“GIVE WHERE YOU LIVE” - Creative Ways to Give to the Center!

- Purchase our branded merchandise - They make 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!
- 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!
- 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.
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SEPTEMBER HAPPENINGS!

CALLING ALL SENIORS! SENIOR FALL FEST!
Wednesday, September 21st, 11:00am - 1:00pm

the SARATOGA SENIOR CENTER and the SARATOGA YMCA
INVITE YOU FOR A CELEBRATION OF SENIORS AT THE WEST Ave YMCA PWL

Meet Assemblywoman Carrie Woerner and thank her for her generous donation to the Senior Center.

- Live Music with Jeff Brisbin
- Dancing
- Tarot Card Reading

- Free BBQ Lunch
- Pitney Meadows Farm Produce
- Cornell Cooperative Extension

Sponsored by

Call the Saratoga Senior Center to reserve your spot! 518-584-1621

Good Food! Good Friends! Good Times!

Dinner & a Drink!
Tuesday, September 27th 5:30pm. $12 per dinner.

“Mangia! Mangia!” Come join us for an Italian festa! Taste of Saratoga.

Please sign up, seating is limited. To go dinners may be available if sit down is not sold out.

Simply Food by Maura. To Go only. $12 per dinner. 3:30-5:30. Drive through pick up, front of building.
Orders must be placed by noon the Friday prior.

Tues., Sept. 6 - Meatloaf with mashed potatoes, a seasonal veggie & corn bread
Tues., Sept. 13 - Chicken Cacciatore with potatoes & dinner roll
Tues., Sept. 20 - Spiral Ham with scalloped potatoes, seasonal veggie, & dinner roll

Continental Breakfast - Two breakfasts this month.
Friday, September 16th and Tuesday, September 27th. 9-10am. Free.
Start your day with friends, laughter and good food.

SEPTEMBER HAPPENINGS!

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.

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CENTRE UPDATES!

• Spanish returns. First class Friday September 9th. 10:00am.
• Trivia is back! Monday September 12th. See inside cover.
• Walking Club - new start time - 9:30am.
• Pilates - new time, Wednesdays 2:00pm
• Healing Energy Touch with Jenna Mae. 2nd Tuesday of the month 9-2pm and the 4th Wednesday 11-3.
• Soul Line Dancing with Heart & Soul Line Dancers. new class. See inside cover.
• Tie Dye Class. See inside cover.
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WHAT'S NEW THIS MONTH!

Aetna Medicare Advantage
Wednesday, September 7th. 2:00pm.
Aetna offers you different coverage options. Knowing a few basics can help make it easier to choose the option that’s right. Join this educational session facilitated by a licensed agent who will go over the ABCD’s of Medicare.

Trivia Night is Back! $5.00 Pizza bites served. Bring your own beverage.
Monday, September 12th. 5:15pm. $5.00 Pizza bites served. Bring your own beverage.
Join us for fun, friendly competition! Please sign up, seating is limited.

10 Commandments of Dementia Caregiving facilitated by Jennifer Harvey, Touching Hearts at Home
Tuesday, September 13th. 1:00pm.
The 10 Commandments of Dementia Caregiving are meant to empower caregivers in their role and encourage them with practical strategies for interacting successfully with their loved one. Dementia is a delicate condition to deal with and it will challenge you as a caretaker on many levels. Remembering these 10 commandments will help you look after yourself as you care for a loved one with dementia.

10 Warning Signs of Alzheimer's Disease Awareness Month
Wednesday, September 14th. 10:00am.
Alzheimer’s causes changes in memory, thinking and behavior that are not normal aging. What is the difference? What are the warning signs? What to watch for in yourself and others? Gwen will guide you and give you resources to help. Please sign up - at the front desk or by calling 518-675-7214.

Tie Dye Fun!
Facilitated by Meryl, artist and instructor.
Wednesday, September 28th, 1-3pm.
If accessible, check out some YouT ube videos on tie dye to get ideas. All other supplies provided by Senior Center.

Newcomer's Social Hour
Calling all new members! And our regular members! Join us for a fun, friendly social hour where you can meet other new members. Conversation, fun, and laughs.
Open House.
Wednesday, September 28th. 1pm.
In a safe space, we will reflect upon how we nurture ourselves on many levels. We will also reflect upon what we bring to the Senior Center. Please bring your open heart, journal and pen. Questions? Teresa can be reached at teresaking1@live.com.

Soul Line Dancing with Mary & Frank Colby of Heart & Soul Line Dancers
Sponsored by: The Albany Guardian Society
Thursday, September 29th. 1:00pm.
Soul Line Dancing can be done by all. It is no pressure, fun dancing and you don’t need a partner. Mary and Frank will have you dancing some familiar dances but they also add their personal touch and bring in oldies, latin and more.

