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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

NEWSLETTER

OCTOBER 2025

Annual Open House - Celebrating 70 Years

Saturday, October 25 | 9am-1pm | Free & Open to the Public (all ages welcome)
Membership special- \$10 for the remainder of 2025 when you renew for 2026.

Please join us for a sampling of all The Center has to offer!

- 9-1pm: Tours of the Center, Balance Screenings, Blood Pressure Clinic, Flu Vaccines, Vendor Tables
- 9-10am: Bagels and Coffee (while supplies last)
- 9:30-10:30am: Balance and Fall Prevention Presentation and Writers Circle Story Readings
- 10-10:45am: Silver Sneakers Stability Fitness Class
- 10-11am: Historic Presentation of 70 Years of Seniors in Saratoga by Matthew Veitch
- 10-1pm: Ice cream provided by Stewart's
- 11-11:30am Video by International Film Maker Amanda Bailey featuring the Saratoga Senior Center

- 11-12pm: Watercolor Workshop
- 11:15-12pm: Zumba Class
- 11:30-12pm: A showing of Jim Nantz, CBS Commentator, of his local presentation on Alzheimers and sports
- 12-1pm: Lunch provided by Home of the Good Shepherd including a fall salad, creamy roasted pumpkin soup, mac & cheese bar, and apple caramel crumb cake & Live Music by Jeff Brisbin

Title Sponsor:

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Medicare Insurance Expo

Friday, October 10 | 1:30pm-3pm | FREE & Open to the Public

1:30pm: Updates to Medicare 2026 presented by Statewide Senior Action Council

2pm-3pm: Insurance Tabling - Meet one on one with Medicare Professionals; Open enrollment begins in October, gather information and meet with providers for changes in 2026.

CDPHP - MVP - United Health Care - Wellcare - Saratoga Hospital - & more to come!

October Solomon's 70

Thank you to the Alfred Z. Solomon Charitable Trust grant- Enjoy free or significantly discounted historical programs & trips!

Interactive Cooking Experience with Chef Matt
Thursday, October 16 | 3pm-5pm | \$5 | Must RSVP

Join us for an Oktoberfest-themed cooking class where you'll learn to make two traditional German favorites: Bavarian-style pretzels and spätzle. Watch a demonstration by Chef Matt on how to make cheese sauce. Also, enjoy a tasting plate of classic Oktoberfest dishes. Take home some spätzle and pretzels as well as the recipes.

Haunted Saratoga

Monday, October 6 | 10am | FREE | Must RSVP

Join Joe Haedrich, Chief Ghosthunter for Haunted Saratoga for his spooky presentation! Hear the stories of Saratoga's most infamous spirits.

Birds of Prey

Friday, October 10 | 9:30am | \$3 | Must RSVP

Join Trish Marki for a fun informative presentation about the unique behavior of owls, falcons and other birds of prey, the conservation issues that impact them, and the human impact on species survival. No food during the event.

October Van Trips | See inside for more details

Chapman Museum -October 14 | Autumn Glow Festival - October 23 |Halloween Ghost Tour of Canfield Casino - October 30

October Fun at the Center

Dine-in Dinner with Rustic Pizza

Tuesday, October 7 | 5:30 pm | \$13

Dinner includes pizza bites appetizer, baked ziti, salad, and their famous baked bread.

Supported By



Pumpkin Painting & Caramel Apple Bowl Bar
Monday, October 20 | 1:30pm-3pm | \$5 | Must RSVP

You'll get to paint your own small pumpkin and build the caramel apple bowl of your dreams. Drizzle your bowl with warm caramel or rich chocolate and load up on your favorite toppings. The friendly Activities Directors from Home of the Good Shepherd will be here to paint with you!

Supported By



Dine-in Dinner with Olde Bryan Inn

Tuesday, October 21 | 5:30 pm | \$13

Dinner includes roasted pork loin with a cider sage gravy, mashed potatoes and a vegetable.

Trivia Night

Monday, October 20 | 5:30pm | \$7

Pizza bites served. Join us for fun, friendly competition! Prizes! "Where all those useless facts you've been collecting can finally come in handy!"

