"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.

Senior Housing and Resources For Aging in Place facilitated by Renee Birnbaum and Melanie Pratt of Choice Connections.

Thursday October 13th, 11:30AM.
In this presentation they offer education on the services available to seniors who want to remain in their home as well as education on the senior housing options such as supported living, assisted living and memory care communities. They provide caregivers with an overview of the help available to them in the community and touch on major issues that every caregiver should discuss with their loved ones, such as financial planning and end of life decisions.

Covid Booster Vaccine Clinic facilitated by Saratoga County Department of Health.
Thurs., October 13th. 1-4pm.
This is an open clinic for all Saratoga County residents over age 65. More details regarding signing up for appointments are coming. Watch your eblasts!

Understanding and Responding to Dementia-Related Behavior presented by the Alzheimer Association.
Friday October 14th. 12:00
Learn about some of the common triggers for behaviors associated with dementia, how to assess the person’s needs, and how to intervene effectively in this training program for non-professional caregivers. Please sign up.

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 this educational event facilitated by a licensed agent who will go over the ABCD’s of Medicare.
MVP - Tuesday October 25th. 1-3pm

Watercolor Workshop facilitated by Susan Peters.
Monday, October 17th. 10:30.
Please sign up, seating is limited. $5 material fee. No experience necessary.
Choose adorable giraffes, pumpkins or breathtaking flowers. Perfect for beginners and experienced alike. Please sign up. Seating is limited.

Wine & Cheese Pairing facilitated by Jennifer Harvey. Touching Hearts at Home
Monday, October 24th. 3:30 - 4:30pm.
One marriage no one can object to is the mouthwatering combination of wine and cheese. Each is delicious on its own, but when you pair the two, magic can happen. Join Jennifer and learn about and try some unique pairings. Must RSVP as seating is limited.

Trivia Night! “Where all those useless facts you’ve been collecting can finally come in handy!”
Monday, October 24th. 5:15pm.
Bring your own beverage. Join us for prizes, snacks, fun, and friendly competition!
Complimentary soup prepared by The Pines of Glens Falls.
Please sign up, seating is limited.

Diabetes Education Seminar facilitated by Barbara Bentley, Lions Club
Wednesday, October 26th. 1:30pm.
Lions Clubs not only focus on vision, but also diabetes, the number one cause of blindness. Saratoga Springs Lion Barbara Bentley, an ADCE’s Certified Diabetes Paraprofessional, will be joining us to help raise awareness on the importance of checking if you are prediabetic and steps you can follow to take yourself off that path.

James Bruchac Returns to the Senior Center
Thursday, October 27th. 2pm.
Sponsored by the Albany Guardian Society Award winning author and Native American storyteller James Bruchac, will be sharing a mix of Native legends, drum songs and regional Native histories. James is also the director of the local nonprofit Ndakinna Education Center in Greenfield Center.

Indulge in an Ice Cream Social while you listen to James—1:30. $5
NEW! Monica’s Yoga Class is Back! Back to the mat with Monica.
Tuesdays. 12-12:45pm.
Build strength and flexibility with this mat yoga class.

NEW! Monica’s Yoga Class is Back! With Monica.
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Thank you to our newsletter sponsors for their continued support!

A plan for life.
Capital District Physicians’ Health Plan, Inc.
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:

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 free 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 Rides: 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 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.

Fall Yard Clean Up! sponsored by CDPHP.
Saturday Octobr 29th.

We are looking for volunteers to help the seniors in our community rake and clean up their lawns. Families, high school students, and community members welcome to help.

Sidewalk Storytelling
Saturday Octobr 29th.

Local stories and performances will engage you and spark memory of those who have lived and worked in our community.

Saratoga County Department of Aging and Youth - “Gather & Dine” Lunch Program
Monday – Friday, 12:00. Participants must be age 60 or older. You must have a reservation to be served a congregate meal.

Call Office to reserve. 518-584-4100.

November Book - “The Kitchen”by Jennifer Ryan. Tuesday, November 29th. 3pm.

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

BOOK CLUB AT THE CENTER New Members Welcome!
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 gettable 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. The Paris Library shows that extraordinary heroism can sometimes be found in the quietest of places.

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 hardscrabble backdrop of the Great Depression, McMorris’s altruistic and sometimes damaged characters have moral compasses that realistically waver. A tender love story weaves a complex plot, giving readers a story with grit, substance, and rich historical detail.”

Published Weekly

COMING IN NOVEMBER

Dinner with Pennell’s Restaurant.
Tuesday, November 1st. 5:30pm. $12 per dinner. Details coming.

