

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

Non Profit ,.  
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### Creative Ways to Give to the Center!

Looking for simple ways to support our seniors? Participate in our #GiveWhereYouLive fundraiser:

- Purchase our branded merchandise- Insulated cups, Koozie Cooler and jute tote bags. Makes great gifts!
- Make a monetary donation through our website, 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](https://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 \$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!
- 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.
- Volunteer - Looking to give back with your time? Contact us today to learn more about volunteering at the Center.



### SENIOR CENTER SWAG!

We are now selling branded merchandise to help support the Saratoga Senior Center! Purchase your Jute Tote Bag, Insulated Wine Cup, and Koozie Cooler today by calling the front desk at 518.584.1621 or buy online for curbside pick - up!



### BE PROUD OF YOUR SENIOR CENTER!

Sport your Senior Center swag around town!  
Give as a gift to family and friends!

A portion of every sale supports the Center  
*Sponsored by Alfred Z. Solomon Charitable Trust*

### WE ARE HERE TO HELP YOU

The Senior Center is here to provide essential services. If you are a senior in need: Call Phil at 518.584.1621 ext. 206 .

- Weekly check in calls
- Fresh produce
- Grocery shopping
- Face Masks
- Free puzzles & books
- Tech assistance with: ZOOM, Facebook, & TheCensus

### Protocol for Coming to the Center:

- Must wear a mask 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.



[bsneny.com/medicare](https://bsneny.com/medicare)  
BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and Blue Shield Association.

# Saratoga Senior Center NEWSLETTER

SEPTEMBER 2020  
3RD MAILING



THE SARATOGA SENIOR CENTER IS HERE TO HELP YOU BE COUNTED!

## HAVE YOU BEEN COUNTED?

### ACT NOW! THE SARATOGA SENIOR CENTER CAN HELP YOU!

#### WAYS TO COMPLETE THE CENSUS:

- Log on to <https://2020census.gov> and complete it online.
- Call the Saratoga Senior Center at (518) 584-1621 for help and to schedule an appointment here at the Center.
- Call the Saratoga Senior Center at (518) 584-1621 for help and to schedule a phone appointment at the Center.
- Come to our scheduled events. A table will be set up with a staff member to help you complete your census!

### IT IS SAFE! IT IS IMPORTANT TO ACT NOW!

The Saratoga Senior Center is very protective of their members and seniors. All your answers are confidential by law. You will not be asked for your social security number, donations or bank/credit card information. The questions that are asked pertain to how many in the household, their statistics - age, date of birth and if you own or rent. Remember all your information is protected by law; it can't be shared with law enforcement or other government agencies.

### 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.

### IMPORTANT DETAILS!

- Have your ID/Pin number the Census sent you
- NO ID or PIN - No Problem! We will use your name.
- NO computer - No Problem! We have them and will fill it in for you.
- NO transportation - No Problem! We will do it by phone!



5 Williams St, Saratoga Springs, NY • (518) 584-1621 • [saratogaseniorcenter.org](https://saratogaseniorcenter.org)



**SAVE THE DATES! COMING IN OCTOBER**  
**BOTH EVENTS WILL BE HELD OUTSIDE, WEATHER PERMITTING**



## HEALTH FAIR/MEDICARE EXPO

With Covid Safety Protocols in Place



**Tuesday, October 6th. 10:00-12:00pm.**

Join us at the Center for our annual Health Fair/Medicare Expo Combo!  
 Meet one on one with senior focused specialists, healthcare and medicare insurance professionals to learn about the changes in medicare for 2021.

### Presentation and Music Schedule

- 11:00am "HAPPINESS" - How To Stop Others From Controlling Your Happiness on the Lawn (weather permitting)  
*Sponsored by Saratoga Life.*

Join Annette Quarrier, Life Coach 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.

- 12:30 LIVE MUSIC - GARLAND NELSON on the Lawn (weather permitting)  
*sponsored by United Health Care*
- Siobhan with Cornell Cooperative Extension - Food and Nutrition Program
  - Fresh Produce - Regional Food Bank while supplies last

*Health Fair/Medicare Expo Sponsored by:*



**Social Distancing  
Protocols Followed**

## SARATOGA SENIOR CENTER ANNUAL OPEN HOUSE

With Covid Safety Protocols in Place

**Saturday October 24th, 10:00am - 12:00pm**

Meet the Senior Center Staff! Learn about all of our senior services and programs we have available. See how the Senior Center has adapted to better serve our seniors during these trying times. Meet with Phil and discover the resources that are available for your parents, grandparents and neighbors. Meet with Lawrence and find out about our safe contactless volunteer opportunities and how you can help the seniors in your community!

