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Saratoga Senior Center

NEWSLETTER DECEMBER 2025



Your December \$15 Monthly Activity Fees are FREE

Happy Holidays from Home of the Good Shepherd!

This is your month to try something new for FREE

It's renewal time! Renew your membership today to enjoy all the Center has to offer in 2026!

See inside for some members benefits.



December Solomon's 70

Thank you to the Alfred Z. Solomon Charitable Trust for the grant that allowed us to provide 65+ free or discounted programs and trips in 2025.

Songs & Stories of Broadway's Best Composers

Monday, December 8 | 1:30pm | \$3 | RSVP

In this engaging lecture and performance program, you'll explore the fascinating lives and success stories of one of Broadway's most renowned composers - Cole Porter. Enjoy live vocal performances from some of his most iconic music from shows like: Anything Goes and KISS me Kate. Plus, songs from the Great American Songbook.

Saratoga During the Gilded Period

Presentation by Charlie Kuenzel

from the Saratoga Springs History Museum

Tuesday, December 9 | 9:30am | FREE | Open to Public

Saratoga was the number one tourist destination in the 1800's. We were the "playground" for the ultra rich and famous during the Gilded Period. During this period in history we built the largest hotels and added incredible activities like racing and casino gambling and many of these assets are what still define our city today. Take a step back in time and learn what the impact of the Gilded Period was on Saratoga's development.

Historic Holidays Presentation with the Saratoga County History Center

Friday, December 19 | 9:30am | \$3 | RSVP

Learn how holidays have evolved over time. View images of past festivities and see holiday-related objects. Participants are encouraged to share their own holiday memories of Christmas, Hanukkah, Independence Day, Halloween, Thanksgiving, and other holidays important to them.

December Van Trips | See inside for more details

The Hyde Collection - December 5 - Schenectady Festival of Trees - December 12 | Circle B Ranch Sleigh Ride - December 23

Holiday Fun at the Center

Member Holiday Party

Monday, December 15 | 1:30pm | \$15 | RSVP

Join us for live holiday tunes from Chris Dollard and Tim Wechgelaer, and a delicious hearty lunch provided by Refresh Kitchen. Play holiday games and enjoy the best part of the season: spending time with friends. Decorations supported by the Alfred Z. Solomon Charitable Trust.

Gingerbread House Workshop

Tuesday, December 2 | 9am | \$5 | RSVP

Come and make your own gingerbread house for the holidays!

This workshop is provided by Operation Gingerbread.



Holiday Breakfast Social with Centers Health Care

Tuesday, December 16 | 9:30am | \$5 | RSVP

Get into the Holiday spirit with a fun and relaxing morning featuring a delicious free breakfast and cozy hot cocoa provided by Centers Health Care. Enjoy a photo booth, Holiday songs, and hangout with friends. Chat with the friendly Centers Health Care staff if you have questions.

Holiday Cookie Decorating

with Home of the Good Shepherd

Friday, December 12 | 2pm | \$5 | RSVP

Join the fabulous activities directors from Home of the Good Shepherd for a festive afternoon of holiday cookie decorating! While you decorate your cookies, relax and enjoy a cozy holiday movie that will be chosen by the group.

Supported By

Holiday Markets Around the World

Live Virtual Travel Tours to France, Czech Republic, and Mexico. See inside for more details.

Holiday Shops at the Center & Gift Wrapping

Thursday, December 4 | 1pm-4pm | Open to the Public

Come find unique and special gifts from our wide array of local vendors offering everything from ornaments, holiday decor, jewelry, and treats to premium NYS Craft Distillery products and local wine. Plus, volunteer "elves" from Goldman Sachs Ayco will be providing **complimentary gift wrapping**! Bring in your Black Friday finds or get those new treasures from the shops wrapped for you.

Thank you to our newsletter sponsors for their continued support!



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Hours: Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | saratogaseniorcenter.org

Dine-in Dinner with Olde Bryan Inn

Monday, December 8 | 5:30 pm | \$13

Dinner includes chicken cordon bleu, mashed potatoes, and a vegetable.


Dine in Dinners

Dine-in Dinner with Prime

Tuesday, Decmber 16 | 5:30 pm | \$13

Dinner includes garden salad, roast turkey with gravy, roasted butternut squash, green beans, mashed potaotes, & rolls with butter

Supported By



More December Happenings!

