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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 NOVEMBER 2025

Fall Housing Crawl

Monday, November 10 | 8:30am-2:30pm | \$10 | RSVP

Join us for our house crawl! Hop on one of our vans to check out senior housing sites in the area, enjoy tastings at each site, ask one-on-one questions, and get ahead of the game on planning for the future.

Supported By



8:30am: Start at the Saratoga Senior Center
9am: Home of the Good Shepherd Malta
10:15am: Carlton Hollow
11:40am: Wesley Community (Embury)
1:00pm: Home of the Good Shepherd Wilton
2:30pm: Arrive back at the Center

Supported By



Veterans Day Celebration/Expo

Friday, November 7 | 1pm-4pm | FREE | Open to the Public

Attend informative and engaging presentations and explore resource tables from local organizations dedicated to supporting Veterans.

1-4pm: Explore resource tables from organizations like Home of the Good Shepherd, Carl Barlow from Advocate Health Advisors, Military Mental Health Support by Hicks Strong, Veterans and Community Housing Coalition, Therapeutic Horses, Disabled American Veterans and more!

1-1:30pm: Medicare Changes and Veteran Benefits Educational Presentation by Carl Barlow

1:45-2:45pm: Grant Cottage "A Veteran Speaks: Oscar Kemp of the 115th NY and Grand Army" Presentation. See below for details.



During the event enjoy a pizza and soda special at Refresh Kitchen for a small fee.

Volunteer Thank You Lunch | Friday, November 21 | 1pm-3pm | RSVP

We are so LUCKY to have you! The Center has amazing volunteers. If you are one of them that has volunteered in 2025 please join us as we say a massive thank you with a luncheon and tastings held in your honor! Enter to win free raffle prizes. Please RSVP for this event to our Volunteer Coordinator, Linda, at lindap@saratogaseniorcenter.org



Lunch provided & supported by 

November Fun at the Center

Dine-in Dinner with Horseshoe Bar & Grill

Thursday, November 6 | 5:30 pm | \$13

Dinner includes meatloaf with gravy, roasted potatoes & mixed vegetables.

Supported By 

Interactive Cooking Class with Matt

Monday, November 24 | 3pm-5pm | \$15

Join Matt's "Cooking for 1 or 2" class and learn the secrets to efficient small-batch cooking! You'll get written recipes and hands-on experience to repurpose ingredients into different, delicious meals. Reduce waste, save money, and have fun doing it! Sampling included!

Friendsgiving

Friday, November 14 | 1:30pm | \$15 | RSVP

Join us for a delicious Thanksgiving-themed meal by Refresh Kitchen featuring Thanksgiving sliders, creamy mac and cheese, parm roasted carrots, and potatoes, plus a festive dessert. Enjoy the afternoon with live music from Bill Gervasio and fun, Thanksgiving-themed activities.

Trivia Night

Monday, November 17 | 5:30pm | \$7

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

November Solomon's 70

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

Drum in Joy!

Thursday, November 20 | 3pm | \$3 | RSVP

Chelsie Henderson of EarthBeat Music invites you to learn about an exuberant and thunderous path toward lifelong happiness... DRUMMING! West African hand drums will be provided and you will be shown how to get into a groove from the moment your hands meet the drums.

A Veteran Speaks: Oscar Kemp of the 115th NY and Grand Army Presentation by Grant Cottage

Friday, November 7 | 1:45pm | FREE | Open to Public

The Civil War is one of the most studied conflicts in American history, but much of the emphasis is on battles, leaders and soldiers during years of war. Join Civil War veteran Oscar Kemp (portrayed by descendant and Grant Cottage staff member Ben Kemp) as he recounts his war experiences with the 115th NY and then discusses the experience of veterans after the war and the Grand Army of the Republic.

November Van Trips | See inside for more details

ADK Salt Cave - November 7 | Empire State Aerosciences Museum - November 14

More November Happenings!

