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

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.

SUPPORT YOUR SENIOR CENTER!
Looking for simple ways to support our seniors?
• 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, 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.

 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.

BROOKS BBQ
Tuesday, Nov 17th, 3pm-6pm
Sponsored by Humana
Bringing back memories of warm summer days & aroma of BBQ on the grill!
Mmm mmm good!
Chicken Dinner: $13  Rib Dinner: $15.
All dinners include Baked Potato, Cole slaw, Roll.
The Senior Center is one of the few places where you can purchase the rib Dinner!
• Curbside Pickup
• Curbside Day of Sales - Forgot to order your dinner! You can come and get your meal day of. Whole supplies last!
• Bulk Orders Delivery (10 or more): We will deliver to your office or place of business!

COLD WEATHER BOREDOM BUSTERS
SPONSORED BY MVP HEALTH CARE
LIVE MUSIC
Jacksland featuring Jackie Dugas & Rick Bolton
Tuesday, November 10th, 1:00pm
Preorder a "to go" dinner to take home with you. (see Veteran's Dinner)

LIVE MUSIC
JEFF BRISBIN - a Center favorite
Wednesday, November 18th, 1:00pm
You MUST RESERVE A SEAT for music as seating is limited.

HOLIDAY GIFT IDEAS!
Need some gifts for your family and friends? Consider purchasing some of the Senior Center's branded merchandise. They make great gifts!
• Insulated Wine Cups
• Jute Tote Bag
• Koozie Cooler
• Fleece Blanket
• Cotton Masks
• Hoffman Car Wash Tickets

IT'S MEMBERSHIP RENEWAL TIME FOR 2021
It's that time of year again - membership renewal! Enclosed is your membership renewal invoice. Call the front desk at 518-584-1621 to renew or fill out your invoice and return by January 1, 2021. Remember that your membership dollars support your Center!
Thank you to our newsletter sponsors for their continued support!

NOVEMBER PROGRAMMING

“Healing Guided Meditation And Wellness.” Facilitated by Amejo Amyot, Ph. via ZOOM
Mondays 11:00am - 12:00pm.
This is a spirit, body, mind peer group to bring hope to us as we age. Amejo will use guided meditation to raise spiritual wellness energy. And also address looking at letting “food be thy medicine” as well as other lifestyle issues of exercise, stress, sleep, gratitude and hope. November topic - bringing healing energies to the parts of the body that need some extra TLC. Also learn about foods that help to regenerate the body.

NEW PROGRAM!
Bright Cards Memory Program with Donald Ambrose via ZOOM
Tuesdays, 11:30am
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). Donald has supplied us with items you will need to follow along with the program. Please call the Center so we can get these supplies to you.

10 Warning Signs of Alzheimer's, Presented by Katie Keary of the Alzheimer's Association
Wednesday, November 4 at 10:30am via ZOOM
Alzheimer's Association is partnering with the Saratoga Senior Center to present the "10 Warning Signs of Alzheimer's", a one-hour program that covers typical age-related changes, as well as common warning signs of Alzheimer's. A screen will be set up at the center in-house ZOOM viewing and will also be accessible via ZOOM for at-home viewing.
MUST RSVP, seating at Senior Center is limited. To register to view the ZOOM, visit https://bit.ly/2iS240s.

Create “Tie-Dye Masks”. At the Senior Center.
Monday, November 16th, 1:00pm
When was the last time you tie-dyed? Come to the Center and make your own brightly covered mask. If you want, you can bring a t-shirt to transform, must be 100% cotton. We will supply the masks. You MUST RSVP as seating is limited.

Book Club - 11/24/2020. At the Senior Center. New members welcome!
“Defending Jacob” by William Landay
Award-winning author William Landy has written the consummate novel of an embattled family in crisis - a suspenseful, character driven mystery that is also a spellbinding tale of guilt, betrayal, and the terrifying speed at which our lives can spin out of control.

Holiday Wreath Making Class. At the Center
Monday, November 30th, 2:00pm
Join Misty from Cummins, Inc. in a fun festive afternoon of holiday decor. Make a wreath for your front door or give one as a gift. Supplies provided. Feel free to bring your own favorite decorations. You MUST RSVP as seating is limited.

The C/Dee Ensemble featuring Michael Dee and Melanie Chirignan via ZOOM
Saturday, December 5th, 2:00pm
Michael & Melanie will be performing popular classical works by Geroges Bizet, Camille Saint-Saens, Felix Mendelssohn, Mozart, Teleman, and Beethoven for flute and clarinet. Selections include: Three Duets, Choros No. 2, Carillon, Dance of the Hours, Alles fuhlt der Liebe Freuden from Die Zauberflote and more. Vegas born clarinetist, Michael Dee, is a versatile soloist, chamber, and orchestral musician. Melanie Chirignan is a flautist known for her musicality and versatility of repertoire. Her eclectic tastes have led Melanie to collaborate with many different performers and ensembles. Call the Front Desk for Zoom link.
NOVEMBER PROGRAMMING
“Something for Everyone!”
In House, Outside (weather dependent) & ZOOM Classes, Music, Presentations, Food and More!
Don’t miss out on our low monthly unlimited program fee, $15 a month!
Take advantage of our full November schedule! NOT A MEMBER? JOIN TODAY!
Purchase 2021 membership at $25 and get the remainder of 2020 for FREE!

NOVEMBER ‘AT THE CENTER’ CLASS SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-4: Activity</td>
<td>9:00-11:30: Art Class</td>
<td>9:30: Yoga</td>
<td>12:00-12:30: Fresh Produce pickup</td>
<td>10:15-Zumba</td>
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<tr>
<td>“Markup Mondays”</td>
<td>Sponsored by Alfred Z. Solomon Charitable Trust</td>
<td>9:30: Yoga/Lin</td>
<td>10:00: Zumba w/ Emily</td>
<td>10:15-Zumba</td>
</tr>
<tr>
<td>9:30-Ray Hong</td>
<td>12:30-3:30: Yoga w/Monica</td>
<td></td>
<td>12:30: Stretching &amp; Toning with Mason &amp; Thomas</td>
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<tr>
<td>1-3: Drawing</td>
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Thank you CDPHP for sponsoring our Health and Wellness classes.

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

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

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

Please call the front desk at 518-584-1621 to schedule your appointment.

Senior Computers in the Library are Open Monday & Wednesday 10-2. Friday 10-12. Must make an appointment. Please call the front desk.

THE SENIOR CENTER WISH LIST:
• a 4 drawer filing cabinet that locks
• sandwich baggies
• paper lunch bags

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

“How To Markup a Photo and a Note”
With Markup, you can edit screenshots and photos, and even add a signature to a PDF document. Bring all of your Apple tech questions.

Computer/Phone/Tech Assistance
We are offering computer/phone assistance Tuesday- Friday. Need help with your phone or Ipad? Want to learn ZOOM, Facebook or email? Please call Front Desk at 518-584-1621 to schedule your appointment.

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