Halloween Brunch

Friday, October 31 | 9am-10:30am | \$15 | Must RSVP

Enjoy a morning filled with frightful fun. We'll have brunch including pumpkin hawaiian roll french toast, cider donuts, parfait bar, sausage, and eggs benedict rolls provided by Refresh Kitchen, music to set the eerie mood, and Halloween-themed activities. Don't forget to wear your most creative Halloween costume or outfit. It's the perfect way to spend a hauntingly good morning with friends.

October Educational Presentations- Free & Open to the Public

Arthritis: Self-Management Techniques *presented by Saratoga Hospital, Sara Brown, PT, DPT, MS, CNS*
Monday, October 6 | 1:30 pm | Must RSVP | Impact of mobility and nutrition on symptoms.

Breakfast with Dr. Ferrillo: Helping Patients Conquer Chronic Pain *sponsored by Boston Scientific* | **Tuesday, October 7 | 9am | Must RSVP | See Insert**

Swelling: Tips for Management *presented by Saratoga Hospital, Carly Muhlhahn, PT, DPT, CLT* | **Thursday, October 9 | 2:30pm | Must RSVP** | Understanding why your legs swell, what to do about it, and when to see your doctor.

Centers Health Care Q&A *presented by Centers Health Care* | **Tuesday, October 14 | 10am | Must RSVP** | Q&A on how to be financially prepared for long term care, assisted living, and rehabilitation. Donuts and coffee will be provided.

Senior Issues Part 1 *presented by Barry Loffredo* | **Thursday, October 16 | 1pm | Must RSVP** | Staying sharp, memory, living alone, loneliness, death of a spouse, when to move, adjusting to this phase, meaningful engagement, ageism and more.

Changes in Medicare 2026 *presented by Saratoga County Department of Aging and Youth Services* | **Friday, October 17 | 1pm | Must RSVP** | Come hear about the changes in Medicare coming in 2026.

CDPHP Medicare Presentation *presented by CDPHP, Audrey Choiniere* | **Monday, October 20 (9am) & 27 (2pm) | Must RSVP** | The presentation will discuss 2026 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 15-December 7).

Should I Stay or Should I Go? Navigating Senior Living Options *presented by Home of the Good Shepherd* | **Tuesday, October 21 | 10am | Must RSVP** | Not sure whether staying at home or moving to a senior living community is the right next step? Join Home of the Good Shepherd for a helpful overview of senior care options, including assisted living, enhanced assisted living, and more. Learn how to recognize when more support might be needed—and how to make confident, informed choices for yourself or your loved ones.

MVP Medicare Presentation *presented by MVP* | **Thursday, October 23 | 2pm | Must RSVP** | Join MVP for their informative presentation to discuss 2026 MVP Medicare Advantage options for those who are Medicare Eligible in Saratoga County.

Financial Fraud Against Seniors *presented by Arrow Bank, Ava Marco, AVP Branch Manager Wilton* | **Thursday, October 30 2:30pm | Must RSVP** | Presentation on the most common scams, how they work, how they get access and ways to protect yourself from being scammed.

More October Happenings!

Senior Center Writers Circle *facilitated by Joyce Rubin* | **Monday, October 6 & 27 | 9am | Please RSVP**
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 hosting 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.

Poetry/Storytelling Open Mic | **Friday, October 10 | 1pm | Please sign up | Open to the public** | \$5 suggested donation | This months featured poet will be 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. Light refreshments will be served.

Emergencies Preparedness Class | **Monday, October 27 | 9:30am | Please sign up | Open to the public** | As severe weather becomes more frequent, it’s crucial for New Yorkers to be prepared for disasters. The NY Citizen Preparedness Training Program teaches you how to prepare for, respond to, and recover from any type of disaster. This course will show you how to: Prepare for disasters, both natural and manmade, develop a family emergency plan and stock up on emergency supplies. Each family that attends will also receive a free preparedness kit. **To register please visit www.prepare.ny.gov.**

Legal Tuesdays – Herzog in the House | **Tuesday, October 28 | 9am-12pm | FREE | 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.

