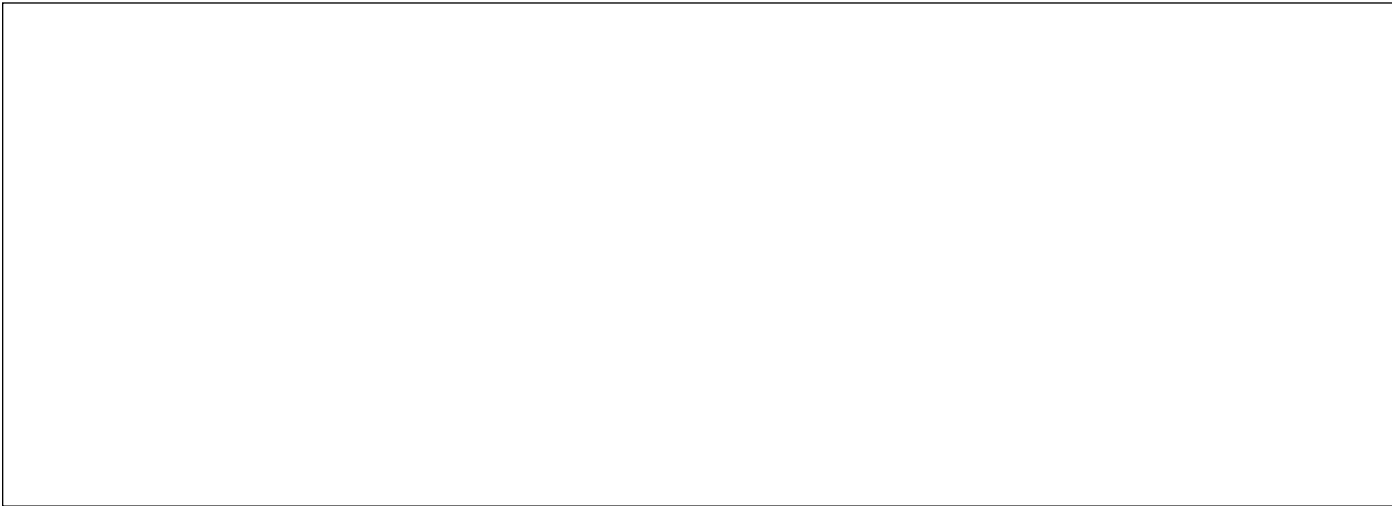


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Saratoga Senior Center  
**NEWSLETTER**  
NOVEMBER 2020



Benefits the Saratoga Senior Center

**BROOKS BBQ**  
**Tuesday, Nov 17th, 3pm-6pm**  
**Sponsored by Humana**

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, Coleslaw, 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. *While 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.*

**VETERAN'S DAY DINNER "TO GO"**

**Prepared by Ed Kelley's friends at Longfellows**

*Sponsored by CDPHP*



**Special Time! Curbside pickup 2:30 - 4:00pm**

Celebrate Veteran's Day with Music and a 'to go' dinner from the Center.

*Please preorder your dinner by calling the front desk.*

**Tuesday, November 10th.**

Lemon Chicken, Rice and Vegetable

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

**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.

**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.



**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.



**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!



5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org



## 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.

**Stretching & Toning with Mason & Thomas via ZOOM**  
**Thursdays, 12:30pm - Last class: November 19th**

Join Mason & Thomas, Skidmore interns, in a stretching and toning routine that will energize your day. Using aspects of yoga, stretching and pilates you will feel stronger and more flexible.

**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/2IS2d0x>.

**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 Landay 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, Telemann, and Beethoven for flute and clarinet. Selections include: Three Duets, Choros No. 2, Carillion, 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.

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



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## 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
“Madcap Mondays” <i>Sponsored by Alfred Z. Solomon Charitable Trust</i>	3:00-4: Book Club <b>(11/24)</b>	9:30-11:30: Mosaics 9:30-Rug Hooking 10:00: Zumba w/ Emily 2:15-3:15: Yoga w/Monica	12-12:30: Fresh Produce <i>- curbside pickup</i>	10:15: Zumba
9:00: Yoga/Lin 9:30: Walking Group 9:30: Clay Arts 1-3: Drawing				



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

### NOVEMBER ZOOM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
“Madcap Mondays” <i>Sponsored by Alfred Z. Solomon Charitable Trust</i>	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	12:30: Stretching & Toning with Mason & Thomas	9-10: Apple PhoneTech <b>(1st Friday)</b> 10:15: Zumba
11:00: Immunity Building/ Meditation with Amejo				



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

#### 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 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



## TRAVEL 2021!

Here's hoping we can travel in 2021. Below is a list of our scheduled trips. We will be having ZOOM informational slide shows. You can ZOOM from home or watch on the movie screen at the Senior Center. If you are coming to the Center, you **MUST RESERVE A SEAT** as seating is limited.