***NEW* Caffe Lena Performance | Thursday, November 6 | 1:30pm | Please sign up** The incredibly talented Lovestruck Balladeers are coming to the Center (thanks to Caffe Lena!) They enchant audiences with their performances and inspired repertoire of ragtime, jazz and beautiful songs from around the world. Since their debut at The Brooklyn Folk Festival, the versatile quintet has made a name for itself as a compelling new act highlighting musical excellence, fresh arrangements, original songs and a tightly crafted stage show.

***NEW* Beginner American Sign Language** *facilitated by Steve Finkin* | **Tuesdays Nov 4-Dec 23(No class 11/11)| 9am | Please RSVP** | Join Steve Finkin, a CODA (child of deaf adults), for a 7 week exploration into a easy to learn skill that can change your relationship with friends, seniors and the deaf community! You will learn the necessary vocabulary and finger spelling in order to communicate effectively with your hands. Once mastered you will be able to advance into signing ASL. This class will focus on using Signed English in a Total Communication environment that makes use of effective communication with hand signs, oralism and bodily expression. Each participant should purchase the text Learn To Sign The Fun Way, by Penny Warner available on Amazon (\$17) as we learn to talk with our hands.

Poetry/Storytelling Open Mic | Friday, November 14 | 1pm | Please sign up | Open to the public | \$5 suggested donation | This months featured poet will be 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.

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.

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, November 4 | *facilitated by Tami Cohan & 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.

Senior Center Writers Circle *facilitated by Joyce Rubin* | **Monday, November 17 | 9am | 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.

Board Meeting | Tuesday, November 18 | 8:30am
All members are welcome to join us for our November board meeting. No registration needed.

Pet Therapy with Helayne & Grace | Tuesday, November 18 | 1pm-2pm | Drop-In | Helayne O’Keiff and Grace a certified Dog Therapy Team from the Alliance of Therapy Dogs will be at the Center to provide there services. Grace is a calm and loving 25-pound Westie mix. Grace is a bundle of joy who loves to be petted and brings comfort and support wherever she goes. If you love dogs, or simply enjoy a soothing visit, come visit with Helayne and Grace!

Movie Day | Monday, November 24 | 2pm | Please sing- up
This months movie will be *Here*. This is a heartwarming drama that tells stories of families living in the same home across centuries. This movie stars Tom Hanks and Robin Wright.

Book Club | Tuesday, November 25 | 3pm | Please sign-up
The book for November is Cities of Women by Kathleen Jones.

Legal Tuesdays – Herzog in the House | Tuesday, November 25 | 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.

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.

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, November 3 | 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, November 17** | 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.

Aging Gracefully *facilitated by Avery Hebert* | **2pm | Tuesday, November 4 & 18** | Aging comes with unique experiences that can challenge us. Join this group to discuss navigating life’s transitions as you age.

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

Beading Workshop *facilitated by Jerry Matthews* | **Monday, November 3 & 24, 10am** | \$5 material fee per class
Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. **Please sign up, seating is limited.**

Mosaic Holiday Ornaments Workshop *facilitated by Meryl Davis* | **Wednesday, November 5 & 12** | 1pm | \$10 material fee for both days | Create one-of-a-kind mosaic ornaments that sparkle with color and texture! In this fun, hands-on claa you’ll design and craft small hanging ornaments using stained glass, tiles, and other decorative bits. **Please sign up, seating is limited.**

Pastel Class *facilitated by Gillian Wilson* | **Thursday, November 6 | 12:30pm** | \$5 material fee | Explore the vibrant, soft world of chalk and oil pastels. Learn foundational techniques like blending, layering, and shading to capture the rich colors of the autumn landscape, from fiery leaves to golden sunsets. Pastels are a relaxing medium that allows for rich texture and vivid results, even for beginners. **Must sign up, seating limited.**

Needle Felting *facilitated by Maggie Priest* | **Friday, November 7, 21, & 28 | 9am** | \$10 material fee for the series | Must sign up, seating limited. Join Maggie, our Human Services intern from SUNY Empire, to learn the basics of needle felting! Students will begin with simple shapes of their choice & advance to more complex forms and creations. The topics of safety, efficiency, & techniques will be explored and discussed. Let your creativity run free!