Book Club | **Tuesday, October 28 | 3pm | Please sign-up** | The book for October is Frankenstein by Mary Shelley.

October Movie Marathon | Please RSVP for each movie
This October, we’re celebrating spooky season with a movie marathon! Instead of our usual monthly film, we’ll be showing a different Halloween movie every week at the Center.

Tuesday, October 7, 1 p.m.: Hocus Pocus
Tuesday, October 14, 1 p.m.: The Haunted Mansion
Tuesday, October 21, 1 p.m.: Beetlejuice
Friday, October 31, 1 p.m.: Hubie Halloween


My Active Center Sign Up Help | Need help with My Active Center? Our interns are here to assist! They’ll guide you step-by-step through creating an account and navigating the platform to sign up for programs online. Drop-in assistance is available on the following days:
Monday, October 20: 2:00 PM - 3:00 PM
Tuesday, October 21: 10:00 AM - 11:00 AM
Wednesday, October 22: 10:00 AM - 11:00 AM
Thursday, October 23: 2:00 PM - 3:00 PM
Friday, October 24: 9:00 AM - 10:00 AM

***NEW* Rummikub | Thursdays | 1pm | FREE | Please sign-up** *facilitated by Maggie Priest* | Rummikub is a tile-based game for two to four players that combines elements of the card game rummy and mahjong. Known for blending strategy, luck, and quick thinking.

One-on-One Tech Assistance
Do you have 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 Support Services - Here for You!

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. **Supported by** 
- 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.**

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**

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. *Alzheimer’s Support Group supported by Leon Goldberg’s Charitable Trust.*

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.

Cancer Support Group | 11am-12pm | Tuesday, October 7 | *facilitated by Tami Cohan & Jenna Switzer* | See Pink Ribbon Day events for description.

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.

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 6 | 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!

Parkinsons Support & Discussion Group *facilitated by Gordon Blyth & Marie Thorne* | **2:30pm | Monday, October 20** | 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.

Thank You!

- Diamond Club Resturant and Refresh Kitchen for our delicious dine in dinners.
 - Home of the Good Shepherd for free September Activity Fees
 - Alfred Z. Solomon Charitable Trust for supporting our historical programs & trips.
 - Home of the Good Shepherd for sponsoring our Fall Picnic.
 - Jeff Brisbin for performing for our members at our Fall Picnic.
 - Berkshire Bank for providing volunteers for our Fall Picnic.
 - Glenn Lee Olson for preforming for our members.
 - All of our wonderful partners who attended our Housing Expo.
 - Centers Health Care for their informative presentation.
 - Saratoga Hospital for their informative presentations.
 - The Scott Varley Team for their informative presentation.
 - Helayne and Grace Dog Therapy Team for providing your services at the Center.
- Herzog Law Firm for providing Legal Tuesdays.
 - MVP for providing Medicare Advantage Information
 - Franklin Square Market for participating in our Round Up campaign.
 - Pitney Meadows for providing fresh vegetables for our Pop-Up Fresh Pantry.
 - MVP for sponsoring Pitney Meadows Pop-Up Fresh Pantry.
 - Berkshire Bank Foundation; Saratoga County Capital Resource Corp; David Solomon; Tom Roohan, Leon J Goldberg Foundation, Saratoga Arts, Price Chopper’s Golub Foundation; Dttie Pepper and David Normoyle; Broadview FCU and MVP for grants supporting our programs and services
- Thank you to all our volunteers! You keep our world rockin’!**

Van Trips

****Based on member feedback both regular van trips and Proctors van trips will begin sign-ups on the first of the month for October.****

Pathways of Resistance: The Erie Canal and Underground Railroad | Clifton Park, NY | Friday, October 3 | A presentation at the Clifton Park-Halfmoon Public Library on the experience of African-Americans along the Erie Canal Corridor, with a particular focus on the struggle for abolition. While parts of this story are unpleasant, slavery, racism, and resistance are critical to understanding our society today. Presented by the Erie Canal Museum. After, enjoy lunch at Druthers Brewing in Clifton Park. **Pay \$8 at sign up. Bring lunch money. Leave the Center at 9:45am. Return about 2pm.**

