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Hours: Monday-Friday 8am-4pm. 290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | saratogaseniorcenter. org

Saratoga Senior Center OCTOBER 2024



Saratoga Senior Center Annual Open House



In collaboration with CDPHP® Healthy Neighborhood Saturday, October 5 | 9am-1pm | FREE & Open to the Public

Exclusive membership special-\$10 for the remainder of 2024 when you renew for 2025.

- 9am: FREE Fat Paulies Bagels & Coffee (while supplies 11am 11:30 am: Silver Sneakers Fitness Class
- **9am -1pm:** Balance Screenings, Vendor Tables, Flu Vaccines
- 9:30am 10am: Scams Against Seniors presented by Herzog Law Firm
- 9:30am 11am: Leaf Prints Art Workshop
- 10am 10:30am: Balance & Fall Prevention presented by Capital Area Physical Therapy
- **10am 1pm:** Tarot Card Reading with Mary Shimp

- 11am 12pm: Watercolor Workshop
- **10am-1pm:** Enjoy Ice Cream provided by Stewart's when you visit the CDPHP Healthy Neighborhood registration table
- **12pm 1pm:** Lunch provided by Home of the Good Shepherd & Live Music by Jeff Walton

Please join us for our annual open house and enjoy a sampling of all The Center has to offer! **Interactive Programs Supported By**







Medicare Insurance Expo

Wednesday October 9 | 1pm-4pm | FREE & Open to the Public

1pm: "Changes In Medicare 2025" presented by the Saratoga County Department of Aging & Youth Services 1:30pm: Medicare 101 presented by Statewide Senior Action Council

2pm-4pm: Insurance Tabling- Meet one on one with Medicare Professionals

CDPHP - MVP - Highmark Northeastern NY - Nascentia Health - Wellcare - Saratoga County

Department of Aging & Youth Services - Saratoga Hospital - NY Statewide Senior Action Council

Interactive Programs Supported By ALBANY MED Health System



Come check out our October guest chefs at the Center! The Dine in Dinner on October 22nd will be prepared by soon to be cafe chef, Matt Richardson, formerly of DZ Restaurants & 550 Waterfront.

Dine in Dinner | Tuesday October 22 | 5:30pm | Must RSVP | \$12 per dinner.

Beef stroganoff, roasted potato, side vegetable, & homemade cookies.

Dine in Dinner with Mama Mia's Restaurant | Tuesday October 29 | 5:30pm | Must RSVP |\$12 per dinner Penne with marinara, meatballs, cheese & crackers & house salad.

Dinner sign ups begin in person on Monday October 7 from 10am- 11am, phone sign ups begin at 12pm if spots remain. Members can only sign up themselves & one other member. Sells out quickly!

Woodstock "Happy Hour" Friday October 18, 2pm | FREE | Must RSVP

Kick off our Bethel Woods & Woodstock bus trip next month with a Woodstock themed "Happy Hour". Come drink some kool-aid. Live music by Rick Russo. Refreshments will be served. Wear your tie dye if you wish!

Senior Center Fall Fest Monday October 28, 1:30pm | \$10 | Must RSVP

Join us for a fall fest party! Live music by Pat Sgambati. Pumpkin painting. Lite fare & tasting provided by Home of the Good Shepherd. Come in costume if you dare!

Supported by Good Shepherd

Haunted Saratoga Monday October 21, 1:30pm-3pm | \$5 | Must RSVP

Join Joe Haedrich, Chief Ghosthunter for Haunted Saratoga for his spooky presentation! Hear the stories of the Saratoga's most infamous spirits. Refreshments will be served. Complimentary Whitman Brewing Tasting.

Trivia Night

Monday October 21, 5:30pm | \$5 | Must RSVP Pizza bites served. Join us for fun, friendly competition! Prizes!