Watercolor Workshop *facilitated by Susan Peters* **Monday, November 10, 1pm** | \$5 material fee*
Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike. **Please sign up, seating is limited.**

Pastel Pour *facilitated by Gillian Wilson* | **Thursday, November 13 | 12:30pm** | \$5 material fee | Discover the fun, unpredictable world of acrylic paint pouring! We’ll use fluid paints and simple techniques to create stunning, abstract designs on canvas. No prior painting experience is needed—just watch the colors flow and mix to create a one-of-a-kind masterpiece! **Must sign up, seating limited.**

Stamping Workshop *facilitated by Helen Mastrion* | **Wednesday, November 19, 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.**

Wooden Scarecrow *facilitated by Gillian Wilson* | **Thursday, November 20 | 12:30pm** | \$10 material fee | Welcome the harvest season by assembling and decorating your own charming, rustic wooden scarecrow. We’ll use pre-cut wooden pieces and paint to bring this seasonal classic to life. This is a simple construction and decoration project that makes a wonderful decoration for your home or garden. **Must sign up, seating 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 project will be garden moons. **Must sign up, seating limited.**

Thank You!

- Rustic Pizza and Olde Bryan Inn for our delicious dine in dinners.
 - CDPHP for supporting our Rustic Pizza Dine in Dinner.
 - Alfred Z. Solomon Charitable Trust for supporting our historical programs & trips.
 - Home of the Good Shepherd for sponsoring our Open House.
 - Jeff Brisbin for performing at our Open House.
 - CDPHP, MVP, Capital Area PT, & Saratoga Hospital for being interactive sponsors at our Open House.
 - All of the insurance companies involved in Medicare Insurance Expo.
 - Home of the Good Shepherd for supporting our Salem, MA bus trip.
 - Joe Haedrich for your Haunted Saratoga Presentation.
 - Saratoga Hospital for their informative presentations.
 - Centers Health Care for their informative presentation.
 - CDPHP for their informative presentation.
- Home of the Good Sheoherd for their informative presentation.
 - MVP for their informative presentation.
 - Arrow Bank for their informative presentation.
 - Saratoga County Department of Aging and Youth Services for their informative presentation.
 - Herzog Law Firm for providing Legal Tuesdays.
 - Pitney Meadows for providing fresh vegetables for our Pop-Up Fresh Pantry.
 - MVP for sponsoring Pitney Meadows Pop-Up Fresh Pantry.
 - Northshire Bookstore for including us in your round-up campign.
 - Joan Dickens for supporting SLT.
 - Berkshire Bank Foundation; Saratoga County Capital Resource Corp; David Solomon; Tom Roohan, Leon J Goldberg Foundation, Saratoga Arts, Price Chopper’s Golub Foundation; Dottie Pepper and David Normoyle; Broadview FCU, Saratoga Casino Hotel Foundation 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 November.****

ADK Salt Cave | Glens Falls, NY | Friday, November 7 | 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. Before, enjoy lunch at ADK Winery in Queensbury. **Pay \$20 at sign up. Bring lunch money. Leave the Center at 10:30am. Return about 2:30pm.** Discounted admission fee thanks to the Alfred Z. Solomon Charitable Trust.

Lunch Bunch: Irons Edge | Ballston Spa, NY | Monday, November 17 | Dining options include quesadillas, salad, burgers, sandwiches, pasta and more! You will be contacted **after** sign-ups for your order as the restrurant needs choices in advance. You may choose from anything on the menu. **Pay \$5 at sign up. Bring lunch money. Leave the Center at 11:30am. Return about 2:15pm.**

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.

Breakfast & Shopping | Clifton Park, NY | Tuesday, November 18 | Enjoy breakfast with friends and start on your holiday shopping! You'll start with breakfast at Cracker Barrel. Then, head to Wit's End, Upstate NY's largest gift shop, for unique gifts and festive decor. Finish the morning with a sweet treat from Dolce and Biscotti Fine Italian Bakery across the parking lot from Wit's End before returning to the Center! **Pay \$5 at sign up. Bring Breakfast and Shopping money. Leave the Center at 8:30am. Return about 12:30pm.**

Empire State Aeroscience Museum | Glenville, NY | Friday, November 14 | Celebrate Aviation History Month by visiting the Empire State Aeroscience Museum! Included in admission is a guided group tour through all the exhibits and the massive Air Park featuring over twenty military aircrafts, like the F-14 Tomcat and the F-5 Tiger. Hop in the optional SRV flight simulator! After, enjoy lunch at the Glenville Queen Resturant. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 10:30am. Return about 2:30pm.** Free 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.

colletteExcursions

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, November 12 | 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!



