

SARATOGA SENIOR CENTER

NOVEMBER 2023

Non Profit,
U.S. POSTAGE PAID
Permit No. 120



Come Play With Us-Open House!

Friday, November 17th, 10:30am-12:30pm

Food & drinks included. FREE and open to all ages. You're never too old to play!

Join us for a fun filled game day! Saratoga Senior Center was chosen as one of three locations in NYS to host Ted Fischer, CEO of Ageless Innovations, and creator of Joy for All games. Joining him will be the Director of NYS Office for the Aging, Greg Olsen. Come play generational Trivial Pursuit, The Game of Life, Scrabble and more!

Live Music at the Center with Kenneth Blatt!

Monday, November 13th, 1:00 pm \$5.00 Sponsored by CDPHP



Includes refreshments, complimentary tasting & appetizers. Must RSVP.

Kenneth Blatt is a singer/pianist with a love of "pop" hits from the 1950's to the 2000's, jazz tune standards, and the great songs from Broadway and motion pictures. Sing along with your familiar favorites and classic party songs like Margaritaville, Brown-Eyed Girl, Sweet Caroline and more!

NOVEMBER CHEF SHOWCASE

Please join us for our guest chef dinners at the new center! Meet new friends and enjoy a delicious restaurant meal at an affordable price. Sells out quick-sign up early.

The West Side Sports Bar & Grill- Wed., November 8th, 5:30pm

Dinner is held at the new Senior Center. \$12 per dinner. RSVP required.

Enjoy some traditional Italian favorites! Delicious lasagna with italian wedding soup & fresh garlic bread.

The Horseshoe Inn Bar & Grill-Tues., November 14th, 5:30pm Sponsored by CDPHP



Dinner is held at the new Senior Center. \$12 per dinner. RSVP required.

Delicious crispy fried chicken served with macaroni & cheese, mashed potatoes, and a side vegetable.

Flu Shot Clinic facilitated by MVP Healthcare & Adirondack Health & Wellness

Monday, November 13th, 11:00am-1:00pm

As flu season approaches, please sign up today to secure your spot for our flu shot clinic. Must sign up, limited availability. Please bring your insurance card & ID.

Thank you to MVP for partnering with us this flu season!



Trivia Night! Monday, November 13th 5:30 pm \$5.00.

Pizza bites served. Bring your own beverage. Join us for fun, friendly competition! Prizes!

"Where all those useless facts you've been collecting can finally come in handy!" Please sign up seating is limited



November Tech Fairs

Wednesday, November 1st, 1:00pm- 3:30pm

Sponsored by CDPHP



Wednesday, November 29th, 1:00pm- 3:30pm

Sponsored by Highmark



Do you need help with your cellphone or Ipad? Our volunteers will be here to help you with ANY & ALL questions regarding technology! How to use e-mail, iPhone, iPad, laptops, Kindles and more! Have you ever wanted to try ZOOM, Facebook, Instagram, or Spotify for music? Here is your chance. Snacks will be provided. **Please sign-up.**

Veterans' Day Sing-Along. Thursday, November 9th, 11:00am. Join us for a Veterans Day Sing-Along!

Gather with friends and sing-along to some patriotic tunes in honor of those who have served.

VOLUNTEER "THANK YOU" LUNCH

Thursday, November 30th, 1:30pm



The Saratoga Senior Center has AMAZING volunteers! If you are one of our AWESOME volunteers, please join us as we say "Thank You" with a luncheon in your honor! RSVP required to Barbara.

Luncheon prepared and sponsored by Home of the Good Shepherd.



Silver Sneakers is back at the Senior Center!

Show your Silver Sneakers card at the front desk to cover your monthly fee.



DONATE NOW

By scanning the QRcode with your phone camera, you will be directed to our website donation page.

With utmost thanks to our donors, members & community partners, The Saratoga Senior Center is able to provide our community with the many age-friendly services & resources we offer here in Saratoga Springs. Thank you for donating to the Center and supporting your local Seniors!