"Where all those useless facts you've been collecting can finally come in handy!" Supported By MyP

Van Trip House Crawl Friday November 1 | 10:30am-4:30pm | \$10 | Open to the Public | Must Register 10:30am: Start at the Saratoga Senior Center 3:30pm: Home of the Good Shepherd-Morea

- **11am:** Home of the Good Shepherd- Malta- *enjoy* Coffee, tea & water, Muffins, Danish, donuts & fruit
- **12:30pm:** Carlton Hollow Apartments- Ballston Spa- enjoy lite refreshments.
- 2pm: Wesley- Saratoga Springs- visit Embury Cafe & enjoy refreshments.

 Supported by Good Shepherd

• **3:30pm:** Home of the Good Shepherd-Moreauenjoy sweet potato rounds, mini turkey and cranberry open faced sandwiches, warm Maryland crab dip with fresh baked cristini, apple cider, & pumpkin cream cheese dip piped on ginger snap cookies.

2024 One Day Bus Trips- Open to the Public

NEW! Bethel Woods Center for the Arts & Woodstock | Wednesday November 6, 2024 | Must sign up by 10/23 Enjoy a guided tour of the Museum at Bethel Woods. This guided tour of the museum is an Explore the '60s program which will include discussions with teaching artists, art activations and will be focused on the Woodstock Music and Art Fair. Boxed lunch will be provided. After the tour & lunch, stop in Woodstock, NY on the way home to explore & shop. Trip Cost: \$82 per person

Saratoga Hospital Senior Wellness Series-Open to the public-Please sign up

Knowing the Signs-Stroke, Sepsis and Heart Attack Awareness- What Everyone Should Know | Presented by Kristy Bowers, BS RN, STEMI/Stroke Coordinator & Jan Severance, RN, Quality Support Specialist, Saratoga Hospital | Wednesday October 2 | 1pm | Understanding the signs and symptoms of stroke, sepsis, and heart attacks can save lives. This session will equip you with the knowledge to recognize early warning signs, respond effectively, and seek prompt medical care. Learn about risk factors, prevention strategies, and the importance of swift action in emergencies. This event will provide essential information to help protect your health and ensure timely intervention when it matters most.

Fall Reduction: What We Can Do to Stay Healthy As We Age | Presented by Cheryl Caimano, PT, Saratoga Hospital Regional Therapy Center | Tuesday October 22 | 10am | As we age, preventing falls becomes increasingly important for maintaining independence and quality of life. This session will focus on practical strategies to reduce fall risks and promote overall well-being. Learn about balance and strength exercises, and home safety tips, and discover how small changes can make a big difference in preventing falls and staying healthy as you

Traveling Safely - An Informative session presented by Travel Medicine, a service of Saratoga Hospital Presented by Trudy Kelly, RN, Travel Medicine Service/Occupational Medicine, Saratoga Hospital | Tuesday October 29 | 10am | Travel to some areas of the world requires planning! You may find that in order to remain healthy on your upcoming trip, you may need specialized vaccines or preventative medications – which are not always available at your medical doctor's office. Learn how we can help you take care of your health before you take off!

More Free Presentations- Open to the public- Please sign up

Energy Techniques for Pain | Presented by Helene Brecker | Monday October 7 | 1pm | Pain can come from physical, mental or spiritual sources. It sends you a message that energy is stagnated in that painful area. Stress and tension can make it worse. Acupressure points can relieve stress and also block pain impulses by releasing neurochemicals that ease pain. Join Helene to learn some acupressure points and other simple energy techniques to move the stagnated energy to help with the pain of arthritis, fibromyalgia, headaches, low back discomfort, elbow

MVP Medicare Presentation | Presented by Sheila Rivera from MVP | Monday October 21 | 10am AND Join Sheila for her informative presentation to discuss 2025 MVP Medicare Advantage options for those who are Medicare Eligible in Saratoga County.

Vision Zero Discussion | Friday October 25 | 10am | Please join us for a discussion about transportation safety in the Saratoga Region. We want to learn more about how you get around (e.g., walking, driving, using transit or other transportation services) Saratoga Springs and the surround area, safety concerns or issues you currently experience, and your ideas for improving our transportation system. This discussion is open to the public and all are welcome.

CDPHP Medicare Presentation | Presented by Audrey Choiniere from CDPHP | Wednesday October 30 | 2:30pm The presentation will discuss 2025 CDPHP Medicare Advantage Plan Options and Benefits. It's a good presentation for anyone that may be considering making a change during the Annual Enrollment Period (October 15th-December 7th).

