DO YOUR HOLIDAY SHOPPING AT THE SARATOGA SENIOR CENTER!

- Insulated Wine Cups - great hostess gift
- Jute Tote Bag - holiday shopping
- Koozie Cooler - snow birds
- Fleece Blanket - warm & cozy

Sponsored by Alfred Z. Solomon Charitable Trust

"GIVE WHERE YOU LIVE" - Creative Ways to Give to the Center!
- Purchase our branded merchandise- They makes great gifts!
- 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!
- Hoffman Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffman Car Wash Tickets for $10.00. Fifty percent of the sale goes to the Center!
- 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.

WELCOME DOTTIE PEPPER!
	Book Reading and Signing "Letters To A Future Champion"
Thursday, December 9th. 1:00pm

Dottie Pepper is a native Saratogian and is coming to visit us at the Senior Center. She is the lead walking reporter for CBS Sports coverage of the PGA Tour, Masters, and PGA Championship. She played 17 years on the LPGA Tour, winning 17 times, including two major championships and one additional win on the JLPGA Tour. She represented the United States six times in the Solheim Cup matches, compiling a 13-5-2 record. Dottie retired from competitive golf in 2004. Since then, she has covered all levels of televised golf, including every major championship, international team events, as well as national amateur championships for ESPN, Golf Channel, NBC, and CBS.

Come meet Dottie! Light refreshments!

HOLIDAY GIVING FROM CDPHP!
FREE PROGRAMS AND ACTIVITIES FOR DECEMBER

Our friends from CDPHP have done it again. In the spirit of the holiday season, CDPHD is covering all members monthly activity fees and special event fees. Perfect time to try something new. Excludes trips, holiday party and dinners!

MEMBER HOLIDAY PARTY
Tuesday, December 14th
1:30pm - 3:30pm. $5.00. Please RSVP.

Let’s celebrate the holidays together by mixing and mingling while enjoying live entertainment, food and friends!

RSVP required. Call the Front Desk.

HOLIDAY FESTIVITIES!!

Monday is “Make a Holiday Gift”
- November 29th, December 6th. 2pm.
- Bead a silver Lenox ornament or create a fully beaded ornament.
- December 6 & 13th. 10-12.
- Paint a ceramic ornament.
- Create a beaded bracelet. December 13th. 2pm.

Spend the Day!
Friday, December 10th. 1-3pm
- Gift Wrapping
- Sponsored by Wellcare
- Bring in your gifts. Skidmore students and Wellcare Representatives will wrap for you!
- Live Music with Rick Bolton & Jackie Dugas
- Ice Cream Social

IT’S TIME TO RENEW YOUR 2022 MEMBERSHIP
Please complete the invoice form and return it to the Center by January 1st.
See all that the Senior Center has to offer the Seniors in our community!

Sponsored by: Blueshield of NENY, Herzog Law

Saratoga Springs, NY 12866
5 Williams Street
Saratoga Senior Center
WHAT’S NEW THIS MONTH! … adding new programs all the time.

Tech Fair with Wyre Storm. Tuesday, November 30th. 1-3 p.m. Employees of the firm Wyre Storm will be here to help you with ANY & ALL questions regarding technology! How to use: E-mail, cell phones, IPADS, Laptops, Kindles and more! Have you always wanted to try ZOOM, Facebook, Instagram, Spotify for music or order groceries for delivery? Here is your chance to learn.

Medicare Advantage Information at the Center.
CDPHP Tuesday, Nov., 30th. 1-3pm. Wellcare Wednesday, Dec., 1st. 10-12pm. Medicare open enrollment ends Dec., 7th.

Dancing with the Seniors facilitated by Monica Stueber. 2pm. Get your swing on! Learn the basic steps of dancing and listen to great music. No experience required. Let’s have fun! Monday 12/6 & 12/20.

Tai Chi. Two chances to practice the ancient art of Tai Chi
Tai Chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Mondays, 9-10am Tai Chi with Frank. Fridays, 9-10am Silver Sneakers Enter Chi with Shelia

“Discussion About Long Term Care” facilitated by Renee Birnbaum and Melonie Pratt of Choice Connections. Thursday, December 16th. 11am. Please sign up. Enjoy a continental breakfast and learn all the updated information long term care. Topics include: Understand home care options; cost, levels of care. Understand senior housing; cost, amenities, levels of care. Review funding options available for care. Other care options and resources available in the community. Healthy snacks provided.

Conversational Spanish Fridays, 10:15-11am. Hola! Speaking in Spanish is now being offered at the center! Come and join Skidmore intern, Alejandra, if you would like to learn, practice or just converse in Spanish.

NEW! Bridge Game - Sanctioned Duplicate Bridge Fridays, 12-4pm. Beginning December 3rd. Bridge is in the house! Players welcome to join the group. Call the front desk for details.

Office for the Aging Lunches Are Back! Monday - Friday. 12:00.
Participants must be age 60 or older. Participants must sign up at least one day in advance by 12 noon by calling OFA or in person with the meal Site Manager. An individual must have a reservation to be served a congregate meal. Lunch is served at 12 Noon. Call Office for the Aging at 518-884-4100 for details.

DECEMBER FOOD PROGRAMS
Simply Food by Maura. $11 per dinner.
Tuesday, December 7th. Braised Cabbage with Kielbasa and Bacon. Served with pierogies.
Tuesday, December 21st. Spiral Ham, Scalloped Potatoes and Broccoli.
To Go dinner only 3-4:30, curbside pick up.
Dinners sponsored by Home of the Good Shepherd & Humana.

