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Saratoga Senior Center  
**NEWSLETTER**  
JUNE 2023

**June Cultural Events!**



**World Elder Abuse Awareness Day**

Sponsored by Aetna

**Thursday, June 15th. 9:45- 11:00am. FREE! OPEN TO THE PUBLIC!**



*This presentation is suited for members, families, friends and staff in the services industry.*

- Free Breakfast Sandwiches from Fat Paulie's
- Financial Exploitation and How to Protect Yourself, *presented by Phil Vacca, Herzog Law Firm*
- Common Scams and How to Avoid Them, *presented by United States Attorneys Office*
- Q & A with Herzog Law, US Attorney and Domestic Violence Advocacy of Mechanicville

*"This program is funded in part by Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, and participant contributions."*

**Please RSVP. Seating is limited. 518-584-1621**

**PARTY LIKE IT'S WOODSTOCK**



**Grab your best tie dye, fringe, jeans and come to a groovy picnic!  
Open to Saratoga Senior Center and YMCA Senior Members!**



**Tuesday, June 27th, 11:00-1:00pm at the YMCA pavilion on West Ave. \$5.00**

Live music with Jeff Brisbin! BBQ Chicken & Ribs! Games!

Building Update with Lois Celeste, Executive Director of the Saratoga Senior Center  
Pending certificate of occupancy, tours of the new building may be available.

**Must RSVP. Seating is limited. 518-584-1621**



*Sponsored by Home of the Good Shepherd*

**Trivia Night! Monday, June 26th. 5:15pm**

*"Where all those useless facts you've been collecting can finally come in handy!"*

Pizza bites served. Bring your own beverage. Join us for fun, friendly competition! Prizes!

**Please sign up, seating is limited. \$5.00. No trivia in July and August.**

*Sponsored by CDPHP*

**COCKTAIL TASTING!**

**Let's Party! BBQ in the Yard**

**Tuesday, June 13th. 2:00pm. \$5.00**

Hot Dogs and More! Includes Cocktail Tasting. Please sign up.



**FOOD**

**Dine in Dinner - Old Bryan Inn**

Tues., June 20, 5:30pm. Dinners are held at the Senior Center. \$12 per dinner.

Chicken Cordon Blue. *Please sign up, members only. GIN & TONIC TASTINGS*

**PaL's Meals To Go \$12 per dinner.** Prepared meals you just have to heat up.

**Pick up any time Monday or Tuesday between 9:30-3:30pm. Order by noon the Friday before.**

Mon., June 5th & Tues., June 6th. Lasagna with Meat Sauce

Mon., June 12th and Tues. June 13th. Meatloaf, Mashed Potatoes, Gravy and Corn

Mon., June 26th and Tues. Tues. June 27th. Chicken Marsala with Rice

**SPAC TICKETS ARE STILL ON SALE!**

There is still time to get your discounted seats for the NYC Ballet and Philadelphia Orchestra. One ticket per member per show. If you are planning on sitting with someone, please sign up together.

***Ticket sales for the ballet will end June 29th. Ticket sales for the orchestra will end July 13.***

**"GIVE WHERE YOU LIVE" - Creative Ways to Give to the Center!**

- Purchase our branded merchandise- They makes great gifts!
- Make a monetary donation through our website, by phone, or mail in a check.
- 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!
- 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 \$35 membership for a senior in need.



**DID YOU RENEW YOUR 2023 MEMBERSHIP**

See all that the Senior Center has to offer the Seniors in our community!

*Your Senior Center Membership Gives You Access To:*

- Exercise Classes
- Art Classes
- Cultural Events
- Special Presentations
- Live Music
- Support Groups
- Discounted SPAC tickets
- Dinners - To Go & Dine In
- Trips - local van, 1 day bus and excursions
- Baked Goods
- Regional Food Bank Produce
- Pitney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Card Games
- Pool Table
- Book Club
- Social Groups
- and more...

SARATOGA SENIOR CENTER



**Hours:** Monday-Friday 8am-4pm.

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

## FREE JUNE PRESENTATIONS

**CITIZENS EMERGENCY PREPAREDNESS PRESENTATION** *Presented by the MSGT. Lydia Gerardi, Air National Guard. Tuesday June 6th, 12:30 pm. Free and Open to the Public.*

This training teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. Participants will be advised on how to properly prepare for any disaster, including developing an emergency plan and stocking up on emergency supplies.

