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Saratoga Senior Center
NEWSLETTER
DECEMBER 2024

Holiday Guest Chef Dinner- Sponsored by Prime at Saratoga National

Dine in Dinner | Tuesday December 17 | 5:30pm | Must RSVP | \$12 per dinner.
Garden salad, roasted turkey with gravy, roasted butternut squash, green beans, mashed potatoes, & rolls
**Dinner Policy: Dine in Dinners are designed to be a social in person gathering at the Center. This is not a to go dinner. If you cannot attend, please call the front desk.*
Dinner sign ups begin in person on Monday December 9 from 10am- 11am, phone sign ups begin at 1pm. Members can only sign up themselves & one other member.
Supported by Carlton Hollow Apartments



Coming in December- Cafe Grand Opening
Please welcome Refresh Cafe by Chef Matt Richardson!



Holiday Shop & Taste 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 craft beer, craft liquor, essential oils, candles, quilts, tissue boxes, cookies, food items, 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.

Member Holiday Party



Friday December 13 | 2pm | \$10 | Must RSVP



Ready to celebrate the holidays? Join us for some holiday fun! Visit with Santa Claus. Live holiday tunes by Kenneth Blatt. Enjoy lunch from Home of Good Shepherd. Menu will include Cranberry Brie bites, Pigs in a blanket, Baked Potato Soup, Bruschetta, Christmas cookies & more!

Lunch provided & supported by Good Shepherd

2024 Holiday Festivities - 'Tis The Season

Gift Wrapping

Monday December 9 | 1pm- 4pm

Hate to wrap? Bring in your gifts and we will wrap them for you. Planning to shop at the holiday shops that day? Have those gifts wrapped too!

Gift wrapping provided by Goldman Sachs Ayco

Gingerbread House Workshop

Monday December 16 | 1pm | \$5 | Must Sign Up

Come and make your own gingerbread house for the holidays!

This workshop is provided by Operation Gingerbread



Holiday Movie Day, Cookie Decorating & Hot Cocoa Bar

Friday December 20 | 1:30pm | FREE | Must Sign Up

Come join us for a holiday movie day & cookie decorating! Enjoy a showing of Elf starring Will Ferrell and decorate some delicious cookies. While you're watching and decorating enjoy a hot cocoa bar. *Supported by wellcare*



Sipping for Seniors- This Monday!

Monday November 25 | 6pm-10pm | Bailey's Saratoga
37 Phila St. Saratoga Springs, NY 12866



Enjoy drinks, friends, and networking all for a great cause- Saratoga Seniors! A line-up of guest bartenders will take over the bar from 6pm -10pm at Bailey's Saratoga. All guest bartender tips and 20% of the food and beverage sales that night will benefit the programs and services at the Center.

Thank you to our newsletter sponsors for their continue support!

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Free Presentations- Open to the public- Please sign up

Senior Issues Part II | Presented by Barry Loffredo | Monday December 9 | 10am | Staying sharp, memory, living alone, loneliness, death of a spouse, when to move, adjusting to this phase, meaningful engagement, ageism and more.

Long Term Care | Presented by Choice Connections | Tuesday December 10 | 10am

Would you like to understand Long Term Care? This talk will focus on the different types of care available, associated costs and levels of care. It will help you understand senior housing care options, amenities, costs and levels of care as well as home care options and costs. There will be a review of funding options available to help pay for care that include VA benefits, long term care (LTC) insurance and Medicaid. You will also learn about other resources available in the community that help supplement care; grants, day programs, and volunteer organizations.

Gerald B H Solomon Saratoga National Cemetery | Supported by William J. Burke & Sons Funeral Home | Wednesday December 11 | 1:30pm | Join staff from the Saratoga National Cemetery, learn about burial benefits for Veterans & spouses.

Holiday Hints for Caregivers: Managing the Busy Holiday Season | Presented by Alzheimer's Association of Northeastern NY | Monday December 16 | 9:30am | The holidays are a time for family togetherness and memories, but can also be a time filled with stress and sadness for the person living with dementia and his or her caregiver. This program will help caregivers understand how cognitive changes impact the holiday season, as well as provide tips on how to modify activities and traditions. You'll even leave with a few gift ideas! This program is supported in part by a grant from the New York State Department of Health.