"Healthy Life, Happy Life" - Successful Aging | Presented by Barry Loffredo | Friday October 25 | 1pm Barry Loffredo will be redoing his six part presentation on "Senior Issues" starting here, for those who missed some of the sessions the first time around. Well being (happiness) is a 3 legged stool; mental health, physical health, and emotional health. We will explore all 3 and include the following topics; use it or lose it, managing risks, socialization, purpose, gratitude and others.

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

Senior Support Services Supported by



THE WESLEY COMMUNITY

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 to medical appointments, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- Volunteer Companion for Medical Visits: We can provide transportation & advocacy: help you condense your history so your doctor has more time to talk to you, help you understand what they are saying, and help you express your concerns
- Partnerships with local organizations like Alzheimer's Association (regular office hours), Parkinsons, medical, and health insurance community.
- Transportation: Volunteers to assist with rides to medical appointments, pharmacies, dentists, 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. One bag per household will be allotted. Supported by MVP

Support and Peer Groups

Alzheimer's Caregiver Support Group. 11am-12:30pm **2nd Friday of every month** | 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 Gordon Blyth & Marie Thorne | 2:30pm | 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.

Alzheimer's Support Group supported by Leon Goldbera's Charitable Trust.

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

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.

Grief and Loss Support & Discussion Group facilitated by Lois Streit | Every 2nd & 4th Tuesday of the month 2pm -3pm | Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Any loss can cause grief. The purpose of this group is to provide friendship, understanding, and hope.

Chit Chat | Mondays, 1pm | New members welcome! Chit chat is a peer support group. Come and engage in conversation with other members. Each week different conversation topics are covered and discussed.

Saratoga Hospital Bariatric Support Group | Monday, October 7, 6pm-8pm

The Bariatric Support Group is for patients who have gone through bariatric surgery or are considering surgery. No need to register, just show up!

Thank You!

- Olde Bryan Inn for our delicious dinner.
- Omelette King Catering for our delicious breakfast.
- Whitman Brewing Company for our delicious tasting.
- MVP & Adirondack Health & Wellness for our flu shot clinic.
- Collette travel for your travel presentation.
- Barbara Floryshak, Choice Connections, Barry Loffredo & Saratoga Hospital for your informative presentations.
- MVP for sponsoring our Bokwa class.

- Highmark for supporting our Pitney Meadows Pop-Up
- MVP for supporting our Regional Food Bank.
- Donald & Lynn Pepper for your continued support.
- Saratoga Arts for your continued support.

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

October Happenings Continued

Book Club | Tuesday October 29, 3pm | Must sign up The book for October will be Piranesi by Susanna

Pitney Meadows Pop-Up Fresh pantry will continue until the first frost | Mondays, 9am while supplies last. Pitney Meadow's farm is unique because "we don't grow to make money; we grow to give. Our philosophy of farming means growing for the community." They are committed to provide fresh produce donations to feed the community. Supported by TIGHMARK.

Barber at the Center | Monday October 21 | 9am-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.

October Board Meeting | Tuesday October 15, 8:30am | All members are welcome to join us for our October board meeting. No registration needed.

Want to improve your pool game? Lessons free of charge with Jon Gordon are available. Contact the front desk to schedule a 30 minute instructional session. Lesson times are Tuesday, Wednesday, and Friday between 9am and 12pm.

One-on-One Tech Assistance

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

Senior Center Writers Circle facilitated by Joyce Rubin | Monday October 7, 9am-11am

Do you enjoy writing stories or poems? Would you like to meet with others who share your interest in a supportive and creative setting? We are starting a Writer's Circle that will meet once a month, for 2 hours to share our writing efforts. It's a great opportunity to cultivate new friendships with other authors.

Legal Tuesdays – Herzog in the House | Tuesday, October 22, 9am-12pm | Must sign up

Herzog Law Firm will be onsite at the Center, 9am-12pm, the fourth Tuesday of each month. Sign up for a free, half-hour consultation and bring your legal questions and concerns, from designating a Power of Attorney or Healthcare Proxy to more detailed long-term planning.