Hot Holiday Breakfast!
Wednesday, December 29th. 8:30-10:30.
Ring in the new year with friends and food! Eggs, sausage, coffee, pastries. Please Sign Up!

COMING IN 2022!
• New Building
• New Presentations
• Social Events/Dance Parties
• New Classes
• Music
• Dinners
• Senior Center Podcast
• Select Adult Life Long Learning Classes

HAPPY HOLIDAY FROM THE SENIOR CENTER STAFF!
Wishing you a very happy holiday season. We hope that the New Year brings you and your family much happiness and prosperity. We are looking forward to an exciting new year for the Senior Center!
Lois, Cullen, Tawn, Judy, Brigitte, Joanna, Kris, Lawrence, Phil, Joe, Drew and Joan!

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

**“LEAVE A LITTLE SPARKLE WHEREVER YOU GO”**

In House & ZOOM Classes, Presentations, Food & More!

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

### SPECIAL EVENT SCHEDULE

- **NEW TIME!** Wednesdays. 1:00. Bingo.
- **NEW TIME** 2nd Fri of Mon. 11:00. Caregiver Support Group.
- **NEW CLASS!** Fri., 12pm. Bridge. Sanctioned, duplicate.
- **NEW TIME!** Wednesdays. 1:00. Bingo.
- **Thursdays** (see calendar)
  - Mon., Dec. 13th. 2pm. Beading Workshop.
  - Mon., Dec. 6th. 2pm. Beaded Ornament Workshop.
  - Mon. Nov. 29th. 2pm. Beaded Ornament Workshop.
  - Mon. Nov. 29th. 10-12pm. Ceramic Ornament Workshop.
  - Tues., Dec. 7th. Dinner To Go
  - Mon., Dec. 6th. 2pm. Beaded Ornament Workshop.
  - Thurs., Dec. 9th. 10:00pm. Dottie Pepper Book Signing
  - Mon., Dec. 13th. 2pm. Beading Workshop.
  - Thurs., Dec. 16th. 11am. “Long Term Care Presentation”
  - Tues., Dec. 21st. Dinner To Go
  - Tues., Dec. 28th. 3:00-4:00. Book Club.

**BARBER AT THE CENTER**

5 haircuts for men.

**Thank You for Your Kindness and Support!**

Thank you to Betsy & the Byegons for fun music at the Veterans Day party. Thank you to Skidmore Peer Health Educators and Benes - Action Council for the Tech Fair. Thank you to Arnold Cogwell Health Care Fund and Adirondack Trust Community Fund lend-A-Hand grant for your support. Thank you to Charlie Kuenzel for an awesome presentation on old Saratoga Hotels. A huge thank you to all our volunteers, you keep our world rockin’!

**ONE DAY BUS TRIPS 2021**

**NEW YORK CITY - A Day On Your Own!**

**Wednesday, December 8th.**

Member price $48. Non members welcome, please call the front desk. This trip is running a waitlist. If you are interested, call and add your name, you never know!

**Do You have a Special Talent or Passion that You Would Share?**

Do you know a second language, can you teach an exercise or art class? Are you an “expert” on birding, cooking or the history of our area - Saratoga, the Adirondacks? We are looking for volunteers to share their passion, talent, humor and music with our members. One session, a 6 week series or a continuing weekly class. We are open to all ideas

**Close the Senior Center to cut our men members’ Barber Service.**

**Call to Make an Appointment.**

**November 25th & 26th**

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

**November 29th**

Thank you to Betsy & the Byegons for fun music at the Veterans Day party.

**December 1st**

Wellcare Medicare is at Center.

**December 6th & 13th**

10-12pm. Ceramic Ornament Workshop.

**December 6th**

10-12pm. Ceramic Ornament Workshop.

**December 14th**

1:30-3:30. Holiday Party.

**December 15th**

1:00-3:00. Men’s Haircuts.

**December 16th**

11am. “Long Term Care Presentation”

**December 21st**

Dinner To Go

**December 28th**

3:00-4:00. Book Club.

**December 29th**

8:30-10:30. Holiday Breakfast.

**December 30th**


**January 19th, 1pm Collette Travels will be at the Center pre-senting slide shows and sign up.**

- **Western Canada’s Rockies, Lakes & Wine Country** (July 30-August 7, 2022).
- **“America’s Music Cities Holiday”** (December 4-11, 2022).

**TRIPS & EXCURSIONS! LET’S GET AWAY!**

We are taking another look at our 2022 and 2023 trips. Trip destinations and dates will be posted in the January newsletter as well as posted on our website. There will also be “webinars on demand” for most destinations so you can peruse at your leisure.

**January 19th, 1pm Collette Travels will be at the Center pre-senting slide shows and sign up.**

**Do You have a Special Talent or Passion that You Would Share?**

Do you know a second language, can you teach an exercise or art class? Are you an “expert” on birding, cooking or the history of our area - Saratoga, the Adirondacks? We are looking for volunteers to share their passion, talent, humor and music with our members. One session, a 6 week series or a continuing weekly class. We are open to all ideas

**Call to Make an Appointment.**

**November 25th & 26th**

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

**November 29th**

Thank you to Betsy & the Byegons for fun music at the Veterans Day party.

**December 1st**

Wellcare Medicare is at Center.

**December 6th & 13th**

10-12pm. Ceramic Ornament Workshop.

**December 6th**

10-12pm. Ceramic Ornament Workshop.

**December 14th**

1:30-3:30. Holiday Party.

**December 15th**

11am. “Long Term Care Presentation”

**December 21st**

Dinner To Go

**December 28th**

3:00-4:00. Book Club.

**December 29th**

8:30-10:30. Holiday Breakfast.

**December 30th**