FREE Flu Shot Clinic *administered by Shifa Pharmacy* | **Thursday, December 4 | 12pm-4pm | RSVP**
Shifa Pharmacy will be hosting a convenient drop-in flu vaccination clinic at our Center. While the clinic is drop-in, we kindly ask that you sign up in advance to help us get an accurate count by calling our front desk at (518) 584-1621. Please remember to bring your insurance card and a photo ID on the day of the clinic to receive your shot.

Senior Center Writers Circle *facilitated by Joyce Rubin* | **Monday, December 8 | 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. **Following their class in December they will be selling their books at the center from 12pm-2pm and the proceeds benefit the Center!**

Poetry/Storytelling Open Mic | **Friday, December 12 | 1pm | Please sign up | Open to the public** | \$5 suggested donation | This months featured poet will be Elaine Handley, 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.

Annual Board Meeting | **Thursday, December 11 | 5pm**

Book Club | **Tuesday, December 30 | 3pm | Please sign-up** The book for December is The Existential Worries of Mags Munroe by Jean Grainer.

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 (518)584-1621 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.

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.

The Helayne & Grace Dog Therapy Team Present: What is Dog Therapy? | **Tuesday, December 9 | 1pm-2pm | Drop-In** | This class is designed to help you understand the world of animal-assisted therapy. You will learn the key differences between therapy dogs, service dogs, and emotional support dogs, discuss the physical and psychological benefits of dog therapy, and explore its history. Conclude the session by meeting and petting Grace, a certified therapy dog who works weekly at Saratoga Hospital, to experience the enjoyment of dog therapy firsthand!

***NEW* Discover Live | FREE**
Travel the world with a live virtual guided tour at the Center with “Discover Live”! Escape to new and exciting destinations and learn about different cultures, food, and traditions.
- **Friday, December 12 at 10am | Holiday in Strasbourg, France**
- **Wednesday, December 17 at 11am | Holiday in Prague, Czech Republic**
- **Thursday, December 18 at 2:30pm | Holiday in Mexico City, Mexico**
These programs were made possible by the NYS Office for the Aging.

Legal Tuesdays – Herzog in the House | Tuesday, December 23 | 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.

Pinochle | Wednesdays | 9am-12pm | Partner single deck, double deck, six hand double deck. Join the fun!

Rummikub | Thursdays | 1pm | FREE | Please sign-up *facilitated by Maggie Priest until 12/11 then group will meet without a facilitator* | 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.

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 1 | 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, Decem-ber 15** | This is a community of people impacted by Parkin-son’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 | Tues-day, December 9 & 16** | Aging comes with unique expe-riences 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)

Cross Stitching *facilitated by Maggie Priest* | **Friday, De-cember 5 & 12 | 9am** | *\$10 material fee for the series* | Must sign up, seating limited. Come join Maggie, our Human Services intern from SUNY Empire, to learn the basics of cross-stitching! Students will get to work on and complete a simple and small cross-stitch project: a small cross-stitch stocking ornament. Cross-stitch techniques, safety, and skills will be explored. Let your creativity run free!

Gourd Ornament Workshop *facilitated by Tim Sauter* | **Tuesday, December 9** | 9:30am-11:30am | *\$30 material fee* | Add a personal touch to your holiday decorating ex-perience. Join Tim Sauter to make colorful gourd orna-ments. Tim will share his ideas and examples. Use paint, metallic markers, and other art materials to make unique ornaments ready to hang on your tree, or to use as gifts for friends and family!. **Please sign up, seating is limited.**

Fused Glass Ornaments *facilitated by Meryl Davis* | **Wednesday, December 10** | 1pm | *\$12 material fee* | Join us for a relaxed and creative workshop where you can ex-plore the art of fused glass. In this class, you’ll design col-orable ornaments by layering and arranging glass peices, which will be kiln-fired into sparkling keepsakes . **Please sign up, seating is limited.**

Tin Can Snowman *facilitated by Gillian Wilson* | **Thurs-day, December 11 | 12:30pm** | *\$5 material fee* | Trans-form empty tin cans into adorable winter friends! You will learn simple painting and decorating techniques to create unique snowmen, complete with painted faces, cozy fabric scarves, and buttons. A fun, beginner-friend-ly class focusing on creative upcycling. **Must sign up, seating limited.**

Take a look at some of the member benefits for 2026!

