The Senior Center will be closed
Friday, November 11th for Veterans Day and
Thursday, November 24th for Thanksgiving.

"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.
- 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.
WHAT'S NEW THIS MONTH! ... adding new programs all the time.

Medicare Advantage Information Sessions
If you're dreaming of retirement or about to turn 65, it's time to make sure you know what to do as you become eligible for Medicare. Join these licensed agent who will go over the ABCD's of Medicare.

Wellcare - Tuesday, November 8th. 10-12. Medicare Advantage Information Table.

Humana - Wednesday, November 9th. 11 - 2pm. Medicare Advantage Information Table.

MVP - Thursday, November 10th. 11am. Medicare Advantage Presentation.

CDPHP - Monday, November 14th. 11am. Medicare Advantage Presentation.

AETNA - Wednesday, November 16th. Medicare Advantage Information Table - 9-11. Medicare Advantage Presentation - 11:30am.

Lunch and Learn Program - “Winter Fuel Costs and Energy Efficiency.”
Coordinated and sponsored by Assemblywoman Carrie Woerner
Thursday, November 3rd. 1:00pm. Free.
The purpose of this program is to help you understand, mitigate, and plan for winter fuel costs and learn about energy efficiency tips to save them money on utility bills. Facilitated by NYSERDA and National Grid.

Watercolor Workshop - faciltiated by Susan Peters.
Monday, November 7th. 10:30. $5 material fee. No experience necessary.

Beading Workshop - facilitated by Jerry Matthews.
Mondays, November 14th and 21st. 1:00pm. $10 material fee. Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry.

Preplanning Your Funeral, facilitated by Dan and Nick DeCelle of Burke Funeral Home.
Tuesday, November 22nd. 2pm.
Preplanning is the practice of choosing in advance how you would like your funeral to be handled. Dan and Nick will present an overview of pre-arranging your final wishes. Ranging from sharing your wishes to pre-funding funeral trusts (revocable and irrevocable). We are here to help answer questions, share our experience, and serve the community that we love.

Trivia Night! “Where all those useless facts you've been collecting can finally come in handy!”
Monday, Nov. 21st. 5:15-7:30. Join us for prizes, snacks, fun, and friendly competition!
Sponsored by Highmark

Heart & Soul Line Dancing.
Wednesdays. 2:45pm.
Line dancing with Mary and Frank Colby will continue.
Let’s keep dancing!

Love, and Intimacy in Older Age and Considerations For Dementia
facilitated by Jennifer Harvey, Touching Hearts at Home.
Tuesday, November 15th. 11am.
This presentation will explore the importance of intimacy in older adulthood and the challenges that arise when one or both partners have dementia. Discussion will include how dementia can impact sexual behavior and appropriate ways to respond for both partners and family.

Preplanning Your Funeral, facilitated by Dan and Nick DeCelle of Burke Funeral Home.
Tuesday, November 22nd. 2pm.
Preplanning is the practice of choosing in advance how you would like your funeral to be handled. Dan and Nick will present an overview of pre-arranging your final wishes. Ranging from sharing your wishes to pre-funding funeral trusts (revocable and irrevocable). We are here to help answer questions, share our experience, and serve the community that we love.

Special Events
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 resources 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:

Call 518-584-1621, extension 206

Our ongoing services are information and referral, advocacy, and:

Transportation: Rides to medical appointments, pharmacies, dentists, the Senior Center, and more.
Monday shuttle to Price Chopper from area housing sites.

Food assistance: Thursday Regional Food Bank sponsored by MVP. Provide 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 Coaching, navigation assistance, and advocacy for seniors with serious illness.

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 support you need.

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

Alzheimer’s Association Office Hour at the Senior Center for Help & Support
First Tuesday of the Month. 10:00am

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 out in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form.

Saratoga County Department of Aging and Youth - “Gather & Dine” Lunch Program
Monday - Friday. 12:00pm. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call the kitchen at 518-584-1621 ext. 205.

BOOK CLUB AT THE CENTER New Members Welcome! Please sign up.

November Book - “Sold on a Monday” by Kristina McMorris. Tuesday, November 29th. 3pm.

The sale of two young children leads to devastating consequences in this historical tearjerker from McMorris. Set against the hardcrack backdrop of the Great Depression, McMorris’s altruistic and sometimes damaged characters have moral compasses that realistically waver. A tender love story enriches a complex plot, giving readers a story with grit, substance, and rich historical detail.” --Publisher Weekly

December Book - “The Kitchen” by Jennifer Ryan. Tuesday, December 27th. 3pm.

