

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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Saratoga Senior Center  
**NEWSLETTER**  
AUGUST 2021

## SENIOR PICNIC FUN DAY!



Free!

### CALLING ALL SENIORS!

THE SARATOGA SENIOR CENTER AND THE SARATOGA YMCA  
INVITE YOU FOR A CELEBRATION OF SENIORS AT THE YMCA PAVILION

Tuesday, August 31st, 11-1:00pm

Live music with Jeff Brisbin! Free Food! Games! Raffles! Tarot Card!

Pitney Meadows Pop Up Market! Travel Expo! Art by Seniors! Fun!

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

Sponsored by BlueShield of NENY



Please RSVP!



### FRIDAY BACKYARD BBQ LUNCH!

11:30-12:30. Friday August 6 and Friday August 13th

Join Abby & Anna on Friday afternoons for some BBQ and fun! With the warm weather here to enjoy, come hang out with your friends & make the most of summer days!

#### Special BBQ - Abby's last day!

Friday August 6th, 11:30-12:30

#### Live Music Schedule: Fridays 11:30-12:30.

Bill Gervasio - August 13th.



### ARE YOU READY? IN HOUSE CHEF DINNERS ARE BACK!

Please preorder meals by 4 pm the day before.

Humana

MENU: dinners sponsored by Home of the Good Shepherd & Humana.

Tues., August 10th. **Old Bryan Inn**

**Dine in at the Center with your friends at 4:30pm. OR take your dinner "To Go" 3-4:30pm.**

Please indicate your choice at sign up.

Tues., August 17th. **Simply Food by Maura** Roast Turkey Dinner - stuffing, mashed potato, gravy, green beans. \$11.

**To Go dinner only 3-4:30, curbside pick up**

Order early!

**IMMUNE SYSTEM BOOSTER** facilitated and sponsored by BlueShield of NENY

Tuesday, August 10th. 11:00am

This year especially, we are all seeking ways to stay healthy and give our immune system a boost during cold and flu season. Join us for a discussion on how we can use food to help us stay strong.



### BRIDGE Mondays, 12:30. Beginning August 2nd.

We would like to welcome bridge back to the Center. Open for friendly games. Hope to see you!

### UKULELE IS BACK AT THE CENTER!

 facilitated by Marshall Swift

Thursdays 10:00am.

Dust off your ukulele and join your friends at the Center for some singing and playing.

### FREE PITNEY MEADOWS POP UP FRESH PANTRY

Mondays, 9:30am til gone. At the Saratoga Senior Center.



Sponsored by MVP



Pitney Meadows farm is unique because "we don't grow to make money; we grow to give. Our philosophy of farming means growing for the community." We are collaborating with Pitney Meadows in their Food Security Access to Farm-Fresh Produce program. They are committed to provide fresh produce donations to food pantries, senior programs, and other programs to feed the community.

### Thank You for Your Kindness and Support!

Thank you to everyone who volunteered at Brooks BBQ. Thank you to Pitney Meadows for our delicious fresh produce. Thank you to Bonnie Grecco and Bill Gervasio for beautiful music. Thank you to NABA, BlueCross BlueShield, and Herzog Law for presenting to us important information. Thank you to Freihofer's for the donations of rolls. Thank you to Fingerpaint and Saratoga County Industrial Development Agency for the continued support. A huge thank you to all our volunteers, you keep our world rockin'!

### YOU MAY BE ELIGIBLE FOR FREE CLASSES AT THE SENIOR CENTER!

Do you carry United Healthcare and are 65+ years? You may be eligible for Renew Active.

Do you carry any of the following medicare advantage plans: BlueCross BlueShield, BlueShield of NENY, CDPHP, EmblemHealth, Empire BlueCross, Empire BlueCross BlueShield, healthfirst, Humana, Independent Health, MVP, or WellCare? You may be eligible for the Silver Sneakers program.

Are you unsure if you are a Renew Active or Silver Sneakers member?

Call the front desk, let Joann and Kris help you out!

