FRESH PRODUCE IS BACK!
Sponsored by Empire Blue Cross Blue Sheild

We have grants, underwriting and scholarships for anyone who needs them. We want all of you to participate. These are designated funds for members to take classes and be socially active, so we encourage you to sign up. Please reserve a seat for in-house classes, as seating will be limited. First sign up for September, pay your monthly fee, or call for a scholarship. Then call the front desk to reserve your seat in the in-house classes.

DO YOU KNOW WE HAVE GRANTS TO HELP WITH CLASS FEES?

DO YOU NEED ASSISTANCE?
The Senior Center is here to provide essential services.
• Weekly check in calls
• Fresh produce
• Grocery shopping
• Face Masks

Do you have medical appointments you can’t get to?
We are now offering limited medical transportation. If you are a senior in need: Call Phil at 518.584.1621 ext. 206.

SAFETY PROTOCOLS AT THE CENTER

Protocol for Coming to the Center:
• Must wear a mask - nose and mouth covered while at the Center.
• Must sanitize hands upon entering
• Attend class only, there is no hanging around.
• Please stay home if not feeling well.
• Please expect a full check-in/screening upon arrival.

FRESH PRODUCE

THURSDAYS, 12-12:30*** or while supplies last.
Sponsored by CDPHP
*** Thurs. Sept., 10 only - pick up is 2-4pm.
Curbside pickup. Please return your bags.
Due to increased demand, there is now a 1 bag per household limit.
Deliveries available by request. Call Phil by 12pm Wednesday. Call 518.584.1621 ext. 206.

CHESS & CHECKERS!

Look at our New Donation!
Come play chess or checkers under the tent! Call the front desk to sign out the table!

THE SARATOGA SENIOR CENTER IS HERE TO HELP YOU BE COUNTED IN SEPTEMBER

YOUR RESPONSE IS IMPORTANT TO YOU, YOUR FAMILY AND YOUR COMMUNITY
In association with the Saratoga County and the Census Bureau, the Saratoga Senior Center is helping to get seniors counted. Our senior population is way undercounted. Low counts affect our community funding for numerous vital services, such as:
• Health clinics, hospitals, fire departments, schools. Even roads and highways. And your Senior Center.
• Census results help determine how billions of dollars in federal funding flow into our communities each year.

DO YOU NEED ASSISTANCE?

DO YOU KNOW WE HAVE GRANTS TO HELP WITH CLASS FEES?

SAFETY PROTOCOLS AT THE CENTER

Protocol for Coming to the Center:
• Must wear a mask - nose and mouth covered while at the Center.
• Must sanitize hands upon entering
• Attend class only, there is no hanging around.
• Please stay home if not feeling well.
• Please expect a full check-in/screening upon arrival.

FRESH PRODUCE

THURSDAYS, 12-12:30*** or while supplies last.
Sponsored by CDPHP
*** Thurs. Sept., 10 only - pick up is 2-4pm.
Curbside pickup. Please return your bags.
Due to increased demand, there is now a 1 bag per household limit.
Deliveries available by request. Call Phil by 12pm Wednesday. Call 518.584.1621 ext. 206.

CHESS & CHECKERS!

Look at our New Donation!
Come play chess or checkers under the tent! Call the front desk to sign out the table!

THE SARATOGA SENIOR CENTER IS HERE TO HELP YOU BE COUNTED IN SEPTEMBER

YOUR RESPONSE IS IMPORTANT TO YOU, YOUR FAMILY AND YOUR COMMUNITY
In association with the Saratoga County and the Census Bureau, the Saratoga Senior Center is helping to get seniors counted. Our senior population is way undercounted. Low counts affect our community funding for numerous vital services, such as:
• Health clinics, hospitals, fire departments, schools. Even roads and highways. And your Senior Center.
• Census results help determine how billions of dollars in federal funding flow into our communities each year.

DO YOU NEED ASSISTANCE?
The Senior Center is here to provide essential services.
• Weekly check in calls
• Census Count Assistance
• Free puzzles & books
• Tech assistance with: ZOOM, Facebook, My Active Center

Do you have medical appointments you can’t get to?
We are now offering limited medical transportation. If you are a senior in need: Call Phil at 518.584.1621 ext. 206.

SAFETY PROTOCOLS AT THE CENTER

Protocol for Coming to the Center:
• Must wear a mask - nose and mouth covered while at the Center.
• Must sanitize hands upon entering
• Attend class only, there is no hanging around.
• Please stay home if not feeling well.
• Please expect a full check-in/screening upon arrival.