### Presentation and Music Schedule:

- 10:00am: SILENT WINGS - BIRDS OF PREY on the Lawn (weather permitting)  
*sponsored by Herzog Law*

Join Trish Marki for a fun informative presentation about the unique behavior of owls, falcons and other birds of prey, the conservation issues that impact them, and the human impact on species survival. It is a rare and fun opportunity to see these beautiful and graceful birds up close. Bring your camera.

- 12:00 LIVE MUSIC - RICK BOLTON & JACKIE DUGAS on the Lawn (weather permitting)  
*sponsored by The Eddy*

- Siobhan with Cornell Cooperative Extension
- Fresh Produce - Regional Food Bank while supplies last

*Senior Center Open House Sponsored by:*



**Membership  
Specials!**

**All Ages Welcome!**

**Social Distancing  
Protocols Followed**

**Thank you to our newsletter sponsors for their continued support!**



## A plan for life.

Capital District Physicians' Health Plan, Inc.

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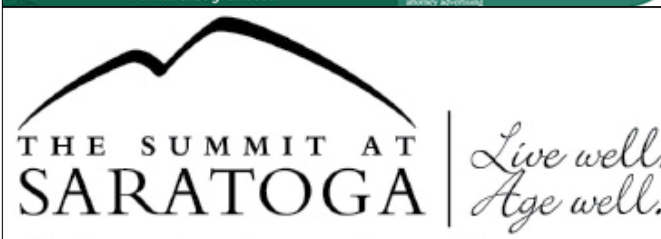
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1 Perry Road | Saratoga Springs, NY 12866

**SL**

**Saratoga Life**  
 Ask me about

**MEDICARE!**

**518-879-8958**



## OCTOBER 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 October schedule as we take full advantage of our covered outdoor spaces before the snow flies!

### NOT A MEMBER? JOIN TODAY!

The Senior Center is offering its Open House Special New Membership rate a little early!

\$20 for the remainder of 2020. Purchase 2021 membership at \$25 and get the remainder of 2020 for \$15.

### OCTOBER ‘AT THE CENTER’ CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
“Madcap Mondays” <i>Sponsored by Alfred Z. Solomon Charitable Trust</i>	time TBD: Golf 3:00-4: Book Club <b>(10/27)</b>	9:30-11:30: Mosaics 9:30-Rug Hooking 10:00: Zumba w/ Emily 12:00 Live Music Series 2:15-3:15: Yoga w/Monica	12-12:30: Fresh Produce - <i>curbside pickup</i>	10:15: Zumba
9:00: Yoga on the Lawn/Lin 9:30: Walking Group 9:30: Clay Arts 12:45: Shooting the Breeze w/ Joe 1-3: Drawing <i>Closed Monday October 12</i>				



**Thank you CDPHP for sponsoring our Health and Wellness classes.**

### OCTOBER ZOOM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Yoga on the Lawn 12:45: Shooting the Breeze w/ Joe	10:00-11:00: Meditation 11:30: Yoga w/Lyn 12:30:Memory Games	10:00: Zumba 1-2: Strength 2:15-3:15: Yoga w/ Monica <i>(no yoga 10/21)</i>		9-10: Apple PhoneTech <b>(1st Friday)</b> 10:15: Zumba



**Thank you Herzog Law for sponsoring our Arts and Crafts classes.**



**Thank you Blue Shield of Northeastern NY for sponsoring our Outdoor Activities.**

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

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 October, pay your monthly fee, or call for a scholarship. Then call the front desk to reserve your seat in the in-house classes.

### Book Club - “O Pioneer!” By Willa Cather.

Tuesday, October 27th, 3pm. At the Center  
A tale of the prairie land encountered by America's Swedish, Czech, Bohemian, and French immigrants, as well as a story of how the land challenged them, changed them, and, in some cases, defeated them.

### Senior Computers in the Library are Open

Monday, Wednesday & Friday 10-2.  
Must make an appointment. Please call the front desk.

