Thank You for Your Kindness and Support!
Thank you to Old Bryan Inn for an amazing dinner. Thank you to Pinney Meadows for our delicious fresh produce. Thank you to Bill Gervasio for beautiful music. Thank you to CDTA, Sherri Rose for presenting to us important information. Thank you to Saratoga YMCA, BlueShield of NENY, Flexon Law, Saratoga Water, Jeff Beishin for making Senior Fun Day fun!!! Thank you to NYRA & Trackside Grill for our great day at the track! Thank you to all the sponsors and participants in our golf tournament fundraiser. A huge thank you to all our volunteers, you keep our world rockin’!

YOU MAY BE ELIGIBLE FOR FREE CLASSES AT THE SENIOR CENTER!
Do you carry United Healthcare and are 65+ years? You may be eligible for Renew Active. Do you carry any of the following medicare advantage plans: BlueCross BlueShield, BlueShield of NENY, CDPHP, EmblemHealth, Empire BlueCross, Empire BlueCross BlueShield, healthfirst, Humana, Independent Health, MVP or WellCare? You may be eligible for the Silver Sneakers program. Are you unsure if you are a Renew Active or Silver Sneakers member? Call the front desk, let Joann and Kris help you out!

SUPPORT YOUR SENIOR CENTER!
Looking for simple ways to support our seniors?
• Purchase our branded merchandise- They make great gifts!
• Purchase a $25 membership for a senior in need.
• Or purchase a $25 membership for a senior in need. Fifty percent of the sale goes to the Center!
• Make a monetary donation through our website, by phone, or mail in a check.
• Amazon Smiles - 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 $10.00. Fifty percent of the sale goes to the Center! PAPER TICKETS ARE BACK.
• Clothing Bin - We have blue donation bins in our parking lot. 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.

ARE YOU READY? IN HOUSE DINNERS ARE BACK!

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WHAT’S NEW THIS MONTH! ... adding new programs all the time.

LEARN TO FALL IN LOVE WITH “ART” facilitated by Barry, member and artist

Monday, September 13th & 27th. 2:00pm $5 material fee.

Afraid of expressing yourself through art? Barry has a foolproof easy method to get you to draw! Using designs provided by Barry, you will create pictures that are unique & colorful! Open to any level of experience, but geared to those with none.

NEW YORK STATEWIDE SENIOR ACTION COUNCIL MEETING
Presents Saratoga Initiatives in Supporting People with Chronic Illness
Thursday, September 23rd. 2pm.

Overwhelmed by the complexities of the health system? Wondering how to sort all this out, and what it means for the future? The Senior Life Transitions Program may be able to assist you with these challenges: supporting you in transition, helping you plan for possible futures, empowering you to best age-in-place. Speakers include Phil Disorbo, Drs. Kevin Dooley and John Pizzulo.

Open to the Public. At the Center and Via ZOOM. Call the Front Desk to register and get ZOOM link.

PITNEY MEADOWS POP UP FRESH PANTRY
Mondays, 9:30am till gone.

At the Saratoga Senior Center.

Pitney Meadows farm is unique because “we don’t grow to make money; we grow to give. Our philosophy of farming means growing for the community.” We are collaborating with Pitney Meadows in their Food Security Access to Farm-Fresh Produce program, They are committed to provide fresh produce donations to food pantries, senior programs, and other programs to feed the community.

LOOKING FOR SOMETHING FUN TO DO? JOIN OUR CHIT CHAT & MUSIC GROUP
Facilitated by Anna, Skidmore Intern.

Mondays, 1pm at the Center.

Join your friends for a fun hour of chit chat, laughs and music! Meet new friends and connect with old ones!

LIKE TO PLAY CARDS? JOIN OUR BRIDGE, CANASTA, PINOCHLE & POKER GROUP
Welcoming new players.

Call the front desk for times and information.

UKULELE IS BACK AT THE CENTER! facilitated by Marshall Swift

Thursdays 10:00am.

Dust off your ukulele and join your friends at the Center for some singing and playing.

VAN TRIPS

Dinosaurs in Motion at Universal Preservation Hall. 
Friday, September 17th.