FRESH PRODUCE

THURSDAYS, 12-12:30*** or while supplies last.
Sponsored by CDPHP
*** Thurs. Sept., 10 only - pick up is 2-4pm.
Curbside pickup. Please return your bags.
Due to increased demand, there is now a 1 bag per household limit.
Deliveries available by request. Call Phil by 12pm Wednesday. Call 518.584.1621 ext. 206.

CHESS & CHECKERS!

Look at our New Donation!
Come play chess or checkers under the tent! Call the front desk to sign out the table!

THE SARATOGA SENIOR CENTER IS HERE TO HELP YOU BE COUNTED IN SEPTEMBER

YOUR RESPONSE IS IMPORTANT TO YOU, YOUR FAMILY AND YOUR COMMUNITY
In association with the Saratoga County and the Census Bureau, the Saratoga Senior Center is helping to get seniors counted. Our senior population is way undercounted. Low counts affect our community funding for numerous vital services, such as:
• Health clinics, hospitals, fire departments, schools. Even roads and highways. And your Senior Center.
• Census results help determine how billions of dollars in federal funding flow into our communities each year.

DO YOU NEED ASSISTANCE?
The Senior Center is here to provide essential services.
• Weekly check in calls
• Census Count Assistance
• Free puzzles & books
• Tech assistance with: ZOOM, Facebook, My Active Center

Do you have medical appointments you can’t get to?
We are now offering limited medical transportation. If you are a senior in need: Call Phil at 518.584.1621 ext. 206.

SAFETY PROTOCOLS AT THE CENTER

Protocol for Coming to the Center:
• Must wear a mask - nose and mouth covered while at the Center.
• Must sanitize hands upon entering
• Attend class only, there is no hanging around.
• Please stay home if not feeling well.
• Please expect a full check-in/screening upon arrival.

FRESH PRODUCE

THURSDAYS, 12-12:30*** or while supplies last.
Sponsored by CDPHP
*** Thurs. Sept., 10 only - pick up is 2-4pm.
Curbside pickup. Please return your bags.
Due to increased demand, there is now a 1 bag per household limit.
Deliveries available by request. Call Phil by 12pm Wednesday. Call 518.584.1621 ext. 206.

CHESS & CHECKERS!

Look at our New Donation!
Come play chess or checkers under the tent! Call the front desk to sign out the table!
WEDNESDAY MUSIC ON THE LAWN!
Live music from some of Saratoga’s best musicians in our back yard under our NEW TENT sponsored by the Miller/Nugent Family. Bring your lunch, a chair or stay in your car! Let’s welcome Fall.

- Tara Treffiletti - Sept. 2nd 12:00pm
  Tara is a dynamic vocalist born-and-raised in the Capital Region. Classically trained yet contemporary, her rich vocal tone and engaging musicality complement a variety of genres - from opera to disco.

- Jeff Brisbin - Sept. 9th, 12:00pm

- Tim Wechgelaer - Sept. 16th, 12:00pm

- Bonnie Greco - Sept. 23rd, 12:00pm

- Maggie Doherty - Sept. 30, 12:00pm

Donations appreciated

NEW CLASSES & PROGRAMS

- Shooting the Breeze with Joe
  Mondays 12:45pm. Outside & ZOOM

  Babble, blab, gab, chat, chatter, converse, jabber, jaw, kibitz, schmooze, talk! Whatever you call it - join Joe for an uplifting hour of conversation. (No class 9/21)

- “Building Immunity & Regeneration with Guided Meditation”
  Mondays. 11am. ZOOM. 4 weeks beg. 9/14.
  Building our immune system is the best defense to flu, viruses, and colds. New biology says at any age, we can regenerate all of the body with the right foods, reducing stress, and positive thinking. Join Amejo Amyot in creating a new you.

- Medicare 101 - Blue Shield of Northeastern NY
  Mon., Sept. 14th, 10am. Outside at the Center.
  There are many different options to consider when enrolling in Medicare. It can be confusing, so we’re here to make the process easier for you.

- “Happiness”
  How To Stop Others From Controlling Yours.
  Monday 9/21. 12:30pm (Outside & Zoom)

  Join life coach Annette Quarrier and learn how we each hold the keys to our own happiness and how we often give our keys away to others. This talk will help bring clarity and peace to your life.

- Tai Chi with Mark Tolstrup, The Tai Chi Center
  Wednesdays, 11:00am, Sept. 9-Sept. 30.
  4 week workshop. Outside at Center.
  Tai chi, is an internal Chinese martial art practiced for both its defense training, its health benefits and meditation.

- Yoga on the lawn with Monica
  Wednesdays, 2:15.

- Card Making and or Scrapbooking Workshop
  Wednesday 9/16 & 9/23.
  1-3pm. Inside Center.

