

Saratoga Senior Center

NEWSLETTER OCTOBER 2026

No tricks, just treats from CDPHP! Brew up some fun and try something new this October, your \$15 activity fee is on CDPHP!



Annual Open House
Saturday, October 24 | 9am-2pm | Free & Open to the Public
Membership Special: \$10 for the remainder of 2026 if you renew for 2027.
Please join us for a sampling of all the Center has to offer!

- **9-1pm:** Tours of the Center, Tarot Card Readings, Vendor Tables, Saratoga Hospital Interactive Element, Stewarts Ice Cream, Large Outdoor Games, Poker, Billiards, Ping Pong, YMCA tours with touch board game and wellness table.
- **9-10am:** A Gilded Saratoga Springs Presentation by Charlie Kunzuel
- **10-11am:** Drabek Homes Presentation - Preparing for a Home Sale, Zumba Class
- **10-12pm:** Watercolor Workshop
- **11am-12pm:** Herzog Law Presentation - Navigating the Long-Term Care Continuum: Resources for Caregivers,
- **11am-12pm:** Qigong Class
- **12-1pm:** Lunch by Home of the Good Shepherd
- **1-2pm:** MyRosalie Presentation - Stronger Minds, Stronger Connections: Mental Health & Free Peer Support

Title Sponsor: 

Interactive Sponsors:  ALBANY MED Health System
SARATOGA HOSPITAL

 HERZOG
LAW FIRM

 myRosalie



Medicare Insurance Expo

Friday, October 9 | 1:30pm-3pm | FREE & Open to the Public

1:30pm: Updates to Medicare for 2027 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.

Nascentia - CDPHP - MVP - WellCare - United Health Care - Aetna - Devoted Health

October Fun at the Center

Dine in Dinner - Rustic Pizza

Monday, October 19 | 5:30pm | \$13

Dinner includes ziti, garlic bread, caesar salad, dessert

Supported by 

Songs and Stories Of Broadway's Best Composers

Thursday, October 29 | 2:30pm | \$5

Lecture and performance program. Explore the life and stories of one of Broadway's most renowned composers, Irving Berlin. Enjoy live vocal performances from some of his most iconic shows like: Annie Get Your Gun, White Christmas, and more! Education, entertainment and sing-a-long!



Saratoga Arts made this program possible through the Community Arts Regrant program, funded by the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature.

Dine in Dinner - Horseshoe Inn Bar & Grill

Wednesday, October 28 | 5:30pm | \$13

Dinner includes meatloaf, mashed potatoes, a vegetable, dessert.

Supported by 

Trivia Night

Monday, October 26 | 5:30pm | \$8

Join us for fun, friendly competition, prizes, and pizza bites.

Supported by 

Native American Story Telling with James Bruchac

Friday, October 23 | 1:30pm | \$12

Join James Bruchac from the Ndakinna Education Center for Native American Storytelling. Hear traditional legends, native philosophy, regional native history, local lore and more! Enjoy classic campfire treats, including PB&J sandwiches, pigs in a blanket, and s'more snacks.

Evenings and Weekend Openings in October!

Made possible by The Saratoga Foundation

Make the most of your membership with more opportunities to enjoy the Center! Our expanded evening and weekend hours continue throughout the year giving you more time to connect, try something new and take part in the programs you love.

Open Mondays | 4pm-7pm

- **Drop in Poker and Billiards**
- **Legal Monday | October 5 & 26 | 3pm-6pm | See Inside for Details**

Tuesday Nights | 4pm-6:30pm

- **Evening Clay Arts | See Arts Section Inside for Details**

Open Saturday, October 17 | 10am-1:30pm

- **518 Reptiles | 10:30am-12pm | \$5 per person | Open to Family & Friends** | Educational reptile show provided by Mark from 518 Reptiles. Learn about snakes, scorpions, & more! Learn the details of their habitat, their diets and more. You will even have the chance to hold some of these animals if you wish.
- **Brain Games to Keep the Mind Young** | sponsored by CDPHP | **12:30pm-1:30pm** | Looking to improve your creativity, attention span, memory, or problem-solving skills? Join certified stress consultant Barbara Stevens to learn how brain games can reduce stress and keep your brain working at its maximum power. You'll leave with new ideas to continue this vital practice in your everyday life.
- **Spanish "Fun Festival" | 10:30am-11:30am** | Drop by to discuss and test drive online resources, listen to Spanish music, and play Spanish Scrabble and Bingo. Meet our students and teacher, browse books, links, and handouts.
- **Drop in Poker, Billiards, and Board Games**

Center Closed Monday, October 12 in Observance of Indigenous Peoples' Day

Fall/Halloween Fun at the Center

Mason Jar Decorating with Trail Mix Bar Friday, October 16 | 1:30pm | \$15 material fee

Decorate your own fall mason jar while enjoying music. Once your jar is complete, fill it up at our trail mix bar featuring ingredients like pretzels, candy corn, dried cranberries, and more! Afterwards, stop by our recipe card station to jot down what's in your custom mix. Relax with friends, get creative, and take home a sweet fall treat!