- Up to 50% off SPAC shows (ballet & orchastra)

- 10% off Proctors, UPH, & Repertory Theater shows (blue and yellow seats only) ask our staff about this benefit!

- \$7 per month off of the Unlimited Wash Club at Hoffmans Car Wash (Ask staff to sign up)

- Free legal advice

- Free pastries

- Free internet and computer usage

- Free tech assistance

- & so much more!

Visit www.saratogaseniorcenter.org, visit the front desk or call our front desk at (518)584-1621 to renew!

Winter Scene Candle Holder *facilitated by Gillian Wilson* | **Thursday, December 18 | 12:30pm** | *\$8 material fee* | Capture the beauty of a snowy day! You will learn how to paint serene winter scenes (trees, falling snow, gentle hills) onto glass candle holders. Perfect for adding a soft, festive glow to your home. No prior painting experience needed. **Must sign up, seating limited.**

Watercolor Workshop *facilitated by Susan Peters* **Monday, December 22, 10am** | *\$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.**

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!

- Horseshoe Bar & Grill for our delicious dine in dinner.

Centers Health Care for supporting our dine in dinner.

Alfred Z. Solomon Charitable Trust for supporting our historical programs & trips for our 70th Anniversary year.

Home of the Good Shepherd & Organize Senior Moves for sponsoring our housing crawl & our Presidents Club cocktail reception.

All non-profits involved in our Veterans Day Celebration.

Grant Cottage for their informative presentation.

Home of the Good Shepherd for supporting and providing lunch for our volunteer luncheon.

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.

Hannaford for allowing us to be the recipient of the November community bag program.

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.

Hoffmans Car Wash, Proctors, Impressions, Dark Horse, Darling Doughnuts, and Saratoga Olive Oil for providing discounts to our members for our 70th Anniversary year!.

Franklin Square Market for our round up campaign at the store all year round.

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 December***

Hyde Collection | Glens Falls, NY | Friday, December 5 | Explore the magnificent Hyde House and enjoy a guided tour of the permanent collection which spans 6,000 years of art, featuring masters like Rembrandt, Picasso, and Van Gogh. Your visit will also include the current special exhibits focusing on the compelling genre of still life, such as *A Feast of Fruit and Flowers: Women Still Life Painters* and other unique works. Experience a remarkable collection of art and history. After, enjoy lunch at Talk of the Town Restaurant and Pizzeria. ***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.***

Schenectady Festival of Trees | Schenectady, NY | Friday, December 12 | The Festival of Trees features 70+ artistically decorated fir trees. Local artists, businesses, and non-profits have come together to turn the galleries of SCHS into a land of wintertide enchantment, and they warmly invite you to come stroll! When you stop in, be sure to vote for your top choices in 9 categories, including cutest, most glamorous, and most creative trees! After, enjoy lunch at Manhattan Exchange. ***Pay \$15 at sign up. Bring lunch money. Leave the Center at 9:15am. Return about 2:45pm. 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.

Quick Response Holiday Lights | Round Lake, NY | Thursday, December 18 | Prior to enjoying the lights enjoy a visit with Santa, snacks, hot cocoa, and activities in the Quick Response building. Then, enjoy a festive ride through the Quick Response Holiday Lights in Round Lake! The displays include the Candy Factory, Tumbling Gingerbread Men, Santa's Sleigh with Reindeer Team, Busy Elves, and A Patriotic Salute. ***Pay \$10 at sign up. Leave the Center at 5pm. Return about 7:30pm.***

Lunch Bunch: Artisanal Brew Works | Saratoga Springs, NY | Friday, December 19 | Indulge in award-winning craft beers and amazing cuisine from Nature's Edge Bistro, featuring local ingredients. Plus, stroll through their beautiful Festival of Lights on the hiking trail, featuring 50 decorated holiday trees supporting local charities. It's the perfect way to unwind and celebrate the season! ***Pay \$5 at sign up. Bring lunch money. Leave the Center at 11:30am. Return about 2:15pm.***

Circle B Ranch Sleigh Rides | Chestertown, NY | Tuesday, December 23 | Enjoy a group sleigh ride pulled by magnificent Belgian Draft Horses, Jack & Daniels, as they guide you through scenic snowy fields and woods. Following the ride, you'll warm up by making s'mores! The trip includes a boxed lunch from Refresh Kitchen (choose between turkey, chicken caesar wrap, or veggie wrap—each comes with chips and water). Feel free to bring a blanket for extra warmth on this winter adventure with friends! **Pay \$50 at sign up. Must be able to get in and out of the sleigh on your own. Leave the Center at 10:45am. Return about 3pm.** Discounted admission fee thanks to the Alfred Z. Solomon Charitable Trust.