Two years into World War II, Britain is feeling her losses; The Nazis have won battles, the Blitz has destroyed cities, and U-boats have cut off the supply of food. In an effort to help housewives with food rationing, A BBC radio program called The Kitchen Front is holding a cooking contest - and the grand prize is a job as the program’s first-ever female co-host. For four very different women, entering the competition is a crucial chance to change their lives. These four women are giving the competition their all - even if that sometimes means bending the rules. But with so much at stake, will the contest that aims to bring the community together only serve to break it apart?

IT’S TIME TO RENEW YOUR 2023 MEMBERSHIP

Dear Member,

It’s renewal time! We thank you for being a member this past year and look forward to having you be a part of 2023. It’s an exciting year ahead with the move to our new home attached to the Regional YMCA on West Avenue.

With our current economy and costs rising, please note that we have changed the annual membership to $35 (formerly $25). If this creates any issue for you, please contact the front desk about a scholarship. Please complete the form below and return to the center by January 4, 2023. Please consider being a Presidential Member. We are looking forward to another exciting year!

Senior Center Staff
2023 TRIPS continued.
Alaska Discovery Land & Cruise
June 14-25, 2023
Maritimes Coastal Wonders featuring the Cabot Trail (Halifax & Nova Scotia)
August, 2023
Cruising the Danube to the Black Sea September 11-23, 2023
Shades of Ireland October 7-October 16, 2023
Croatia and Its Islands October 10-October 21, 2023
Spotlight on San Antonio Holiday November 30 – December 4, 2023

Thank you to CDPHP for sponsoring our Health and Wellness classes.
Thank you to Albany Guardian Society for sponsoring James Bruback Storyteller.
Thank you to the Alzheimer’s Association for important information on dementia behavior.
Thank you to Aetna, CDPHP and MVP for keeping us up to date on Medicare advantage.
Thank you to the Regional Food Bank of NENY for our weekly food.
Thank you to the Lions Club for diabetes education.
Thank you to SPAC for great discounted fall shows.
Thank you to The Pines for our delicious homemade soup.
Thank you to Sue Peters for the watercolor classes.
Thank you to the Saratoga Co. Department of Health for the Covid Booster clinic.
Thank you to Choice Connections for educating us on Senior Housing resources.
Thank you to Rick Bolton and Jackie Dugas for our Halloween music.
Thank you to Touching Hearts for the wine & cheese party.
Thank you to Olde Bryan Inn for another mouthwatering dinner.
Thank you to The Pines for our delicious homemade soup.
Thank you to Albany Guardian Society for sponsoring James Bruback Storyteller.
Thank you to the Alzheimer’s Association for important information on dementia behavior.
Thank you to Aetna, CDPHP and MVP for keeping us up to date on Medicare advantage.
Thank you to the Regional Food Bank of NENY for our weekly food.
Thank you to the Lions Club for diabetes education.
Thank you to SPAC for great discounted fall shows.
Thank you to The Pines for our delicious homemade soup.
Thank you to Sue Peters for the watercolor classes.
Thank you to the Saratoga Co. Department of Health for the Covid Booster clinic.
Thank you to Choice Connections for educating us on Senior Housing resources.

SCHEDULE CHANGE! Regional Food Bank
Thanksgiving week the food bank will be held on Wednesday, November 23rd.

What Is Your Passion? Will You Share With Your Fellow Members?
Is it:
• a second language,
• healthy living
• art, photography, writing
• cooking
• history or cultural
We are looking for volunteers to share their passion, talent, humor and music with our members. Please contact Colleen at colleenk@saratogaseniorcenter.org or call 518-584-1621.

School of Travel
Thank you to the Saratoga Co. Department of Health for the Covid Booster clinic.
Thank you to Choice Connections for educating us on Senior Housing resources.

Thank you to all our volunteers! You keep our world rockin’!

NOVEMBER PROGRAMMING
Hello, November! Thank you for reminding us we have so much to be grateful for.

Did you know our low monthly $15 all inclusive unlimited program fee includes classes, events & programs? Ask about how Silver Sneakers & ReNew Active work with the monthly fee.