November Educational Presentations- Free & Open to the Public

- Senior Issues Part 2** presented by Barry Loffredo | **Monday, November 3 @1pm | RSVP** | Staying sharp, memory, living alone, loneliness, death of a spouse, when to move, adjusting to this phase, meaningful engagement, ageism and more.
- Boston Scientific Presentation** presented by Boston Scientific | **Tuesday, November 4 @9:30am | RSVP** | Join us to hear from our experts on chronic pain releif.
- CDPHP Medicare Presentation** presented by CDPHP, Audrey Choiniere | **Friday, November 7 & 14 @9am & Monday, Nov 17 @2pm | RSVP** | These presentations 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).
- MVP Medicare Presentation** presented by MVP | **Monday, November 10 @10am & Friday, November 21 @9:30am | RSVP** | Join MVP for their informative presentation to discuss 2026 MVP Medicare Advantage options for those who are Medicare Eligible in Saratoga County.
- Maintaining Brain Health** presented by Home Instead, Maria Spagnola, Client Care Manager | **Thursday, November 13 @1:30pm | RSVP** | Positive, everyday actions can make a big difference in brain health. Research shows that certain lifestyle habits can significantly reduce the risk of cognitive decline and Alzheimer's disease. Learn about the risk factors, and what you can do to take charge of your brain health today — it's never too early or too late to start.
- Don't Fear the Move - We'll Walk You Through It!** presented by Scott Varley Team | **Thursday, November 13 @3pm | RSVP** | Do you have any of the following questions: Do I need to get rid of everything before I sell? How do I handle packing and moving while trying to sell? What simple steps can help my home stand out? If my home is older or cluttered, will it pass inspection? Then we can help! We will have speakers specializing in: home inspections, real estate law, lending and financing, home staging & handyman services. Food and light refreshments provided.
- Safety Presentation** presented by Clifton Park-Halfmoon EMS | **Friday, November 14 @9pm | RSVP** | Their paramedics will teach a presentation on how to stay safe at home. They will also be handing out File of Life to take home. They will be open for questions at the end. Following the presentation from 10am-12pm they will be hosting a blood pressure clinic.
- Move More, Live Better: Safe & Simple Ways to Stay Active** presented by Saratoga Hospital, Randy Russom , PT **Thursday, November 20 @1:30pm | RSVP** | Discover easy ways to stay active and feel your best—no gym required! This fun, practical class offers simple strategies to add movement into your daily routine, wherever you are. Learn gentle exercise routines, balance-boosting moves, and tips to help you stay strong, steady, and independent.

Holiday Assistance 2025 - Spread Holiday Cheer: Adopt a Senior this Season!

- The holiday season is here, and we want to ensure all our seniors feel special!
- In Need of Assistance?**
If you are a senior needing holiday assistance this year, please contact our Advocate, Jordan, to learn more about the program and get signed up at jordanr@saratogaseniorcenter.org
- Want to Adopt a Senior?**
Be a holiday hero! Adopt a senior to provide them with a couple of gifts to open this season. This is a wonderful way to give back! If you'd like to adopt a senior please contact our Volunteer Coordinator, Linda, at lindap@saratogaseniorcenter.org.
- Thank you for making a senior's holiday brighter!
- 

Save the Date- Holiday Shops at the Center
Thursday, December 4 | 1pm-4pm

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, Hailey Brooks by 11/28 at haileyb@saratogaseniorcenter.org.



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 | No class on 11/19 & 11/26**
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 | No class on 11/19 & 11/26**
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

Looking for the perfect stocking stuffer? Treat friends and family (or yourself!) to a sparkling clean car all season long with discounted Hoffman Car Wash Tickets for just \$12.00. It’s the ideal way to keep your car clean against messy fall leaves and coming winter salt. A portion of every ticket sold goes directly to the Center. Purchase your tickets at the front desk today!