Hicks Orchard | Granville, NY | Friday, October 10 | On your trip to Hicks Orchard, you'll have the option to pick your own apples in their U-pick fields. You can also visit the historic Slyboro Ciderhouse for a flight of estate-made hard cider. The orchard store offers a variety of delicious items for purchase, including fresh apples, cider donuts, fresh-pressed cider, homemade fudge, and local goods. **Pay \$20 at sign up. Bring money for apple picking and any purchases you'd like to make. Leave the Center at 9am. Return about 2pm.**

Chapman Museum | Glens Falls, NY | Tuesday, October 14 | The museum features exhibits about the history of the Glens Falls-Queensbury region, 19th-century Adirondack photographs by Seneca Ray Stoddard, hands-on exhibits about everyday hometown life, a research archive, and a gift shop. While we are there, the exhibit in the main gallery will be "River, Road and Rail." This exhibit explores the local impact of transportation technology, from Indigenous canoe routes to electric cars, and invites you to trace how rivers, roads, and railways influenced New York's history and the world beyond. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 9:15am. Return about 2:30pm.** Free admission fee thanks to the Alfred Z. Solomon Charitable Trust.

- VAN TRIP POLICIES
- Van trips are for members only.
- 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.

Prospect Mountain: Veterans Memorial Highway | Warren County | Friday, October 17 | Join us for a spectacular fall trip to Prospect Mountain! We'll take a scenic drive up the 5.5-mile highway to the summit for breathtaking 100-mile views of fall foliage and surrounding mountains. After taking in the sights, enjoy a delicious lunch at The Hitching Post. **Pay \$15 at sign up. Bring lunch money. Leave the Center at 9:30am. Return about 2pm.**

Lunch Bunch: Lakeside Farms | Ballston Lake, NY | Monday, October 20 | Breakfast and lunch cafe, gourmet market, and seasonal cider mill. The menu is celebrated for its homemade offerings, including freshly baked pies, pastries, and hearty sandwiches. **Pay \$5 at sign up. Bring lunch & shopping money. Leave the Center at 11am. Return about 2:30pm.**

Autumn Glow Festival | Schenectady, NY | Thursday, October 23 | Wander among hundreds of glowing lanterns, each one handcrafted and inspired by ancient Chinese folklore. It's more than just lights! Savor delicious bites from local vendors. The festival is a celebration of Chinese artistry and legend, perfect for a night out with friends. **Pay \$20 at sign up. Leave the Center at 6pm. Return about 9:30pm.** Free admission fee thanks to the Alfred Z. Solomon Charitable Trust.

Happy Hour & Halloween Ghost Tour of the Canfield Casino | Saratoga Springs, NY | Thursday, October 30 | A night of spooky fun! Start with a happy hour at The Thirsty Owl for food and drinks. Then, prepare yourself for a night of spine-tingling chills at the Halloween Ghost Tour. The Canfield Casino is known as one of America's most haunted places, and for one night only the doors will creek open to reveal the mysteries that lurk within... enter if you dare! You'll hear bone-chilling stories of the spirits that still roam its shadowy halls. **Pay \$25 at sign up. Bring food and drink money. Leave the Center at 2:45pm. Return about 6:30pm.** Discounted admission fee thanks to the Alfred Z. Solomon Charitable Trust.

Proctors Van Trips

For each show we will leave the Center at 11am. Bring lunch money for lunch at the Backstage Pub at noon prior to each show.

The Sound of Music | Thursday March 19, 2026 | 1:30pm | \$98 per person | The Sound of Music is a beloved musical based on the true story of the Von Trapp Family Singers. Set in Austria during the years leading up to World War II, the musical captures themes of love, family, and resistance in the face of adversity.

The Outsiders | Thursday May 21, 2026 | 1:30pm | \$98 per person | The Outsiders is a musical set in 1967 Tulsa, Oklahoma that focuses on Ponyboy Curtis, a 14-year-old orphan caught in a battle between rival adolescent gangs: the working-class Greasers and privileged Socs (socialites, from the richer side of town).