"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.
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$11.00. Fifty percent of the sale goes to the Center!
- Clothing Bin - We have blue donation bins in our old 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 \$35 membership for a senior in need.



Hours: Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY • (518) 584-1621

• saratogaseniorcenter.org

FUNDRAISERS

Sipping for Seniors at Bailey's

Thursday, November 16th. 6:00pm-10:00pm

Looking for a little preholiday cheer? Mark your calendar for Thursday, November 16, and come to Bailey's anytime between 6 and 10pm. Sipping for Seniors features local "celebrity" bartenders shaking your favorite drinks while stirring up support. 20% of food and beverage sales AND 100% of bartender tips will benefit Senior Center services.

FREE PRESENTATIONS

Love Compost Saratoga Collaborative Informal Conversation Weds, November 8th at 2:00pm



LOVE COMPOST Saratoga Collaborative photographer Terri-Lynn Pellegrini will be joined by our community compostors for a lively hour of conversation and artwork. Meet Mark Miller, Director of Dining Services at Skidmore College, Jennifer Armstrong, Sustainable Saratoga's Compost Committee Chairperson, Kim Klopstock from Lily and the Rose, and Hope LaBontey, of Loving Earth Compost. Join us for an informal "Compost Conversation." Open to the public-all are welcome. **Please RSVP.** Saratoga Arts made this program possible through the Community Arts Regrant Program, funded by the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature.

Poetry/Storytelling Open Mic, Friday, November 17th, 1:00 pm.

Please join us for our first poetry/storytelling open mic! Featuring Poet Elaine Handley, three-time winner of the Adirondack Center for Writing Best Book of Poetry. Participants have five minutes to read 2 short poems or one long one; storytellers have 5 minutes to tell, narrate or perform their piece. Don't be afraid to come out and give this a try. Or just come to listen to and applaud your talented friends! Snacks will be served. Please RSVP.

ART, ART AND MORE ART! included in the \$15 monthly activity fee

*Material fees are utilized to purchase supplies needed for art classes and workshops. Please note that supplies purchased are to remain at the Center for future use and are property of the Center.

Advanced/Intermediate Handbuilding Clay Arts facilitated by Guest Clay Artist of the Month: Chris Knite. Please sign up. **Mondays, 9:00am- 12:00pm. \$10 material fee***

Must have advanced/intermediate clay experience. This month's class will be creatively using slab clay and the impressions of nature to create usable and beautiful buttons. Range of possibilities, including: statement buttons for shawls, capes, or scarves. And also standard buttons to elevate any shirt. Students will also explore making ceramic tiles that can be used as hot trivets, weights for picnic napkins, or wall art.

Beginning Handbuilding Clay Arts facilitated by Carol Glansberg **Tuesdays, Beginners arrive at 12:30pm, returning students 1:00pm (No Class November 28th) \$10 material fee*** No experience necessary. Hand building skills; slab building, pinch pots and coil pots will be taught. *Students must complete the four week series before they move into the advanced class-series begin the first Tuesday of the month. Please sign up.*

Slate Painting Workshop facilitated by Che Darden **Friday, November 3rd, 1:30 pm.**

We are offering a slate painting class with the theme of fall in mind. Participants will be using acrylic paint on slate. No experience necessary. **Please sign up, seating is limited.**

Watercolor Workshop facilitated by Susan Peters. **Tuesday, November 7th at 10:00am \$5 material fee*** Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike. **Please sign up, seating is limited.**

Beading Workshop facilitated by Jerry Matthews. **Thurs, November 9th & November 22nd at 1:30 pm. \$5 material fee***

Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. Supplies provided. **Please sign up, seating is limited.**

Clay Christmas Tree Workshop facilitated by Freddie Oliver. **Fri, November 17th at 1:30 pm. \$10 material fee***

Join our clay artists for some holiday fun! Create your own clay Christmas tree for the holidays. Perfect for a handmade gift or decoration. No experience necessary. **Please sign up, seating is limited.**

Stamping Workshop. facilitated by Helen Mastrion. **Wed, November 29th 2pm -4pm. \$5 material fee*** Make an assortment of greeting cards: birthday, thank you, congratulations, etc. You may choose Helen's design or create your own! Be creative. No experience necessary. **Please sign up, seating is limited.**

Thank you to our newsletter sponsors for their continued support!



