

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

Non Profit ,.
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**The Senior Center will be closed
Monday October 10th
for Columbus Day & Indigenous Peoples' Day!**

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 dont have email, maybe you can use your son's or daughter's to keep you informed.

"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.
- 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!
- 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.

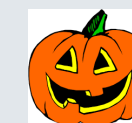
Saratoga Senior Center
NEWSLETTER
OCTOBER 2022



**Saratoga Senior Center
FALL OPEN HOUSE**

Saturday October 22nd. 10:00 - 1:00pm.

Last Open House on Williams Street!



- 10-1. Healthy Food & Nutrition with Siobhan from Cornell Cooperative Extension
- 10:30-1. Healing Touch Sessions. (Reiki)
- 10-1. Member Art Show
- 10 - til gone! Regional Food Bank
- 10-1. Tarot Card Reading
- 11-1. Make your own Stewart's Sundae
- 11-1. Hot Dogs
- Membership Specials \$10 for the remainder of 2022
- Tech Assistance
- *and more...*

Sponsored by



Free & Open to the Public!

Medicare

MEDICARE INSURANCE EXPO

Thursday, October 6th, 1-3pm

"CHANGES IN MEDICARE 2023" presented by NY Statewide Senior Action Council 1:00pm.

Meet one on one with Medicare professionals.

AETNA - Anchor Heath - CDPHP - Fidelis - Highmark Northeastern NY- Humana - MVP - Saratoga County Department of Aging - Saratoga YMCA - Saratoga Senior Center - Statewide Senior Action Council - United Healthcare - Wellcare

Do you know what Silver Sneakers and Renew Active benefits can do for you at the Senior Center?

Just ask us!

**FREE!
OPEN TO THE PUBLIC!**

Good Food! Good Friends! Good Times!

Dinner & a Drink! with Old Bryan Inn.

Tuesday, October 18th 5:30pm. \$12 per dinner.

Beef Bourguignon Braised chuck roast, pearl onions, carrots, mushrooms. Served with mashed potatoes. *Please sign up, seating is limited. To go dinners may be available if sit down is not sold out.*

Dinner & a Drink! Tuesday, October 25th 5:30pm. \$12 per dinner.

Menu to be determined. *Please sign up, seating is limited.*

Continental Breakfast - Two breakfasts this month.

Thursday, October 13th and Wednesday, October 26th. 9-10am. Free.

Start your day with friends, laughter and good food.

Sponsored by Albany Guardian Society



Homemade Soup Tasting! Tuesday, October 11th, 11-1pm. \$5.00

Come and try a couple flavors of delicious hot homemade soup.



SAVE the DATE! Dinner with Pennell's Restaurant.

Sponsored by CDPHP

Tuesday, November 1st. 5:30pm. \$12 per dinner. Details coming *Please sign up, seating is limited.*



Halloween Party - Lite Fare, Music, Spooky Times And The Paranormal. Monday, October 31st. 1-3pm \$10.

Trick or Treat at the Center! Bob and Carol from the Cohoes Paranormal Society return to tell us more ghost stories. Come in costume if you dare! *Please sign up.*

Homemade Soup complimentary of The Pines of Glens Falls.



Also, stop by and say goodbye to Joann and Kris, our front desk stars. This will be their last day.



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.

Senior Housing and Resources For Aging in Place

facilitated by Renee Birnbaum and Melonie Pratt of Choice Connections.

Thursday October 13th. 11:30AM.

In this presentation they offer education on the services available to seniors who want to remain in their home as well as education on the senior housing options such as supportive senior apartment, assisted living and memory care communities. They provide caregivers with an overview of the help available to them in the community and touch on major issues that every caregiver should discuss with their loved ones, such as financial planning and end of life decisions.

Covid Booster Vaccine Clinic facilitated by Saratoga County Department of Health.

Thurs., October 13th. 1-4pm.

This is an open clinic for all Saratoga County residents over age 65. More details regarding signing up for appointments are coming. Watch your eblasts!

Understanding and Responding to Dementia-Related Behavior presented by the Alzheimer Association.

