A discount for seniors who want the freedom of NO home ownership

Karen Wojcik Hess
586-364-8141
kwdhomes@gmail.com
KarenGoNY.com

Turning 65? Retiring?
You can count on MVP to help you find the right Medicare plan.

Call 1-800-324-3899
TTY: 1-800-662-1220
Monday-Friday, 8am-8pm
Visit JoinMVPmedicare.com

Non Medical Care at Home

Home Instead
Senior Care
We’re by your side so your loved one can stay at home.
Call for a free, no-obligation appointment
518.580.1042
HomelInstead341

MONTHLY CHEF DINNERS
sponsored by CDPHP
Dinner served promptly at 5:30pm at the Saratoga Senior Center

We have two dinners this month! Enjoy dinner at the Center cooked by chef’s from the Knights of Columbus and DZ Restaurants. Sign up at front desk. $12 per person, members only.

KNIGHTS OF COLUMBUS
Wednesday, November 7th
Menu: Lasagna, Salad and Garlic bread

CHIANTI II RISTORANTE
Thursday, November 15th - Chef Fabrizio Bazzani
1st Course: Lentil Soup with roasted squash
2nd Course: Penne pasta, tomato, guanciale, pecorino
3rd Course: Slow roasted pork shoulder, soft polenta, braised savoy cabbage
4th Course: Nutella tiramisu

“BREAKFAST AND LEARN”
Thursday, November 15th from 8:30am - 9:30am at the Saratoga Senior Center
Presentation by Janet Dunn, “Honoring Your Family by Honoring Yourself,” where she will share how to create a meaningful, healing and transformative ceremony for you, your family and friends.
Hot breakfast at 8:30am / $5. Presentation starts at 8:45am / Free. Members only, please sign up.

THE BROOK TAVERN “NIGHT OUT”
Wednesday, November 21st at 4:00pm - 10pm, 139 Union Avenue, Saratoga Springs
This month The Brook Tavern selected your Saratoga Senior Center to be the recipient of a portion of receipts from the Union Neighbor Menu. Gather your family and friends for a night out! 50% of all food sales goes to the Senior Center.

NEW CHECK IN SYSTEM:
As we transition to a new check in system, please be patient, gentle and kind as we figure this out together!
WE MAY NEED TO:
Update your profile information:
• Get your picture taken
• Home address
• Phone number
• Email address
• Emergency contact

WE WILL OFFER EXTRA ASSISTANCE ON:
November 11/5-11/9:
Monday 1 pm - 3 pm
Tuesday 9 am - 12 pm
Wednesday 3 pm - 5 pm
Thursday 1 pm - 3 pm
Friday 10 am - 12 pm

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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.

11/6: Lasagna with garlic bread
11/13: Parmesan Encrusted Chicken with potato and veggies
11/20: Sausage and Mushroom Pizza

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11/20: Sausage and Mushroom Pizza
NOVEMBER AT A GLANCE

SIPPING FOR SENIORS AT BAILEY’S CAFE
Thursday, November 8th, 6:00pm - 10:00pm, 37 Phila Street, Saratoga Springs
Stop in for dinner and drinks. 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 as they serve up some drinks for a cause.

TRAVEL SLIDESHOWS
Thursday, November 15th, 1:00pm at the Saratoga Senior Center
Explore our excursions to London and Paris and Spotlight on San Antonio Holiday during this trip highlights presentation. $30 off for every attendee that puts a deposit down that day. Free and Open to the Public.

VOLUNTEER LUNCHEON
Friday, November 16th from 1:00pm-2:00pm at the Saratoga Senior Center
The Senior Center would like to take this time to thank all our volunteers. We couldn’t do what we do without your help. If you have volunteered in 2018, and have not signed up please call the front desk by Tuesday, November 13.

WINE TASTING SIP HAPPENS
Tuesday, November 27th 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 Saratoga HS Jazz Band. Join Tony and Debreh Oliva from Oliva Winery for tastings from their winery. $2/Members, please sign up at the front desk.