Dinosaurs in Motion is an amazing blend of science, art and innovation which engages and educates you by using 14 magnificent, fully interactive, recycled life-size metal dinosaur sculptures inspired by actual fossils. Pay $27 at sign up. Leave at 9:45am.

The Big E, Northeast’s Biggest Fair
Tuesday, September 21st

Guests to the fair can stroll through the Avenue of States, Storrowton Village and the grounds filled with shopping, entertainment, midway rides and foods from around the world – all during New England’s most colorful season! We leave the Center at 8:30am. Pay $32 at sign up. Please bring additional money or lunch and spending.

Lunch Bunch - 550 Waterfront
Tuesday, September 28th.

Enjoy lunch at one of Saratoga Lake’s restaurants with a magnificent view. Pay $3 at signup. Bring money for lunch. Leave the Center at 11:30am.

Thank you to our newsletter sponsors for their continued support!
SEPTEMBER PROGRAMMING
“Make it a September to remember.”
In House & ZOOM Classes, Presentations, Food and More!

Did you know our low monthly $15 all inclusive unlimited program fee includes classes, events, & programs.

MONDAY
9:00: Tai Chi
9:30: Clarity Arts
10:00: Meditation w/ Susanne (center & zoom)
10:30-12:30: Gentle Yoga
11:30-1:00: Clubs
1-2: Lunch & BKQ
1-4: Pool League

TUESDAY
9-9:45: SilverSneakers
9:45-10:30: Classic (center & zoom)
10:45-11:30: Classic (center & zoom)
11:30-12:30: Gentle Yoga (center & zoom)
12:30: Pool League
1-2: Chit Chat/Music
1-4: Book Club

WEDNESDAY
9:30: Mosaics (center)
10:30: Knit & Crochet
10:45-11:30: Yoga (center & zoom)
11:30-1:00: Riq Flossing
12:30: BINGO
1-2: Chair Yoga w/ Susanne
1-4: Pool League
1-4: Book Club
(see calendar)

THURSDAY
10:45-11:30: Low Impact Cardio & Strength (center & zoom)
11:45-1:00: Strength w/ Aidan (at center & zoom)
1-4: Pool League
2:15: Yoga (center)
10-10:45: Low Impact Cardio & Strength (center & zoom)
10:45-11:30: Riq Flossing
12:30: BINGO
12:45: 1-2: Chit Chat/Music
1-4: Pool League
1:30: Chair Yoga w/ Susanne (center & zoom)
2:15: Yoga (center)
1-4: Pool League
1-4: Fishtile

FRIDAY
9:30-12:30: Book Club
12:30: Pool League
1-4: Pool League

BARBER AT THE CENTER! $5 haircuts for men. 1st Monday of the Month - 9:00-12pm.
Ryan will be coming to the Center to cut our men members hair. Must call the front desk to make an appointment.

TAROT CARD READINGS facilitated by Mary Shimp Last Thursday of the month. 10-11:30am. $5 donation.
Do you have some unanswered questions about your life? A tarot card reading provides guidance to gain an insight into what the future holds. Call to make a 15 minute appointment.

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

SPECIAL EVENT SCHEDULE

• Monday 9-12. (3rd Mon. of month) Men’s Haircuts
• Mon., Sept. 19th. 12pm. “Story of Arthur Truluv” by Elizabeth Berg
• Tues., Sept., 20th. 10:30am. “Right Sizing” Housing Seminar
• Thurs., Sept. 22nd. 3:00pm. Lunch & BBQ

BOOK CLUB AT THE CENTER
A moving novel about three people who find their way back from loss and loneliness to a different kind of happiness. Arthur, a widow, meets Maddy, a troubled teenage girl who is avoiding school by hiding out at the cemetery, where Arthur goes every day for lunch to have imaginary conversations with his late wife. The two strike up a friendship and Maddy gives Arthur the new life he needs.