Saratoga County Department of Health | Supported by William J. Burke & Sons Funeral Home | Friday December 20 | 10am | The Saratoga County Department of Health will be holding a presentation on proper medication use, storage, and disposal. Attendees will also be trained on how to administer Naloxone, a safe medication that can be used to save someone's life by reversing the effects of an opioid overdose. Department of Health staff members will be available after the session to answer additional questions about the services they offer.

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

NEW! Ornament Making Workshop facilitated by Megan Stacey | **Thursday December 19 | 9:30am** | \$5 material fee* | Learn the basics of hand embroidery and beading while creating charming Nordic-inspired felt ornaments, perfect for adding a personal touch to your holiday decor or giving as a heartfelt gift. This class covers foundational stitches and offers a cozy, creative start to the holiday season with a beautiful take-home ornament. **Must sign up, seating is limited.**

Beading Workshop facilitated by Jerry Matthews | **Monday December 2 | 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.**

Zentangle Workshop facilitated by Kathy Larmon | **Thursday December 12, 1pm** | \$5 material fee* Zentangle is an easy-to-learn and fun way to create beautiful images by drawing structured patterns. **Must sign up, seating is limited.**

Watercolor Workshop facilitated by Susan Peters | **Monday December 16, 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.**

Fused Glass facilitated by Meryl Davis | **Wednesday December 18, 1pm** | \$5 material fee* Fused glass involves melting different pieces of glass together in a kiln to create unique designs. We will be using two 4x4" tiles to make either jewelry or decorative glass pieces. **Must sign up, seating is limited.**

Stamping Workshop facilitated by Helen Mastrion | **Wednesday December 11 | 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.**

NEW time this month! Beginner Handbuilding Clay Arts facilitated by Xander Farmer | **Fridays 12:30pm-2:30pm** | \$10 material fee per month No experience needed. Students **must** complete 8 classes before they move into the intermediate/advanced class. This month's project will include Christmas/winter trees. **Must sign up, seating is limited.**

Intermediate Hand building Clay Arts facilitated by Carol Glansberg | **Tuesdays 12pm-3pm** | **No class 12/24** | \$10 material fee per month | This month's projects include learning how to make a box. **Must** have intermediate clay experience and complete 16 classes before moving into Advanced class. **Must sign up, seating is limited.**

EVENING Beginner Handbuilding Clay Arts facilitated by Xander Farmer | **Mondays 5:30pm-7:30pm** | \$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. This month's project will include Christmas/winter trees. Students **must** complete 8 classes before they move into the intermediate/advanced class. **Must sign up, seating is limited.**

Beginning Needle Felting facilitated by Xander Farmer | **Tuesday December 3, 10, 17, & 31 | 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.**

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.
- **NEW! 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 HEALTH CARE**

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. **This month's group will feature Opera Saratoga's Songs By Heart.**

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 December 2 | 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!

- Old Bryan Inn for our delicious dine in dinner.
- The Horseshoe Inn Bar & Grill for our delicious dine in dinner.
- Alfred Z. Solomon Charitable Trust for supporting our Breeders Cup "Happy Hour"
- Home of the Good Shepherd for sponsoring our Voluneter "Thank You" Lunch
- Bill Gervasio for performing for our members.
- MVP for sponsoring our trivia night.
- Home of the Good Shepherd, Carlton Hollow, & Wesley for participating in our Housing Crawl.
- Carl Barlow, Saratoga Hospital, Choice Connections, MVP,

William J. Burke & Sons Funeral Home, Home Instead, Gateway House of Peace & Townley Wheeler Funeral Home, CDPHP & Barry Loffredo for your informative presentations.

- MVP for sponsoring our Bokwa class & regional Foodbank.
- Saratoga Casino Hotel Foundation for your generous support.
- Target for your generous support.
- Rotary Club of Saratoga Springs for your generous support.

