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Saratoga Senior Center  
**NEWSLETTER**  
NOVEMBER 2024

**November Food & Fun at the Center**

*Come check out our November guest chefs at the Center!*



**Dine in Dinner | Olde Bryan Inn | Tuesday November 12 | 5:30pm | Must RSVP | \$12 per dinner.**

Chicken Cordon Bleu, mashed potatoes & side vegetable.

**Dine in Dinner | The Horseshoe Inn Bar & Grill | Wednesday November 20 | 5:30pm | Must RSVP | \$12 per dinner**

Meatloaf, mashed potatoes, & side vegetable

**Dinner sign ups begin in person on Monday November 4 from 10am- 11am, phone sign ups begin at 1pm if spots remain. Members can only sign up themselves & one other member. Sells out quickly!**

**Coming in November - Cafe is finally here  
Please welcome Refresh Cafe by Chef Matt Richardson!**

**Friendsgiving Jeopardy**

**Friday November 22, 1:30pm | \$5 | Must RSVP**

Play Thanksgiving themed Jeopardy and other games hosted by the Center staff. Prizes for the winning team! Ice cream & refreshments will be served. Holiday cafe specials will be available!



**Breeders Cup "Happy Hour"**

**Friday November 1, 4pm | FREE | Must RSVP**

Calling all racing fans! Enjoy a Breeders Cup "Happy Hour" at the Center. In the world of horse racing, the Breeders' Cup is the year-end international championship of the sport. Watch the races and enjoy the Centers version of the Torrie Cup, ice cream, food & more!

*Supported by the Alfred Z. Solomon Charitable Trust*

**Volunteer "Thank You" Lunch**

**Monday November 18 | 1:30pm | Must RSVP**

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!



*Lunch provided & sponsored by Good Shepherd*

**Veterans Day Events | Tuesday November 12**

*Join us in honoring all those who have served. Thank you to all our Veterans!*



**Veterans Day Social & Trivia | 9:30 am | FREE for Veterans, \$2 for non Veterans | All Must Sign up**

Join us for a Veterans Day social! Sing along to patriotic tunes and spend the morning celebrating all those who have served. Live music provided by Bill Gervasio. Veterans Day themed trivia. Refreshments will be served. Veterans Day cafe specials available!

**Medicare Changes & Veteran Benefits Medicare Educational Event | 1pm | Please sign up**

Join Carl Barlow with Advocate Health Advisors for an educational presentation for Veterans, spouses and their families on how Medicare works with Military benefits such as VA Healthcare, Tricare and ChampVA. Receive firsthand expert guidance from a fellow Veteran. Discover all the benefits you may be entitled to and learn how to combine them effectively to cover your healthcare needs. Thank you for your service.

**Golf Simulator Is Back- November & December Rates Available**

*See Front Desk for times & pricing!*



- Join our Senior Center League on Wednesday/ Thursday
- Group & block pricing available-bring your league in
- Individual rentals available- member & non-member pricing.

**Thank you to our newsletter sponsors for their continue support!**



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**Hours: Monday-Friday 8am-4pm.**

290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | [saratogaseniorcenter.org](http://saratogaseniorcenter.org)

[org](http://saratogaseniorcenter.org)

**Van Trip House Crawl- See inside for more details!**  
**Friday November 1 | 10:30am-3:30pm | \$10 | Open to the Public | Must Register**

## More November Fun at the Center!



### Trivia Night

**Monday November 25, 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**

### Senior Center Sing Along

**Friday November 15, 1pm | FREE | Must RSVP**

Join fellow member Jack Danehy for a Friday afternoon sing along at the Center! Reminisce with some of your favorite tunes.



### Van Trip House Crawl

**Friday November 1 | 10:30am-3:30pm | \$10 | Open to the Public | Must Register**

- **10:30am:** Start at the Saratoga Senior Center
- **11am:** Home of the Good Shepherd- Malta- enjoy Coffee, tea & water. Muffins, Danish, donuts & fruit
- **12:15pm:** Carlton Hollow Apartments- Ballston Spa- enjoy lite refreshments.
- **1:30pm:** Wesley- Saratoga Springs- visit Embury Cafe & enjoy refreshments.

- **2:45pm:** Home of the Good Shepherd-Moreau- enjoy 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.

**Supported by**

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

**Updates on Treatment of Parkinson's Disease** | Presented by Dr. Kathrin LaFaver, Movement Disorder Specialist, Saratoga Hospital Medical Group - Neurology | **Wednesday November 13 | 1pm**

Dr. LaFaver will review new developments in the treatment of Parkinson's disease and share updates from the International Congress of Parkinson's Disease and Movement Disorders held in Philadelphia in September 2024.