Water for Elephants | Thursday April 9, 2026 | 1:30pm | \$94 per person | Water for Elephants follows the journey of Jacob Jankowski, a young man who joins a traveling circus after his parents' tragic deaths. As Jacob's story unfolds, he becomes the circus vet, falls in love with a married performer named Marlena, and forms a deep bond with Rosie the elephant.

Moulin Rouge! | Thursday June 4, 2026 | 1:30pm | \$98 per person | At Moulin Rouge! The Musical, audiences enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment.

Last 2025 Bus Trip - Sign up now - Open to the Public

The following trips were made possible by an Adirondack Trust Company Community Fund Lend -A-Hand Grant.

New York City | Wednesday, December 10 | There is no place quite like NYC at Christmas time. Spend a day on your own shopping at the winter village in Bryant Park, visit the tree at Rockefeller Center, or experience a magical performance by Radio City Rockettes. Whatever you choose, it's sure to be a wonderful day! Meals are not included. You will be dropped off at Bryant Park. **Trip Cost:** \$51 per person

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



2026 Trips

Time to plan 2026 travel! Are any of these on your bucket list?

Tropical Costa Rica
January 30 - February 7, 2026

Spectacular Scandinavia
May 15-29, 2026

Discover Rome, Sorrento & the Amalfi Coast
June 11-19, 2026

America's Cowboy Country
July 28 - August 4, 2026

Scotland Discovery
August 22-31, 2026

Peru: Machu Picchu and Lake Titicaca
September 17-26, 2026

Bluegrass Country & the Smoky Mountains
October 8-16, 2026

Discover Australia's Outback to New Zealand's South Island
January 6-25, 2027

Want to book any of the above trips or want a Collette adventure that's not listed? Reach out to Kyleigh! She can help you craft a personalized trip to your dream destination. Email her today to start planning!
Email: Kyleighc@saratogaseniorcenter.org

****NEW** Collette Travel Information Session
Wednesday, October 29 | 10am-12pm**
facilitated by Ryan of Collette Travel | Must RSVP

You're invited to a informational travel slideshow presentation and Q&A at the Center to learn more and ask questions about our upcoming trips!

Member Meeting

Friday, October 17 | 9:30am | Please RSVP

Hear the latest on what's happening in your Center and provide feedback for 2026 planning. This is your chance to share your ideas and help shape the future of our programs and trips. Your input is crucial to making sure we plan events and trips that you are excited about.

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

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

Still Life Drawing facilitated by Gillian Wilson | **Thursday, October 9, 1pm** | \$5 material fee* Embrace the colors and textures of autumn in this still life drawing class. Using fall objects like pumpkins, gourds, and leaves as your subjects, you will learn to observe and translate the subtle details of the season onto paper. This class focuses on pencil techniques to create form, light, and shadow, perfect for artists of all levels looking to sharpen their skills. **Please sign up, seating is limited.**

Halloween Mason Jar Painting facilitated by Gillian Wilson | **Thursday, October 16 | 12:30pm** | \$5 material fee | Paint and personalize your own spooky Halloween mason jars! In this creative class, you'll learn techniques to transform a simple glass jar into a festive decoration. Use a variety of painting styles to create jack-o'-lanterns, ghosts, or other eerie designs. These jars are perfect for holding candy, candles, or simply adding a festive glow to your home. **Must sign up, seating limited.**

Self Watering Calla Lily Clay Workshop facilitated by Chris Knite | **Monday, October 20 | 12:30pm** | \$10 material fee* Come learn how to hand-build a beautiful and functional self-watering calla lily out of clay! This unique clay piece helps keep your plants healthy by slowly dripping water into the soil. **Must sign up, seating is limited.**

Cheese Cloth Ghosts facilitated by Gillian Wilson | **Thursday, October 23, 12:30pm** | \$5 material fee* Learn to create spooky and ethereal ghosts using a simple yet effective technique. In this fun, hands-on class, you'll use a unique method to stiffen cheesecloth, turning it into a hauntingly beautiful, free-standing ghostly figure. Perfect for adding a touch of spooky charm to your Halloween decor! **Please sign up, seating is limited.**