**Medicare Advantage Information.** Medicare Advantage plans include extra benefits and services that focus on your total health. We want to help you get the coverage, resources and care you need. For information stop by the center and chat with a licensed Medicare Advantage Agent.

- Aetna: Mon., June 12th. 11-1. & Wed., June 28th. 11-1.
- CDPHP: Friday, June 9th. 9-12 & Monday, June 26th. 9-12
- Highmark Northeastern NY: Wednesday, June 14th 10-11
- Nascenia Health: Wed, June 21st. 10-12.



## Please consider donating blood in memory of Ed Kelley.

*Ed gave so much of his time and self helping other, please donate so his legacy lives on.*



## RED CROSS BLOOD DRIVE

June 9th

Noon - 6:00pm at the Saratoga Senior Center  
Visit [redcrossblood.org](http://redcrossblood.org) to schedule an appointment.



## ART WORKSHOP SERIES included in the \$15 monthly activity fee

**Watercolor Workshop** *facilitated by Susan Peters.*

Monday, June 5th. 10:30. Please sign up, seating is limited. \$5 material fee. No experience necessary. A beautiful and nautical summer scene. Perfect for beginners and experienced alike.

## CLUBS AND PEER GROUPS

**Chit Chat Social Group** *facilitated by Anna*

**Mondays from 1-2pm** Join us for a fun hour of chit chat, music, laughs and snacks.

**The Hot Widows Club. Tuesday, June 6th and Tuesday, June 20th. 2:00pm.**

Our goal is to help women and men restart life after the death of a loved one. It's a way to connect with others and learn ways to move forward and live.

**Grief and Loss Support & Discussion Group** *facilitated by Lois Streit, MSW. Tues., June 13th & 27th. 2:00pm.*

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Coping with the loss of someone or something you love is one of life's biggest challenges. Any loss can cause grief, including: divorce or relationship breakup, loss of health, loss of financial stability, retirement, death of a pet, serious illness and more. The purpose of this group is to provide friendship, understanding, and hope.

**Book Club At The Center** *New Members Welcome! Please sign up.*

Tuesday, June 27th. 3:00pm. June Book: *West with Giraffes* by Lynda Rutledge

This is the great adventure story of 17-year-old Woodrow Wilson Nickel, who drives two giraffes cross-country in 1938 America, finding himself along the way through the joys and conflicts of the voyage. It is a piece of historical fiction and a coming of age in which the historical context of 1938 permeates the narrator's character development.

No Book Club meetings in July and August.

September book - *Lessons in Chemistry* by Bonnie Garmus

**New Member Social Hour** Thursday, June 22nd. 2:00pm.

Calling all new members! Join us for a fun, friendly social hour where you can meet other members. Conversation, fun and laughs. Please sign up!

**NEW! Memory Cafe.** *facilitated by Roy Scott*

**11am-12:30pm, 1st Friday of every month. Friday, June 2nd. Please sign up. Refreshments served.**

The memory café offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or another dementia. You can expect a judgment-free zone, the opportunity to connect with others, light refreshments and simple, yet meaningful and engaging activities.

**Alzheimer's Caregiver Support Group.** *facilitated by Roy Scott*

**11am-12:30pm, 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 our newsletter sponsors for their continued support!



**A plan for life.**

Capital District Physicians' Health Plan, Inc.

Home of the **Good Shepherd** Choose a Place Where Excellence is the Standard.

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- [www.homeofthegoodshepherd.com](http://www.homeofthegoodshepherd.com)

**Patricia Stanley**  
Community Development Coordinator  
Capital District/Mid-Hudson Valley



StanleyP@aetna.com c 518-390-2582



## STAY INFORMED AND CONNECTED!

### DO YOU GET OUR EBLASTS?

Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email address or if you don't have email, maybe you can use your son's or daughter's to keep you informed.

## COMING IN JULY - SAVE THE DATE!

### Saratoga Senior Center Expo

*The First Event in our New Building!!*

*(formerly health fair)*

**Thursday July 20th**

Enjoy informative presentations, interactive health programs, senior service providers and free food.

*More information to come.*



Sponsored by CDPHP, Highmark Northeastern NY and Home of the Good Shepherd



### Brooks BBQ

**Tuesday, July 11th**

**3:30-6:00**

Choice of Chicken and Rib Dinner  
Dinners include Baked Potato, Coleslaw, Roll  
Dine-in or Take Out

- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!
- **Day of Sales:** Forgot to order your dinner? You can come and get your meal day of.
- **Bulk Orders Delivery (15 or more):** We will deliver to your home or office!
- **Invite your friends over for a fun barbecue without the work!** Order Brooks dinners for your event.