### SUPPORT YOUR SENIOR CENTER!

Looking for simple ways to support our seniors?

- 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



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.

## TIE DYE FUN! facilitated by Meryl, artist and instructor.

**Tuesday, August 10th, 1-3pm.** \$5.00 material fee. Please sign up!

Please bring your own t-shirt, blouse, shorts, etc., preferably 100% cotton white or light color, must be pre-washed.

If accessible, check out some YouTube videos on tie dye to get ideas. All other supplies provided by Senior Center.

## MEET & GREET WITH BARRY FINLEY, member and artist

**Wednesday, August 11th. 1:00 PM**

Brief discussion of Barry's artwork and how it relates to the history of art.

## CDTA HALF FARE PROGRAM facilitated by Valerie Rosado, CDTA Customer Service.

**Wednesday, August 18th, 11:30am. \$2.00 FOR THE CDTA CARD Please sign up!**

The CDTA offers half fare bus rates to citizens age 65 and over, and disabled individuals to access CDTA's fixed route service. Valerie will come and take your ID picture, get your information and make you a Half Fare card. Please bring proof of age and \$2. If you qualify and are under 65 you can provide an award letter from SSI or SSD.

## LEARN TO FALL IN LOVE WITH "ART" facilitated by Barry, member and artist

**Wednesday, August 18th & 25th. 1:00pm \$5 material fee.**

Afraid of expressing yourself through art? Barry has a fool proof easy method to get you to draw! Using designs provided by Barry, you will create pictures that are unique & colorful! Open to any level of experience, but geared to those with none.

## SIMPLE & EASY MEAL PLANNING! facilitated by Sherri Rose, Board Certified Health & Wellness Coach

**Thursday, August 26th, Noon. Please sign up!**

At a loss as what to eat? Hate cooking for 1? Sherri will give you guidance and tips to keep you healthy. How to avoid the last minute scramble for dinner, creating go-to lists of healthy meals, cooking for 1-2, healthy takeout, exploring meal delivery plans, and a recipe swap. *Session 2 with Sherri - Thursday, September 9th. "Balancing Your Wellness Wheel".*

## LOOKING FOR SOMETHING FUN TO DO? JOIN OUR CHIT CHAT & MUSIC GROUP

facilitated by Skidmore Intern, Abby and Anna. **Mondays, 1pm.** at the Center.

Join your friends for a fun hour of chit chat, laughs and music! Meet new friends and connect with old ones!

## WRITING YOUR MEMOIRS - STORIES THROUGH THE DECADES. facilitated by Jackie, Skidmore intern.

**Thursdays, 10:00 - 11:00am.**

Write your stories and memories so that you and your loved ones can cherish them for a lifetime. No experience necessary.

## TAROT CARD READINGS facilitated by Mary Shimp

**Last Thursday of the month. 10-2pm.** \$5 suggested 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 through the use of a special deck of cards. Call to make a 15 minute appointment.

## JOIN OUR POKER GROUP

Fun friendly poker games on Fridays from 9-12. Welcoming new players.

## VAN TRIPS

### Pitney Meadows Farm "Flower Pressing" Monday, August 9th.

Enjoy a walk to the farm fields to collect a variety of blooms before settling at the outdoor tables to press flowers and plant parts with simple plant presses. Observe some of the pressed plant art and discuss pressing and mounting techniques with Pitney Meadows educators. Take your plant press and materials home to dry before using in framed art or to make custom greeting cards. Pay \$7 at sign up. Leave at 8:45am

### Michelangelo - A Different View Thursday, August 12th

This exhibition at the Albany Capital Center allows for an unprecedented closeness to the magnificent works of Michelangelo, the originals of which adorn the ceiling of the Sistine Chapel at the height of nearly 70 feet. Far away from the enormous streams of visitors to the Sistine Chapel, visitors here can take in the imposing paintings at their leisure and soak them in from only a few feet away. Lunch at Albany Pump Station. *We leave the Center at 9:00am. Pay \$25 at sign up. Bring additional money for lunch. Please sign up as early so I can purchase tickets.*

**Pitney Meadows Farm Sun Tea "Sip and Talk" with Executive Director Lynn Trizna" Monday, August 16th.** - Enjoy an outdoor conversation with Executive Director Lynn Trizna and a beautiful view of the production farm fields. You will learn about the history, programs and impact of the Pitney Meadows Community Farm, and while you talk, enjoy fresh sun brewed tea with herbs from the fields. If you enjoy what you taste, you can then harvest some fresh herbs to take home and make your own fresh herbal tea! Pay \$7 at signup.