Alzheimer’s Association Upcoming Informational Sessions
Thursday November 1, 1:00 - 2:00pm
“The Basics”: Alzheimer’s is Not Normal Aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Free and Open to the public. Join us to learn about:
• The impact of Alzheimer’s.
• The difference between Alzheimer’s and dementia.
• Alzheimer’s disease stages and risk factors.
• Current research and treatments available to address some symptoms.
• Alzheimer’s Association resources.

“Effective Communication Strategies” Thursday November 15, 1:00 - 2:00pm
Communication is more than just talking and listening— As people with Alzheimer’s disease and other dementias progress in their journey, the ability to use words is lost. Join us to explore how communication takes place when someone has Alzheimer’s. Free and Open to the public.

“Soupers” SOCIAL FRIDAYS
At the Center - Sponsored by Centers Health Care
• 12:30pm - 1:30pm: Soup by Knights of Columbus
Soup is $2. *Add’l cafe items available upon request.

“Souper” Social Friday Happenings
• Friday, November 2nd at 1:30pm
Movie - Murder on Orient Express

• Friday, November 9th at 9am
Come hang out with students from Spa Catholic. Games, fun, interaction and refreshments provided!

• Friday, November 9th at 1:30pm
James Bruchac, Native American Storyteller, $2 per person
Native American author and story teller, returns to share Native American legends, drum songs & animal lore. Sponsored by The Wesley Community

• Friday, November 30th at 1:30pm
Movie - Phantom Thread

Seniors Neighborhood Meeting: Presented by Mayor’s Senior Advisory Committee
Tuesday November 13th, 1 pm- 2:30 pm
Presenters include Mayor Meg Kelly, Peter Martin, Commissioner of Public Safety, Lois Celeste, Saratoga Senior Center and Anthony Scirocco, Commissioner of Public Works discussing issues that concern seniors. At the Saratoga Senior Center. Free and open to the Public.

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”

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
• Minimizing! Wednesdays from 10-11am
Come meet a new friend & talk about the good ole’ days!

Family is Everything
Make sure they are taken care of.

MVP HEALTHCARE

Senior Support Services
Please Call Jane at (518) 584-1621 ext. 206 for more information.

• Chin Chat: Mondays from 1-2pm
We’ll chat about new topics every week over some drinks.
• Silver Foxes Lunch Group: Second Thursday of every month at 11:45am
• Conscious Aging: Second and fourth Thursday of every month from 1:30pm
• Music Memories & Nostalgic Friday afternoon at 2pm

The Summit at Saratoga Live well. Age well.
Independent Senior Living Community 518-926-9003 | SummitSaratoga.com
1 Perry Road | Saratoga Springs, NY 12866

Financial Advice to preserve your legacy.
Raymond Bryan, Charles Joseph & Jeffrey Polland are here to help you achieve your financial goals.
Call 800.567.1099 to get started.

Saratoga Hospital people you trust. care you deserve.
587-3222 x SaratogaHospital.org

Proud of our healthy relationship
Capital District Physicians’ Health Plan, Inc.
Lunch Bunch – Lakeside Farms
Tuesday, November 6th
Charming country store / bakery / restaurant. Local and seasonal family-run farm / country store that sells local produce, good apple cider, baked goods, etc. We leave the Center at 11am. Pay $10 at sign up. Please bring additional money for lunch and shopping.

Empire State Youth Orchestra at Proctor’s Wednesday, November 7th
This annual concert at Proctors reaches into the heart of the community to share the joys of classical music with hundreds of Capital Region seniors. The ESYO Youth Orchestra will perform selections from Dvorak’s New World Symphony, Rossini’s Barber of Seville, and more! Before the concert, we’ll stop at Water’s Edge Lighthouse for lunch. We leave the Center at 10:15am. Pay $10 at sign up. Concert is free. Please bring additional money for lunch.

Silver Foxes Thursday, November 8th
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.

Troy Savings Bank “Music at Noon” Thursday, November 8th
Enjoy the music of “Three Quarter North”, best of American music, at the Center at 12pm. Sign up. Please bring additional money for lunch.

Hall for lunch. We leave the Center at 11:45am.

Join the men’s lunch group and head to Skidmore Dining Hall for lunch. We leave the Center at 11am. Pay $10 at sign up. Please bring an additional $20 for admission and money for lunch.