- Clear Captions “Lunch & Learn”
  Wednesday, Sept. 16th, 11am. Outside at Center.

- ZUMBA with Marcia.
  Fridays, 10:15am. Outside at Center.

Another day to DANCE!
This is in addition to Emily’s Wednesday Zumba.

MONTHLY DINNER

September Dinner - $10.00  3:30 - 4:30pm
Caruside Pick Up or Dine in the Tent. (limited seating)
Sponsored by Blue Shield of Northeastern NY
Prepared for you by Ed Kelley’s friends at Longfellow’s.

Tues., Sept. 22nd.
Pork Tenderloin with Fall sides
Sign up by Mon. Sept. 21st.

Purchasing a dinner is a delicious way to support your Senior Center!

CDPHP LUNCH BUNCH

Mondays through Sept. 28th. Under the tent.
CDPHP has graciously extended their free Monday lunch program. You must sign up at the front desk. Quantities limited.

MEDICARE PLANNING WEBINAR

“What Baby Boomers Need to Know to Maximize their Healthcare and Reduce their Expenses”
Tuesday, September 8th, 2020 at 5:00 PM
Thursday, September 10th, 2020 at 2:00 PM

ZOOM links are in the Senior Center eblast and website.

Thank you to our newsletter sponsors for their continued support!
COMING IN OCTOBER

12:45: Shooting the Breeze Guided Meditation & Regeneration Through
11:00: “Building Immunity
9:30: Walking Group
Sponsored by Alfred Z.
“Madcap Mondays”

We are offering computer/phone assistance. Please call the
Computer/Phone/ Tech Assistance

Thank you CDPHP for sponsoring our Health and Wellness classes.
Thank you Herzog Law for sponsoring our Arts and Crafts classes.
Thank you Blue Shield of Northeastern NY for sponsoring our Outdoor Activities.

Apple Phone/Ipad Tech with Steve via Zoom
First Friday of month, 9-10 am.

Computer/Phone/ Tech Assistance
We are offering computer/phone assistance. Please call the Front Desk at 518-584-1621 to schedule your appointment.

Computer Lab is Open
Monday, Wednesday & Friday 10-2.
Mast make an appointment. Please call the front desk.
Book Club - Tuesday, Sept. 29th, 3pm.
“The Dutch House” by Ann Patchett. “You won’t want to put down this engrossing warmhearted book even after you’ve read the last page.”

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 don’t have email, maybe you can use your son’s or daughter’s to keep you informed.

Super September Programming
“Something for Everyone!”

In house, outside & zoom classes, music, presentations, food and more!
Don’t miss out on our low monthly unlimited program fee. $15 a month while it lasts!
Take advantage of our full September schedule as we take full advantage of our covered outdoor spaces thanks to the Miller/Nugent Family and Alfred Z. Solomon Charitable Trust.

September ’at the center’ class schedule

Thank you for your support! Thank you to the Glens Falls Foundation. Thank you to Jeff Brisbin, Rick Bolston, Jackie Dugas, Jay Yager, Bobbie Vandersley, Chris DeOld, Garland Nelson for bringing music to the Senior Center. Thank you to CDPHP for the free lunches for seniors. Thank you to Primal Buncher & Deh and Fred the Butcher for their donations. Thank you to all our amazing volunteers and sponsors.

We could not do what we do without you!

Creative Ways to Give to the Center!

Looking for simple ways to support our seniors? Participate in our #GiveWhereYouLive fundraiser through one of the following options:

• Purchase our branded merchandise- Insulated cups, Koozie Kooler and jute tote bags. Call the front desk or purchase on our website. Make great gifts!
• Make a monetary donation by clicking donate now on our website, calling the center and make a donation by phone, or mail in a check.
• Amazon Smiles - Do you or anyone you know that shops on Amazon? Next time go to smile.amazon.com, select Senior Citizens Center of Saratoga Springs and a percentage of your purchase will be donated by Amazon.
• Hoffman Car Wash Tickets - It’s easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for $12.00. Fifty percent of the sale goes to the Center.
• Clothing Bin - We have blue donation bins in our parking lot for clothing donations. We are paid per pound of clothes donated!
• 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 membership for a senior in need. It’s $25 a year, and with a membership, you instantly get access to our services.
• Volunteer - Looking to give back with your time? Contact us today to learn more about volunteering at the Center.

Medicare Insurance Expo
“Changes in Medicare 2021”
Tuesday, Oct. 6th
Meet with Insurance Representatives and learn about the changes in medicare.

Open House
Saturday, October 24th
Explore: Classes & programs available to adults age 50 and up. See how we have shifted our focus with Covid and the support services we are offering. Learn about volunteer opportunities.

Watch for music and event schedule!