Proctors Van Trips

All of our current Proctors van trips are sold out! If you were interested in any of the shows please call and add your name to the waiting list. Stay tuned for end of 2026 shows!

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?

**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

Journey through the Netherlands, Belgium & France: Canals, Champagne & Culture
June 12-22, 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 Holiday Get-Together Breakfast**

Wednesday, December 17 | 9am-10am | [RSVP](#) | *Facilitated by Ryan of Collette Travel & Kyleigh and Hailey from the Center* | Join us for a relaxed and casual Collette Traveler's Holiday Breakfast! Enjoy coffee, light breakfast and conversation as we bring our travel community together. If you traveled with Collette, come share your favorite stories and connect with fellow adventurers. This is also the perfect opportunity for anyone, new or returning, interested in 2026 or 2027 trips to review upcoming options, ask questions, and spark excitement for your next great journey.

December Educational Presentations- Free & Open to the Public

MVP Medicare Presentation *presented by MVP* | **Monday, December 1 @1pm** | **RSVP** | Join MVP for their informative presentation to discuss 2026 MVP Medicare Advantage options for those who are Medicare Eligible in Saratoga County.

Anxiety, Depression, and Stress: The Warning Signs and Management for Each *presented by Home Instead, Maria Spagnola, Client Care Manager* | **Friday, December 5 @1:30pm** | **RSVP** | For older adults, depression often goes along with anxiety, and both can be debilitating, reducing overall health and quality of life. These are common problems among older adults but they're not a normal part of aging. Learn how to recognize the warning signs of both, and how to combat each of these through this phase of life.

Cybersecurity and the Art of Beekeeping *presented by Rick Cobello, former Chief Information Security Officer for a NY State Agency* | **Monday, December 8 @9:30am** | **RSVP** | This presentation is the juxtaposition of bees and how it relates to Cybersecurity. He will demonstrate some of the tools of beekeeping and how important it is for our food supply. The connection between bees and how your personal information is protected is an intriguing story. There maybe some honey involved in this story too!

The Gift of Life: An Informational Discussion About Blood & Organ Donation supported by William J. Burke & Sons Funeral Home | **Tuesday, December 9 @3pm | RSVP** | Representatives from Connect Life will be here to provide information on the importance of blood and organ donation and how it can help others, as well as give you information on how you can give.

Preparing for a Home Sale: From Decluttering to the Sale *presented by Drabek Homes, Kristin Drabek* | **Wednesday, December 10 @2:30pm | RSVP** | Learn home sale prep tips from Kirstin Drabek, a Real Estate Broker specializing in senior real estate (which means she works with clients primarily aged 55 and older) and probate real estate, and Sheilah Sable, owner of Call Sheilah! Move In/Move Out Specialists, who handles all moving logistics, downsizing, and estate clearing/sales.

What's Bugging You As You Age? *presented by Barry Loffredo* | **Thursday, December 11 @1pm** | **RSVP** | Group brainstorming, solutions for the problems we face, and learn from others.

Chronic Pain *presented by Boston Scientific* | **Thursday, December 11 @2:30pm** | **RSVP** | SNACKS and discussion on new innovations to help seniors.

Wills Vs. Trusts presented by Herzog Law Firm, Phil Vacchio | **Tuesday, December 16 @3pm | RSVP** | In order to create the right estate plan, you first need to know your options. This seminar provides a look at the similarities and differences between Wills and different kinds of Trusts as well as how these documents affect long-term care options down the road.

Senior Guide to Stress-Free Downsizing *presented by Organize Senior Moves* | **Wednesday, December 17 @2:30pm** | **RSVP**
| Join Michelle Kavanaugh (20+ years' experience) for an informative presentation on stress-free downsizing and rightsizing. Learn practical tips, professional organization strategies, and helpful new ways of thinking about your belongings, whether you're moving or simply paring down. Meet the expert and ask your questions!

The Importance of Self-Reflection as We Get Older *presented by Home Instead, Maria Spagnola, Client Care Manager* | **Thursday, December 18 @1:30pm** | **RSVP** | Learn how gratitude, forgiveness and self-awareness play a role in our physical and mental wellness- appropriate topics as we gear up for the holiday season!