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

**Senior Housing Options** | Presented by Choice Connections | **Wednesday November 6 | 1:30pm**



Join us for a conversation with local housing placement expert and certified senior advisor, Renee Birnbaum from Choice Connections NY. This talk will help you understand home care options and cost of care, senior housing options: cost, amenities and levels of care, as well as an overview of other care options and resources in the community to help you age in place.

**MVP Medicare Presentation** | Presented by Sheila Rivera from MVP | **Thursday November 14 | 1pm**



Join Sheila for her informative presentation to discuss 2025 MVP Medicare Advantage options for those who are Medicare Eligible in Saratoga County.

**Preplanning Your Funeral** | Presented by William J. Burke & Sons Funeral Home | **Monday November 18 | 10am**

Preplanning is the practice of choosing in advance how you would like your funeral to be handled. This presentation will be 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.

**Self-Reflection** | Presented by Home Instead | **Tuesday November 19 | 10am** | The Importance of Self-Reflection as we get older- Learn how gratitude, forgiveness and self-awareness play a role in our physical and mental wellness- appropriate topics as we gear up for the holiday season!



**From Comfort to Closure** | Presented by Gateway House of Peace & Townley Wheeler Funeral Home |



**Thursday November 21 | 1:30pm** | Join Kathleen Lowes, former board member and owner of Townley & Wheeler funeral Home with Executive Director, Maggie Hasslacher, for their informative presentation about navigating the journey from hospice care to the funeral home.

**CDPHP Medicare Presentation** | Presented by Audrey Choiniere from CDPHP | **Friday November 22 | 11am**



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).

**Senior Issues** | Presented by Barry Loffredo | **Friday November 15 | 10am**

Staying sharp, memory, living alone, loneliness, death of a spouse, when to move, adjusting to this phase, meaningful engagement, ageism and more.

## Save the Date- Holiday Shops at the Center

**Monday December 9 | 2pm-6pm**



Please join us for our second annual craft and vendor fair at the Center. Stop by and get some of that holiday shopping done early. Holiday Shops will feature art pieces, ornaments, greeting cards, books and more!

**If you are interested in being a vendor please contact Program Director, Logan Audi by 12/2.**

## 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**



### 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**

## 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 Goldberg's Charitable Trust.**

**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.

**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 November 4, 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!

- CDPHP, Home of the Good Shepherd, Saratoga Hospital & Capital Area Physical Therapy & Wellness for sponsoring our Annual Open House.
- Everyone who participated in our Annual Open House
- Everyone who participated in our Medicare Insurance Expo.
- Chef Matt Richardson & Mama Mia's Restaurant for our delicious dine in dinners.
- Rick Russo & Pat Sgambati for performing for our members.
- Home of the Good Shepherd for supporting our Senior Center Fall Fest Party

- MVP for sponsoring our Trivia night.
- MVP for sponsoring our Bokwa class.
- Highmark for supporting our Pitney Meadows Pop-Up pantry.
- Joe Haedrich for your spooky presentation.
- Saratoga Hospital, Helene Brecker, MVP, Vision Zero, CDPHP & Barry Loffredo for your informative presentations.
- Saratoga 250 for providing discounted tickets for our members.

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

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

**NYS Military Museum | Saratoga Springs, NY | Friday November 15** | Enjoy a visit to the NYS Military Museum and Veterans Research Center. The New York State Military Museum and Veterans Research Center tells the story of New York State's rich military history and the service and sacrifice of its citizens through interpretive exhibitions, public programs, and the collection and preservation of artifacts and archival material related to the state's military forces and its veterans. After, enjoy lunch at the Olde Bryan Inn. **Pay \$2 at sign up. Bring lunch money. Leave the Center at 10 am. Return about 2pm.**

**Adirondack Salt Cave | Glens Falls, NY | Friday November 8** | 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. After, enjoy lunch at the Downtown City Tavern. **Pay \$30 at sign up. Bring lunch money. Leave the Center at 10am. Return about 3pm.**

**Lunch Bunch - Seasoned | Glens Falls, NY Wednesday November 20** | Enjoy lunch at Seasoned. SUNY Adirondack Culinary Arts and Culinary and Baking Arts students gain hands-on experience in Seasoned, a student-run restaurant in bustling downtown Glens Falls. Coursework is brought to life as you run every element of the restaurant — front-of-house operations, bar, service, menu planning, mixology and more. Enjoy a three-course gourmet meal in a casual dining setting consisting of an appetizer, entrée and dessert. Lunch is \$18.95 plus tax for adults. **Pay \$10 at sign up. Bring lunch money. Leave Center at 11:15am. Return about 2pm.**

