

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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# Saratoga Senior Center NEWSLETTER

NOVEMBER 2019



**“SIPPING FOR SENIORS”  
AT BAILEY’S CAFE**  
Thursday, Nov 14th, 6pm-10pm  
37 Phila St., Saratoga Springs

Stop in for dinner and drinks. Our guest bartenders are friends of the Center and Community members. All bartender tips and 20% of the food and beverage sales benefit the Senior Center. Join us at Bailey’s Cafe in downtown Saratoga Springs.

## THANKS FOR GIVING!



**BROOKS BBQ**  
Tuesday, Nov 19th, 3pm-6pm  
Sponsored by CDPHP



Bringing back memories of warm summer days & aroma of BBQ on the grill! Mmm mmm good!

Chicken Dinner: \$12.50  
Rib Dinner: \$14.50. *All dinners include Baked Potato, Coleslaw, Roll.*

- **Pick up or eat in at the Senior Center**
- **Bulk Orders Delivery (15 or more):** We will deliver to your office
- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!

*Benefits the Saratoga Senior Center & Saratoga Children’s Theatre*

**MEMBER GIVING CHALLENGE**  
Tuesday, Nov 12th, 12:30pm-2pm

Join us in raising money for your Senior Center. We are asking members to help us raise money through our annual appeal by sending letters to your family and friends on behalf of the Center. We will have an appeal letter prepared; all you need is your address book! Food and beverages will be provided.

## FEAST TOGETHER



**NEW! “GRAB & GO” MEALS ARE BACK! NEW REDUCED PRICING!**

*Every day at the Senior Center. See front desk for details.*

Thank you to the **Saratoga Springs Rotary Club** for our new glass front refrigerator. Choose from assorted sandwiches, soups, side salads and more right from the front desk. Perfect for lunch or dinner!



**“CHIANTI AND THREE VINES BISTRO” ARE IN THE HOUSE!**

*Sign up, \$10 per person, please sign up. Sponsored by CDPHP*

Monday, November 4th, 5:30pm Three Vines Bistro. Menu TBD



Thursday, November 21st, 5:30pm Chianti il Ristorante Menu: Zuppa di Minestrone, Orecchiette Al ragu Mousse di ricotta



**BREAKFAST, \$3 Sponsored by Empire Blue Cross Blue Shield**  
Wednesday, November 6th, 8:30am

“Meet & Greet” with Empire representatives over a hot breakfast. Enjoy ice coffee provided by Empire Blue Cross Blue Shield.



**“TAKE 5” TUESDAY TO GO DINNERS AT THE CENTER**  
Meals By 5 Points Deli, Sponsored by Aubrey Guri Team. \$9.50/dinner.

Pick up is 4-5:30pm at the Center. Call 518-584-1621 by noon to place your order.  
Nov. 5th Lasagna w/Sweet and Hot Sausage, Garlic Bread  
Nov. 12th Roast Turkey w/Homemade Mashed Potatoes, Stuffing w/Gravy, Cranberry Sauce  
Nov. 19th None (*enjoy Brooks BBQ this day*)  
Nov. 26th Meatloaf, Seasoned Potato Wedges, Corn



*A portion of every dinner sold supports the Center.*



**Hours:** Monday-Friday 8am-4pm / Tuesdays, 8am-5:30pm  
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

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# FUN FRIDAYS ARE BACK!

Friday Activities sponsored by CDPHP  
Serving Soup 12:30pm - 1:00pm, \$2 per cup



## Friday, Nov. 1st

- **10:30am: OPERA SARATOGA "SINGS FOR SENIORS"** Free and Open to the public.
- **12:30pm: COOKING & TASTING W/ SIOBHAN** Free (1st Friday of the month)  
Salads: spinach salad, caramelized nuts, warm dressing.

## Friday, Nov. 8th

- **10am: GAME DAY!** Remember Recess in school? Come on in and play pingpong, pool, giant Connect 4, corn hole.
- **1:00pm: VETERANS DAY CELEBRATION**  
See details below

## Friday, Nov. 15th,

- **10am: MOVIE "Second Act"** \$2 members
- **1:00pm: VOLUNTEER LUNCHEON**  
See details below

## Friday, Nov. 22nd,

- **12:00-2:00pm NORTHSHIRE BOOKSTORE**  
See details below
- **2:-3:30pm: MUSIC & DANCING TO "THE LAKESIDERS"** \$2 members  
They're Back! Lots of fun music to sing and dance to.