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Patricia Stanley
Community Development Coordinator
Capital District/Mid-Hudson Valley



StanleyP@aetna.com c 518-390-2582



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.

Thank you for your kindness and support!

Thank you to HighMark, Home of the Good Shepard & Herzog Law Firm for sponsoring our Annual Open House.

Thank you to all of those who participated in our Annual Open House.

Thank you to Boca Bistro for the delicious food at our Grand Opening.

Thank you to MVP for sponsoring our Senior Center Fall Fest & Halloween Party.

Thank you to CDPHP for sponsoring our dine in dinner.

Thank you to everyone who participated our Medicare Insurance Expo.

Thank you to NYS Office for the Aging Director, Greg Olsen, for his wonderful presentation.

Thank you to Old Bryan Inn for our scrumptious dinner.

Thank you to CDPHP, MVP, Aetna, and Saratoga Life & Health for Medicare Advantage Information.

Thank you to CDPHP for sponsoring our flu shot clinic.

Thank you to CDPHP for sponsoring our Capital Region Food Bank.

Thank you to CDTA for their presentation.

Thank you to Saratoga Hospital & University of Rochester for their presentation on Palliative Care & Parkinsons Disease.

Thank you to Saratoga Casino Hotel Foundation for our recent grant.

SENIOR SUPPORT SERVICES - HERE FOR YOU!

Senior Support Services has staff members, volunteers, and student interns available to help you with things that you need. We can connect you to local resources, health organizations, social services, or advocate on your behalf. Our "Community Connections" volunteers can fill many gaps when other agencies are not able to.

Call 518-584-1621, extension 2010

Our ongoing services include:

- Information and referral for local and national resources
- Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.
- Community Connections: Volunteers can assist with transportation, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- Partnerships with local organizations like Alzheimers Association, Parkinsons, medical, and health insurance community.
- Transportation: Volunteers to assist with rides to medical appointments, pharmacies, dentists, the Senior Center, and more. A Price Chopper shuttle from several housing sites on Wednesdays.
- Food Assistance: Regional Food Bank for pick-up or delivery at the Center, Thursdays from 11:00 AM-12:00 PM

Sponsored by MVP 

SUPPORT AND PEER GROUPS

Memory Cafe. 11am-12:30pm, 1st Friday of every month.

The memory café offers an interactive, supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or other dementia. We're excited to end 2023 with a special series! Opera Saratoga's "Songs by Heart" will bring a professional level singer to the café to lead an interactive sing-along. Program results in stress reduction, improved self-confidence and social interaction..

Alzheimer's Caregiver Support Group. Friday November 17th 11am-12:30pm

Being a caregiver can present exhausting challenges and take a significant toll on your health. Support groups bring together people who are going through or have gone through similar experiences. This support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

Parkinsons Support & Discussion Group facilitated by Marie Thorne. 2:30 pm, 3rd Monday of every month

This is a community of people impacted by Parkinson's designed to help you make meaningful connections, engage in important dialogue, find useful resources and build long-lasting relationships

Grief and Loss Support & Discussion Group facilitated by Lois Streit, MSW .

Second & Fourth Tuesday of the Month. 2:00- 3:00pm.

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Coping with the loss of someone or something you love is one of life's biggest challenges. Any loss can cause grief, including: divorce or relationship breakup, loss of health, loss of financial stability, retirement, death of a pet, serious illness and more. The purpose of this group is to provide friendship, understanding, and hope.

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.

MEDICARE INFORMATION

Medicare Advantage Information. Medicare Advantage plans include extra benefits and services that focus on your total health. We want to help you get the coverage, resources and care you need. For information stop by the center and chat with a licensed Medicare Advantage Agent.

