**HARVEST MOON SOIRÉE**

**Presented by:**

**Thursday, October 25th, 5:30pm-9:30pm**

at the Knights of Columbus, 50 Pine Rd., Saratoga Springs

**NEW!** Join us for a fantastic evening of dinner and dancing featuring live music, welcome cocktails, wine tasting, hors d’oeuvres, full dinner including a carving station, Smile Lounge photo booth, tarot card readings, and more, all supporting the Saratoga Senior Center. Please RSVP by Monday, October 22nd.

Tickets are $45 each or $80 for two tickets and may be purchased by calling the Center at (518) 584-1621 or online at: [www.saratogaseniorcenter.org](http://www.saratogaseniorcenter.org).

**OPEN HOUSE**

Saturday, October 20th, 10:00am - 1:30pm at the Saratoga Senior Center - Free and Open to the Public

Come enjoy the Center, grab a snack and try a class:

- **10am:** Zumba
- **10am-12pm:** Trips by Collette
- **1pm:** Yoga
- **10am-1:30pm:**
  - Cooking Class + Tastings
  - Tech assistance: learn uber, lyft, facebook & more
  - Try an art class: mosaic, ceramics, sculpture, soapstone and more
  - Make some money - sell your old gold & silver
  - Tarot Card Readings
  - Free Stewart’s Ice Cream
- **Meet & Greet:** Skidmore Men’s Basketball Team
- **Membership Specials, Raffles and More!**

Sponsored by HERZOG Law Firm

**HEALTH INSURANCE EXPO - “CHANGES IN MEDICARE 2019”**

Friday, October 12th at the Saratoga Senior Center

Presentation from 9:30am - 10:30am, Meet with reps from 10:30am - 12:30pm

Presented by the New York State Wide Senior Action Council & The Saratoga County Office for the Aging. Free and open to the Public. Aetna • Empire Blue Cross • BlueShield of North Eastern NY • CDPHP • Humana • MVP • Today’s Options • United Healthcare • United Concierge Medicine

**TUESDAY’S TO GO DINNERS**

A portion of every dinner sold goes directly to support the Center. All meals provided by Three Vines Bistro & Bar. Call the Center to order now - 518.584.1621

Pick up is between 5-6:00pm every Tuesday at the Center. **$12.50/dinner.**

10/2: Penne Vodka with Bistro Salad
10/9: Parmesan Encrusted Chicken with potato and veggies
10/16: 12” Margherita Pizza

**Saratoga Senior Center**

5 Williams Street
Saratoga Springs, NY 12866

**Hours:** Monday-Friday, 8am-4pm / Tuesdays, 8am-5pm

5 Williams St, Saratoga Springs, NY  •  (518) 584-1621  •  saratogaseniorcenter.org
TRAVEL SLIDESHOWS
Thursday, October 18th, 1:00pm at the Saratoga Senior Center
Explore our excursions to Switzerland, Austria, & Bavaria, as well as Spain & Portugal during this trip highlights presentation. $50 off for every attitude that put a deposit down that day. Free and Open to the Public.

SIP HAPPENS
Tuesday, October 16th from 3:00pm-4:30pm at the Saratoga Senior Center
Join us for a lively happy hour at the Center! Enjoy food and music by Dylan Jaques - a passionate jazz pianist. Wine tasting by Thirsty Owl. BYOB if you would like. $2/Members, please sign up at the front desk.

LUNCHTIME CONCERT SERIES
Tuesday, October 16th from 12:30pm - 1:30pm at the Saratoga Senior Center
Featuring Heard, classical, jazz and world music. Pack a lunch or buy food from Esperanto at the show. Free and Open to the Public.

MONTHLY CHEF DINNER presented by CLARK’S STEAKHOUSE
Monday, October 15th, 5:30pm at the Saratoga Senior Center
Enjoy dinner at the Center cooked by Ben Patterson, the executive chef at Clark’s Steakhouse in Schuylerville, NY. Menu is Chef’s Choice: Steak Dinner. Sponsored by CPHPF. Sign up at front desk. $12 per person, members only.