**Lunch Bunch - Vermont Country Store Friday August 27th.** Shop and have lunch at the iconic Vermont Country Store. "It's everything you could want in a country store and more." Lunch at Mildred's Grille. Pay \$15 at signup. Bring money for shopping and lunch. Leave the Center at 9am.

Thank you to our newsletter sponsors for their continued support!



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You can count on MVP to help you find the right Medicare plan.

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Monday-Friday, 8 am-8 pm

Visit [joinMVPmedicare.com](http://joinMVPmedicare.com)



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# AUGUST PROGRAMMING

*"August is like the Sunday of Summer."*

**In House & ZOOM Classes, Presentations, Food and More!**

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 (center & zoom)	9:30: Mosaics (center)	10-10:45: Low Impact Cardio & Strength (center & zoom)	9-1: Arts Lab
9:00: Walking Club	10:00: Meditation w/ Susanne(center & zoom)	10:15-11: Zumba (center & zoom)	10-2: Tarot Cards (last Thursday of month)	9-12: Poker
9:30-12:30: Clay Arts	11:30-12:30: Gentle Yoga Flow w/ Leanne (center & zoom)	10:00: Knit & Crochet	11:00-11:45: Gentle Yoga /June (center & zoom)	11:30-12:30: BBQ
9:30: Pitney Meadows Market	1-4: Pool League	10-1:00: Rug Hooking	11-12:30: Regional Foodbank Pickup	1-4: Pool League
10:00: Ukulele	3-4: Book Club (see calendar)	12:30: BINGO	12:30: Mahjong	
10-11:Chair Yoga w/ Susanne (center & zoom)		1-4: Canasta	1-4: Pool League	
12:30: Bridge		1-1:45: Strength w/Aidan (at center & zoom)	1-4: Pinochle	
1-2: Chit Chat/Music		1-4: Pool League		
1-4: Pool League		2:15: Yoga (center)		



Thank you CDPHP for sponsoring our Health and Wellness classes.

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

## SPECIAL EVENT SCHEDULE

- Monday 9-12. (second Mon. of month). Men's Haircuts
- Mondays 9:30. Pitney Meadows Pop Up Market.
- Mondays 12:30. Bridge.
- Wednesdays. 12:00. Bingo.
- Thursdays 10:00. Ukulele
- Thursdays(last Thurs of month). 10-2. Tarot Card Reading.
- Fridays. 9-12. Poker
- Fridays. 11:30 - 12:30. BBQ Lunch.
- Wed., August 4th. Aidan's Strength is back at the Center!
- Fri., August 6th. 11:30-12:30. Goodbye to Abby BBQ
- Tues., August 10th. 11:00. Immune System Booster
- Tues., August 10th. 1:00. Tie Dye Class
- Tues., August 10th. 3:00. Dinner - Longfellow
- Weds., August 11th. 1:00. Meet & Greet with Barry
- Fri., August 13th. 11:30. Live Music with Bill Gervasio.
- Tues., August 17th. 3-4:30. Turkey Dinner To Go.
- Weds., August 18th. 11:30. CDTA Half Fare Program
- Weds., August 18th & 25. 1:00. Learn to Love Art
- Thurs., August 19th. Sonnenberg Bus Trip.
- Tues., August 31st. 3:00-4:00. Book Club.
- Tues., August 31st. 11:00-1:00. Senior Party

**BARBER AT THE CENTER!** \$5 haircuts for men. **2nd Monday of the Month - 9:00-12pm.**

Ryan will be coming to the Center to cut our men members hair. Must call the front desk to make an appointment.