Tarot Card Reading facilitated by Mary Shimp | **No date for October** | Although Mary will not be at the Center this month, she will be at our Annual Open House on Saturday October 5th from 10am-1pm. Stop by for a reading!

Poetry/Storytelling Open Mic | Friday October 11, 1pm | Please sign up | Open to the public | \$5 **suggested donation** | The program will begin with a reading by local poet Judith Prest followed by the open mic. Each open mic participant has five minutes to read two short poems or one long one. Storytellers have five minutes to tell, narrate or perform their piece. Please be respectful of your fellow writers by reading for five minutes or less. Lite refreshments will

Need Your Car Washed? - Discounted Hoffman Car Wash Tickets

It's easy to keep your car clean and shiny with discounted Hoffman Car Wash Tickets for \$12.00 Portion of the proceeds go to the Center! Tickets can be purchased at the front desk.

Medicare Information MVP



Medicare Advantage Information: Did you know that Medicare Advantage plans include extra benefits and services focused on your total health? To learn more, stop by the Center and chat with a licensed Medicare Advantage Agent. MVP office hours: Mondays, Wednesdays & Thursdays from 9am-1pm. No office hours on 10/14, 10/16, 10/17, & 10/23.

Announcements / Reminders

- **Scholarships:** Saratoga Senior Center offers scholarships for membership and monthly activity fee. If you're in need of assistance please contact the front desk at 518-584-1621. Money shouldn't be an issue to participate.
- **Check In:** Our policy is all members & volunteers must swipe in at the front desk prior to coming into the Center. If you have SilverSneakers or Renew Active please swipe in. This impacts many things including safety & funding.
- **Parking:** For van trips, if you drive here please park by the YMCA pavilion and the van will pick you up. If you have any questions please contact the front desk. **YMCA entrance:** If you are a Silver Sneakers, Renew Active, YMCA member, or have a valid drivers license (to be screened), you can enter the Center through the YMCA entrance. Carpooling to the Center is encouraged if possible.
- **Storage:** Lockers and coat racks are available for members to store their belongings while at the Center. If you would like to use a locker, please stop by the front desk to receive a key.
- **Donation Request:** On Your Next Shopping Trip...We are in need of quart-size zipper bags for our food bank. Please drop off donations at the front desk.

NEW October Art Classes! (included in the \$15 monthly class fee)

NEW! Beginning Needle Felting *facilitated by* Xander Farmer | Tuesday October 8, 15, 22, & 29 | 10am-11:30am | \$10 material fee for entire series* | Learn the basics of needle felting in our beginner-level felting class! We will begin with simple shapes to become familiar with the felting process, gradually advancing to more complex forms. We will cover safety, efficiency, and various useful techniques, like how to blend colors or create defined lines. Students will use these skills to craft felted objects of their choosing. Must sign up, seating is limited.

NEW! Introducation to Embroidery *facilitated by* Megan Stacey | Monday October 7, 21, & 28 | 1pm-**2:30pm** | \$10 material fee for entire series* | Embroidery is an age-old art form that combines the precision of needlework with limitless creativity. Perfect for those who have never touched a needle, and those who are looking to gain some foundational skills. You will be guided through various techniques and stitches used to transform simple fabric into a masterpiece. Unlock your creativity, one stitch at a time. *Must sign up, seating is* limited.

NEW! EVENING Beginner Handbuilding Clay Arts facilitated by Xander Farmer | Mondays 6pm-8pm | \$10 material fee per month* | Learn the foundations of hand-building with clay! This class will cover working with clay at an introductory level, exploring various techniques and styles, and becoming familiar with all steps of the process: from starting work to pulling a finished product out of the kiln. Through a series of projects, students will engage with handpinching, slab-rolling, and coil-building, as well as gain a basic understanding of glazing and firing techniques. students **must** complete 8 classes before they move into the intermediate/advanced class. Must sign up, seating is limited.