- MVP office hours: Mon., 11/6, 11/20, 11/27 from 9am-1pm.. Wed., 11/8, 11/15, 11/22 from 12pm-4pm.
Thurs., 11/2, 11/16, 11/30 from 9am-1pm.
- MVP Presentation Mon 11/6 & 11/20 at 1:00 pm
- CDPHP Presentation Tues 11/14 at 2:00 pm
- Nascentia office hours: Wed 11/8 from 10am-12pm
- Aetna office hours: Fri 11/3 from 9am-11am
- Saratoga Life & Health Presentations: Thurs, 11/2 & 11/9 at 1:00pm, 11/16 & 11/30 at 11:30 am



NEW ADDITIONS

Cardio Sculpt facilitated by Maria Forbes.

Mondays, 11:30am, beginning November 6th.

This 45 minute class is a combination of cardio and muscular strength exercises designed to fatigue each muscle group, boost your heart rate, and increase endurance. This class uses a variety of equipment to challenge you in new ways and concludes with short stretch sequences to elongate each muscle worked. *Please sign up.*

Soul Line Dancing with Mary & Frank Colby of Heart & Soul Line Dancers

Tuesdays, 1:30pm, beginning November 7th.

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. *Please sign up.*

Saratoga Springs Library Pop-Up facilitated by Sarah Derven. **Second Monday of the Month, 10:00 am-11:00 am, begins November 13th.**

Come check out the Saratoga Springs Public Library at the center! Enjoy a mini-library of large print and regular print books to choose from. Receive assistance with audiobooks and ebooks for Libby and Kindle. And even get yourself a library card if you don't have one already.

MORE NOVEMBER HAPPENINGS

Apple Workshops facilitated by Stephen Ramirez **Mon, November 13th, 9:30-11:00 am . Please sign up.**

Calendar App: Help stay organized while keeping all of your events and important dates in the calendar app for easy access and scheduled reminders throughout the day and week. Bring some dates and times of a few events or appointments so you can set them up in the app during the presentation.

Book Club. New Members Welcome! Tuesday, November 28th at 3 pm.

November Book: *A Quilter's Holiday* by Jennifer Chiaverini

As an early winter storm blankets Elm Creek Manor in heavy snow, the quilters find new meanings in their best-loved traditions and new reasons to be thankful. *A Quilter's Holiday* is a story of holiday spirit, in its

Tarot Card Reading facilitated by Mary Shimp **Thursday, November 30th. 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.

Barber at the Center, No Barber in November, next date Monday, December 11th 9:00-12pm. \$5 haircuts for men. Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment.

Belly Dancing (previously known as Music & Movement) facilitated by Elaina, **Thursdays, at 1:00 pm. Please sign up.** Belly dancing is back at the center! Belly dance is a Middle Eastern style of dance which features movements of the hips and torso. Please join Elaina for a fun filled dance class.

One-on-One Tech Assistance

Did you receive a new phone, iPad, laptop or smartwatch? Let our savvy students help you. Call front desk to make your private appointment.

FITNESS PROGRAMS *included in the \$15 monthly activity fee*

Come to the Center and check out our fitness classes! Are you a Silver Sneakers or ReNew Active member? Swipe in to waive the monthly activity fee

- Tai Chi
- Walking Club
- Chair Yoga
- Silver Sneakers Classic
- Integral Yoga
- Zumba
- Strength w/ Aidan
- Gentle Yoga
- Belly Dancing
- Meditation
- Cardio Sculpt-NEW!
- Soul Line Dancing- NEW!

November Weekly Programming

"November is the month to remind us to be thankful for the many positive things happening in our life." - Unknown