### Flu Shots

We are scheduling flu shots for the fall. Watch the eblasts for upcoming dates.

### Apple Phone/Ipad Tech with Steve via Zoom

First Friday of month. 9-10am.

### “How To Markup a Photo and a Note”

With Markup, you can edit screenshots and photos, select different opacity and font thickness, and even add a signature to a PDF document. All and any questions welcomed.

### Computer/Phone/Tech Assistance

We are offering computer/phone assistance Monday - Thursday. Please call the Front Desk at 518-584-1621 to schedule your appointment.

### MONTHLY DINNERS

#### October Dinners - \$10.00 3:30 - 4:30pm

Curbside Pick Up or Dine in the Tent. *(limited seating).*

*Prepared for you by Ed Kelley's friends at Longfellow's.*

#### Tuesday, October 13th.



Italian Sausage, Roasted Peppers and Pasta

Sign up by Mon. Oct. 12th. at noon.

*We are closed, leave a message on the answering machine.*

*Sponsored by CDPHP*

#### Tuesday, October 27th



Meatloaf Dinner

Sign up by Mon. Oct. 26th. at noon.

*Sponsored by Herzog Law*

### NEW PROGRAM!

#### Bright Cards Memory Program with Donald Ambrose

Tuesdays, Beginning October 13th, 11:30am on ZOOM

The Bright Cards method will provide you with a fun, working and practical way to exercise your brain and improve a means of memorizing facts. It's a winning combination... Don't let Covid slow down your brain power. (formerly brain games)



#### Program Information!

Yoga with Lin - Tuesdays via ZOOM. Now at 11:30am

Zumba with Emily- Wednesdays at the Center and via ZOOM. Now at 10:00am.

Zumba - Fridays in October will be subbed by Miho.

### ONE DAY BUS TRIPS!

#### A DAY IN COOPERSTOWN

Thursday, October 22, 2020

#### SALE PRICE \$20

*Thank you Target & Blue Shield for sponsoring.*

Spend the day in beautiful Cooperstown. Go to the many museums - Farmer's Museum, Baseball Hall of Fame or The Fenimore, shop in the downtown area, or have lunch overlooking the lake! It is day on your own.

### 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.

### MUSIC ON THE LAWN!

Live music from some of Saratoga's best musicians in our backyard under our **NEW TENT** sponsored by the Miller/Nugent Family. Bring your lunch, a chair or stay in your car!

- Bill Gervasio, Wednesday, Oct. 7, 12:00pm  
*Sponsored by Home of the Good Shepherd*
- Garland Nelson, Tues., Oct. 6, 12:00pm (Health Expo).
- Bonnie Greco, Wednesday, Oct. 14, 12:00pm
- Tara Treffiletti, Friday, Oct. 23, 12:00pm
- Jackie Dugas & Rick Bolton, Sat., Oct. 24th, 12:00pm (Open House)



### VOLUNTEER “THANK YOU” LUNCHEON

#### CURBSIDE PICK UP - “COVID STYLE”

**Sponsored by Blue Shield Northeast NY**

**Thursday, October 29th, 1:30pm - 2:30pm.**



The Senior Center has **“awesome”** volunteers! If you are one of our amazing volunteers, please join us as we say “Thank You” with a curbside pickup lunch in your honor! R.S.V.P. required by October 23rd. Calls from the Center will be going out next week. If you are a volunteer in 2020 and have not received a call from the Center, please call the Front Desk and sign up.



*It is Halloween week, maybe there will be some tricks or treats!*

### LEGACIES OF LIFE - Telling Your Story

**“Preserving Past and Present, for the Future”**

**In partnership with Skidmore College**

How does telling our stories benefit future generations? Stories connect the past and present to the future. Our stories and our learning from them honors and respects our ancestors and us. They can awaken future generations to their potential. If you are interested in participating in the Legacy Program, please call Lawrence ext 206 or Phil ext. 209.

### Thank you for Your Support!



Thank you to Jeff Brisbin, Tim Wechelaer, Bonnie Greco, for bringing music to the Senior Center. Thank you to CDPHP for the free lunches for seniors. Thank you to Annette Quarrier for bringing us 'happiness'. Thank you to Clear Captions for our presentation and lunch. Thank you to all our amazing volunteers and sponsors.

We could not do what we do without you!