NEW! Tie Dye Workshop facilitated by Meryl Davis Wednesday October 23, 1pm-3pm | \$5 material fee* Join us for a fun afternoon of tie dye! Please bring up to two all cotton light color items (i.e. T-shirt, button down, etc.) Must be pre washed and slightly damp if possible. Must sign up, seating is limited.

More Art Classes! (included in the \$15 monthly class fee)

Zentangle Workshop *facilitated by Katie Long* | **Friday** October 18, 1pm |\$5 material fee* Zentangle is an easy-tolearn and fun way to create beautiful images by drawing structured patterns. *Must sign up*, *seating is limited*.

Stamping Workshop *facilitated by Helen Mastrion* Wednesday October 16 | 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. Must sign up, seating is limited.

Beading Workshop facilitated by Jerry Matthews | Friday **October 25, 1pm** | \$5 material fee* Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. Must sign up, seating is limited.

Beginner Handbuilding Clay Arts facilitated by Amejo Amoyt | Thursdays 1pm-3pm | \$10 material fee per month No experience needed. Students **must** complete 8 classes before they move into the intermediate/advanced class. This months project will include pinch & coil pots. Must sign up, seating is limited.

Intermediate Hand building Clay Arts *facilitated by* Carol Glansberg | Tuesdays 12pm-3pm | \$10 material fee per month | This months projects include learning how to make pinch, coil & slab pots. Must have intermediate clay experience and complete 16 classes before moving into Advanced class. Must sign up, seating is limited.

Micro Mosaic Jewelry facilitated by Meryl Davis | Wednesday October 30, 1pm | \$5 material fee* Micro Mosaics involves using small pieces of glass or beads and setting into a pendant frame. Must sign up, seating is limited.

More October Happenings

Monday Movie Night | Monday October 28, 5pm | FREE | Must RSVP | Enjoy a showing of the Netflix documentary, The Saint of Second Chances. Rated 100 on Rotter Tomatoes. "This is the true story of a family of baseball hustlers," begins the trailer for the new sports documentary The Saint of Second Chances. Starting in the '70s, Bill Veeck and his son Mike unshackled America's favorite pastime from its dusty traditions and pushed a new vision for what a day at the ballpark looked like, turning it into something that was actually fun — with fireworks, wacky on-field events, and one of baseball's most disastrous promotional stunts. Refreshments will be served.

The following classes are open to City of Saratoga Springs and Saratoga County residents ages 60+. There is no charge for these programs. You do not need to be a member of the Saratoga Senior Center to participate. These classes were made possible by the New York State Office for the Aging and Saratoga County Department of Aging and Youth Services. Must sign up-spots are limited.

Country Line Dancing facilitated by Kevin Richards Thursdays, 2:30pm | No class 10/3 or 10/10 | Must Sign **Up** | Get ready to boot, scoot and boogie! Come by the Center and join CMA Winner Kevin Richards country line dance lessons. This class is designed for those with country line dancing experience and those who have taken classes in the past*

Soul Line Dancing facilitated by Mary & Frank Colby **Tuesdays, 1:30pm | Must Sign Up |** 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.

OUR MISSION: Since 1955 the mission of the Saratoga Senior Center is to empower seniors to achieve and maintain personal independence and individual well-being by providing the program structure and support services necessary for healthy recreation, companionship, social involvement, and problem solving.

October Van Trips- Sign Ups Begin on the 1st of the Month

Prospect Mountain | Lake George, NY | Monday October 7 | Drive up Prospect Mountain to view the beautiful fall foliage. The 5.5-mile long route was built in 1969 and allows everyone to enjoy the scenery from Prospect Mountain's summit. After, enjoy lunch at The Log Jam in Lake George. Pay \$12 at sign up. Bring lunch money. Leave the Center at 10 am, Return about

Victory Season at Saratoga: DAR Interactive American Revolution Experience | Schuylerville, NY | Tuesday October 15 | The Saratoga Chapter of the National Society of the Daughters of the American Revolution (D.A.R.) will be hosting in Schuylerville the American Revolution Experience (ARE), a special collaboration with the American Battlefield Trust. The innovative pop-up exhibition includes display panels and interactive digital the American Battlefield Trust. The innovative pop-up exhibition includes display panels and interactive digital kiosks that use storytelling, illustration, technology and unique artifacts and primary accounts to connect modern audiences of all ages and backgrounds with the people and places that shaped the birth of our nation. After, enjoy lunch at Schuylerville Pizza & Pasta. *Pay \$5 at* sign up. Leave the Center at 10am. Return about 2pm.