Albany Institute of Art and History Tuesday, November 27th
A guided tour of the museum with highlights of the “Birds and Beasts” exhibit. Before the tour, we’ll be stopping at Albany Pump Station for lunch. We leave the Center at 10:45am. Pay $10 at sign up. Please bring an additional $20 for admission and money for lunch.

Parks-Bentley Place Presents “Nativities Across the Empire” Friday, November 30th
This annual exhibition presents specially selected creches from around the globe. For 2018, the focus of the exhibition is a group of creches from the British Empire, past and present. In addition, there will be several nativities from Britain’s European neighbor countries. We will stop at the Peppermill Restaurant for lunch on the way. We leave the Center at 11am. Pay $10 at sign up. Please bring an additional $5 for admission and money for lunch.

THE SEASON OF GIVING
November is a time to give back. Your donation, no matter the size, is always appreciated and makes a big difference to YOUR Saratoga Senior Center. 

• Do you shop on AMAZON? If so, you can use AMAZON SMILE and click on the Saratoga Senior Center website to fulfill its mission as a resource in the Saratoga County area for Seniors.

• Do you stay in the Adirondacks? Check out the Slimin’ Senior activities and events.

• Don’t forget about the Volunteer Driver Perks.

No matter the size of your gift, it makes a big difference! Thank you for your support this year.

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 request a minimum of 6 attendees 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.

2018 VAN TRIPS
(Members Only)

Lunch Bunch – Lakeside Farms
Tuesday, November 6th
Charming country store / bakery / restaurant. Local and seasonal family-run farm / country store that sells local produce, good apple cider, baked goods, etc. We leave the Center at 11am. Pay $10 at sign up. Please bring additional money for lunch and shopping.

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Norman Rockwell Museum, Stockbridge, MA
Tuesday, November 20th
Enjoy a gallery talk of Rockwell’s work. Also exhibited is works by Frank E. Schoonover and Gregory Manchess. After the museum head to The Widow Bingham’s Tavern at the Red Lion Inn for lunch. We leave the Center at 9am. Pay $15 at sign up. Please bring an additional $18 for admission and money for lunch.

Albany Institute of Art and History Tuesday, November 27th
A guided tour of the museum with highlights of the “Birds and Beasts” exhibit. Before the tour, we’ll be stopping at Albany Pump Station for lunch. We leave the Center at 10:45am. Pay $10 at sign up. Please bring an additional $20 for admission and money for lunch.

Iceland’s Magical Northern Lights
March 13th-19th, 2019 ($3,599, double)

American Cowboy Country
May 26th-June 2nd, 2019 ($3,799, double)
Trip Highlights: National Museum of Wildlife Art, Grand Teton, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Crazy Horse Memorial, Mt. Rushmore, and Badlands National Park.

Discover Switzerland, Austria, & Bavaria
July 25th-August 3rd, 2019 ($3,999, double)
Trip Highlights: Bern, Chateau de Chillon, Montreux, GoldenPass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter’s Restaurant, Tyrolean Folklore Show, Bavaria, and Oberammergau.

Magical Rhine and Moselle River Cruise:
September 16th-25th, 2019 ($4,799)
Trip Highlights: Explore Spain & Portugal’s priceless treasures of art, history and culture, set against a backdrop that spans sunny Mediterranean shores and grand mountain ranges.

London and Paris - Collette Travel Slideshow on Thursday, November 15th at 1:00pm
Trip Highlights: Explore Spain & Portugal’s priceless treasures of art, history and culture, set against a backdrop that spans sunny Mediterranean shores and grand mountain ranges.

London and Paris - Collette Travel Slideshow on Thursday, November 15th at 1:00pm
November 4th-13th, 2019 ($3,499, double)
Trip Highlights: Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and Seine River Cruise.

Spotlight on San Antonio Holiday - Collette Travel Slideshow on Thursday, November 15th at 1:00pm
December 5th-9th, 2019 ($2,109)
Trip Highlights: Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and Seine River Cruise.

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Spotlight on San Antonio Holiday - Collette Travel Slideshow on Thursday, November 15th at 1:00pm
December 5th-9th, 2019 ($2,109)
Trip Highlights: Mission San Jose, The Alamo, LBJ Ranch, Fredericksburg, Choice of South Texas Heritage Center or San Antonio Botanical Gardens, El Mercado, & Paseo del Rio Cruise.