Pepperdine University - Casual Dining Room.
Saturday, October 22nd. Free. Open to the Public.
Thank you to our newsletter sponsors for their continued support!

Capital District Physicians' Health Plan, Inc.
The Health of Senior Home Care Services
Empire, NY 12001

Mondays, 9:30am
Pitney Meadows farm is unique because “we don’t grow to make money; we grow to give. Our philosophy of farm sharing means growing for the community.” They are committed to provide fresh produce donations to food pantries, senior programs to feed the community.

Thank you to our newsletter sponsors for their continued support!

Newcomer’s Social Hour
Thursday, September 29th. 2-3:00pm.
Calling all new members! And our regular members! Join us for a fun, friendly social hour where you can meet other new members. Conversation, fun, and laughs. Snacks provided. Please sign up.

Pinney Meadows Pop Up Fresh Produce
Mondays, 9:30am till gone. At the Saratoga Senior Center.
Sponsored by Highmark BlueShield of NENY
Pinney Meadows farm is unique because “we don’t grow to make money; we grow to give. Our philosophy or ramb- ing means growing for the community.” They are committed to provide fresh produce donations to food pantries, senior programs to feed the community.

Nurturing the Grandmother Soul facilitated by Teresa King
Wednesday, September 28th. 1pm.
In a safe space, we will reflect upon how we nurture ourselves on many levels. We will also reflect upon what makes us. Please bring your open heart, journal and pen. Questions? Teresa can be reached at teresaking1@live.com.

COMING IN OCTOBER
Meet one on one with Medicare professionals and senior focused specialists.
Open House. Saturday, October 22nd. Free. Open to the Public.
Come enjoy the Center, grab a snack, make your own Stewart's sundae, mix and mingle with friends and meet new ones! Enjoy music by Bobby Dick and Susie Q, presentations and more.

AND DON'T FORGET ABOUT....

Thank you to our newsletter sponsors for their continued support!
Our staff, volunteers, and student interns are here to support you in meeting needs you have. Many times, getting you connected to the right resource is what works best. We collaborate with the health and social service agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. And our “Community Connections” volunteers can fill many gaps that other agencies may not be able to meet. For all Senior Support Services:

**Transportation:** Rides to medical appointments, pharmacies, dentists, the Senior Center, and more.

**Food Assistance:** Thursday Regional Food Bank sponsored by CDPHP produce for pick-up at the Center, or home delivery if homebound. Volunteers to do grocery shopping. Links to food pantries, and more.

**Senior Life**

**Transitions:** Assistance with planning to AGE IN PLACE.

**Caregiver Support:** Monthly Caregiver Support Group; Monday client drop-In program for caregivers who need a break; respite volunteers to come to your home.

**Volunteer Assistance:** Rides, grocery shopping, light yard work, special needs and circumstances -our volunteers are ready!

### Alzheimer’s Caregiver Support Group

11am-12pm, 2nd Friday of every month.

Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance you need. **IN PERSON & ZOOM.**

Alzheimer’s Support Group sponsored by Leon Goldberg’s Charitable Trust.

Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.

**Alzheimer’s Association Office Hour at the Senior Center for Help & Support**

First Tuesday of the Month. 10-2:00pm.

No one should face Alzheimer’s alone. If you need help, stop in or call for an appointment. Gwen Rowland, Saratoga County Program Manager, will be here with helpful information and resources for those loving with or caring for someone with Alzheimer’s or other dementias.

WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.

Have a little time to give? Looking to get involved in the Center in a different way? We have volunteer opportunities! Senior Center volunteers are involved both in-house and in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form. We look forward to having you involved!

### BOOK CLUB AT THE CENTER New Members Welcome!

**September Book -** “Pray for Silence” by Linda Castillo. **Tuesday, September 27th. 3pm.**

In the quiet town of Painters Mill, an Amish family of seven has been found brutally murdered on their farm. Chief of Police Kate Burkholder and her small force have few clues, no motive, and no suspect. State agent John Tomasetti arrives on the scene to assist. The disturbing details of this case will push them to their limits and force them to face demons from their own pasts. When Kate discovers a diary, she becomes a haunting personal connection to the case. One of the teenage daughters may have been leading a lurid double life.

**October Book -** “The Paris Library” by Janet Skeslien Charles. **Tuesday, October 25th. 3pm.**

Based on the true World War II story of the heroic librarians at the American Library in Paris, this is an unforgettable story of romance, friendship, family, and the power of literature to bring us together. A powerful novel that explores the consequences of our choices and the relationships that make us who we are—family, friends, and favorite authors—The Paris Library shows that extraordinary heroism can sometimes be found in the quietest of places.

**Saratoga County Department of Aging and Youth -** “Gather & Dine” Lunch Program

**Monday -** 12:00. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call Office for the Aging at 518-884-4100.
**SEPTMBER PROGRAMMING**

Hello September... Thanks for the reminder that change can be beautiful!