Sponsored by CDPHP





## SENIOR SUPPORT SERVICES - HERE FOR YOU

Our staff, volunteers, and student interns are here to support you in meeting needs you have. Many times, getting you connected to the right resource is what works best. We collaborate with the health and social service agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. And our “*Community Connections*” volunteers can fill many gaps that other agencies may not be able to meet. For all Senior Support Services:

*Call 518-584-1621, extension 206*

Our ongoing services are information and referral, advocacy, and:

**Transportation:** Rides to medical appointments, pharmacies, dentists, the Senior Center, and more. Wednesday shuttle to Price Chopper from area housing sites.

**Food assistance:** Thursday Regional Food Bank produce for pick-up at the Center, or home delivery if homebound.

*Sponsored by Wellcare*



Volunteers to do grocery shopping. Links to food pantries, and more.

**Senior Life Transitions:** Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.

**Caregiver Support:** Caregiver Support Group; Monday client drop-in program for caregivers who need a break; respite volunteers to come to your home.

**Volunteer Assistance:** Rides, grocery shopping, light yard work, special needs and circumstances -

*Our volunteers are ready!*

## ALZHEIMER'S AND DEMENTIA SUPPORT

### Alzheimer's Caregiver Support Group

11am-12:30pm, 2nd Friday of every month.

Being a caregiver can present exhausting challenges and take a significant toll on your health. Support groups bring together people who are going through or have gone through similar experiences. Our support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

### Memory Cafe

11am-12:30pm, 1st Friday of every month.

The memory café offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or another dementia. You can expect a judgment-free zone, the opportunity to connect with others, light refreshments and simple, yet meaningful and engaging activities.

*Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.*

*Alzheimer's Support Group sponsored by Leon Goldberg's Charitable Trust.*

ALZHEIMER'S ASSOCIATION

### Saratoga County Department of Aging and Youth - “Gather & Dine” Lunch Program

Monday - Friday. 12:00pm. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call the kitchen at 518-584-1621 ext. 205.



## VOLUNTEERING! WE NEED YOU!

Have a little time to give? Looking to get involved in the Center? We have volunteer opportunities! Senior Center volunteers are involved both in-house and out in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form. We look forward to having you involved!

*Never Underestimate The Difference You Make  
And The Lives You Touch!*



## DO YOU GET OUR EBLASTS? STAY INFORMED AND CONNECTED!

Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email or if you don't have email, you can use your son's or daughter's to keep you informed.

## VAN TRIPS

### BEING A VOLUNTEER VAN DRIVER HAS ITS 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.

### Lunch Bunch - The Algonquin on Lake George

Friday, June 9th.

The Algonquin is located in the town of Bolton Landing on scenic Lake George. Enjoy lunch overlooking the lake. Walk and shop around the quaint town of Bolton after lunch. Pay \$10 at sign up. Bring money for lunch and shopping. Leave the Center at 10:45am. Return about 4:00.

### Troy Savings Bank - Music at Noon presenting Artists in Residence Quintocracy

Tuesday, June 13th

Artists in Residence Quintocracy are excited to perform another concert by women composers made possible thanks to a grant from the New York Women Composers' Seed Money Grant. On the program will be: Beata Moon's 'Wind Quintet', Judith Zaimont's 'From the Folk', Chen Yi's 'Woodwind Quintet No. 3 Suite from China West' and more. Lunch at 110 Grill, Latham. Pay \$10 at sign up, concert is free. Bring money for lunch. Leave the Center at 10:45. Return about 3pm.

### Thomas Cole House Guided Tour, Catskill, NY

Friday, June 16th

The moment you witness the breathtaking mountain views from Cole's porch, you'll fully understand his devotion to landscape painting. Special exhibit “Women Reframe American Landscape: Susie Barstow & Her Circle” illuminates the artistic contributions and perspectives of women. Lunch at Gracie's Luncheonette. Pay \$31 at sign up. Bring lunch money. Leave the Center at 9:30am. Return about 4:00pm.

### Walking Tour of the Stockade, (Schenectady)

Wednesday, June 21st

The Stockade Historic District is one of the oldest residential neighborhoods in the country. It is home to what the National Parks Service called “the highest concentration of historic period homes in the country,” with over 40 homes over 200 years old. It is the first Historic District established in New York. Lunch prior to tour at Ambition Cafe. Pay \$20 at sign up. Bring lunch money. Leave the Center at 9:45am. Return about 3:45pm.