**NEW CLASS! "BEING WELL"** Facilitated by Amejo Amyot, Ph.D  
Mondays 2:30pm - 3:30pm. \$2.

BEING WELL focusing on getting and staying healthy It will be a spirit, body, mind support group to bring hope to us as we age. Amejo will use guided meditation to raise spiritual wellness energy. And also address looking at letting "food be thy medicine" as well as other lifestyle issues of exercise, stress, sleep, gratitude and hope.

## OPERA SARATOGA - "SINGS FOR SENIORS"

Sponsored by CDPHP

Friday, Nov. 1st, 10:30am. Free. Open to the Public.

Opera Saratoga will once again launch the new season with Saratoga Sings! for Seniors. The program brings the joy of great singing right to our door.



## VETERANS DAY CELEBRATION Sponsored by Empire Blue Cross Blue Shield

Friday, Nov. 8th, 1:00pm, Free. Open to the Public.

Local re-enactor and historian, Gary Ferris, will be the radio host for the afternoon as we are taken on a journey back to the Vietnam era into a real USO Armed Forces Radio Network Show, similar to the kind Bob Hope broadcasted from all over the world.



## "PLANNING FOR YOUR FINAL EXPENSES AND UNDERSTANDING YOUR OPTIONS"

Presented by Ingrid Swanson & Guest Speaker, Bob Reed, Former NFL Player with the Minnesota Vikings.

Tuesday, November 12th, 11am. Free. Open to the Public.

Join us for an educational seminar on how affordable final expense life insurance can work for you and your family, regardless of your health. Learn about the expenses associated with burial costs and how to avoid this financial burden. Complimentary cookies, memorial planning guides and insurance consultations will be provided!



## WHAT SHOULD DEMENTIA CARE LOOK LIKE?

Presented by Stephen Bowman, President of Peregrine Senior Living & A Memory Care Provider

Thursday, November 14th, 2:30-3:30. Free. Open to the Public.

Stephen offers a vision of memory care that is often contrarian to many of our common industry strategies. There are over 6 million Americans today that have Alzheimer's and the numbers are growing. There is no cure on the horizon, and as a society we have entirely overlooked creating a meaningful and compassionate model of care. This thoughtful presentation and discussion will help move us closer toward an answer. Refreshments provided.

## VOLUNTEER "THANK YOU" LUNCHEON Sponsored by Blue Shield Northeast NY

Friday, Nov. 15th, 1:00pm - 2:00pm.

The 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 Nov. 12th. Stop by the Front Desk or call 518-584-1621.



## UNITED METHODIST CHURCH OF SARATOGA PRESENTS: "ACABELLA", A HAND CHIME CHORUS

Tuesday Nov. 19th, 2:30 pm. Free. Open to the Public.

Come and listen to this unique type of music. Handchimes are musical instruments which are rung by hand, similar to handbells.

## TO ALL BOOK LOVERS AT THE CENTER: JOIN NORTHSHIRE BOOKSTORE

Thurs. 7th 2:30-3:15 Free. Open to the Public.

Get the inside scoop from expert book seller, Mike Hare, Northshire Bookstore, on his enthusiastic list of current book recommendations.



## 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, ext. 206.



### 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, ext. 206.



### FRESH PRODUCE

SUPPORTED BY UNITED HEALTHCARE

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays at 10:00am. Please check in on the Pastry & Produce button on the computer.

### 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 them. Call Nicole at 518-584-1621, ext. 206.



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### GROUPS & GATHERINGS

### GETTING BETTER WITH AGE!

"the things wisdom didn't tell me"

Sponsored by Herzog Law

11:00-12:00, Thursdays Free

Ever asked yourself "Now what?" "What's next?" Come join our new group to find out! Through informative, interactive 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.

### 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. Open to the public.



### Alzheimer's Office Hours at the Center

Sponsored by Goldberg Family Foundation

Every Friday from 9-3:30, a local representative from the Alzheimer's Association will be at the Saratoga Senior Center to meet with individuals and families who need information, referral and support services. Please schedule an appt with Katie Keary at 518-867-4999, ext. 1680 or [KgKeary@alz.org](mailto:KgKeary@alz.org).