**Troy Savings Bank Music Hall- Music at Noon | Troy, NY | Tuesday November 12** | Enjoy a FREE concert by Heliand Quartet, a Vermont based woodwind ensemble. Vermont's classical trio, Heliand, is joined by virtuoso solo violinist Mary Rowell in this special Music at Noon concert featuring music from around the world. Listeners will be treated to delightful music and stories about the pieces, including original works by Padma Newsome (Australia), Isidora Žebeljan (Serbia), Astor Piazzolla (Argentina), and legendary American composers William Grant Still and Nico Muhly. After, enjoy lunch at 110 Grill Latham. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return about 4pm.**

### 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.

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

## Member Planning Meeting| Wednesday November 20 | 10am

Come to our first member planning meeting. Any trips on your bucket list? Any program ideas? As 2024 comes to a close, we will begin planning the Center trips and programs for 2025. Please come share your van trip, one day bus trip, Collette excursion, & program ideas. All ideas and suggestions are welcome!

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

**Ceramic Bowl Making Workshop** facilitated by Xander Farmer | **Thursday November 7 & 21, 9am | FREE** | Come join Xander and make ceramic bowls to benefit the Center! Bowls made in this workshop will be sold at our Holiday Shops Fair on 12/9 and all proceeds will be donated to the Center. **Must sign up, seating is limited.**

**Beginning Needle Felting** facilitated by Xander Farmer | **Tuesday November 5, 12, 19, & 26 | 10am-11:30am** | \$10 material fee for entire month\* | 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.**

**Holiday Stamping Workshop** facilitated by Helen Mastrion | **Wednesday November 13 | 2pm -4pm** | \$5 material fee\* Make an assortment of Holiday greeting cards. You may choose Helen's design or create your own! Be creative. No experience necessary. **Must sign up, seating is limited.**

**Watercolor Workshop** facilitated by Susan Peters **Monday November 18, 10am** | \$5 material fee\* Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike. **Must sign up, seating is limited.**

**Micro Mosaic Jewelry** facilitated by Meryl Davis | **Wednesday November 20, 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.**

**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 hand-pinching, 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 date & time! Beginner Handbuilding Clay Arts** facilitated by Xander Farmer | **Fridays 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.**

**Beading Workshop** facilitated by Jerry Matthews | **Thursday November 7, 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.**

## More November Happenings

**NEW! Beginner American Sign Language** | facilitated by Stephen Finkin | **Fridays 9:30am-10:30am** | **Must sign up** American sign language (ASL) is the 4th most widely used language in the United States, much of it is universally comprehended. Simple, easily memorizable, visual vocabulary and sentence development will be offered. **This course will follow the basic outline in "Learn to Sign The Fun Way" by Penny Warner. Participants should purchase this text as a reference and to practice new skills, this book can be purchased online through Amazon.**

**NEW! Mexican Train Dominoes | Fridays 9am-12pm** Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station". The game's most popular name comes from a special optional train that belongs to all players.

**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 11/21 or 11/28 | 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.**

## November Happenings Continued

**Book Club | Tuesday November 26, 3pm | Must sign up** | The book for November will be Clap When You Land by Elizabeth Acevedo.

### Pool Pointers

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.

### Poetry/Storytelling Open Mic | Friday November 8, 1pm | Please sign up | Open to the public | \$5 suggested donation

The program will begin with a reading by local poet Marilyn McCabe 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 be served.

**Discover Live | FREE** | Want to travel without having to leave the Center? Travel the world with live guided tours. Escape to new & exciting destinations. Learn about different cultures, food and more! *This program was made possible by the NYS Office for the Aging*

- **Thursday November 21, 11am | Edinburgh, Scotland**

### Legal Tuesdays – Herzog in the House | Tuesday, November 26, 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 | Tuesday November 19, 10am-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.

### Monday Movie Night | Monday November 18, 4pm | FREE | Must RSVP

Enjoy a showing of the Netflix movie Hustle, rated 93 on rotten tomatoes. Stanley Sugerma's (Adam Sandler) love for basketball is unparalleled, but the travel weary Philadelphia 76ers scout who has higher ambitions of being a coach remains stuck on the road looking for the next unknown talent. His search around the world leads him to Spain, when he discovers Bo Cruz (NBA player Juancho Hernangomez), an incredible streetball player with a troubled past. Stanley and Bo connect on and off the court, with their passion for the game and as loving family men who want to prove they can win, in basketball and in life.