\$15 monthly unlimited class fee. ReNew Active & Silver Sneakers member - swipe in to waive monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi 9:00-12: Barber (see schedule) 9:30: Walking Club 10:00:Healthy Bones* 10:00 Saratoga Library(2nd Monday) 10-11:Chair Yoga (No class 11/6 & 11/13) 11:30: Cardio Sculpt 9:00-12:00: Advanced Clay 1-2: Chit Chat 2:30: Parkinson Support (3rd monday) 1-4 :Bridge 1-4 Pool League	9:00:Poker 9-9:45: Silver Sneakers Classic - Joyce 9-11: Women's Pool 9:30: Mahjong 10:00: Meditation 10:15: Beginning Spanish 11:30: Intermediate Spanish 11:15: Integral Yoga 12:30: Mahjong 1-4: Pool League 1-3: Beginning Clay Arts 1:30: Soul Line Dancing 2:00: Grief & Loss (2nd & 4th Tuesday)	8:45: Senior Life Transitions Team Mtg. 9:30: Mosaics 9:30-1: Rug Hooking 10:00: Knit & Crochet 10-11: Zumba 12:30-4: Canasta 1:00: Bingo 1:00:Strength w/Aidan 1-3:Guitar Lessons 1-4: Pool League	9-9:45: Qi Gong/Tai until 11/16 10-10:45: Silver Sneakers Classic - Joanne 10:00: Ukelele 10-2: Tarot Cards (see schedule) 11:00: Foodbank 11:00-11:45 Gentle Yoga 1-4: Pool League 1:00: Mahjong 1:00: Belly Dancing	9-12: Poker 9-1: Advanced Clay Arts 10:00:Healthy Bones* 10:00: Spanish Review 11:00: Memory Cafe - (1st Friday of month) 11:00: Caregiver Support Group (new date this month 11/17) 1-4: Pool League

*Healthy Bones is offered by the Saratoga County Office for the Aging. All participants must have a doctors note. Please contact OFA at 518-884-4100 for more information.

NOVEMBER SPECIAL EVENTS

- Wed., Nov. 1st. 1:00. Tech Fair
- Thurs., Nov 2nd. 1:00. Saratoga Life & Health Presentation
- Fri., Nov. 3rd. 11:00. Memory Cafe
- Fri., Nov. 3rd. 1:30. Slate Painting Workshop
- Mon., Nov. 6th. 9:30. Collette Presentation.
- Mon., Nov 6th, 1:00 MVP Presentation
- Tues., Nov 7th. 10:00. Watercolor Workshop
- Wed., Nov. 8th, 2:00. Love Compost Conversation
- Wed., Nov. 8th, 5:30. Dine in Dinner
- Thurs., Nov 9th, 11:00 am Veterans Sing Along
- Thurs., Nov 9th, 1:00. Saratoga Life & Health Presentation.
- Thurs., Nov. 9th., 1:30. Beading Workshop
- Fri., Nov 10th. CLOSED
- Mon., Nov. 13th. 9:30. Apple Workshop
- Mon., Nov 13th 10:00 Saratoga Library
- Mon., Nov. 13th. 1:00. Ken Blatt Performance
- Mon., Nov. 13th. 5:30. Trivia
- Tues., Nov. 14th. 2:00. CDPHP Presentation
- Tues., Nov. 14th 2:00. Grief & Loss
- Tues., Nov 14th. 5:30. Dine in Dinner
- Thurs., Nov 16th., 11:30. Saratoga Life & Health Presentation
- Thurs., Nov 17th 10:30. Come Play With Us
- Fri., Nov. 17th 11:00 Caregiver Support
- Fri., Nov. 17th 1:00. Poetry Open Mic
- Fri., Nov. 17th 1:30. Cermaic Christmas Tree Workshop
- Mon., Nov. 20th 1:00. MVP Presentation
- Mon., Nov. 20th. 2:30. Parkinson Support
- Wed., Nov. 22nd. 1:30. Beading Workshop
- Thurs., Nov. 23rd. CLOSED
- Tues., Nov. 28th. 2:00 Grief & Loss
- Tues., Nov. 28th. 3:00. Book Club
- Wed, Nov. 29th. 1:00. Tech Fair
- Wed., Nov. 29th. 2:00. Stamping Workshop
- Thurs., Nov. 30th. 10:00-2:00 Tarot Cards
- Thurs., Nov. 30th. 1:30 Volunteer Thank You

COME TRAVEL WITH US!

You are invited to an Informational Travel Slideshow presented by Kevin Ferguson of Collette Travel.

Monday, November 6th, 9:30 am. Refreshments served. Please sign up!