Friday October 14th. 12:00

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively in this training program for non-professional caregivers. **Please sign up.**



Medicare Advantage Information Sessions

If you're dreaming of retirement or about to turn 65, it's time to make sure you know what to do as you become eligible for Medicare. Join this educational event facilitated by a licensed agent who will go over the ABCD's of Medicare.

AETNA - Monday, October 17th. 10-11. Information Table. 11-12. Medicare Advantage Presentation.

MVP - Wednesday, October 19th. 1pm.

CDPHP - Tuesday October 25th. 1-3pm



Watercolor Workshop facilitated by Susan Peters.

Monday, October 17th. 10:30.

Please sign up, seating is limited. \$5 material fee. No experience necessary. Choose adorable girafes, pumpkins or breathtaking flowers. Perfect for beginners and experienced alike.

Wine & Cheese Pairing facilitated by Jennifer Harvey, Touching Hearts at Home

Monday, October 24th. 3:30 - 4:30pm.

One marriage no one can object to is the mouthwatering combination of wine and cheese. Each is delicious on its own, but when you pair the two, magic can happen. Join Jennifer and learn about and try some unique pairings. **Must RSVP as seating is limited.**



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

Monday, October 24th. 5:15pm. Bring your own beverage.

Join us for prizes, snacks, fun, and friendly competition!

Complimentary soup prepared by The Pines of Glens Falls. Please sign up, seating is limited.



Diabetes Education Seminar facilitated by Barbara Bentley, Lions Club

Wednesday, October 26th. 1:30pm.

Lions Clubs not only focus on vision, but also diabetes, the number one cause of blindness. Saratoga Springs Lion Barbara Bentley, an ADCES Certified Diabetes Paraprofessional, will be joining us to help raise awareness on the importance of checking if you are prediabetic and steps you can follow to take yourself off that path.

James Bruhac Returns to the Senior Center

Thursday, October 27th. 2pm. Sponsored by the Albany Guardian Society

Award winning author and Native American storyteller James Bruchac, will be sharing a mix of Native legends, drum songs and regional Native histories. James is also the director of the local nonprofit Ndakinna Education Center in Greenfield Center.



Indulge in an Ice Cream Social while you listen to James- 1:30. \$5



NEW! Monica's Yoga Class is Back! Back to the mat with Monica.

Tuesdays, 12-12:45pm

Build strength and flexibility with this mat yoga class



Thank you to our newsletter sponsors for their continued support!

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NEW! SPAC DISCOUNTED TICKETS



NEW! SPAC FALL OFFERINGS

Purchase your tickets from the Senior Center Front Desk only.
Members Ony. One ticket per member.
All shows are at the Spa Little Theater.
This is a Senior Center member benefit.
If you are not a member, join today.
Must purchase by Tuesday, October 11th.

- **Nobunto**
Zimbabwe's first all-female professional acapella vocal ensemble.
Friday October 14th. 7:00pm. \$15.00.
- **Chamber Music Society of Lincoln Center.**
Saturday, October 15th. 7:00pm. \$25.00.
All shows are at the Spa Little Theater.

AND DONT FORGET ABOUT....

Bridge! Mondays, 1-4pm

We have had many members ask about starting bridge back up. So if you are interested in playing, come to the Center on Mondays and let's get the games rolling again.

Chinese Mahjong is Coming! Thursdays, 1-4pm.

New players welcome! Watch eblasts for details and start date.

Newcomer's Social Hour Thursday, October 20th, 2-3:00pm.

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



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. Monday shuttle to Price Chopper from area housing sites.

Food assistance: Thursday Regional Food Bank sponsored by CDPHP produce for pick-up at the Center, or home delivery if homebound. 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: Monthly 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 Caregiver Support Group 11am-12pm, 2nd Friday of every month.

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

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. **IN PERSON & ZOOM.**

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

Alzheimer's Association Office Hour at the Senior Center for Help & Support First Tuesday of the Month. 10-2:00pm.