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## 2019 VAN TRIPS

(Members Only)

### Haunted Tour and Chocolate Making

Thursday, November 7th

Travel to Barkeater Chocolate Factory in North Creek and hear firsthand accounts of their spooky history; scandals, tragedies and things that go bump during the day. After they have covered the paranormal you will make your own chocolate treat! Don't fill up on chocolates, you will go to Beck's Tavern for lunch. Stop at the Hudson River Trading Co. store before or after lunch. *Pay \$35 at sign up. Leave the Center at 8:30am.*

### Norman Rockwell Museum

Tuesday, November 12th

Explore exhibitions, events and openings that celebrate the Norman Rockwell Museum's 50th Anniversary. Have a delicious lunch at the fascinating Pleasant & Main Cafe. *Pay \$15 at sign up, bring \$18 admission and money for lunch. Leave the Center at 9:00am.*

### All About the "Schuyler Women"

Thursday, November 14th

Start with a guided tour of the Schuyler Mansion, the elegant home of General Philip Schuyler, focusing on the Schuyler Women. Next stop is Albany Institute of History & Art for a gallery talk about the "Schuyler Sisters". As the wife of Alexander Hamilton, Eliza had a front row seat to events that shaped this country in the years immediately following the Revolution. There is no time for lunch between tours. Please eat breakfast and bring a snack/water. Have a late lunch at Albany Pump Station. *Pay \$34 at sign up, bring lunch money. Leave at 10:15am.*

### The Hyde Collection- Picasso, Braque, & Léger

Thursday, November 21st

The Hyde Collection is a historic house and museum complex with a distinguished collection of art. Enjoy a guided tour of the featured exhibit of Picasso's earliest print series, Suite des Saltimbanques (1904-5), and his last, Le Cocu Magnifique, 1968, as well as works from Braque's and Léger's. Lunch after at Cooper's Cave. *Pay \$18 at sign up. Leave at 9:45am. Bring your glasses, magnifying lens - print is small!*

### Skidmore Men's Basketball Game

Saturday, November 23rd. 4pm game

Let's cheer on Coach Joe and the Skidmore boys as they play against Middlebury College. Coach Joe & team are saving us good seats! Wear your green in support. *Pay \$2 at sign up. Please bring additional money for snacks. Leave the center at 3:15pm.*

### Lunch Bunch at Fenimores Pub at the Queensbury Hotel

Tuesday, November 26th

The Queensbury Hotel is an iconic hotel built in 1926, offering a home away from home experience unparalleled in upstate New York. It has recently undergone major restorations returning the hotel to its original grandeur. *Pay \$10 at sign up. Please bring additional money for lunch. Leave the Center at 11:30am.*

## SHOW TICKETS

Tickets on sale now!



### SPAC HOLIDAY SERIES

- **Salzburg Marionettes "The Nutcracker"**  
at Saratoga High School  
Fri., Dec. 6, 7pm & Sat., 12/7, 2pm. \$22.  
Must order by 11/26.
- **Orchestra of St. Luke's Brandenburg Concertos**  
at Bethesda Episcopal Church  
Sat., 12/14, 7pm. \$22. Must order by 11/26.
- **VOCES8**  
at Bethesda Episcopal Church  
Thurs., Dec. 19. \$22. Must order by 11/26.

### PROCTORS AND CAPITAL REP SHOW

- **Fiddler on the Roof** At Proctors  
Thursday, February 20, 2020, 1:30pm  
\$66.00 due at sign up
- **Cats!** At Proctors  
Thursday, April 30, 2020, 1:30pm  
\$66.00 due at sign up
- **Sister Act!** At Capital Rep  
Wednesday, August 5, 2020, 2:00pm  
\$63.00 due at sign up

## ONE DAY BUS TRIPS 2020!

Open to the Public

### Where Do You Want To Go?!

#### Looking for 1 Day Bus Trip ideas!

Leave your ideas/suggestions in the box where Colleen's desk is. The trips need to be within 4 hours of the Senior Center.

### 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.

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# TRIPS & EXCURSIONS

## EXCURSIONS 2020

Collette Tours, Open to the Public

### Discover Spectacular South Africa

#### Culture & Nature in Harmony

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

Tap into South Africa's harmonious mix of cultures, cosmopolitan cities, magnificent wildlife and fertile wine country.

### Discover Panama: The Land Between the Seas

April 17th-25th, 2020 (\$3,099 double)

Between the Atlantic and Pacific oceans lies Panama, a country where bustling cities surround Spanish ruins, and rainforests cradle luxury resorts.

### Shades of Ireland

May 16th-25th, 2020 (\$4,099 double)

Set out on our most popular Irish adventure. Experience all of the charms of this enchanted country, including its welcoming people.

### Discover South Dakota

#### featuring Mount Rushmore & The Badlands

June 5th-11th, 2020 (\$2,599 double)

Discover the spirit of the American West and come to know the legends of the past.

### Discover Mackinac Island

#### featuring the Grand Hotel & Chicago

July 10th-17th, 2020 (\$3,599 double)

This classic Midwestern destination tour features Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island.