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: Pinney Farm Pop-Up Produce**
- **9:30: Walking Club**
- **9:30-12:30: Clay Arts**
- **10:30: Art League**
- **10-11: Chair Yoga**
- **12:20: Pool League**

**TUESDAY**

- **9:00-9:45: Silver Sneakers Classic & Zoom**
- **9:00-10:00: Mosaic**
- **9:00-10:00: Meditation**
- **10:00: Knife & Crochet**
- **10-1:30: Healthy Bones**
- **10-11: Art Center**
- **11:00-11:30: Seniorwalk**
- **1-4: Pool League**

**THURSDAY**

- **10-10:45: 5S Cardio & Strength (center & zoom)**
- **10:00-11:00: Ukelele Support Group (last of mon.)**

**FRIDAY**

- **9:30: Clay Arts**
- **10:00: Spanish**
- **11:30: Caregiver Support Group (last of mon.)**
- **12:00: Seniorwalk**
- **12:30: Brain Health**

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**SPECIAL EVENT SCHEDULE**

- **Every Monday:** 9:30: Pinney Farm Pop-Up Produce
- **Every Wednesday:** 1:00: Bingo
- **Every Thursday:** 11:00: Regional Food Bank
- **Mon.:** September 5th. Closed - Labor Day
- **Tues.:** September 6th. 2:30: Widow's Club
- **Tues.:** September 6th. 3:00: To Go Dinner
- **Wed.:** September 7th. 2:00: Aetna Medicare.
- **Fri.:** Sept. 9th. 11:00: Alzheimer's Caregiving Support.
- **Mon.:** Sept. 12th. 9-12. Men's Haircuts.
- **Mon.:** Sept. 12th. 12:30. Pilates
- **Tues.:** Sept. 13th. 10:00. Dementia Caregiving.
- **Tues.:** September 13th. 3:30: To Go Dinner.
- **Tues.:** September 14th. 10:00. Elder Abuse Training.
- **Thurs.:** September 15th. 1:30. Line Dancing.
- **Fri.:** September 16th. 9-10. Continental Breakfast.
- **Tues.,** Sept. 19th. 11:00. Alzheimer's Warning Signs.
- **Tues.:** September 20th. 3:00. To Go Dinner.
- **Wed.,** September 21st. 11-1:00. Fall Fest.
- **Mon.,** September 26th. 1:00. Peace Week Art Class.
- **Tues.,** September 27th. 9-10. Continental Breakfast.
- **Tues.,** September 27th. 2:30. Widow’s Club.
- **Tues.,** September 27th. 3:00. Book Club.
- **Tues.,** September 27th. 5:30. Dining In Dinner.
- **Wed.,** September 28th. 10:00. Tye Dye
- **Wed.,** Sept. 28th. 1:00. Nurturing the Grandmother.
- **Thurs.,** Sept. 29th. 10-2. Tarot Cards.
- **Thurs.,** Sept. 29th 2:30. Newcomers Social.
- **Thurs.,** September 29th. 10:00. Fidelis/Welfare.
- **Thurs.,** September 29th. 11-1. CDPHP Flu Clinic.

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**SPEAK OUT FOR YOU FOR YOUR KINDNESS AND SUPPORT!**

Thank you to Olde Bryan Inn for another amazing dinner! Thank you to Albany Guardian Society for sponsoring our Birds of Prey. Thank you to the Albany Guardian Society for sponsoring our continental breakfasts. Thank you to Aetna, CDPHP and MVP for keeping us up to date on Medicare advantage. Thank you to Pinney Meadows Farm for our fresh produce. Thank you to the Regional Food Bank of NENY for our weekly food. Thank you to Susan Peters for another amazing watercolor workshop. Thank you to NYRA for Senior track day. Thank you to Humana and Trackside Grill for track day lunch. Thank you to all our golf tournament volunteers. Thank you to Anthony Stabile for emceeing the golf tournament and Tonya Gambra for “The Call to The Post” to get the tournament started. Thank you to Fingpaint in partnership with Business For Good and Walmart Community Grant for your continued support.

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**BARBER AT THE CENTER!** $5 haircuts for men.

**Mon.,** September 12th 9:00-12pm.

Rylan will be coming to the Center to cut our male members’ hair. Call the front desk to make an appointment.

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**TAROT CARD READINGs**

Facilitated by Mary Shimp

**Last Thursday of the month.** 10-2pm. $5 donation.

Do you have some unanswered questions about your life? A tarot card reading provides insight into what the future holds. Call for a 15 minute appointment.

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**ANNUAL SPITZER PICNIC at Saratoga County Fairgrounds**

Saratoga County Department of Aging and Youth Services Thurs., September 8th. 11-3. $4.

Enjoy an afternoon of good food, music and dancing.

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**THANK YOU TO ALL OUR VOLUNTEERS!**

You keep our world rocking!