The Anti(Inflammatory) Diet: Part 1 *presented by Core Restore Nutrition, Sara Brown PT, DPT, MS, CNS* | **Thursday, December 18 @3pm | RSVP** | Inflammation is at the root of just about every chronic disease, as well as most symptoms we experience, such as pain, fatigue, digestive issues, poor energy and difficulty losing weight. Join Sara, a Certified Nutrition Specialist and Physical Therapist, as she gives specific and practical tips you can immediately use to begin to take back control of your health. A second lecture will be to follow early in 2026 to continue the discussion, so stay tuned!

Palliative Care Listening Session with Kara Travis | Friday, December 19 @1:30pm | RSVP Required | Kara is the Director of the new State Health Department “Center for Hospice and Palliative Care”. She is coming to listen to our staff and volunteers discuss our Senior Life Transitions program, an innovative palliative care team effort in our Support Services department.

Comfort, Dignity, and Choice: What Palliative Care Really Means *presented by Saratoga Hospital, Dr. Ayesha Sooriabalan*
Monday, December 22 @3pm | RSVP | Discover the true essence of palliative care! Join Dr. Sooriabalan from the hospitals Palliative Care team to explore how you can make your voice heard. Learn what truly matters to you and create personalized care plan that aligns with your goals, ensuring dignity and choice for every individual and their family.

Holiday Giving Tree!

Help the Center this holiday season in spreading kindness to seniors in need.



Our Giving Tree will be set up throughout December and we are seeking new items like cozy hats, warm mittens, soft scarves, socks, and gift cards.

Bring your contribution to the front desk, and every item will be delivered to a senior in need this holiday season.

We appreciate everyone who participates and gives to make this season brighter for those who need it most!

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 December

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

Donation Request

On your next shopping trip... we are in need of brown paper bags for our food bank. Please drop donations off at the front desk.

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 (Not on 12/22 & 12/29)	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 (Not on 12/24)	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Advanced Clay
9am: Beginner Chinese Mahjong	9:30am: Mahjong	9am-12pm: Poker (Not on 12/24)	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Mexican Dominoes
9:30am: Walking Club	10am: Meditation (Not on 12/30)	9am: Pinochle (Not on 12/24)	10am: Ukulele	10am:Healthy Bones*
9:30am: Beginner Spanish	11am: Gentle Yoga	9:30am: Mosaics (Not on 12/24)	11am: Foodbank (Not on 12/25 moved to 12/23	11am: Scrabble
10am:Healthy Bones*	12pm: Lunch*	9:30am-12:45pm: Rug Hooking (Not on 12/24)	12pm:Lunch*	11am: Memory Cafe (1st Friday)
10am: Chair Yoga (Not on 12/29)	12pm-3pm: Intermediate Clay Arts	10am: Knit & Crochet (Not on 12/24)	12:30 pm: Chinese & American Mahjong	11am: Caregiver Support Group (2nd Friday)
10:30am: Saratoga Library (Monday, Dec 8)	12:15pm: SS Stability (Not on 12/30)	10am-11am: Zumba	12:30pm: Qi Gong	11:30am: Slow & Steady Yoga Flow
12pm: Lunch*	12:30pm: American Mahjong	12pm: Lunch*	1pm-4pm: Billiards League	12pm: Lunch*
12:30pm: Bridge	1pm-4pm: Billiards League	1pm: Belly Dance	1pm: Rummikub	1pm: SilverSneakers Circuit (Not on 12/26)
1pm: Resistance Bands (Not on 12/29)	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)				