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

Intermediate Handbuilding Clay Arts facilitated by Carol Glansberg | **Tuesdays, 12pm-3pm** | \$15 material fee per month* To be in the intermediate level class you must understand these three handbuilding techniques: pinch, coil and slab. **Must** have intermediate clay experience and complete 16 classes before moving into Advanced class. **Must sign up, seating limited.**

Beginner Handbuilding Clay Arts facilitated by Chris Knite | **Fridays, 1pm-3pm** | \$15 material fee per month | No experience needed. Students must complete 8 classes before they move into the Intermediate class. This month's projects will be fall themed such as, pumpkins, ghosts, and leaves. **Must sign up, seating limited.**

Pink Ribbon Day
Tuesday, October 7

Join us as we celebrate Breast Cancer Awareness Month with a day full of events! Wear your pink on October 7th to show your support and immerse yourself in a day dedicated to awareness, and community.

10-11 AM: Gain valuable knowledge from a special presentation by To Life!, a local organization dedicated to breast cancer support.

11AM-12PM: Cancer Support Group *facilitated by Tami Cohan and Jenna Switzer* | A diagnosis of cancer can be profoundly overwhelming for families. The cancer support group will connect people with shared cancer experiences to offer emotional and informational support. This group provides a safe space to share stories, gain different perspectives and reduce feelings of isolation. This group will also provide community thought leaders to offer educational opportunities throughout the year.

11 AM - 12 PM: Enjoy a tasting of Mixed Berry ADK Winery's special wine, with bottles available for purchase.

11 AM - 2 PM: Stop by the Refresh Kitchen for their delicious Breast Cancer Awareness Lunch Special.

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

Experienced Country Line Dance *facilitated by Kevin Richards* | **Wednesdays | 2:30pm | Must RSVP**
For anyone with experience and knowledge of all the basic beginner line dances.

Beginner Country Line Dance *facilitated by Kevin Richards* | **Wednesdays | 3:30pm | Must RSVP**
For first timers, newbies and beginners only.

Modern Line Dance Fusion *facilitated by Mary Colby* | **Tuesdays | 1:30pm | Must RSVP** | Instructor, Mary Colby presents Modern Line Dance Fusion. This No Partner line dancing class incorporates a myriad of musical genres and dancing styles, including: Motown, Oldies, Swing, Disco, Latin, and Country. This is a no pressure, just for fun, music and dancing class.

Support the Center!

Discounted Hoffman Car Wash Tickets

Get your car ready for fall! Keep your car clean and shiny all season with discounted Hoffman Car Wash Tickets for just \$12.00. A portion of every ticket sold goes directly to the Center. You can purchase your tickets at the front desk.

Round-Up for the Saratoga Senior Center This October

The Center has launched our Giving Season Round-Up Campaign! Swing by Franklin Square Market in October and you can round up your total at checkout to support the Center. Your generosity makes a difference!

Monthly 50/50

Stop by the front desk and purchase tickets for the Centers monthly 50/50. Tickets will be \$1 for 2 or \$5 for 10. Winner will be picked on the last Friday of the month at 2 pm. Did you grab your tickets yet?

Announcements / Reminders

- **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, Renew Active, or Fit On Health please swipe in. This impacts many things including safety & funding. Please make sure to hit **finish** when checking in.
- **Handicap Parking Spots:** Please be sure not to park in the handicap blue-lined spaces. These are designated to provide extra clearance for individuals using wheelchairs and other mobility devices. Parking in these spaces without a permit, even if you are a senior, is prohibited. Handicap parking spots are reserved for vehicles displaying a valid handicap parking permit or placard.
- **Free Table:** The Free Table has been quite a success. Just a friendly reminder to please be sure that all donations contain all their parts/pieces, are in good working order, & clean. If you bring in a unique item please label it. If your donation has a manual or packaging with instructions please leave it with the donation. Please do not bring in large collections as there is not much room on the table for them. For those shopping at the Free Table, please leave the table organized the way you found it.
- **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.
- **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.
- **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 and excursions are open to anyone regardless of age or residence.
- ****There are no refunds for classes, van trips, or bus trips unless canceled by the Center. All times for our trips are approximate. We do not guarantee a return time to the Center.****