COMING IN OCTOBER

• Medicare Expo - Tuesday October 5th
• Health Fair - Tuesday October 5th
• Open House - Saturday October 23rd
• NABA Long View Tech Fair - Tuesday, October 19th
• Burlington Bus Trip - Thursday, October 7th
• Fall Fest with Saratoga YMCA - Tuesday, October 26th

NEW CLASSES/PROGRAMS

• Brain Games with Don Ambrose
• Learn Basic Dance Steps with Monica
• New programs with Skidmore
• Art Workshops

BECOME A MEMBER TODAY!
Support your Center and Stay Active!
Do you know someone turning 50 or 60? Why not purchase a Saratoga Senior Center membership for a gift?
We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors.
For just $25 a year you instantly access to all our programs and services. To find out more call the Front Desk.

SENIOR SUPPORT SERVICES

AVOCADO & INFORMATION REFERRAL
CALL THE CENTER IF YOU NEED ASSISTANCE

FOOD ASSISTANCE

Supported by CDPHP
The Senior Center is partnering with the Regional Food Bank to provide food every month at 11am pick-up at the Center. Home delivery for produce is available on demand and volunteer available. Contact Senior Support Services at 518-584-1621 ext. 206 to register.

COMMUNITY CONNECTIONS

Are you a senior over 50 who needs no-contact assistance with grocery shopping, medical transportation, yard work, check-in calls or errands? Contact Senior Support Services at ext. 206. We need volunteers to help with this program!

TRANSPORTATION

We are providing transportation to medical appointments, shopping, groceries, etc. Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper. Contact Senior Support Services at ext. 206.

SENIOR LIFE TRANSITIONS

Are you confused and troubled by a worsening health condition or is your life becoming unplanned? Overwhelmed by the complexities of the health system? Wondering how to sort all this out, and what it means for the future? Our new Senior Life Transitions Program may be able to assist you with these challenges: supporting you in transition, helping you plan for future possibilities, empowering you to be best in age-place. The program is facilitated by Phil Di Sorbo, our national Board Certified Patient Advocate.
Call Phil at the Saratoga Senior Center today to see if our new Senior Life Transitions Program may be able to assist you. 518-584-1621 ext.206.

REGIONAL FOOD BANK

Thursdays 11-12:30. Sponsored by CDPHP
Fresh produce pickup in the back yard under the tents. Deliveries available by request. Contact Senior Support Services at 518-584-1621 ext. 206.

MY VIRTUAL SENIOR CENTER

The VSC gives seniors a place to go, learn, explore, and interact safely and virtually, no matter what the future holds. The VSC provides a wide variety of programs to help seniors stay engaged and connected, including virtual book club, music programs, and more.

WE ARE HERE TO HELP YOU

EXCURSIONS 2022

BURLINGTON/SHELBURNES MUSEUM Fall Foliose Scenic Trip Sponsored by Blue Shield Thursday, October 7th.
Member price $60. Non members welcome, please call the front desk.

California Dreaming. September 19- 26, 2022
Music Cities Holiday. December 4-11, 2022.

TRIPS & EXCURSIONS! LET’S GET AWAY!

ONE DAY BUS TRIPS 2021

BOSTON - A Day On Your Own In This Amazing City! Thursday, November 18th. Member Price $55. Non members welcome, please call the front desk.

Between the beautiful architecture, unique culture, amazing history and delicious food, it’s one of the most popular tourist destinations on the East Coast. November is a great time to get unique gifts for the upcoming holidays.

NEW YORK CITY - A Day On Your Own! Wednesday December 8th.
Member price $48. Non members welcome, please call the front desk.

There is no other place quite like New York City; from its world-class museums, art galleries and architecture to its role as the theatre and financial capital of the world. Spend the day on your own and explore the fascinating city. You will be dropped off at Bryant Park (42nd between 5th & 6th). All one day bus trips leave from the train station on West Avenue. Our bus trips are open to the public, all ages, any residence. You do not have to be a member.

We suggest you carry a mask with you when traveling on any of our van and bus trips. We are never sure of a facilities policy as things change all the time.

Sponsored by CDPHP
Fresh produce pickup in the back yard under the tents. Deliveries available by request. Contact Senior Support Services at 518-584-1621 ext. 206.

LETS GET AWAY!

Sponsored by CDPHP
Music Cities Holiday. December 4-11, 2022.

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