**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.

## BOOK CLUB AT THE CENTER

*New members welcome!*

**Tues., August 31st 3pm. "Code Breaker: Jennifer Doudna; Gene Editing & the Future of the Human Race."**

**By Walter Isaacson**

The bestselling author of Leonardo da Vinci and Steve Jobs returns with a gripping account of how Nobel Prize winner Jennifer Doudna and her colleagues launched a revolution that will allow us to cure diseases, fend off viruses, and have healthier babies.

## BECOME A MEMBER TODAY.

**Support your Center and Stay Active!**

Do you know someone turning 50 or 60? Why not purchase a Saratoga Senior Center membership for a gift?!

We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. For just \$25 a year you instantly get access to our programs and services. To find out more call the Front Desk at 518.584.1621.

## YOU MAY BE ELIGIBLE FOR FREE CLASSES AT THE SENIOR CENTER!

Do you carry United Healthcare and are 65+ years? You may be eligible for Renew Active and free classes at the Center.

Do you carry any of the following medicare advantage plans: BlueCross BlueShield, BlueShield of NENY, CDPHP, EmblemHealth, Empire BlueCross, Empire BlueCross BlueShield, healthfirst, Humana, Independent Health, MVP, or WellCare? You may be eligible for the Silver Sneakers program and free classes at the Center.

Are you unsure if you are a Renew Active or Silver Sneakers-member? Call the front desk, let them help you out!

## WE ARE HERE TO HELP YOU

### SENIOR SUPPORT SERVICES ADVOCACY AND INFORMATION REFERRAL

CALL THE CENTER IF YOU NEED ASSISTANCE

### FOOD ASSISTANCE



#### Supported by BlueShield of NENY

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 today to see if our new Senior Life Transitions program may be able to assist you." 518-584-1621 ext.206.

## REGIONAL FOOD BANK

Thursdays 11-12:30.

Sponsored by CDPHP



Fresh produce pickup in the back yard under the tents. Deliveries available by request. Call Senior Support Services. at 518.584.1621 ext. 206.

## MY VIRTUAL SENIOR CENTER

The VSC gives seniors a place to go, learn, explore, and socialize without having to leave home. VSC's vibrant and safe virtual community offers ways to interact and engage through live virtual classes, direct video chats and far-reaching discussions. Experiences span from literature to computer courses, health to virtual travel and museum tours. If you are interested in being a part of the Community, call Senior Support Services at 518-584-1621, ext. 206.

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

### EXCURSIONS 2021

Pacific Northwest. October 4-11, 2021.  
Greece Island Hopper. October 16 -26.  
Bluegrass Country & the Smokey Mountains. Oct. 15-23.  
Canyon Country feat. Arizona & Utah. October 20 -27.  
Christmas on Danube River Cruise. December 2-10.  
Spotlight on Sante Fe. December 5-10.



### EXCURSIONS 2022

Tropical Costa Rica. February 19-27, 2022.  
South Pacific Wonders. March 15-April1, 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



### SONNENBERG MANSION, BOAT RIDE & LUNCH Sponsored by CDPHP

**Thursday, August 19. \$100 member price. Non members welcome, please call the front desk.**

Land, Lake & Lunch in Canandaigua. Sonnenberg Gardens & Mansion is one of the longest surviving estates from the Victorian Era in the US. The elegant 40-room Queen Anne-style mansion was built in 1887 by NYC financier Frederick Ferris Thompson and his wife, Mary Clark Thompson, as a summer home. Enjoy a lunch cruise on the Canandaigua Lady – a 19th century steamboat replica and double-decker paddle wheeler.

### A DAY IN NEW YORK CITY ON YOUR OWN

**Wednesday December 8th. Price to be determined. \$ member price. 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).

**We are planning a September/October bus trip. Details coming soon! Any suggestions?**

*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.*

We suggest you carry a mask with you when traveling on any of our van and bus trips. We are never sure of a facilities policy as things change all the time.