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

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

Lunch Bunch - The Silo Restaurant & Gift Shop | Queensbury, NY | Friday December 6 | Enjoy lunch at the Silo Restaurant & Gift Shop. Set in a transplanted barn, this daytime cafe offers country fare, fudge and a shop with local crafts. Enjoy lunch and explore the gift shop. **Pay \$10 at sign up. Bring lunch money. Leave Center at 11:15am. Return about 3pm.**

Troy Savings Bank Music Hall- Music at Noon | Troy, NY | Tuesday December 10 | Enjoy a FREE concert by Blecker Consort. Blecker Consort will be performing Medieval & Renaissance music for the winter season. After, enjoy lunch at the Alexis Diner. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return about 4pm.**

The Vermont Country Store | Weston, VT | Monday December 9 | Need to do some Christmas shopping? Enjoy a visit to The Vermont Country Store. Founded in 1946, the Vermont Country Store features clothing, household items, classic toys & games, Vermont maple syrup & more! After shopping, enjoy lunch at Mulligans of Manchester in Manchester, VT. **Pay \$15 at sign up. Bring lunch & shopping money. Leave the Center at 8:30am. Return about 3:30pm.**

Hyde Collection | Glens Falls, NY | Thursday December 12 | Enjoy a guided tour of the Hyde Collection in Glens Falls, NY. Explore their art museum with distinguished collections of European & American art. View their special exhibitions including Mia Westerlund Roosen: The Carmelites, Growing Up in a Renaissance Palazzo, Zack Lobdell: Ethos, and more. After, enjoy lunch at Talk of the Town Restaurant & Pizzeria. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 9:15am. Return about 2:30pm.**

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

Southern Charm
October 13-19, 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



2025 Bus Trips- Coming Soon!



Ready to travel with the Center in 2025? Please stay tuned for more information regarding 2025 one day bus trips! If you have any trip ideas for 2025 please leave them in the suggestion box at the front desk.

New Additions!

Widows Club facilitated by Susan Peters & Jordan Rosecrans | **Wednesday December 18 | 10am-11:30am** | **Please sign up** | The goal of this group is to help women and men restart life after the death of a loved one. It's a way to connect with others and learn ways to move forward and live. **This is not a grief support or grief counseling.** The theme for this month's group is living differently during the holidays.

Restorative Yoga Workshops facilitated by Leanne Applin | **Monday December 9 & Wednesday December 11 | 11:30am** | **Please sign up for one date** | The Holidays can be a busy & hectic time, leaving you exhausted. Take a break from the hustle & bustle. Join Leanne for a holiday restorative workshop. Restorative Yoga is the use of props to support your body in comfortable positions to release tension, promote relaxation, & allow you to find rest.

December Happenings

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 12/26 | 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 | No class 12/24 or 12/31 | 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.

More December Happenings!

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*

- **Tuesday December 3 | 10:30am | Holiday in Belfast, Ireland**
- **Thursday December 19 | 10am | Holiday in Stockholm, Sweden**

Poetry/Storytelling Open Mic | Friday December 13, 1pm | Please sign up | Open to the public | \$5 suggested donation | The program will begin with a reading by local poet Elaine Handley, author of Viking Designs and Securing the Perimeter, 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.

Barber at the Center | Monday December 16 | 9am-12pm | \$10 haircuts for men | Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment.

Tarot Card Reading facilitated by Mary Shimp | **Friday December 13 | 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.

Annual Board Meeting | Tuesday December 17 | 8:30am | All members are welcome to join us for our annual board meeting. No registration needed.

Legal Tuesdays - Herzog in the House | Tuesday December 24 | 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.

Monday Movie Night | Monday December 30 | 3pm | FREE | Must RSVP | Enjoy a showing of the Netflix movie Feast of the Seven Fishes starring Skyler Gisondo, Madison Iseman, Addison Timlin. Rated 88 on Rotten Tomatoes. The Oliverio family readies its Feast of the Seven Fishes, an Italian Christmas tradition stretching back to the old country. "Aspiring artist Tony's blossoming crush on Ivy Leaguer Beth gets put to the test when she joins his boisterous Italian American family's holiday meal."

Book Club | Tuesday December 31 | 3pm | Must sign up | The book for December will be Tom Lake by Ann Patchett.

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.

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.



Golf Simulator Is Back- 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.

Support the Center this Holiday Season!

Annual Appeal

For generations the Center has partnered with the community to take care of those who have taken care of us. In this year's annual appeal, our 70th year as an organization, we ask for your support to help us serve our senior population. We strive to help them combat isolation, fill the gaps in services and provide innovative programs. Whether it's you, your parents, grandparents or neighbors, we have been there and want to continue to do so. Donations can be made via mail, pay pal, or in person at the front desk. Thank you for your support!

Holiday Greeting Cards

The Center will have Holiday Cards available for purchase throughout 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 Holiday Stocking Stuffers?- Discounted Hoffman Car Wash Tickets



Everyone wants a clean car for the Holidays! It's easy to keep your car clean and shiny this winter 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.