### The Azores: Jewels of Portugal

August 21st -30th, 2020 (\$4,599 double)

Enter an untouched paradise on an adventure through the Azores, the archipelago gems of Portugal.

### Painted Canyons of the West

#### Featuring Utah's Five National Parks

September 13-21, 2020, (\$3,649 double)

Explore the kaleidoscope of colors that is America's stunning canyon lands, on a journey that takes you across Utah's scenic byways and beyond.

### Discover Scotland

September 28th-October 7th, 2020 (\$4,049 double)

From rugged sea-sprayed islands to stately castles drenched in history, Scotland's treasures never fail to amazing visitors.

*Informational Slideshow - Nov. 13th, 1:30pm*

### Croatia & its Islands

#### Small Ship Cruising on the Adriatic Coast

October 13th-24th, 2020 (\$4,999 double)

From medieval architecture to ethereal waterfalls, coast along the sparkling Adriatic Sea and experience the best of Croatia.

### Discover the South Pacific Wonders

#### Australia and New Zealand

November 3rd-17th, 2020 (\$6,999 double)

From the tropical splendor of the Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of two amazing countries.

*Informational Slideshow - Wed., Dec. 4th, 1:30-3pm*

## MORE 2020 TRIPS - Details coming soon

Spotlight on Sante Fe Holiday -

*Informational Slideshow Wed., Dec. 4th, 1:30pm*

## MULTI DAY BUS TRIPS 2020!

(Diamond Tours, Open to the Public)

### Mystic, Foxwoods & Newport

June 14-16, 2020 \$345 double occupancy

3 days / 2 nights. 4 meals - 2 Breakfast / 2 Dinners.

This trip combines stately New England beauty with resort excitement! 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.

### Charleston, South Carolina

September 13-19, 2020 \$920 double occupancy

7 days / 6 nights: 10 meals - 6 Breakfasts / 4 Dinners

Historic Charleston is bursting with Southern charm and hospitality. The city feels a bit like it's suspended in time, thanks to its antebellum architecture and surrounding plantation landscapes.

## ONE DAY BUS TRIPS 2019!

Subsidized by Adirondack Trust Co. Community Fund

Open to the Public

### 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!



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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: Healthy Bones	9-10:30: Watercolor Lab	NEW! 8-9:15: Yoga with Janet (\$10)	8:30-9:30: Healthy Bones	9-3: Alzheimer Office Hours
9:30: Walking Club (\$5)	10-11:15: Gentle Yoga (\$10)	9:30-2: Rug Hooking (\$5)	9-11: Tarot Cards (last Thursday)	10-12: Clay Arts (\$20)
9:30-11:30: Clay Arts (\$20)	1000: Free Produce	9:45-10:15am: Free Leftover Day	9-12: Mosaics (\$20)	10-12: Poker (\$2)
10-11: Healthy Bones	11:30-12:15: Aerobics (\$10) -	10:00: Reminiscing	9-12: Fused Glass (\$10/class)	12-2:30: Artist Lab
11-11:45: Zumba with Emily (\$2)	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	10:00: Ukulele Jam	9:30-12:30: Reiki (2nd Thurs)	
11-12:30: Gentle/Chair Yoga (\$10)	1-4: Ping Pong and Pool	10:12: Knit & Crochet	10-11: Healthy Bones	
12:30-4: Bridge (\$5)	1:30-2:15: Pilates (\$10)	12:30-2: Bingo	10:30-12: Alzheimer Support Group (3rd Thursday)	
1-2: Chit Chat	3-4: Book Club (last Tuesday)	12:30-2:30: Wii Bowling	11-12: Getting Better with Age	
1-4: Canasta (\$2)		1:00: Strength w/Aidan (\$2)	11:30-12:15: Aerobics (\$10)	
1:30-3: Painting (\$10)		1-4 Ping Pong and Pool	12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)	
NEW! 2:30: "Being Well" \$2			1-2: Music, Memories	
			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 Tarot cards in November

### Book Club - New Members Welcome:

Tuesday, Nov. 26th, 3:00pm

"The Women In the Castle" by Jessica Shattuck.

### Reiki \$2.00

2nd Thursday of Month, 9:30am-12:30pm

Call the front desk for an appointment.

### Computer/Technology Assistance

Call the front desk for an appointment.

### Smartphone Skills for Seniors

Friday, Nov. 8, 9-10am (2nd Friday)

With IT specialist Damian Redman.

### Cooking with Siobhan

1st Friday of the month at 12:30pm. Free.

Learn easy healthy ways to prepare food.