Round-Up for the Saratoga Senior Center This November

The Center has launched our Giving Season Round-Up Campaign! Swing by Franklin Square Market in November 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?

Hannaford Community Bag Program Recipient this November

The Center will receive a \$1 donation for every Community Bag purchased at our selected Hannaford location. Visit the Hannaford location at 11 Trieble Avenue in Ballston Spa to purchase your bags!

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.
- Transportation: Volunteers 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.

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 & fund-ing. Please make sure to hit **finish** when checking in.
- 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.
- 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi	9am-12pm:Poker	8:45am: Senior Life Transitions Team Mtg.(1st Wednesday)	9am-11am: Women’s Billiards	9am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	9am-12pm: Poker (No on 11/26)	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Advanced Clay
9am: Beginner Chinese Mahjong	9:30am: Mahjong	9am-12pm: Poker (No on 11/26)	10am: Ukulele	9am: Mexican Dominoes
9:30am: Walking Club	10am: Meditation	9am: Pinochle	11am: Foodbank (No on 11/27)	10am:Healthy Bones*
9:30am: Beginner Spanish	11am: Gentle Yoga	9:30am: Mosaics	12pm:Lunch*	11am: Scrabble
10am:Healthy Bones*	12pm: Lunch*	9:30am-12:45pm: Rug Hooking (No on 11/26)	12:30 pm: Chinese & American Mahjong	11am: Memory Cafe (1st Friday)
10am: Chair Yoga	12pm-3pm: Intermediate Clay Arts	10am: Knit & Crochet (No on 11/26)	12:30pm: Qi Gong	11am: Caregiver Support Group (2nd Friday)
10:30am: Saratoga Library (Monday, Nov 10)	12:15pm: SS Stability	10am-11am: Zumba	1pm-4pm: Billiards League	11:30am: Slow & Steady Yoga Flow
12pm: Lunch*	12:30pm: American Mahjong	12pm: Lunch*	1pm: Belly Dance	12pm: Lunch*
12:30pm: Bridge	1pm-4pm: Billiards League	12pm-4pm: Canasta	1pm: Rummikub	1pm: SilverSneakers Circuit
1pm: Resistance Bands	1pm: Canasta	1pm: Bingo		1pm : Beginner Clay
1pm-2pm: Chit Chat	1:30pm: Modern Line Dance Fusion	1pm:Strength w/Aidan		1pm-4pm: Billiards League
1pm-4pm: Billiards League		1pm-4pm: Billiards League		
2:30pm: Parkinsons Support Group (3rd Monday)		2:30pm: Experinced Country Line Dancing (No on 11/19 & 11/26)		
		3:30pm: Beginner Country Line Dancing (No on 11/19 & 11/26)		

**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		November 17	9am: Writers Circle 2:30pm: Parkinsons Support Group 5:30pm: Trivia
November 3	10am: Beading Workshop	November 18	8:30am: Board Meeting 1pm: Dog Therapy 2pm: Aging Gracefully Support Group
November 4	11am: Cancer Support Group 2pm: Aging Gracefully Support Group	November 19	2pm: Stamping Workshop
November 5	1pm: Mosaic Holiday Ornament Workshop Day 1	November 20	12:30pm: Wooden Scarecrow Workshop 3pm: Drumming Circle
November 6	12:30pm: Pastel Workshop 1:30pm: Caffe Lena Performance 5:30pm: Dine in Dinner	November 21	1pm: Volunteer Luncheon
November 7	11am: Memory Cafe 1pm: Veterans Celebration	November 24	10am: Beading Workshop 2pm: Movie Day 3pm: Cooking Class
November 10	8:30am: House Crawl 10:30am: Saratoga Library 1pm: Watercolor Workshop	November 25	9am: Legal Tuesday 2pm: Grief and Loss 3pm: Book Club
November 11	Closed - Veterans Day - Thank you to all who served	November 27	Closed - Thanksgiving - Our staff would like to wish you and your families a Happy Thanksgiving!
November 12	10am: Collette Travel Presentation 1pm: Mosaic Holiday Ornament Workshop Day 2		
November 13	12:30pm: Paint Pour Workshop		
November 14	10am: Blood Pressure Clinic with Clifton Park-Halfmoon EMS 11am: Alzheimer’s Support Group 1pm: Poetry Storytelling Open Mic 1:30pm: Friendsgiving		