Painting is Back! New time, new instructor, all mediums, Mondays from 1:30pm-3:00pm. $10 for the month.

Men’s Barber on Board Every Tuesday, 12:00pm - 5:00pm Dan Brown will be at the Senior Center to cut hair, face shave, mustache and beard trim. Sign up at the front desk. $5 per service, members only.

Transportation Senior Center van transportation may now be available into the Center. Call (518) 584-1621 x206 for more information.

Music and Memories with Skidmore Available everyday - call the front desk for times.

“SOUPER” SOCIAL FRIDAYS At the Center - Sponsored by Centers Health Care
• 11:00am - 1:00pm: Farmers’ Market Open to the Public
• 12:30pm - 1:15pm: “Souper” Social Soup is $2. *Add’l cafe items available upon request.

“Souper” Social Friday Happenings
• Friday, October 5th at 1:30pm Movie - The Book Club
• Friday, October 12th at 1:30pm Kim Harvish, Chapman Historic Museum, “Health and Wellness Victorian Style” $2 per person
• Friday, October 19th at 2:30pm Brain Gym - A gentle program that recognizes health benefits of movement, multi-sensory activities and whole brain engagement. Free and open to the public.
• Friday, October 26th at 1:30pm Movie - Ocean’s 8

“One Day: Jewelry Workshop Wednesday, October 17th, 9:00am-12:00pm Enjoy an afternoon making a “Tree of Life” necklace pendant, with Jen Hailey. Please feel free to bring your own personal piece to wrap if you would like. Sign up at the front desk. $20 per person.

Alzheimer’s Caregiver Support Group
10:30am-12pm, 3rd Thursday of every month
Caring for someone with Alzheimer’s disease can present exhausting challenges and take significant toll on a caregiver’s health. But, a support group can give you the assistance and reassurance you need to manage stress and take time for your own much-needed care. Free and open to the public.

Groups
• Reminiscing: Wednesdays from 10-11am Come meet a new friend and talk about the good ole’ days!
• Chit Chat: Mondays from 1-2pm We’ll chat about new topics every week over some iced tea and lemonade.
• Silver Foxes Lunch Group: Second Thursday of every month at 11:45am
• Conscious Aging: Second and fourth Thursday of every month from 1:30pm

SENIOR SUPPORT SERVICES

COMMUNITY

Connections Are you a Senior over 50 with no transportation and in need of food? The Senior Center is partnering with the Elks and local food pantries. Please call the number above for assistance or if you need help with respite, home visits, etc.

“We also need volunteers for this program”
Do you have an hour to assist with visiting, transportation, shopping, and more? If so, please contact the number above to learn more about volunteer opportunities.

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FINANCIAL ADVISE TO PRESERVE YOUR LEGACY

THE WESLEY COMMUNITY ENRICHED LIVING A perfect blend of independence & support
518.691.1560 156 Lawrence St. Saratoga Springs, NY

William J. Burke & Sons / Busing & Cunniff, Inc. Funeral Homes
587-3222 • SaratogaHospital.org

Saratoga Hospital people you can rely on.

CDPHP®
A plan for life.
Central District Physicians’ Health Plan, Inc.
TRIPS & EXCURSIONS
(Money due at sign-up)

2018 VAN TRIPS

(Members Only)

Hyde Museum
Wednesday, October 10th
Enjoy a docent led tour of two new exhibits “Jane Peterson” and “Women Impressionists”. After the museum, we’ll stop at O’Toole’s Restaurant for lunch. We leave the Center at 10:15am. Pay $20 at sign up. Please bring additional money for lunch.

Silver Foxes
Thursday, October 11th
Join the men’s lunch group and head to Skidmore Dining Hall for lunch, We leave the Center at 11:45am. Pay $2 at sign up. Please bring additional money for lunch.