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- Errands

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**THE ALZHEIMER'S ASSOCIATION**  
Presents "Memories in the Making Training"  
Friday, December 6th, 1:00-3:00pm. Free.  
Open to the Public. Please Sign Up!

**Saratoga County Office For the Aging Programs.** For information and to sign up, please call (518) 884-4100 .

- **Lunch**  
Served Daily in our Dining Room
- **Healthy Bones for Life - Exercise Class**  
Monday: 8:30-9:30am and 10-11:00am  
Thursday: 8:30-9:30am and 10-11:00am
- **Legal Assistance**  
Thursday, Nov. 7th, 1:30pm

## THANK YOU

Thank You to **The Kimberly Beth Kennedy Family Foundation, Inc.** for their generous gift. Thank You to **Saratoga Rotary** for our new glass front refrigerator. Thank you to **Robin Dalton** for our tablecloths. Thank You to **Sperry's Restaurant & Knights of Columbus** for our dinners. Thank You to the **students of St. Peter's** for Game Day, and Thank You to **Lauren Roberts** for a presentation on Sacandaga.

# NOVEMBER 2019

Thank you to **United Healthcare** for sponsoring our Social Activities.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NEW! FREE LEFTOVER DAY!</b> 9:45am Wednesdays. <i>Bring your own containers!</i> Thank you Skidmore for your donation of prepared food for the Center to share with members.		<b>COMING IN December</b> <ul style="list-style-type: none"> <li>Alzheimers "Memories in the Making Training" December 6</li> <li>An evening with Medium Kelly Ballard, Friday Dec. 13. \$40.00</li> <li>Member Holiday Party</li> <li>Brook Tavern "Night Out" December</li> </ul>		<b>1</b> 10:30am: Saratoga Opera 12:30pm-1:00pm: Soup 12:30pm: Cooking w/Siobhan
<b>4</b> 11-11:45am: Zumba with Emily NEW! 2:30pm: "Being Well" 5:30pm: Dinner - Three Vines	 10:00am: Fresh Produce 4:00pm: 5 Points To Go Dinner	<b>6</b> NEW! 8-9:15am: Yoga with Janet 8:30am: Breakfast 9:45-10:15: Free Leftover Day	<b>7</b> 8:30am: Van Trip Barkeater Chocolate 9:30am-12:30pm: Reiki 1:30: Legal Assistance 2:30pm: Northshire Bookstore	<b>8</b> 9-10am: Smartphone w/ Damian 10-11:30am: Game Day 12:30pm-1:00pm: Soup 1:00pm: Veteran's Day Celebration
 The Senior Center is Closed	<b>12</b> 9am: Van Trip - Norman Rockwell 10:00am: Fresh Produce 11:00am: Final Expense 12:30-2pm: Member Challenge 4:00pm: 5 Points To Go Dinner	<b>13</b> NEW! 8-9:15am: Yoga with Janet 9:45-10:15am: Free Leftover Day 11:00am-12:30pm: Empire Blue Cross 1:30pm: Discover Scotland Slideshow	<b>14</b> 10:15am: Van Trip - Schuyler Sisters 2:30pm: "What should dementia care look like?" 6:00pm-10:00pm: "Sipping for Seniors"	<b>15</b> 10am: Movie - "Second Act" 12:30pm-1:00pm: Soup 1:00pm: Volunteer Luncheon
<b>18</b> 11-11:45am: Zumba with Emily NEW! 2:30pm: "Being Well"	<b>19</b> 10:00am-12pm: CDPHP 10:00am: Fresh Produce 2:30pm: Handchime Choir 3:00-6:00pm: Brooks BBQ	<b>20</b> NEW! 8-9:15am: Yoga with Janet 9:45-10:15am: Free Leftover Day	<b>21</b> 9:30am: Van Trip Hyde Museum 2:30-4pm: Empire Blue Cross 5:30pm: Dinner - Chianti il Ristorante	<b>22</b> 12:30pm-1:00pm: Soup 2:00-3:30: The Lakesiders Sat, 11/23 - Van Trip - Skidmore Basketball Game
<b>25</b> 11-11:45am: Zumba with Emily NEW! 2:30pm: "Being Well"	<b>26</b> 10:00am: Fresh Produce 11:30am: Van Trip - Lunch Bunch 3:00pm: Book Club 4:00pm: 5 Points To Go Dinner Last Day To Purchase SPAC Holiday Tickets!	<b>27</b> NEW! 8-9:15am: Yoga with Janet 9:45-10:15pm: Free Leftover Day	 The Senior Center is Closed	<b>29</b> The Senior Center is Closed