### Pastime Pinball, Manchester, VT.

Friday, June 23rd

Pastime Pinball is a hands-on museum featuring 66 pinball machines set to FREE PLAY. Take a shot at one of the gun games from the 1950s & 1960s. Or test your skills on a 70-year-old Shuffle Bowler and Skee Alley. Play a 1960s baseball game, a 1970s basketball game and an Atari driving game from the early 1980s. Retro gamers can enjoy Ms. Pacman, Galaga, Frogger, Street Fighter and hundreds more. Pay \$15 at sign up. Bring \$25 admission. Bring snack money. Leave the Center at 11:00am. Return about 4:00pm.

### Private Tour of Lawrence Barisic's Eclectic Art Collection

Wednesday, June 28th. Choose a date. 11:00-1:00. Each visit limited to 8 people.

Lawrence's collection is comprised of historical 19th century world city scapes, contemporary artwork which features Fidel Castro's granddaughter as well as obscure and eclectic pieces of both local and world art. Subject matter ranges from fashion, propaganda, design, history, advertising, immigration and ethnocentricity to Andy Warhol, Albar Sunol, and Ruth Bader Ginsberg. Complimentary wine and cheese. To reach Lawrence's apartment you must climb a steep set of stairs. Pay \$22 at sign up which benefits the Saratoga Senior Center.

### Coming in August! The Lion King at Proctors. Seats still available

Thursday, August 10th at 1:30pm

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. One of the most breathtaking and beloved productions ever to grace the stage. Please pay \$65 at sign up. These are balcony seats.

## TRIP POLICY

- Van trips are for members only.
- 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.
- All times for our van trips are approximate. We do not guarantee a return time to the Center.

## COLLETTE EXCURSIONS

*We travel not to escape life, but for life not to escape us.*

### 2023 TRIPS

**Maritimes Coastal Wonders featuring the Cabot Trail (Halifax & Nova Scotia)**  
August, 2023

**Cruising the Danube to the Black Sea**  
September 11-23, 2023

**Shades of Ireland**  
October 7-October 16, 2023

**Spotlight on San Antonio Holiday**  
November 30 -December 4, 2023

### 2024 TRIPS *Are any of these on your bucket list?*

**Journey to Antarctica**  
January 16-29, 2024

**Hawaiian Adventure**  
January 18-27, 2024

**Discover South Pacific Wonders**  
February 21-March 6th, 2024

**Spectacular South Africa**  
March 7-20, 2024

**Discover Nashville**  
April 28-May 2, 2024

**Spectacular Scandinavia**  
May 16-29, 2024

**Discover South Dakota**  
June 7-13, 2024

**Iceland: Land of Fire & Ice**  
July 21-30, 2024

**Spotlight on Tuscany**  
August 1-22, 2024

**Greece Island Hopper**  
September 2024. Details coming

**Spains Classics & Portugal**  
October 12-26, 2024

**Southern Charm**  
December 2024. Details coming.

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### 2023 One Day Bus Trips Open to the Public

#### Mystic, CT. Tuesday, July 18th.

Mystic is a quintessential Connecticut coastal town that is historic, charming, and bustling with tourists. Step on the deck of the Charles Morgan, the last of the American mighty whaling fleet, check out what lives in the waters around Mystic at the Mystic Aquarium and more.

*Member Price \$60. Non-member price \$85.*

#### Salem, MA

#### Thursday, October 19th.

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! Information coming on possible hop on/hop off trolley. \$18\* (price to be confirmed). Member \$60. Non-member price \$85.

*One day bus trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.*

#### TRIP POLICY

Van trips are for members only. 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.
- All times for our van trips are approximate. We do not guarantee a return time to the Center.

#### 2023 Multi Day Bus Trips

*Open to the Public. Includes bus, hotels, tours, some meals and gratuities.*

#### Montreal, Quebec City and Ottawa.

**September 17-22nd, 2023. 6 days 5 nights. \$1095 per person double occupancy.**

Discover the French inspired culture of Quebec's cosmopolitan cities on our bus tour to Montreal, Quebec City, and also Canada's capital - Ottawa! You will experience a guided tour of Montreal, a guided tour of Quebec City and last, but not least, a guided tour of Canada's stately capital, Ottawa, with its stunning architecture. **Last day to sign up is July 7th.**

## JUNE PROGRAMMING

*"It's a smile, it's a kiss, it's a sip of wine... it's summertime!" – Kenny Chesney*