### MULTI DAY BUS TRIPS 2021!

(Diamond Tours, Open to the Public)

#### CHARLESTON, SOUTH CAROLINA

April 18-24, 2020 \$950 double occupancy

7 days/6 nights. Historic Charleston is bursting with Southern charm and hospitality. The city feels a bit like it's suspended in time, thanks to its antebellum architecture and surrounding plantation landscapes.

### 2021 EXCURSIONS!

Collette Tours. Open to the Public

#### Watch for more domestic trips to be announced!

- Imperial Russia July 22-30, 2021  
*Get a glimpse into the world's largest country and experience the distinctive allure of Russia, a land abundant with intrigue and history.*
- Alaska - Land and Cruise Sept. 11-22, 2021  
*Traverse the Pacific coast by land and sea aboard one of Princess Cruise lovely ships on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia.*
- Greece Island Hopper Oct.16-26, 2021  
*In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living.*
- Christmas on the Danube -  
River Cruise Dec. 2-10, 2021  
*Begin your holiday season with a relaxing cruise along the Danube River, stopping at the Christmas markets.*

### INFORMATIONAL SLIDE SHOWS: ARMCHAIR TRAVEL

#### Travel Informational Slide Shows.

**Presented by Colby Yeaton of Collette Travel via ZOOM**

#### Tuesday, November 17th at 1:30pm.

##### IMPERIAL RUSSIA

Get a glimpse into the world's largest country and experience the distinctive allure of Russia, a land abundant with intrigue and history. Like an intricate matryoshka doll, Russia is a multi-layered country with discoveries around every corner. Full of energy, surprises, and grandeur – Russia awaits.

#### Tuesday, December 8th at 1:30pm.

##### CHRISTMAS ON THE DANUBE

On a boat cruise along the Danube, explore charming Christmas markets and see Europe dressed in its holiday best.

ZOOM at home or at the Center. **Note: seating at Senior Center is limited. Please RSVP.** For ZOOM links, call the Senior Center front desk.

## WE ARE HERE TO HELP YOU

### ADVOCACY, INFORMATION AND REFERRAL

#### COMMUNITY CONNECTIONS

**Supported by Saratoga Hospital, Saratoga OFA and The Wesley Community**

Are you a senior over 50 who needs help with friendly visits, transportation, light chores or errands? Call Phil at 518-584-1621, ext. 206.

*We need volunteers to help with this program.*



### TRANSPORTATION

**Supported by Stewart's Shops, United Way and Price Chopper's Golub Foundation**

We are now providing limited medical transportation. We have also restarted our complimentary shuttle from area housing sites to the Price Chopper. Please call Phil at 518-584-1621, ext. 206 for details.



### FOOD ASSISTANCE

**Supported by CDPHP**

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Thursdays 12-12:30 and lunches on Mondays. Home delivery available. If you need help with food, please call Phil at ext. 206.



### Coming for the Holidays

Watch your eblasts and the December newsletter for more festive events.

- Poinsettia sale by the Ladies of Charity 12/5, 12, & 15
- Cleaning out the Senior Center Sale: Christmas cards, craft items, beautiful fabric and more. 12/2
- Holiday Fun: gift wrapping, music and to go dinners. 12/15

### Thank you for Your Support!

Thank you to Bill Gervasio, Tara Treffiletti, Bonnie Grecco and Garland Nelson for bringing music to the Senior Center. Thank you to CDPHP for the senior lunches. Thank you to Saratoga County for Census 2020 Complete Count Outreach grant, Emergency Food and Shelter National Board Program for expanded RFB distribution and lunches, Saratoga County Industrial Development Agency for PPE grant. Thank you to 550 Waterfront, US Foods, Performance Food Group, DeCresente, Saratoga Eagle and Moet & Hennessey for their support of our Music & Mingling Fall Tasting. Thank you to all our amazing volunteers and sponsors. We could not do what we do without you!