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. Travel arrangements on excursions can be made for someone out of the area. Money is due at sign-up for all trips.

NOVEMBER: THE SEASON OF GIVING
November is a time to give back. Your donation, no matter the size, is always appreciated and makes a big difference to YOUR Saratoga Senior Center's ability to fulfill its mission as a resource in the Saratoga County area for Seniors.

• Do you shop on AMAZON? If so, you can use AMAZON SMILE and click on the Saratoga Senior Center, a portion of sales gets donated back to YOUR center! Please see the Saratoga Senior Center’s Facebook page for details.

• Do you have a pet? Check out our Pet Foster Volunteer Program.

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TRIPS & EXCURSIONS
(Money due at sign-up)
NOVEMBER THE SEASON OF GIVING

**WEEKLY ACTIVITIES**

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>8:30-9:30</td>
<td>Osteo 3</td>
<td>9:00: Walking Club</td>
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<td>9:00-10:30</td>
<td>Ceramics &amp; Sculpture ($20)</td>
<td>10:00: Golf League</td>
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<td>10:00-10:45</td>
<td>Zumba MVP Gold (9/17 through 12/3/18)</td>
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<td>9/17</td>
<td>12-5. Men's Barber ($5 per service)</td>
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<td>12-5: Zumba Gold ($2)</td>
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<td>11-12:30</td>
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<td>12:30-2:30</td>
<td>12-5: T’ai Chi ($10)</td>
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**REOCCURRING MONTHLY EVENTS**

Tai Chi is Back!
Welcome Chuck Loboskey who is currently a Tai Chi instructor at the YMCA. He is certified in Tai Chi for Arthritis and chair Tai Chi. $10 for the month.

Legal Assistance
Thursday, November 1st, 1:30pm
Call Office For the Aging at 884-4100 for an appt.

Tarot Card Readings
Thursday, November 29th, 9:00am - 11:00am
Get your fortune read by the amazing Mary Shimp! $5 suggested donation.

Saratoga Senior Center Programming at Embury Wednesday, November 7th, 3:00pm
Make an Ornament.

Join Our Book Club:
Tuesday, November 27th, 3pm
“Celine” by Peter Heller

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.saratogacountyny.gov. You also have the opportunity to meet with insurance representatives before Open Enrollment to learn about the coverage that meets your needs and your budget. Free and open to the Public.

Computer/Technology Assistance (Skidmore is back)
Available everyday - call the front desk for times.

Reiki
Friday, November 9th, 1:30pm
A Japanese technique for stress reduction and relaxation that also promotes healing. $2, members only.

**NOVEMBER THE SEASON OF GIVING**

**MONDAY**

- Annual Board Meeting, Monday December 3rd 5:30pm at the Saratoga Center

**TUESDAY**

- Election Day Polling Place
- 10:00am-12pm: CDPHP Medicare
- 11:00am: Lunch Bunch - Lakeside Farms Van Trip
- 5:00pm: To-Go Dinner

**WEDNESDAY**

- 9 Miles East: Wednesday, 10:55am - 11:55am
- 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.

**THURSDAY**

- 9:00am: Trips & Dinner Sign-Ups
- 9:30-10:30: Tarot Card Readings (last Thursday)
- 10:12-11:30: Alzheimer’s Caregivers Support Group (3rd Thursday)

**FRIDAY**

- 10:00am-1:00pm: Empire Blue Cross Medicare
- 10:00am-12pm: CDPHP Medicare
- 10am-12pm: Empire Blue Cross Medicare

**Save the Date:**

- Annual Board Meeting, Monday December 3rd 5:30pm at the Saratoga Center

**Navigating the Medicare Maze**
See the calendar for dates and times
Representatives from various health insurance companies will be at the center answering questions on Medicare.

**CLOSING FOR VETERANS DAY**

- 10:00am-12pm: CDPHP Medicare
- 10:00am-12pm: Empire Blue Cross Medicare

**CLOSED FOR THE HOLIDAY**

- 10:00am-12pm: Empire Blue Cross Medicare
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