Weekly Programming *unlimited class fee. ReNew Active & Silver Sneakers member -swipe in to waive monthly fee.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi	9am-12pm:Poker	8:45am: Senior Life	9am-11am: Women's	9am-12pm: Poker
9am: Pitney Meadows	9am-9:45am: Silver	Transitions Team Mtg.	Billiards	9am: Advanced Clay
Pop-Up Pantry (Every	Sneakers Classic - Joyce	(1st Wednesday)	10am-10:45am: Silver	9am: Mexican
other Monday while	9:30am: Mahjong	9am-12pm: Poker	Sneakers Classic -	Dominoes
supplies last)	10am: Meditation	9am: Pinochle	Joanne	10am:Healthy
9am-12pm: Open Ping	11am: Gentle Yoga	9:30am: Mosaics	10am: Ukulele	Bones*
Pong	11:30am-12:30pm: Saratoga	9:30am-12:45pm: Rug	11am: Foodbank	11am: Scrabble
9am: Beginner Chinese	Library (Tuesday, Oct. 14)	Hooking	12pm:Lunch*	11am: Memory Cafe
Mahjong	12pm: Lunch*	10am: Knit & Crochet	12:30 pm: Chinese &	(1st Friday)
9:30am: Walking Club	12pm-3pm: Intermediate	10am-11am: Zumba	American Mahjong	11am: Caregiver
9:30am: Beginner	Clay Arts	12pm: Lunch*	12:30pm: Qi Gong	Support Group (2nd
Spanish	12:15pm: SS Stability	12pm-4pm: Canasta	(No Class 10/2)	Friday)
10am:Healthy Bones*	12:30pm: American	1pm : Bingo	1pm-4pm: Billiards	11:30am: Slow &
10am-11am: Chair Yoga	Mahjong	1pm:Strength w/Aidan	League	Steady Yoga Flow
12pm: Lunch*	1pm-4pm: Billiards League	1pm-4pm: Billiards	1pm: Belly Dance	12pm: Lunch*
12:30pm-3:30pm:	1pm: Canasta	League	1pm: Rummikub	1pm: SilverSneakers
Bridge	1:30pm: Modern Line Dance	2:30pm: Experinced		Circuit
1pm: Resistance Bands	Fusion	Country Line Dancing		1pm : Beginner Clay
1pm-2pm: Chit Chat		3:30pm: Beginner		1pm-4pm: Billiards
1pm-4pm: Billiards		Country Line Dancing		League
League				
2:30pm: Parkinsons				
Support Group (3rd				
Monday)				

**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.*

Special Events	October 20	9am: Pumpkin Painting 12:30pm: Self-Watering Calla Lily Clay
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October 1	1pm: Micro Mosaic Jewelry	12:30pm: Self-Watching Cat & Lily Clay Workshop
October 3	11am: Memory Cafe	2:30pm: Parkinsons Support Group
October 6	9am: Writers Circle 10am: Haunted Saratoga	5:30pm: Trivia Night
October 7	10am-2pm: Pink Ribbon Day 1pm: Halloween Movie #1 5:30pm: Dine in Dinner - Rustic Pizza	October 21
October 9	1pm - Still Life Drawing	1pm: Halloween Movie #3 5:30pm: Dine in Dinner Olde Bryan Inn
October 10	9:30am: Birds of Prey 11am: Alzheimer's Caregiver Support 1pm: Poetry/Storytelling Open Mic 1:30pm: Medicare Insurance Expo	October 23
October 13	Center Closed - Indigenous Peoples Day	12:30pm: Cheese Cloth Ghost
October 14	1pm: Halloween Movie #2 2pm: Grief and Loss	October 25
October 16	12:30pm: Halloween Mason Jar Painting 3pm: Interactive Cooking Experience with Chef Matt	9am-1pm: Open House
October 17	9:30am: Member Meeting	October 27
		9am: Writers Circle 9:30am: Emergencies Preparedness Class
		October 28
		9am: Legal Tuesday 2pm: Grief and Loss 3pm: Book Club
		October 29
		2pm: Stamping Workshop
		October 31
		9am: Halloween Brunch 1pm: Halloween Movie #4

Breakfast with Dr. Ferrillo

at the Saratoga Senior Center

Please RSVP for this FREE interactive discussion on...