Presentations on:

- Discover Nashville: April 28-May 2, 2024
- Spectacular Scandinavia: May 16-29, 2024
- Discover South Dakota: June 7-13, 2024
- Iceland: Land of Fire & Ice: July 21-30, 2024
- Spotlight on Tuscany: August 14-22, 2024
- Greece Island Hopper: September 28-Oct. 8, 2024

COLLETTE EXCURSIONS

We travel not to escape life, but for life not to escape us.



2024 TRIPS Are any of these on your bucket list?

Hawaiian Adventure
January 18-27, 2024
Discover South Pacific Wonders
February 21-March 6, 2024
Spectacular South Africa
March 7-20, 2024

Discover Nashville
April 28-May 2, 2024
Spectacular Scandinavia
May 16-29, 2024
Discover South Dakota
June 7-13, 2024
Iceland: Land of Fire & Ice
July 21-30, 2024

Spotlight on Tuscany
August 14-22, 2024
Greece Island Hopper
September 28-Oct. 8, 2024.
Spains Classics & Portugal
October 12-26, 2024
Southern Charm
December 2-8, 2024

TRIP POLICY

Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. Multi-day bus trips and excursions are open to anyone regardless of age or residence.

- There are no refunds for van or bus trips unless canceled by the Center.
- All times for our van trips are approximate. We do not guarantee a return time to the Center.

Proctor's Van Trips

- SIX** - May 9, 2024. Matinee. \$103.00 per person. Purchase tickets by March 1st, 2024. Six is a British musical comedy, a modern retelling of the lives of the six wives of Henry VIII, presented in the form of a pop concert.
- BEETLEJUICE** - June 20th, 2024. Matinee. \$86 per person. Purchase tickets by April 1st, 2024. It's showtime! Based on Tim Burton's dearly beloved film, this hilarious musical tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes.

VAN TRIPS

Claude Monet: The Immersive Experience, Monday, November 6th & November 27th. Please sign up by for 11/6 trip by 11/2 & sign up for 11/27 trip by 11/20.

Discover a new way to enjoy the works of Claude Monet and immerse yourself in the artist's masterpieces at this 360-degree, digital show. Expect digital displays, sound effects, projection mapping and much more. After, enjoy lunch at the Armory Lounge. Offering diverse appetizers, delicious sandwiches and salads or sip and savor a Monet inspired signature cocktail!

Pay \$47 at sign up. Bring lunch money. Leave the Center at 9:00 am. Return about 2:30 pm

Rivers Casino, Tuesday, November 14th.

Enjoy a day at Rivers Casino! Rivers Casino offers the very best in casinos, hotels, restaurants, concerts, and entertainment. While at the casino, enjoy lunch at Flipt. "An original approach to your average burger joint!" Pay \$15 at sign up. Bring lunch money. Leave the Center at 8:30am. Return about 2:00pm

Adirondack Salt Cave, Friday, November 17th. Please sign up by November 10th.

This man-made Himalayan Salt Environment is intended to reproduce the unique microclimate and the healing properties of the deep salt caves within the Himalayan Mountains that have been used for centuries for their incredible effects. This type of treatment is a safe and effective way of using salt's natural antibacterial, anti-inflammatory and super absorbent properties to provide relief for respiratory and skin conditions. Enjoy lunch at the Downtown City Tavern.

Pay \$35 at sign up. Bring lunch money. Leave Center at 11:00 am. Return about 3:00 pm

Lunch Bunch- Fo'Castle Farm, Tuesday, November 28th.

Fo'Castle Farm has been a family tradition in Burnt Hills since 1908. Harken back to a bygone era as you enter their charming Country Store. Mingle, stay awhile, and browse a wide variety of unique gifts. Enjoy a bite to eat at Lunch Thyme, serving sandwiches, salads, soups and more!

Pay \$15 at sign up. Bring lunch money. Leave the Center at 8:30 am. Return about 1:30 pm

BEING A VOLUNTEER VAN DRIVER HAS ITS PERKS

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver!

As a driver, you will receive \$10 towards lunch and up to \$20 for admission.

