                      | 1-4: Pinochle   | 1-4: Pool League   |
| 1-4: Pool League                               |   | 2:00: Yoga  |   |  |
| 2:00: Dancing                                  |   |   |   |  |



Thank you CDPHP for sponsoring our Health and Wellness classes.

A plan for life.

Thank you Blue Shield of Northeastern NY for sponsoring our Outdoor Activities.



BlueShield of Northeastern New York

## SPECIAL EVENT SCHEDULE

- Mon & Fri. 10am. Healthy Bones.
- Mon. 11am. Memory Games.
- Mon. 1st & 3rd Monday. 2pm. Beginning Dance.
- NEW! 2nd Fri of Mon. 10:30. Caregiver Support Group.
- NEW Time! Wednesdays. 1pm. Bingo.
- Thursdays (*last Thurs of month*). 10-2. Tarot Card Reading.
- NEW! Fridays 10am. Conversational Spanish.
- NEW! Fridays 9am. Ener-Chi.
- Tues., Nov. 2nd. Election Day.
- Tues., Nov. 2nd. 9-11am. WellCare Medicare.
- Thurs., Nov. 4th. 10-12pm. CDPHP Medicare.
- Weds, Nov. 10th. 10-12pm. WellCare Medicare.
- Weds., Nov. 10th. 2-4pm. CDPHP Medicare.
- Weds., Nov. 10th. 4-6pm. Veterans Day Celebration.
- Thurs., Nov. 11th. Senior Center CLOSED.
- Tues., Nov. 16th. 1-3pm. Volunteer Lunch.
- Thurs, Nov. 18th. 9-11am. WellCare Medicare.
- Thurs., Nov., 18th. 1-3. Tech Fair with Skidmore.
- Thurs., Nov., 18th. 1-3. Boston Bus Trip.
- Fri., Nov. 19th. 11am. "Grand Hotels of Saratoga".
- Mon, Nov. 22nd. 10-12pm. WellCare Medicare.
- Tues., Nov. 23rd. 8:30-10:30. Continental Breakfast.
- Wed., Nov., 24th. 3-4:30. Pick up pre-order Turkey Dinner.
- Thurs., Nov. 25th. Senior Center CLOSED.
- Tues., Nov., 30th. 3:00-4:00. Book Club.
- Tues., Nov., 30th. 3:00-4:30. Chef Dinner.

## BOOK CLUB AT THE CENTER

Tues., Nov., 30th. 3pm. **NEW MEMBERS WELCOME!**

**“The Queen of the Big Time” by Adriana Trigiani.**

Adriana returns to the charm and drama of small-town life with *The Queen of the Big Time*. This heartfelt story of the limits and power of love chronicles the remarkable lives of the Castellucas, an Italian-American family, over the course of three generations.

## TAROT CARD READINGS facilitated by Mary Shimp

Last Thursday of the month. 10-2pm. \$5 donation.

Do you have some unanswered questions about your life? A tarot card reading provides guidance to gain an insight into what the future holds. Call to make a 15 minute appointment.

## BARBER AT THE CENTER! \$5 haircuts for men.

NO Appointments in November. Ryan will return on December 6th.

## Thank You for Your Kindness and Support!

Thank you to the Kimberly Beth Kennedy Family Foundation for your support. Thank you to Skidmore Peer Health educators for Tech Fair. Thank you to all vendors and sponsors who participated in the Medicare/Health Fair and presenting us with important information. Thank you to Bonnie Grecco, Rick Bolton & Jackie Dugas, and Garland Nelson for beautiful music. Thank you to Stewart's for our ice cream sundaes. Thank you to Capital Roots and Blue Shield for the Immune Booster presentation. Thank you to Greg Vietch for his very colorful presentation on the Gangsters of Saratoga. Thank you to The Giving Circle, SSSHS Key Club, SSSHS Honor Society, and Skidmore Athletics Assoc. for helping our seniors with lawn care. Thank you to Quick Response for deep cleaning the Center. A huge thank you to all our volunteers, you keep our world rockin'!

