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!

The Senior Center will be closed
Monday, December 26th for Christmas Day and
Monday, January 2nd for New Year’s Day.

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.

HOLIDAY FESTIVITIES
Let’s Be Merry and Bright!

Monday, December 5th
Hot Breakfast Buffet
9:15-10:30, $3 member
RSVP required. Call the Front Desk.

TrueSongs with Lawrence Barisic, Margaret French and Jeff Brisbin. 11:00am
Did you miss the event at Caffe Lena’s on November 12th? TrueSongs paired Lawrence Barisic with songwriter Jeff Brisbin and storyteller Margaret French. They worked together over the course of several weeks to create a performance that shows the positive impact of the Senior Center. Join us for the showing of the recorded 10-minute true, first-person story and original song played live at the Center, followed by a Q & A with Lawrence, Jeff and Margaret.

Wednesday, December 21st
Member Holiday Party
1:30pm - 3:30pm $8.00
RSVP required. Call the Front Desk
- Live music by Jay Vager & Chris Dollard.
- Guest appearance by Kelsey Dool.
- Buffet prepared by Prime at Saratoga National.
- Have you been naughty or nice? Santa will be here...
Sponsored by: Aetna

Friday, December 16th
A Day Full of Holiday Cheer
• 11:00. Member Meeting & Building Update.
  There are a lot of rumors flying around about the building and our move. Come to the meeting for the latest news and get your questions answered.
• 12-2:00. Holiday Gift Wrap
  Hate to wrap? Bring in your gifts and we will wrap them for you!
• 1:30. Holiday Lunch Buffet $10.
  BBQ Chicken, Mashed Potato, and more. RSVP required. Call the Front Desk.
• 2:00-3:00. Decorating Holiday Cookies

Sponsored by: Highmark

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Friday, December 23rd
Holiday Sing-A-Long
1:30-2:30
- Holiday music with Garland Nelson.
  A well known and loved Saratoga staple, Garland will get us all in the spirit.

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The Joy of Food!
Celebrating the Holidays with Good Friends and Good Food!
Dinner with The Olde Bryan
Tuesday, December 13th. 5:30pm. $12 per dinner. Chicken Cordon Blue.
PaLa Meals To Go $12 per dinner.
3:30-5:30 Curbside Pick Up
Tuesday, December 6th. Lasagna. Place order by Friday, December 2nd
Tuesday, December 20th. Chicken Picatta with Ziti. Place order by Friday, December 16th
Continental Breakfast
Wednesday, December 28th. 9-10am. Free.
Start your day with friends, laughter and good food. Sponsored by Albany Guardian Society
WHAT'S NEW THIS MONTH! ... adding new programs all the time.

- Funding Options For Long Term Care facilitated by Renee Berbaham and Melanie Pratt of Choice Connections. Thursday, December 1st, 11:00am.
- What are some of the funding options available to help pay for care? How do I pay for home care? Assisted living?
- Nursing home care? What are the options? What do they offer? What is the criteria to become eligible?

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.

Fidelis / Wellcare - Thursday, December 1st, 12-2.

- Medicare Advantage Information Table.
- Medicare Advantage Information Sessions facilitated by Katie Long.
- Join these licensed agent who will go over the ABCD's of Medicare.

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- Annual Board Meeting
- Wednesday, December 14th, 5:30pm.
- All members are welcome to attend.

Zentangle Art Program facilitated by Katie Long.
- Thursday, December 15th, 2-4pm. $5.00.
- Make a holiday card and ornament with Zentangle. Zentangle is an American method for drawing, which promotes concentration and creativity and increases personal well-being.

Chinese and American Mahjong. Thursdays, 1-4pm.
- New players welcome! Mahjong is fun and enormously popular, a classic Chinese game of strategy, skill, and summation.

Bridge Has Started!
- Mondays, 1-4pm.
- We have had many members ask about starting bridge back up. So if you are interested in playing, come to the Center on Mondays and let's get the games rolling again.

DO YOUR HOLIDAY SHOPPING AT THE SARATOGA SENIOR CENTER!
- Need some gifts for your family and friends? Or maybe you should treat yourself.
- Purchase some of the Senior Centers branded merchandise and other gifts.
- Insulated Wine Cups $15 - great hostess gift
- Jute Tote Bag $6 - holiday shopping
- Koozie Cooler $17 - snow birds
- Fleece Blanket $10 - warm & cozy

“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 Smile - 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 parent, aunts, uncles, or neighbors. Or purchase a $35 membership for a senior in need.

PROGRAM CHANGES, ADJUSTMENTS & NOTES

- No Mat Yoga with Monica on Tuesday, December 6th.
- Tarot Card Reading with Mary Shimp will be Thursday, December 29th.
- No Trivia in December.
- Food Bank Date Changes - Tuesday, December 20. No food bank on December 22nd or 29th.
- The Regional Food Bank is having a food shortage. Please be mindful of how much food you take. We want to help as many people as we can.