No one should face Alzheimer's alone. If you need help, stop in or call for an appointment. Gwen Rowland, Saratoga County Program Manager, will be here with helpful information and resources for those loving with or caring for someone with Alzheimer's or other dementias.

WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.

Have a little time to give? Looking to get involved in the Center in a different way? 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!



Fall Yard Clean Up! sponsored by CDPHP.



Saturday October 29th.

We are looking for volunteers to help the seniors in our community rake and clean up their lawns.

Families, high school students, and community members welcome to help.

If you are a senior in need of lawn clean up assistance call Anna at the senior center. 518-584-1621.



Saratoga County Department of Aging and Youth - "Gather & Dine" Lunch Program

Monday - Friday. 12:00. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call Office for the Aging at 518-884-4100.



COMING IN NOVEMBER

Dinner with Pennell's Restaurant.

Tuesday, November 1st. 5:30pm. \$12 per dinner. Details coming *Please sign up, seating is limited.*

Volunteer Appreciation Lunch

Monday, November 7th. Sponsored by Highmark and Home of the Good Shepherd.

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 Wednesday, November 2nd. Stop by the Front Desk or call 518-584-1621.

BROOKS BBQ - Tues., November 15th. 3:30pm - 6:00pm. Sponsored by Humana.

Woohoo!! Ribs are back! Choose between mouthwatering chicken or rib dinner!



Humana

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.



VAN TRIPS SPONSORED BY ZIEKER EYE.



Gardenworks, Salem, NY. Tuesday, October 18th.

Visit Gardenworks any season and find floral accents, local handicrafts, artwork, gifts, and a specialty food marketplace. Fill your shopping basket with award-winning cheeses, smokehouse meats, zesty salsas, local maple & honey treats. Find Nuns of New Skete Cheesecakes, Grandma Miller's quiches & coffee cakes along with our farm frozen blueberries & raspberries. Lunch at the Village Cafe in Greenwich. *Pay \$15 van fee at sign up. Bring additional money for lunch and shopping. Leave the Center at 9:15. Return about 3:30.*

Vermont Country Store. Friday, October 21st.

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 \$20 at sign up. Bring money for shopping and lunch. Leave the Center at 9am. Return about 4:00pm.*

Albany Institute of History and Art. Tuesday, October 25th. *This trip may change to a guided tour and an increase of admission. Details coming soon.*

Founded in 1791, the Albany Institute of History & Art is one of the oldest museums in the United States. Current exhibits are: **Paul Scott: New American Scenery.** Paul Scott is a material-based conceptual artist. His printed ceramics blur the boundaries between art, craft, and design. **Jan Brett: Stories Near and Far.** Jan Brett is one of the nation's 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. Lunch at the 110 Grill, Latham. *Pay \$15 at sign up for van fee. Bring \$8 admission and additional money for lunch. Leave center at 9:00am, return about 4pm.*

Lunch Bunch - 550 Waterfront. Friday, October 28th.

New Fall Menu! 550 Waterfront is located on Saratoga Lake. They are a seafood & gastropub offering delicious craft cocktails, as well as a wide selection of beer and spirits. Huge windows let you enjoy a view of the lake while you are having lunch. *Pay \$10 at sign up. Bring additional money for lunch. Leave the Center at 11:00. Return about 1:30.*

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.

BOOK CLUB AT THE CENTER *New Members Welcome!*



October Book - "The Paris Library" by Janet Skeslien Charles. Tuesday, October 25th. 3pm.

Based on the true World War II story of the heroic librarians at the American Library in Paris, this is an unforgettable story of romance, friendship, family, and the power of literature to bring us together. A powerful novel that explores the consequences of our choices and the relationships that make us who we are. The Paris Library shows that extraordinary heroism can sometimes be found in the quietest of places.

November Book - "Sold on a Monday" by Kristina McMorris. Tuesday, November 29th. 3pm.