Franklin Square Market- Round up for the Saratoga Senior Center

The Center has launched our Giving Season Round-Up Campaign! Swing by Franklin Square Market to enjoy their delicious hot and cold bar, grab a tasty sandwich, or pick up your groceries. And remember, you can round up your total at checkout to support the Center. Your generosity makes a difference!

Save the date - Cantina For A Cause | Wednesday January 15



Support the Center and enjoy a delicious meal from Cantina Restaurant in downtown Saratoga! On Wednesday January 15 from **12pm-9pm** dine in or order takeout from Cantina. 33% of all food and beverage sales will be donated to the Center. Mention the Center to your server or in the notes of your online order.

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.**



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.
- **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.**

December 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 12/2)	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	9:30am: Beginner ASL
10:30am-11:30am: Saratoga Library (Monday December 9)	10am-2pm: Tarot Cards (see schedule)	9:30am-12:45pm: Rug Hooking	12pm:Lunch*	10am:Healthy Bones*
10am-11am:Chair Yoga	10am: Beginning Needle Felting (No Class 12/24)	9am: Pinochle	1pm-4pm: Pool League	11:30am: Slow & Steady Yoga Flow
10:15am: Beginner Spanish	11am: Gentle Kripalu Yoga (No class 12/24 or 12/31)	10am: Knit & Crochet	12:30pm: Qi Gong	11am: Memory Cafe (1st Friday)
12pm: Lunch*	12pm: Lunch*	10am-11am: Zumba	1pm: Belly Dance	11am: Caregiver Support Group (2nd Friday)
12pm-3pm: Bridge	12pm-3pm: Intermediate Clay Arts (No class 12/24 or 12/31)	12:30pm-4pm: Canasta	1pm: Spanish Review	12pm: Lunch*
1pm: Resistance Bands (No class 12/2 or 12/9)	12:15pm: SS Stability (No Class 12/24)	1pm:Bingo	2:30pm: Country Line Dancing (No Class 12/26)	1pm: SilverSneakers Circuit (No Class 12/6 or 12/13)
1pm-2pm: Chit Chat	12:30pm: American Mahjong	1pm:Strength w/Aidan	SATURDAY:	12:30pm : Beginner Clay
1pm-4pm: Pool League	1pm-4pm: Pool League	1pm-3pm:Guitar Lessons	9am: Vivo Strength Training (at home)*	1pm-4pm: Pool League
2:30: Parkinson Support (3rd Monday)	1:30pm: Soul Line Dancing (No class 12/24 or 12/31)	1pm-4pm: Pool League		
5:30pm: 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.

**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.

December Special Events

December 2	1pm- Beading Workshop	December 16 Cont.	10am- Watercolor Workshop 1pm- Gingerbread House Making Workshop 2:30pm- Parkinsons Support Group
December 3	10:30am- Discover Live- Holiday in Belfast, Ireland	December 17	8:30am- Annual Board Meeting 5:30pm- Prime at Saratoga National Dine in Dinner
December 6	11am- Memory Cafe	December 18	10am- Widows Club 1pm- Fused Glass
December 9	10am-Senior Issues Part II Presentation 10:30am- Saratoga Library 11:30- Restorative Yoga Workshop 1pm- Gift Wrapping 2pm- Holiday Shops	December 19	9:30am- Ornament Making Workshop 10am- Discover Live- Holiday in Stockholm, Sweden
December 10	10am-Long Term Care Presentation 2pm- Grief & Loss	December 20	11:30am- Saratoga County DOH Presentation 1:30pm- Holiday Movie Day, Cookie Decorating & Hot Cocoa Bar
December 11	11:30am- Restorative Yoga Workshop 1:30pm- Gerald B H Solomon Saratoga National Cemetery Presentation 2pm- Stamping Workshop	December 24	9am-12pm- Legal Tuesday 2pm- Grief & Loss
December 12	1pm- Zentangle Workshop	December 25	CLOSED- Christmas Day
December 13	10am-2pm- Tarot Cards 1pm- Poetry Open Mic 2pm- Member Holiday Party	December 30	3pm- Monday Movie Night
December 16	9am- Barber 9:30am-Holiday Hints for Caregivers: Managing the Busy Holiday Season	December 31	3pm- Book Club