MONDAY
9:00: Tai Chi
9:30: Walking Club
9:30-12:30: Clay Arts
10:00: Healthy Bones
10:15: Chair Yoga (center & zoom)
1:2: Chair Chat
1:4: Pool League
1:4: Bridge

THURSDAY
9:30-10:45: SS Cardio & Strength (center & zoom)
9:30-11:45: Chair Chat (center & zoom)
10:00: Meditation (center & zoom)
10:30: Mosaic
12:15-1:30: Yoga w/ Monica (advanced)
1:4: Pool League
2:30: Wedding Club (see schedule)
3:4: Book Club (see schedule)
6:00: Bingo
11:00: Volunteer Lunch
11:30: Veterans Celebration Day 2.
1:00-2:00: Support Group
1:00: Mahjong
2:00: Newcomers Social (see schedule)
3:00: chocolate Shoppe
3:30-4:30: Book Club
10-10:45: SS Cardio & Strength (center & zoom)
10:30-11:45: Chair Chat (center & zoom)
10-12: Tarot Cards (see schedule)
11:00: Caregiver Support Group (2nd Fri of month) in person.
1:4: Pool League

TUESDAY
9-9:45: Silver Sneakers Classic
10:00: Meditation (center & zoom)
12:15-1:30: Yoga w/ Monica (advanced)
1:4: Pool League
2:30: Wedding Club (see schedule)
3:4: Book Club (see schedule)
6:00: Bingo
11:00-11:45: Gentle Yoga (center & zoom)
4: Pool League
5:00-6:00: Bridge
2:45: Line Dancing
2:00: Pilates
2:45: Line Dancing
2:00: Pilates

THURSDAY
9:30: Mosaic
9:30-10:00: Ruq Hooking
10:00: Knit & Crochet
10:15: Chair Chat (center & zoom)
11:2-11:30: Reiki (4th of mon.)
1:15-3:45: Strength w/ Aidan (center & zoom)
1:00: Bingo
1:4: Canasta
1:4: Pool League
2:00: Pilates
2:45: Line Dancing

SPECIAL EVENT SCHEDULE
• Every Monday, 1pm. Bridge.
• Every Monday, 1pm. Chim Chat Fun Group.
• Every Wednesday, 1:00. Bingo.
• Every Thursday, 11:00. Regional Food Bank.
• Every Thursday, 1:00. Mahjong- American & Chinese.
• Tues., Nov. 1st. 5:30. Dine In Dinner.
• Thurs., Nov. 3rd. 1:00. Energy Assistance.
• Mon., Nov. 7th. 10:30. Watercolor.
• Mon., Nov. 7th. 11:30. Financial Planning.
• Mon., Nov. 7th. 1:30. Volunteer Lunch.
• Tues., Nov. 8th. 10-12. Wellcare Medicare.
• Wed., Nov. 9th. 11-2. Humana Medicare.
• Wed., Nov. 9th. 1:30. Veterans Celebration Day 1.
• Thurs., Nov. 10th. 12:30. Veterans Celebration Day 2.
• Thurs., Nov. 10th. 11:00. MVP Medicare.
• Fri., Nov. 11th. CLOSED for Veterans Day.
• Mon., Nov. 14th. 11:00. Haircuts.
• Mon., Nov. 14th. 11:00. CDPHP Medicare.
• Mon., Nov. 14th. 1:00. Beading Workshop.
• Tues., Nov. 15th. 11:00. Sex, Love & Intimacy.
• Tues., Nov. 15th. 3:30-6. Brooks BBQ.
• Wed., Nov. 16th. 9-11. Aetna Medicare Info Table.
• Wed., Nov. 16th. 11:30. Aetna Medicare Presentation.
• Thurs., Nov. 17th. Tarot Cards.
• Fri., Nov. 18th. 9-10. Continental Breakfast.
• Mon., Nov. 21st. 1:00. Beading Workshop.
• Mon., Nov. 21st. 5:15pm. Trivia.
• Tues., Nov. 22nd. Preplanning your Funeral.
• Tues., Nov. 22nd & 29th. To Go - Ready to Heat.
• Wed., Nov. 23rd. Regional Food Bank.
• Thurs., Nov 24th. CLOSED.
• Thurs. Nov 29th. 2:30. Widow’s Club.
• Thurs. Nov. 29th. 3:00. Book Club.
• Wed., Nov. 30th. 9-10. Continental Breakfast/ Newcomers Social