Grant Cottage | Gansevoort, NY | Friday October 25 Enjoy a guided tour of Grant Cottage. Grant Cottage State Historic Site, the final home of Ulysses S. Grant, Civil War Commanding General of the U.S. Army, 18th U.S. President, and beloved American public figure. Stop by the gift shop after your tour. After, enjoy lunch at at the Olde Bryan Inn. Pay \$13 at sign up. Bring lunch money. Leave Center at 9:15am. Return about 2:30pm. *If you are a sector an place let the front dock know when you are a veteran please let the front desk know when you sign up*

Lunch Bunch- Adirondack Winery | Queensbury, NY Wednesday October 23 | A trip to the Adirondacks in Every Sip! Enjoy lunch at the Adirondack Winery in Queensbury, NY. Food, wine & more. Pay \$10 at sign up. Bring lunch money. Leave Center at 12pm. Return about

Troy Savings Bank Music Hall- Music at Noon | Troy, NY | Tuesday October 8 | Enjoy a FREE classical concert by Daniel Maltz. Fortepianist Daniel Adam Maltz is based in Vienna and studied Historical Performance at the Royal Academy of Music in London and at Vienna's University for Music and Performing Arts. He performs on historic Viennese fortepianos, utilizing the vast range

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.

collette Excursions

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

2025 Trips

Are any of these on your bucket list? Already traveled to these spots? Talk to Logan about a travel destination you would love to see included.

Treasures of Egypt January 16-27,2025	Shades of Ireland March 13-25, 2025	London & Paris May 7-15, 2025
Iceland's Magical Northern Lights February 11-17, 2025	Discover Hawaiian Adventure December 4-13, 2025	Alaska Discovery Land & Cruise July 9- 20, 2025
Sequoia & Kings Canyon National Parks June 4-13, 2025	Discover Switzerland, Austria & Bavaria August 20-29, 2025	Southern Charm October 13-19, 2025

Member Perk - Discounted Tickets!

Saratoga "Surrender Day" Celebration: An Evening with Dr. Kevin J. Weddle

Thursday October 17 | 6pm-8pm | SPAC Spa Little Theater at Saratoga State Park

Victory at Saratoga in 1777 halted the British Empire's advance, saving America's fight for freedom altering world history. It was the first ever surrender of a British Army marking America's Turning Point. Join us at this benefit celebrating victory on the anniversary day the General Burgoyne's surrender to American General Gates. Enjoy living historians, music, Saratoga 250 overview & presentation by award-winning author, Dr. Kevin Weddle, US Army Colonel (Ret.).

Exclusive offer for Saratoga Senior Center Members | Receive 20% off your ticket price when you purchase tickets online at rebrand.ly/Surrender250 using promo code: Seniors2024

October Weekly Programming

Please sign up for programs monthly-\$15 monthly unlimited class fee. ReNew Active & Silver Sneakers member -swipe in to waive monthly fee.