Thank you for being part of the Saratoga Senior Center! To renew your membership for 2026, please complete and return the form below by January 1. The regular membership fee is \$45. We also invite you to consider joining the President's Club for additional benefits (see below).

We offer scholarships for both membership and monthly fees. This is your senior center, and we do not want your ability to pay to keep you from daily programs and services. Please contact Cheryl at cherylw@saratogaseniorcenter.org for more information.

We look forward to a fun and engaging year ahead!

Saratoga Senior Center Staff

2026 MEMBERSHIP RENEWAL	Amount	Total
2026 Regular Membership per person (January – December 2026)	\$45	
2026 President's Club Membership President's Club members provide additional support to the vital programs and services provided by the Center. • Annual membership for you and another member of your household • Annual Presidents Club appreciation event • \$110 of your membership is tax-deductible as a charitable contribution	\$200	

Yes, I would like to renew my membership at the Saratoga Senior Center.

Name _____

Address _____

City _____ State _____ ZIP _____

Email _____

Please complete the below information for grant and funding purposes:

County, Town or City of residence: _____

Health Insurance Provider: _____

If your emergency contact has changed, please contact cherylw@saratogaseniorcenter.org to update.

☐ Enclosed is a check payable to the *Saratoga Senior Center*.

☐ Please charge my credit card. Card# _____ Exp. _____ CVC _____

Signature _____

If you have already renewed your membership for 2026, thank you! Please disregard this invoice.

Return by mail or in person to –

Saratoga Senior Center | 290 West Avenue, Suite 1 | Saratoga Springs, NY 12866

(518) 584-1621 | saratogaseniorcenter.org

A MESSAGE FROM PRESIDENT AND CEO

Jill Johnson VanKuren



Dear Friends,

November is a time when gratitude takes center stage. At Saratoga Hospital, we are thankful for the older adults who bring so much wisdom, care, and strength to our community.

This season is an important reminder to take steps to stay healthy. The flu and cold season is upon us, so please consider getting your flu shot and keeping up with any routine screenings. These simple actions can help you enjoy the holidays with peace of mind.

As gatherings begin, I encourage you to embrace the connections that make this season meaningful. Whether through family, friends, or programs at the senior center, staying socially engaged is one of the best ways to support your health and well-being.

On behalf of Saratoga Hospital, thank you for the many ways you enrich our community. We wish you a warm and healthy Thanksgiving.

Sincerely,

Jill J. VanKuren

President and CEO, Saratoga Hospital

Saratoga Hospital Senior Wellness Series

This session will occur at the Saratoga Senior Center, in the Dining Room

To register, call 518-584-1621

Move More, Live Better: Safe & Simple Ways to Stay Active

Thursday, November 20, 2025

1:30 - 2:30 p.m.

Discover easy ways to stay active and feel your best—no gym required! This fun, practical class offers simple strategies to add movement into your daily routine, wherever you are. Learn gentle exercise routines, balance-boosting moves, and tips to help you stay strong, steady, and independent with **Randy Russom, PT**, from Saratoga Hospital's Regional Therapy Center.

November To-Do Checklist:

As flu season and winter weather near, here's a handy checklist to help you stay prepared this winter!

- ☐ Get your flu shot
- ☐ Check your home heating or schedule a check - make sure it's working well
- ☐ Refill any medications before bad weather hits
- ☐ Keep warm clothes handy - coats, gloves, socks, etc.
- ☐ Set up a check-in plan with family, friends, or neighbors
- ☐ Pick up a few extra groceries and supplies, just in case
- ☐ Stay social - call, chat, or visit with loved ones
- ☐ Write down important phone numbers and keep them visible