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs. Ask about how Silver Sneakers & ReNew Active work with the monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi	9:00: Golf League	8:45: Senior Life	10-10:45: SS Cardio & Strength (center & zoom)	9-12: Poker
9:00-12: Barber (see schedule)	9:00: Poker	Transitions Team Mtg.		9:30: Clay Arts
9:00: Walking Club	9-9:45: SilverSneakers	9:30: Mosaics	10:00: Ukelele	10:00: Healthy Bones
9:30-12:30: Clay Arts	9-11: Women's Pool	9:30-1: Rug Hooking	10-2: Tarot Cards (see schedule)	10:00: Spanish
10:00: Healthy Bones	10:00: Meditation	10:00: Knit & Crochet	11:00: Foodbank	11:00: Memory Cafe - (1st Friday of month)
10-11: Chair Yoga (center & zoom)	11:00 Spanish	10-11: Zumba	11:00-11:45 Gentle Yoga (center & zoom)	11:00: Caregiver Support Group (2nd Fri of month)
1-2: Chit Chat	1-4: Pool League	1:00: Bingo	1-4: Pool League	1-4: Pool League
1-4: Pool League	12:30: Mahjong	1:00: Strength w/Aidan (center & zoom)	1:00: Mahjong	
1-4: Bridge	2:00: Widows Club 1st & 3rd	12:30-4: Canasta	1:00: Bokwa	
	2:00: Grief & Loss Support 2nd & 4th	1-4: Pool League	1:00: Belly Dancing	
	3:00: Book Club (see schedule)	2:00: Pilates		
		2:00: New Member Mtg (see schedule)		

#### SPECIAL EVENT SCHEDULE

- Every Monday. 1:00 Chit Chat Social Group
- Every Tuesday. 9:00. Women's Pool League
- Every Tuesday. 9:00. Golf League
- Every Wednesday. 1:00. Bingo
- Every Thursday. 11:00. Regional Food Bank
- Fri., June 2nd. 11:00. Memory Cafe
- Mon., June 5th. 9:30-3:30. To Go Meals
- Mon., June 5th. 10:30. Watercolor Workshop
- Tues., June 6th. 12:30. Emergency Preparedness
- Tues., June 6th & 20th. 2:00. Widows Club
- Fri., June 9th & 26th. 9-12. CDPHP Medicare Advantage
- Friday June 9th. 11-12:30. Alzheimer's Support
- Fri., June 9th. 12-6. Ed Kelley Blood Drive
- Mon., June 12th. 9:30-3:30. To Go Meals
- Mon., June 12th & 28th. 11-1pm. AETNA Medicare Advantage
- Tues., June 13th & 27th. 2:00. Grief & Loss
- Tues., June 13th. 2:00. BBQ in the Yard
- Wed., June 14th. 10-12. Highmark Medicare Advantage
- Thurs., June 15th. 9:45-11. Elder Abuse Presentation
- Tues., June 20th. 5:30. Dine In Dinner
- Wed., June 21st. 10-12. Nascentia Health
- Wed., June 21st. Last Pilates class
- Thurs., June 22nd. 2:00. New Member Social
- Mon., June 26th. 9:30-3:30. To Go Meals
- TMon., June 26th. 5:15. Trivia
- Tues., June 27th. 11-1. Woodstock Party
- Tues., June 27th. 3-4. Book Club
- Thurs., June 29th. 10:00-2:00. Tarot Cards

#### Thank You for Your Kindness and Support!

Thank you to Home of the Good Shepherd for making our Thursday BBQ's so fun!

Thank you to Rick Bolton & Jackie Dugas for music that makes us happy.

Thank you to Caffe Lena and Kalos for an amazing musical performance.

Thank you to MVP for sponsoring our Bokwa class.

Thank You CDPHP for sponsoring our Food Bank.

Thank you to SPAC for the discounted ballet and orchestra tickets.

Thank you to Katie Long for all the Zentangle classes.

Thank you to all our sponsors and supporters of the Music & Mingling Gala.

Thank you to AETNA, CDPHP, and Nascentia for Medicare Advantage Information Sessions.

Thank you to all our class instructors.

**Thank you to all our volunteers!**

**You keep our world rockin'!**

#### What Is Your Passion?

#### Will You Share With Your Fellow Members?

Is it:

- a second language,
- healthy living
- art, photography, writing
- cooking
- history or cultural

We are looking for volunteers to share their passion, talent, humor and music with our members. Please contact Colleen at colleenk@saratogaseniorcenter.org or call 518-584-1621.