The sale of two young children leads to devastating consequences in this historical tearjerker from McMorris. Set against the hard-scrabble backdrop of the Great Depression, McMorris's altruistic and sometimes damaged characters have moral compasses that realistically waver. A tender love story enriches a complex plot, giving readers a story with grit, substance, and rich historical detail." Publishers Weekly

December Book - "The Kitchen" by Jennifer Ryan. Tuesday, December 27th. 3pm.

Two years into World War II, Britain is feeling her losses: The Nazis have won battles, the Blitz has destroyed cities, and U-boats have cut off the supply of food. In an effort to help housewives with food rationing, a BBC radio program called The Kitchen Front is holding a cooking contest - and the grand prize is a job as the program's first-ever female co-host. For four very different women, winning the competition would present a crucial chance to change their lives. These four women are giving the competition their all - even if that sometimes means bending the rules. But with so much at stake, will the contest that aims to bring the community together only serve to break it apart?

TRIPS & EXCURSIONS! LET'S GET AWAY!

ONE DAY BUS TRIPS

Bus trips are open to everyone regardless of age, membership or residence.

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



- **BURLINGTON, VERMONT** 
Friday, October 14th

Sponsored by Highmark Blueshield of NENY

Burlington only - \$39. Burlington & Shelburne - \$62.
Leave the train station at 7:30am, return about 8pm.

Optional stop: Specify at sign up.
Shelburne Museum - drop off at approximately 10am.
Picked up at 1:30 to finish the day in Burlington.

Burlington: Compact and beautiful, Burlington is home to a thriving arts scene, museums and educational opportunities, and great shopping.

The Shelburne Museum: Really does have a little of everything on display. Nearly 40 buildings, filled with various exhibits, span the museum's 45 acres.

- **HOLIDAYS IN NEW YORK CITY**
Wednesday, December 7th. \$50

There is no other place quite like New York City at Christmastime; from its world-class museums and art galleries to the theater and beautiful decorated windows. Spend the day on your own and explore the fascinating city. You will be dropped off at Bryant Park (42nd between 5th & 6th).

Leave the train station at 6:45am, return about 10:30pm.



COLLETTE EXCURSIONS

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

2022 TRIPS

America's Music Cities Holiday
December 4-11, 2022

2023 TRIPS

South Pacific Wonders
with Optional 3-Night Fiji Post Tour Extension
February 5 - 22, 2023

Sunny Portugal
with Optional Pre and Post Tour Extensions
March 21 - 30, 2023

Exploring Scotland & Ireland
April 30 - May 12, 2023

Discover the Spotlight on Nashville
April 30 - May 4, 2023



2023 TRIPS continued.

Discover National Parks of America
May 15-26, 2023

Alaska Discovery Land & Cruise
June 14-25, 2023

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

Croatia and Its Islands
October 10-October 21, 2023

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

TAROT CARD READINGS facilitated by Mary Shimp
Thursday, October 27th. 10-2pm. \$5 donation.

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

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

Mon., October 24th 9:00-12pm.

Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment.

OCTOBER PROGRAMMING

Autumn colors remind us we are all one dancing in the wind.

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	9:30: Mosaics	10-10:45: SS Cardio & Strength (center & zoom)	9-12: Poker
9:30: Walking Club	9-2:Reiki (2nd of mon.)	9:30-1:00: Rug Hooking	10:00: Ukelele	9:30: Clay Arts
9:30-12:30: Clay Arts	10:00: Meditation (center & zoom)	10:00: Knit & Crochet	10-2: Tarot Cards (last of mon.)	10:00:Healthy Bones
10:00:Healthy Bones	12-12:45: Mat Yoga w/ Monica	10:11: Zumba	11:00: Foodbank	10:00: Spanish
10-11:Chair Yoga (center & zoom)	1-4: Pool League	11-2:Reiki (4th of mon.)	11:00-11:45 Gentle Yoga (center & zoom)	11:00: Caregiver Support Group (2nd Fri of month) in person.
1-2: Chit Chat	2:30: Widows Club(2nd & 4th of mon.)	1-1:45: Strength w/ Aidan(center & zoom)	1-4: Pool League	1-4: Pool League
1-4: Pool League	3-4: Book Club (last of mon.)	1:00: Bingo	1:00: Mahjong	
		1-4: Canasta	1:30: Line Dancing	
		1-4:Pool League	2:00: Newcomers Social (see schedule)	
		2:00: Pilates		

Thank you CDPHP for sponsoring our Health and Wellness classes.