Volunteer Appreciation Lunch
Monday November 7th. Sponsored by Highmark and Home of the Good Shepherd.

If you are one of our amazing volunteers, please join us as we say “Thank You” with a luncheon in your honor!

R.S.V.P required by Wednesday, November 2nd. Stop by the Front Desk or call 518-584-1621.

BROOKS BBQ - Tues. November 15th. 3:30pm - 6:00pm. Sponsored by Humana.

WooHoo!! Ribs are back! Choose between mouthwatering chicken or rib dinner!
**TRIPS & EXCURSIONS! LET’S GET AWAY!**

**ONE DAY BUS TRIPS**

- **BURLINGTON, VERMONT**
  - Friday, October 14th
  - Sponsored by Highmark Blue Shield of NENY
  - Leave the train station at 7:30am, return about 8pm.
  - Optional stop: Specify at sign up.
  - Shelburne Museum - drop off at approximately 10am.
  - Pick up at 1:30 to finish the day in Burlington.
  - **Burlington:** Compact and beautiful, Burlington is home to a thriving arts scene, museums and educational opportunities, and great shopping.

- **The Shelburne Museum:** Really does have a little of everything on display. Nearby 40 buildings, filled with various exhibits, span the museum’s 45 acres.

- **HOLIDAYS IN NEW YORK CITY**
  - Wednesday, December 7th. $50
  - There is no other place quite like New York City at Christmas time, from its world-class museums and art galleries to the theater and beautiful decorated windows.
  - Spend the day on your own and explore the fascinating city. You will be dropped off at Bryant Park (42nd between 5th & 6th).
  - Leave the train station at 6:45am, return about 10:30pm.

- **TAROT CARD READINGS**
  - Facilitated by Mary Shimp
  - Mon., October 24th
  - Tues., Oct. 25th
  - Wed., Oct. 26th
  - Thurs., Oct. 27th.
  - Fri., Oct. 28th.
  - There is a $5 donation.

- **BARBER AT THE CENTER!**
  - $5 haircuts for men.
  - Mon., October 24th 9:00-12pm.
  - Ryan will be coming to the Center to cut our male members’ hair. Call the front desk to make an appointment.

- **2023 TRIPS continued.**
  - **Discover National Parks of America**
    - May 15-26, 2023
  - **Alaska Discovery Land & Cruise**
    - June 14-25, 2023
  - **Maritime 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

- **2022 TRIPS**
  - America’s Music Cities Holiday
    - December 4-11, 2022
  - **South Pacific Wonders with Optional 3-Night Fiji Post Tour Extensions**
    - February 5 – 22, 2023
  - **Sunny Portugal with Optional Pre and Post Tour Extensions**
    - March 21 – 30, 2023
  - **Exploring Scotland & Ireland**
    - April 30 – May 12, 2023
  - **Discover the Spotlight on Nashville**
    - April 30 – May 4, 2023

- **SPECIAL EVENT SCHEDULE**
  - **New!** Tuesdays. 12:00. Yoga with Monica.
  - Every Wednesday. 1:00. Bingo.
  - Every Thursday. 11:00. Regional Food Bank.

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

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- **Thank you to YMCA for hosting Fall Fest Expo.**

- **Thank you to Jeff Brinbin and Mary Shimp for our entertainment.**

- **Thank you to Carrie Woerner for coming to Fall Fest and for the generous donation.**

- **Thank you to the Albany Guardian Society for sponsoring our continental breakfasts.**

- **Thank you to Touching Hearts and Alzheimer’s Association for helping us understand the complexities of dementia.**

- **Thank you to Albany Guardian Society for sponsoring Heart & Soul Line Dancing.**

- **Thank you to the Peace Week committee and Katie Long for our Zentangle art program.**

- **Thank you to Aetna and Fidelis/Welfare for keeping us up to date on Medicare advantage.**

- **Thank you to CDPHP for our Villa clinic.**

- **Thank you to Pitney Meadows Farm for our fresh produce as well as sponsor Highmark.**

- **Thank you to the Regional Food Bank of NENY for our weekly food.**

- **Thank you to US Attorney’s office and Wellspring for an informative session on elder scams and elder abuse.**

- **Thank you to Dr. Katrin LaFaver for “Lifestyle Medicine for Brain Health” presentation.**

- **Thank you to Maria & Aaron for bringing trivia back.**

- **Thank you to Emergency Food and Shelter Program Grant from United Way, Respite Grant from Lifespan of Greater Rochester, Inc., and Saratoga Casino Hotel Foundation for your continued support.**

- **Thank you to all our volunteers!**

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