**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

December 2	9am: Gingerbread House Workshop	December 15	1:30pm: Member Holiday Party 2:30pm: Parkinsons Support Group
December 4	12pm: Flu Shot Clinic 1pm: Holiday Shops 1pm: Free Gift Wrapping	December 16	9:30am: Holiday Breakfast Social with Centers Health Care 2pm: Aging Gracefully 5:30pm: Dine in Dinner (Prime)
December 5	9am: Cross Stitching Workshop (Day 1) 11am: Memory Cafe	December 17	9am: Collette Holiday Breakfast 11am: Discover Live: Holiday in Prague, Czech Rebuplic 5pm: Polar Express Movie Night
December 8	9am: Writers Circle 10:30am: Saratoga Library 1:30pm: Songs and Stories of Broadway 5:30pm: Dine in Dinner (OBI)	December 18	12:30pm: Winter Scene Candle Holder Workshop 2:30pm: Discover Live: Holiday in Mexico City, Mexico
December 9	9:30am: Gourd Ornament Workshop 9:30am: Saratoga During the Gilded Period 1pm: What is Dog Therapy? with Helayne and Grace 2pm: Aging Gracefully 2pm: Grief and Loss	December 19	9:30am: Historic Holiday Presentation
December 10	1pm: Fused Glass Ornament Workshop	December 22	10am: Watercolor Workshop
December 11	12:30pm: Tin Can Snowman Workshop 5pm: Annual Board Meeting	December 23	9am: Legal Tuesday 2pm: Grief and Loss
December 12	9am: Cross Stitching Workshop (Day 2) 10am: Discover Live: Holiday in Strasbourg, France 11am: Alzheimer’s Caregiver Support Group 1pm: Poetry/Storytelling Open Mic 2pm: Holiday Cookie Decorating	December 25	Closed - Christmas Day - Merry Christmas from our staff to you and your family!
		December 30	3pm: Book Club
		January 1	Closed - New Years Day

SENIOR CITIZENS CENTER OF SARATOGA SPRINGS, INC.
2025 ELECTION OF BOARD OF DIRECTORS BALLOT
ANNUAL MEETING: DECEMBER 11TH 5:00 PM

Vote for up to two (2) nominees by placing an "X" in the area to the left of the name. Ballots with more than two (2) votes cast will be void. Ballots returned without a name and signature of an active Senior Center member will be void.

Nominations from the Board of Directors:

- ☐ **Tommy Uccellini (1st term)**
- ☐ **Mary Lentini (2nd 1 year term extension); Governance and Fundraising Committees**

Bios:

Tommy Uccellini – Senior Managing Director at United Group of Companies, Tommy previously served on the Saratoga Senior Center's Board of Directors for more than 11 years and is now returning after a brief hiatus. He has contributed significantly through his work on the Capital Campaign/Building Committee and the Fundraising Committee.

Mary Lentini – A realtor, Mary has served on the Board of Directors since 2016. She actively serves on the Governance and Fundraising Committees.

Please remit to Saratoga Senior Center of Saratoga by December 10th, 2025.

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

Printed Member Name

Signature



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. <ul style="list-style-type: none">• 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,

December invites us to reflect on the past year and to celebrate the joys of the holiday season. For our community's seniors, this is a time to both cherish traditions and look ahead at opportunities a new year will bring.

At Saratoga Hospital, we are committed to being your partner in health every step of the way. As we prepare for 2026, we are especially focused on programs and services that support older adults, helping you maintain independence, stay active, and live well.

The holiday season can also bring moments of stress or loneliness. Please know you are not alone, and there are resources at both the hospital and the senior center to provide support, connection, and encouragement.

From all of us at Saratoga Hospital, I wish you a joyful holiday season and a healthy, fulfilling New Year.

Warm Regards,

Jill J. VanKuren

President and CEO, Saratoga Hospital





ALBANY MED Health System

SARATOGA HOSPITAL

Saratoga Hospital Senior Wellness Series

All sessions will occur at the Saratoga Senior Center, in the Dining Room

To register, call 518-584-1621



Comfort, Dignity, and Choice: What Palliative Care Really Means

Monday, December 22, 2025

3:00 - 4:00 p.m.

Discover the true essence of palliative care! Join **Dr. Ayesha Sooriabalan** from Saratoga Hospital's Palliative Care team to explore how you can make your voice heard. Learn what truly matters to you and create a personalized care plan that aligns with your goals, ensuring dignity and choice for every individual and their family.

Stay Active This Winter!

Cold weather doesn't have to mean slowing down. Stay healthy and energized with these simple ideas:

- **Move Indoors:** Try chair yoga, light stretching, dancing to music, or walking laps inside your home or a mall. Light weights or resistance bands help maintain strength.
- **Step Outside Safely:** Dress in layers, wear non-slip shoes, and choose cleared paths for short walks in fresh air.
- **Boost Balance & Flexibility:** Practice standing on one foot while holding onto a sturdy and secure surface or do gentle stretches each morning.
- **Stay Motivated:** Join an online class, find an exercise buddy, or set small daily goals. Staying active supports strength, mood, and independence all winter long!