We are grateful for Highmark's ongoing support of the Center's exercise and fitness programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi (No class 10/28) 9am: Pitney Meadows 9am-12pm: Open Ping Pong 9:30am: Walking Club 10am:Healthy Bones* 9:45am-10:45am Saratoga Library (Monday October 7) 10am-11am:Chair Yoga 10:15am: Beginner Spanish 12pm: Lunch* 12:30pm-3:30pm: Bridge 1pm: Resistance Bands 1pm-2pm: Chit Chat 1pm-4pm: Pool League 2:30: Parkinson Support (3rd Monday) 6:00pm: Evening Beginner Handbuilding Clay Arts	9am: Golf League 9am-12pm:Poker 9am-9:45am: Silver Sneakers Classic - Joyce 9:30am: Mahjong 10am: Meditation 10am-2pm: Tarot Cards (see schedule) 11am: Gentle Kripalu Yoga 12pm: Lunch* 12pm-3pm: Intermediate Clay Arts 12:15pm: SS Stability 12:30pm: American Mahjong 1pm-4pm: Pool League 2pm: Vivo Strength Training (at the Center)* 1:30pm: Soul Line Dancing	8:30am: Vivo Strength Training (at home)* 8:45am: Senior Life Transitions Team Mtg. (1st Wednesday) 9am-12pm: Poker 9:30am: Mosaics 9:30am-12:45pm: Rug Hooking 9am: Pinochle 10am: Knit & Crochet 10am-11am: Zumba 12pm: Lunch* 12:30pm-4pm: Canasta 1pm:Bingo 1pm:Strength w/Aidan 1pm-3pm:Guitar Lessons 1pm-4pm: Pool League	9am-11am: Women's Pool 10am-10:45am: Silver Sneakers Classic - Joanne 10am: Ukelele 11am: Foodbank 12pm:Lunch* 1pm-4pm: Pool League 12:30 pm: Chinese & American Mahjong 12:30pm: Qi Gong (Starting 10/24) 1pm: Belly Dance 1pm: Spanish Review 1pm-3pm: Beginner Clay Arts 2pm: Vivo Strength Training (at the Center)* 2:30pm: Country Line Dancing (No Class 10/3 or 10/10)	9am-12pm: Poker 9am-12pm: Advanced Clay Arts 9am: Bokwa* 10am: Healthy Bones* 11:30am: Slow & Steady Yoga Flow (No class 10/4) 11am: Memory Cafe (1st Friday of month) 11am: Caregiver Support Group (2nd Friday of the month) 12pm: Lunch* 1pm: SilverSneakers Circuit 1pm-4pm: Pool League SATURDAY: 9am: Vivo Strength Training (at home) *

^{*}Lunch is offered by the Saratoga County Department of Aging & Youth Services. Lunch is open to all Saratoga County Residents ages 60+. To sign up please call 518-363-4020.

October Special Events

October 2	1pm -Knowing the Signs-Stroke, Sepsis and Heart Attack Awareness- What Everyone Should Know
October 4	11am-Memory Cafe
October 7	9am- Writers Circle
	1pm- Introduction to Embroidery
	1pm- Energy Techniques for Pain
October 8	10am- Beginning Needle Felting
	2pm- Grief & Loss
October 9	1pm-4pm- Medicare Insurance Expo
October 11	11am- Caregiver Support Group
	1pm- Poetry Open Mic
October 14	CLOSED- Columbus Day
October 15	8:30am- Board Meeting
	10am- Beginning Needle Felting
October 16	2pm- Stamping Workshop
October 18	1pm- Zentangle Workshop
	2pm- Woodstock "Happy Hour"

October 21	9am-12pm- Barber
	10am- MVP Medicare Presentation
	1pm- Introduction to Embroidery
	1:30- Haunted Saratoga
	2:30pm- Parkinson Support Group
	5:30pm- Trivia Night
October 22	9am-12pm- Legal Tuesday
	10am- Beginning Needle Felting
	10am-Fall Reduction: What We Can Do to Stay Healthy
	As We Age
	2pm- Grief & Loss
	5:30pm- Dine in Dinner
October 23	1pm- Tie Dye Workshop
October 25	10am- Project Zero
	1pm- "Healthy Life, Happy Life"
	1pm- Beading Workshop
October 28	1pm- Introduction to Embroidery
	1:30pm- Senior Center Fall Fest
	5pm- Monday Movie Night
October 29	10am- Beginning Needle Felting
	10am- Traveling Safely
	3pm- Book Club
October 30	2:30pm- CDPHP Medicare

^{*}Bokwa is free & open to all regardless of membership with MVP or the Saratoga Senior Center. Contact front desk to sign up.

^{**}Healthy Bones is offered by the Saratoga County Department of Aging & Youth Services. All participants must have a doctors note. Please call 518-884-4100 for more information.

^{***} For Vivo classes please register using the following link: rebrand.ly/VIVOSC



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