Hildene and The Vermont Country Store
Wednesday, October 17th
Guided tour of the historic home of Robert Lincoln, only child of President and Mary Todd Lincoln to survive to adulthood. The estate has beautiful gardens, restored 1903 wooden Pullman car palace, goat farm and cheese making facility. After the tour head to The Vermont Country Store for shopping and lunch. We leave the Center at 8:45am. Pay $30 at sign up. Please bring additional money for lunch and shopping.

Dakota Ridge Llama Farm
Thursday, October 18th
A walking tour of Dakota Ridge Farm which was established in 1990 and is home to approximately 55 llamas. You will have a personal hands-on experience with the llamas who are very gentle and easy to love. After the tour, we’ll be stopping at Carson’s Woodside Tavern for lunch. Dress appropriately, as there will be walking. We leave the Center at 10:30am. Pay $10 at sign up. Please bring an additional $10 for admission and money for lunch.

Howe Caverns
Friday, October 19th
Your guided journey winds through limestone corridors, cavernous galleries, under massive boulders, to a subterranean riverbed carved over countless millennia. Deep in the cave, solid rock appears fluid: creating strange formations, flowing sheets and dripping stalactites. The path twists and turns to the glassy surface of an underground lake. Lunch and shopping at the Schoharie Valley Farm and Carrot Barn on the way home. Wear good walking shoes and bring a jacket. We leave the Center at 9:15am. Pay $15 at sign up. Please bring $22 for admission and additional money for lunch and shopping.

North Bennington Outdoor Sculpture Show
Tuesday, October 23rd
Our first stop is at the Bennington Museum where you will have two hours for a tour and/or free exploration. After the museum visit, we will stop at The grille at Mt. Anthony Country Club for lunch, immediately followed by a walk around downtown North Bennington to view the outdoor sculpture show. We leave the Center at 8:30am. Must be able to walk independently. Pay $15 at sign up. Please bring an additional $10 for admission and money for lunch.

Lake George Cruise
Wednesday, October 24th
Take a leisurely cruise through the many islands of the Narrows. Easily the most scenic, peaceful and beautiful area on the entire lake where no roads line the water’s edge. View the mountains and bays just like they’ve been for hundreds of years. See for yourself why Lake George is called the Queen of American Lakes. Stop at Scotty’s Restaurant, a 24hr. diner for a late breakfast/early lunch on the way to Lake George. We leave the Center at 9:15am. Pay $29 at sign up. Please bring additional money for lunch and on board snacks.

Lunch Bunch – Cate’s Italian Garden, Bolton Landing
Tuesday, October 30th
Take in the ambiance and sights of Bolton Landing on the quaint streets of downtown Bolton Landing. We leave the Center at 11:00am. Pay $10 at sign up. Please bring additional money for lunch and shopping.

EXCURSIONS COMING IN 2019!

Volunteer Driver 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 $25 for admission. Thank you to the Community Foundation for making this possible.

New Trip Policies: Effective 9/1/18
For administrative purposes and implementation of trips there are several new van policies the agency will put in place. Sorry for any inconvenience.

• Restaurants will now be automatically adding 18% gratuity to the checks. You can always leave more gratuity if you wish.
• Van trips will now need a minimum of 6 attenders to go.
• We cannot guarantee which van will be used on a trip.
• There will be no refunds, unless the Center cancels the trip. You are welcome to find a replacement if you need to cancel.

TRIP POLICY
Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. Travel arrangements on excursions can be made for someone out of the area. Money is due at sign-up for all trips.
OCTOBER HAPPENINGS

WEEKLY ACTIVITIES

MONDAY
8:30-9:30: Ostro 3
9:00: Walking Club
9:30-11:30: Ceramics & Sculpture ($20)
10-10:45: Zumba MVP Gold (9/17 through 12/3/18)
10-11: Ostro
11-12:30: Gentle/Chair Yoga ($10)
12:30-4: Bridge
1:30-2: Painting
1-3: Pool League
1-4: Canasta
1-2: Chit Chat
2-15-2-45: Guided Meditation w/Janet ($4)