Thank you to our newsletter sponsors for their continued support!
**Senior Support Services - Here for You**

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 by MVP, delivery for 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; invite 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.

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

First Tuesday of the Month. 10:00 am.

**No one should face Alzheimer’s alone. If you need help, stop in or call for an appointment. Gwen Rowland, Saratoga County Department of Aging and Youth - Alzheimer’s Support Group**

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

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

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**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.

We look forward to having you involved!

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

Monday - Friday. 1:00 - 2:00. 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.

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

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

Two years into World War II, Britain is feeling its 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, winning the competition would present 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?

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**Are you serious about our move next year? Been hearing about it?**

Come to the Member Meeting on Friday, December 16th at 11:00 am to hear the details and get your questions answered.

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**CONVERSATIONAL SPANISH facilitated by Roberto y Marco**

Our small, but enthusiastic, Spanish class meets Fridays from 10:00 - 11:00. We use tools to improve conversation and understanding, including video lessons, popular songs, short stories, and dialogues with each other and our resident native speaker. We constantly search for learning resources such as Duolingo and opportunities to hear Spanish language podcasts, TV shows, and movies. Classroom exercises are supplemented with handouts and links emailed for home practice.

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**SPECIAL GROUPS**

- Chit Chat
- Newcomer’s Group
- Widows Group
- Alzheimer’s Support
- Book Club

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**IT’S TIME TO RENEW YOUR 2023 MEMBERSHIP**

Dear Member,

It’s our 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
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 10–21, 2023
Spotlight on San Antonio Holiday
November 30 –December 4, 2023

DECEMBER PROGRAMMING
Kindness is like snow—it beautifies everything it covers.- Kahlil Gibran
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.

Thank you CDPHP for sponsoring our Health and Wellness classes.

Thank you for Your Kindness and Support!
Thank you to Highmark and Home of the Good Shepherd for sponsoring the Volunteer Appreciation Lunch.
Thank you to Home of the Good Shepherd for a delicious lunch.
Thank you to the Medicare Advantage Insurance Companies for providing us with updated information: Aetna, CDHP, Humana, MVP, Wellcare/Fidelis.
Thank you to Aetna and Highmark for sponsoring our Veteran’s Day events.
Thank you to Pennels for another mouthwatering dinner.
Thank you to Touching Hearts for another informative presentation.
Thank you to Albany Guardian Society for sponsoring our continental breakfast.
Thank you to CDHP for sponsoring our members monthly activities fee.
Thank you to the Regional Food Bank of NENY for our weekly food.
Thank you to Charlie Joseph for educating us on financial planning.
Thank you to NYSERDA, National Grid and Carrie Woerner’s office for bringing us energy saving tips.
Thank you to Burke Funeral Home for helping us to address our final wishes.
Thank you to Highmark for sponsoring trivia night.
Thank you to Sue Peters for the watercolor classes.
Thank you to all our volunteers at Brooks BBQ.
Thank you to Spa Catholic for the delicious goodies.
Thank you to Bob & Lisa Moser of Prime Group Holdings for providing us with updated information: Aetna, CDHP, Humana, MVP, Wellcare/Fidelis.
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Thank you to all our volunteers!
You keep our world rockin’!

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SPECIAL EVENT SCHEDULE

• Every Monday, 1pm. Bridge
• Every Monday, 1pm. Chit Chat Fun Group
• Every Wednesday. 1:00. Bingo
• Every Thursday. 11:00. Regional Food Bank
• Every Thursday. 1:00. Mahjong- American & Chinese
• Thurs. Dec. 1st. 11:00. Long Term Care Funding
• Thurs. Dec. 7th. 11:00. Wellcare/Fidelis
• Mon., Dec. 5th. 9:15. Breakfast Buffet
• Mon., Dec. 5th. 11:00. TrueSongs
• Tues., Dec. 6th. 2:30. Widows Club
• Tues., Dec. 6th. 3:30. To Go Dinners
• Tues., Dec. 13th. 5:30. Dine in Dinner
• Wed., Dec. 14th. 5:30. Annual Board Meeting
• Thurs., Dec. 15th. 2:00. Zentangle Art
• Fri., Dec. 16th. 11:00. Member Meeting
• Fri., Dec. 16th. 12:00. Gift Wrap
• Fri., Dec. 16th. 1:30. Holiday Lunch
• Fri., Dec. 16th. 2:00. Cookie Decorating
• Tues., Dec. 20th. 11:00. Regional Food Bank
• Tues., Dec.20th. 3:30. To Go Dinners
• Wed., Dec. 21st. 1:30. Member Holiday Party
• Fri., Dec. 23rd. 1:30. Garland Nelson
• Mon., Dec. 26th. CLOSED
• Mon. Dec. 26th. 3:00. Book Club
• Wed., Dec. 28th. 9-10. Continental Breakfast
• Thurs., Dec. 29th. Tarot Cards
• Mon., Jan. 2nd. Closed

Thank you to all our volunteers!