SPECIAL EVENT SCHEDULE

- *New!* Tuesdays. 12:00. Yoga with Monica.
- *Every* Wednesday. 1:00. Bingo.
- *Every* Thursday. 11:00. Regional Food Bank.
- Thurs., Oct. 6th. 1-3. Medicare Expo.
- Tuesday. Oct. 11th. 9-2. Healing Touch Sessions.
- Tues., Oct. 11th. 11-1. Soup Tasting.
- Tues. Oct. 11th. 2:30. Widow's Club.
- Thurs., Oct. 13th. 9-10. Continental Breakfast.
- Thurs., Oct. 13th. 11:30. Senior Housing by Choice Connections.
- Thurs., Oct. 13th. 1-4. Covid Booster Shots.
- Fri. Oct. 14th. 11:00. Alzheimer's Caregiver Support.
- Fri., Oct. 14th. 12:00. Dementia Behavior.
- Wed., Oct. 17th. 10-12. Aetna Medicare.
- Tues., Oct. 17th. 10:30. Watercolor.
- Tues., Oct. 18th. 5:30. Dine In Dinner.
- Wed., Oct. 19th. 1:00. MVP Medicare.
- Thurs., Oct. 20th. 2-3. Newcomers Social.
- Sat. Oct. 22nd. 10-1. Open House.
- Mon., Oct. 24th. 9-12. Men's Haircuts.
- Mon., Oct. 24th. 3:30. Wine & Cheese.
- Mon., Oct. 24th. 5:15pm. Trivia.
- Tues., Oct. 25th. 1-3. CDPHP Medicare.
- Tues. Oct. 25th. Widow's Club. 2:30.
- Tues., Oct. 25th. 3:00. Book Club.
- Tues., Oct. 25th. 5:30. Dine In Dinner.
- Wed., Oct. 26th. 9-10. Continental Breakfast.
- Wed., Oct. 26th. 11-3. Healing Touch Sessions.
- Wed., Oct. 26th. 1:30. Diabetes Education.
- Thurs., Oct. 27th. 10-2. Tarot Cards.
- Thurs., Oct. 27th. 2:00. James Bruhac & Ice Cream.
- Mon., Oct. 31st. Halloween Party.
- Tues., Nov. 1st. Dine in Dinner.

Thank You for Your Kindness and Support!

Thank you to YMCA for hosting Fall Fest Day.
Thank you to Fall Fest sponsors- Highmark and Home of the Good Shepherd.
Thank you to Jeff Brisbin and Mary Shimp for our entertainment.
Thank you to Carrie Woerner for coming to Fall Fest and for the generous donation.
Thank you to the Albany Guardian Society for sponsoring our continental breakfasts.
Thank you to Touching Hearts and Alzheimer's Association for helping us understand the complexities of dementia.
Thank you to Albany Guardian Society for sponsoring Heart & Soul Line Dancing.
Thank you to the Peace Week committee and Katie Long for our Zentangle art program.
Thank you to Aetna and Fidelis/Wellcare for keeping us up to date on Medicare advantage.
Thank you to CDPHP for our flu clinic.
Thank you to Pitney Meadows Farm for our fresh produce as well as sponsor Highmark.
Thank you to the Regional Food Bank of NENY for our weekly food.
Thank you to US Attorney's office and Wellspring for an informative session on elder scams and elder abuse.
Thank you to Dr. Kathrin LaFaver for "Lifestyle Medicine for Brain Health" presentation.
Thank you to Maria & Aaron for bringing trivia back.
Thank you to Emergency Food and Shelter Program Grant from United Way, Respite Grant from Lifespan of Greater Rochester, Inc., and Saratoga Casino Hotel Foundation for your continued support.

Thank you to all our volunteers!
You keep our world rockin'!