TUESDAY
9-12: Watercolor
10:00: Golf League
10-11:15: Gentle Yoga ($10)
11:30-12:15: Aerobics ($10)
12-5: Men’s Barber ($5 per service)
1-2:30: Soapstone and Abalaster Carving ($10/$25)
1:30-2:15: Pilates ($10)
3-4: Book Club (last Tuesday)
10:30-2: Bugno
12:30-2:30: Wii Bowling
1:00: Strength w/Aidan ($2)
3:00: Embury Class (One Wednesday a Month)

WEDNESDAY
9:30-2: Bug Hooking ($5)
10:00: Reminiscing
10:00: Ukulele Jam
10-12: Knit & Crochet
11:10-12: Zumba Gold ($2)
12:30: Biking Group
12:30-2: Bingo
12:30-2:30: Wii Bowling
1:00: Strength w/Aidan ($2)
3:00: Embury Class (One Wednesday a Month)

THURSDAY
8:30-9:30: Ostro 3
10-11: Tarot Card Readings (last Thursday)
9:12: Mosaics ($20)
9:12: Fused Glass ($10/class)
10-11: Ostro
10-10:45: Zumba MVP Gold (9/17 through 12/3/18)
10-12: Alzheimer’s Caregiver Support Group (3rd Thursday)
11:30-12:15: Aerobics ($10)
12:30-4: Canasta, Rummey, Mahjong
1:30: Conscious Aging
2:30: Pinochle

FRIDAY
10-11:15: Yoga ($10)
10-12: Ceramics & Sculpture ($20)
10-12: Poker
12-4: Ceramics & Soapstone Carving Lab
12-30-1-15: Swingin’ Singing Seniors
12-30: Social “Souper” Fridays (Please see schedule in newsletter for details)
1:00: Movies/ Presentation/ Social
2-3-30: Music & Memories with Skidmore Students
1-30-3-45: Reiki (Oct 12th. Sign-up required. Members only. $2)

**Prices listed are per month
Sign-Ups in advance are strongly encouraged

REOCurring MONTHLY EVENTS

Legal Assistance
Thursday, October 4th, 1:30pm
Call Office For The Aging at 884-4100 for an appt.

Tarot Card Readings
Thursday, October 25th, 9:00am - 11:00am
Get your fortune read by the amazing Mary Shimp! $5 suggested donation.

Saratoga Senior Center Programming at Embury Wednesday, October 24th, 3:00pm
Make a Dreamcatcher.

Join Our Book Club: Tuesday, October 30th, 3pm
“The Dry” by Jane Harper

Swinging Singing Seniors with Judith Thomas
Every Friday, 12:30pm - 1:15pm
We have a new pianist to lead the group.

Reiki
Friday, October 12th, 1:30pm
A Japanese technique for stress reduction and relaxation that also promotes healing. $2, members only.

9 Miles East: Wednesdays, 10:55am - 11:25am
Every week, 9 Miles East Farm brings healthy meals and soups all prepared with high-quality local and organic ingredients, as well as bags of freshly harvested vegetables and farm eggs available for purchase.

Office For the Aging Lunch
Served Daily in our Dining Room
For menu information, please call Janet at (518) 584-1621 ext. 205 or (518) 884-4100 or visit www.saratogacounty.ny.gov

OPEN HOUSE

SATURDAY, OCTOBER 20TH
OPEN HOUSE
10 am - 1:30 pm

OCTOBER HAPPENINGS

MONDAY
9:00am: Trips & Dinner Sign-Ups
1:30pm: Painting
NO MVP ZUMBA

CLOSED FOR COLUMBUS DAY
8

TUESDAY
10-10:45: Zumba MVP Gold
1:30pm: Painting
3:00pm: Chef Dinner - Clark’s Steakhouse

WEDNESDAY
10-10:45: Zumba MVP Gold
1:30pm: Mayor Sr. Meeting
1:30pm: Painting

THURSDAY
10-10:45: Zumba MVP Gold
1:30pm: Book Club

FRIDAY
10-10:45: Zumba MVP Gold
1:30pm: Painting

SATURDAY, OCTOBER 20TH
OPEN HOUSE
10 am - 1:30 pm