### Senior Center Writers Circle facilitated by Joyce Rubin | Monday November 4, 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.

## Support the Center- Holiday Greeting Cards

Starting on Monday November 4th, the Center will have Holiday Cards available for purchase throughout November & December. Holiday cards will be in packs of 10 for \$1/ per pack. The cards will be bundled into three categories, religious Christmas, secular Christmas, & general holiday greetings.

## 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



**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 11/11, 11/13, & 11/28**

## 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.

## November 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	9am-12pm:Poker	8:30am: Vivo Strength Training ( at home)*	9am-11am: Women's Pool	9am-12pm: Poker
9am-12pm: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	8:45am: Senior Life Transitions Team Mtg. (1st Wednesday)	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Advanced Clay
9:30am: Walking Club	9:30am: Mahjong	9am-12pm: Poker	10am: Ukelele	9am: Mexican Dominoes
10am:Healthy Bones*	10am: Meditation	9:30am: Mosaics	11am: Foodbank (No Foodbank 11/28)	9:30am: Beginner ASL
9:45am-10:45am Saratoga Library (Monday November 4)	10am-2pm: Tarot Cards (see schedule)	9:30am-12:45pm: Rug Hooking	12pm:Lunch*	9am: Bokwa*(Last Class 11/15)
10am-11am:Chair Yoga	11am: Gentle Kripalu Yoga	9am: Pinochle	1pm-4pm: Pool League	10am:Healthy Bones*
10:15am: Beginner Spanish	12pm: Lunch*	10am: Knit & Crochet	12:30 pm: Chinese & American Mahjong	11:30am: Slow & Steady Yoga Flow
12pm: Lunch*	12pm-3pm: Intermediate Clay Arts	10am-11am: Zumba (No Class 11/6)	12:30pm: Qi Gong	11am: Memory Cafe (1st Friday)
12:30pm-3:30pm: Bridge	12:15pm: SS Stability	12pm: Lunch*	1pm: Belly Dance	11am: Caregiver Support Group (2nd Friday)
1pm: Resistance Bands	12:30pm: American Mahjong	12:30pm-4pm: Canasta	1pm: Spanish Review	2:30pm: Country Line Dancing (No Class 11/21 or 11/28)
1pm-2pm: Chit Chat	1pm-4pm: Pool League	1pm :Bingo	2:30pm: Country Line Dancing (No Class 11/21 or 11/28)	12pm: Lunch*
1pm-4pm: Pool League	1:30pm: Soul Line Dancing	1pm:Strength w/Aidan		1pm: SilverSneakers Circuit
2:30: Parkinson Support (3rd Monday)		1pm-3pm:Guitar Lessons		1pm : Beginner Clay
		1pm-4pm: Pool League		1pm-4pm: Pool League
6:00pm: Evening Beginner Handbuilding Clay Arts				

\*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.

\*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.

## November Special Events

November 1	11am- Memory Cafe 4pm- Breeders Cup "Happy Hour"	November 15	10am- Senior Issues Presentation 1pm- Senior Center Sing Along
November 4	9am-Writers Circle 9:45am- Saratoga Library	November 18	10am- Watercolor Workshop 10am- Preplanning Your Funeral Presentation 1:30pm- Volunter "Thank You" Luncheon 2:30pm- Parkinson Support Group 4pm- Monday Movie Night
November 6	1:30pm- Senior Housing Options Presentation	November 19	10am- 2pm: Tarot Cards 10am- Self Reflection Presentation
November 7	9am- Ceramic Bowl Making Workshop 1pm- Beading Workshop	November 20	10am- Member Planning Meeting 1pm- Micro Mosaics Workshop 5:30pm- The Horseshoe Inn Bar & Grill Dine In Dinner
November 8	11am- Alzheimers Caregiver Support Group 1pm- Poetry Open Mic	November 21	9am- Ceramic Bowl Making Workshop 1:30pm- From Comfort to Closure Presentation
November 11	CLOSED- Veterans Day	November 22	11am- CDPHP Medicare Presentation 1:30pm- Friendsgiving Jeopardy
November 12	9:30am- Veterans Day Social & Trivia 1pm-Medicare Changes & Veteran Benefits Medicare Educational Event 2pm- Grief & Loss 5:30pm- Olde Bryan Inn Dine in Dinner	November 25	5:30pm- Trivia
November 13	1pm- Updates on Treatment of Parkinson's Disease 2pm- Holiday Stamping Workshop	November 26	9am-12pm- Legal Tuesday 2pm- Grief & Loss 3pm- Book Club
November 14	1pm- MVP Medicare Presentation	November 28	CLOSED- Thanksgiving