Helping Seniors Conquer Chronic Pain



Martin Ferrillo, DO

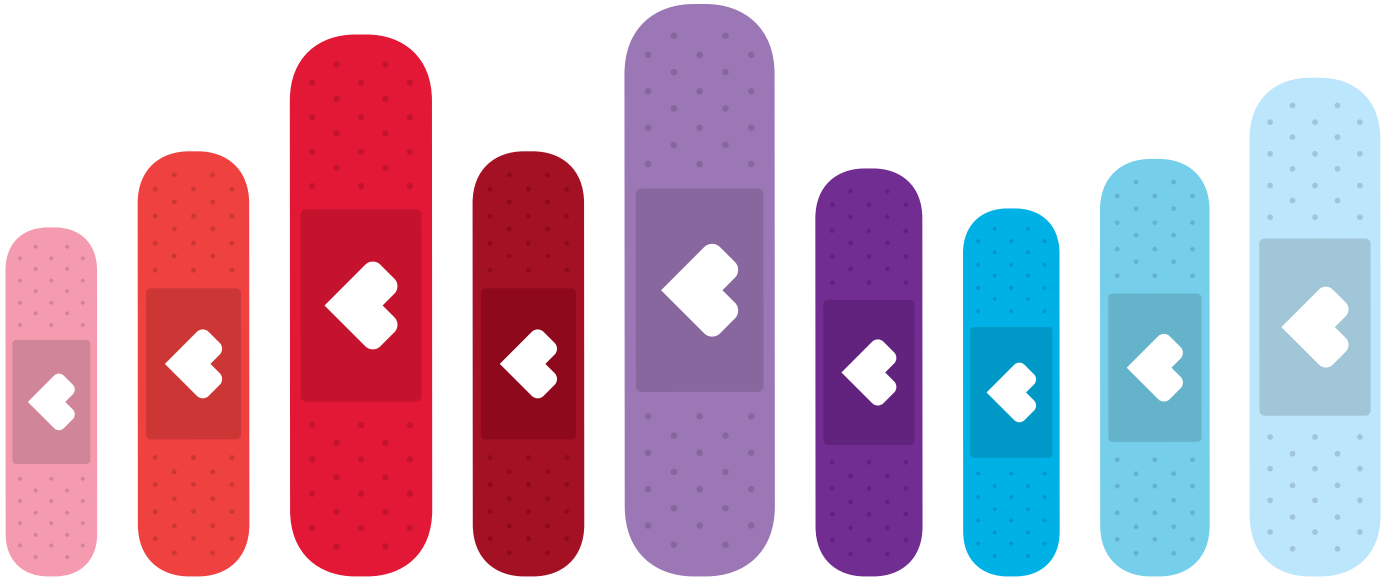


**Tuesday,
October 7th
9AM - 10AM**
**at the
Saratoga Senior
Center**

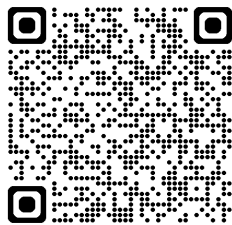
To attend: We'll need your NAME, EMAIL or CELL, and ZIP CODE. Please reach out to Michael Brooks at:
michael.brooks@bsci.com or 518-569-5470.

Breakfast will be available for attendees.

Get a **FREE flu shot** with most insurance*



A certified immunizer will be on-site.



Scan to register for your
flu shot appointment.

Date _____ Hours _____

Location Saratoga Senior Center Open House

290 West Ave Suite 1, Saratoga Springs, NY 12866

*Select vaccines are no cost with most insurance. Eligibility varies by patient and insurance plan.
Eligible patients will not pay any copayments unless otherwise required by their plan, including Medicare Part B.
Visit [CVS.com/Vaccines](https://www.cvs.com/Vaccines) for details.