## WE ARE HERE TO HELP YOU

**NEW! Alzheimer's Caregiver Support Group**  
10:30am-11:30am, 2nd Friday 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.

**Thank you to New York State Caregiving and Respite Coalition** for the Caregiver respite grant. If you are a caregiver and would be interested in respite assistance from the Saratoga Senior Center, please call Support Services at 518584-1621 ext. 206.

**SENIOR SUPPORT SERVICES  
ADVOCACY AND INFORMATION REFERRAL**  
CALL THE CENTER IF YOU NEED ASSISTANCE

**FOOD ASSISTANCE**  
Supported by CDPHP

The Senior Center is partnering with the Regional Food Bank so we can provide Thursday produce available for 11am pick-up at the Center. Home delivery for produce is based on need and volunteer availability. Contact Senior Support Services at ext. 206 to register.

## COMMUNITY CONNECTIONS

Are you a senior over 50 who needs no-contact assistance with grocery shopping, medical transportation, yard work, check-in calls or errands? Contact Senior Support Services at ext. 206. We need volunteers to help with this program!

## TRANSPORTATION

We are providing transportation to medical appointments, shopping, groceries, etc. Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper. Contact Senior Support Services at ext. 206.

## SENIOR LIFE TRANSITIONS

Are you confused and troubled by a worsening health condition or serious illness? Overwhelmed by the complexities of the health system? Wondering how to sort all this out, and what it means for the future? Our new Senior Life Transitions Program may be able to assist you with these challenges: supporting you in transition, helping you plan for possible futures, empowering you to best age-in-place. The program is facilitated by Phil Di Sorbo, our national Board Certified Patient Advocate.

Call Phil at the Saratoga Senior Center to see if Senior Life Transitions may be able to assist you. 518-584-1621 ext.206.

## REGIONAL FOOD BANK

Thurs. 11-12:30. *Sponsored by CDPHP*  
Fresh produce pickup in the back yard unless inclement weather. Deliveries available by request. Call Senior Support Services. at 518.584.1621 ext. 206.

## TRIPS & EXCURSIONS! LET'S GET AWAY!

**FIND THE VAN TRIPS ON THE  
BACK COVER!**

## EXCURSIONS 2022

Tropical Costa Rica. February 19-27, 2022.  
South Pacific Wonders. March 15-April 1, 2022.  
Charleston, Jekyll Island & Savannah. April 25-May 1, 2022.  
Rome & the Amalfi Coast. May 17-26, 2022.  
Netherlands, Belgium & France  
feat. the Floriade Expo. June 4-15, 2022.  
Canadian Rockies & Glacier National Park. July  
California Dreaming. September 19- 26, 2022  
Music Cities Holiday. December 4-11, 2022.



## ONE DAY BUS TRIPS 2021

**BOSTON - A Day On Your Own in This Amazing City!**  
Thursday, November 18th.  
Sponsored by Blue Shield NENY

Member Price \$53. Non members welcome, please call the front desk.

Between the beautiful architecture, unique culture, amazing history and delicious food, it's one of the most popular tourist destinations on the East Coast. November is a great time to get unique gifts for the up-coming holidays.

**NEW YORK CITY - A Day On Your Own!**  
Wednesday, December 8th.

Member price \$48. Non members welcome, please call the front desk.

There is no other place quite like New York City; from its world-class museums, art galleries and architecture to its role as the theatre and financial capital of the world. Spend the day on your own and explore the fascinating city. You will be dropped off at Bryant Park (42nd between 5th & 6th).

*All one day bus trips leave from the train station on West Avenue. Our bus trips are open to the public, all ages, any residence. You do not have to be a member.*

## TRIP POLICY

One day bus trips are open to anyone regardless of age or residence. 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.

The Saratoga Senior Center will be  
**CLOSED**  
Thursday, November 11th for Veteran's Day.  
and  
Thursday, November, 25th for Thanksgiving!