Halloween Breakfast Friday, October 30 | 9am | \$10

Kick off Halloween weekend with a delicious breakfast including cinnamon rolls, mini muffins, mini quiche, hash browns and more! Test your sweet tooth with friends in a fun game of "Guess the Candy Bar." It is the perfect way to start the day on a sweet note. Costumes or festive attire are encouraged!

Murder Mystery

Friday, October 23 | 11am | \$5

facilitated by Peregrine Senior Living



Someone has been murdered... and everyone is a suspect! Join us for mystery, clues, secrets, and surprises as you work together to uncover the killer. Can you crack the case before it's too late? Come play detective and see if you can solve the mystery! Apple cider and cider donuts provided.

Supported by  Peregrine Senior Living

Halloween Movie

Friday, October 30 | 1:30pm

Enjoy the movie Beetlejuice alongside popcorn and cider. It's a pre-Halloween treat to get you in the spooky spirit before Halloween day begins!

Get Empowered: Embrace Your Mental Well-Being

Mental well-being is an important part of aging well, and it is something we can strengthen at every stage of life. Join us for a free, three-part workshop series created especially for older adults. This series is designed to be experienced as a whole—the more sessions you attend, the more you'll take away.

Session 1: Mental Well-Being: What You Need to Know (Thursday, October 8 @2pm-3:30pm)

Session 2: Tips and Strategies to Effectively Communicate About Mental Well-Being (Thursday, October 15 @2pm-3:30pm)

Session 3: Utilizing Self-Care Strategies to Empower Your Mental Well-Being (Thursday, October 22 @2pm-3:30pm)

Enjoy light snacks and drinks during each program. Space is limited; must register. Sign ups are in-person only.

This project is supported by a Grant of the Mother Cabrini Health Foundation

Monthly Technology Programs

IBM SkillsBuild Account Set Up Class | Tuesday, October 6 | 1:30pm-2:30pm

IBM SkillsBuild Drop-In Session, supported by the National Council on Aging. Build digital confidence and explore free online courses. Create a free account, navigate the platform, and find courses tailored to your personal or professional goals. Bring a laptop/tablet and headphones, and note that these sessions focus on interactive online learning rather than general device troubleshooting.

Drop in Tech Assistance Day facilitated by Stillwater High School Students

Thursday, October 8 | 11:30am-1pm | Drop in to ask your questions on your iPhone, iPad, computers and more with students from Stillwater High School.

One-on-One Tech Assistance

Appointments available Monday-Wednesday. Call the front desk (518)584-1621 to make your private appointment.

October Educational Presentations- Free & Open to the Public

Home Safety Made Simple: Empowering Seniors to Age in Place Safely presented by Home Instead | Tuesday, October 6 @1pm | **Must sign up** | Most older adults want to remain in their own homes for as long as possible. This presentation helps participants identify common household hazards and learn simple ways to reduce the risk of falls, injuries, and emergencies. Using a room-by-room approach, we'll discuss practical modifications and safety strategies that can help individuals maintain their independence, comfort, and confidence at home.

MVP Medicare Presentation presented by MVP, Jeffrey Brooks | Tuesday, October 13 @2pm | **Must RSVP** | Join MVP for their informative presentation to discuss 2027 MVP Medicare Advantage options for those who are Medicare Eligible in Saratoga County.

CDPHP Medicare Presentation presented by CDPHP, Audrey Choiniere | Tuesday, October 20 @9:30am & Thursday, October 29 @1pm | **Must RSVP** | The presentation will discuss 2027 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. The Medicare Annual Enrollment Period runs every year from October 15 to December 7, allowing anyone already on Medicare to change Medicare Advantage (Part C) or Part D drug coverage, with changes taking effect January 1 of the following year.

What's Bugging You As You Age? presented by Barry Loffredo | Tuesday, October 20 @1:30pm | **Must RSVP** | Group brainstorming, solutions for the problems we face, and learn from others.

Navigating the Journey presented by Nascentia Health | Friday, October 23 @9:30am | **Please sign up** | Learn about Managed Long Term Care with Brandee Holmes, Regional Outreach Coordinator & Licensed Agent of Nascentia Health.

Investing 101: What Every Investor Should Know presented by Saratoga Financial Services | Tuesday, October 27 @10am | **Please sign up** | This educational class will simplify the basics of investing and explain how stocks, bonds, and cash work together in a portfolio. We'll discuss managing risk, dealing with market volatility, and creating an income stream throughout retirement.

Weekly Programming

MUST SIGN UP FOR PROGRAMS MONTHLY - \$15 monthly unlimited class fee.
ReNew Active & Silver Sneakers member -swipe in to waive monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am-10am: Tai Chi	8am-12pm: Poker	8:45am: Senior Life	8:30-10:30am:	8am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: SS Classic -	Transitions Team Mtg.	Women's Billiards	9am-12pm: Advanced
9am-12pm: Beginner	Joyce	(1st Wednesday)	10am-10:45am SS	Clay
Chinese Mahjong	9am: Salsa/Bachata Dance	8am-12pm: Poker	Classic	9am-12pm: Mexican
9:30am: Walking Club	Class	9am-12pm: Pinochle	10am-12pm: Ukulele	Dominoes
9:30am: Beginner	9:30am-12pm: Mahjong	9:30am-12pm: Mosaics	11am: Foodbank	10am:Healthy Bones*
Spanish	10am-11am: Meditation	9am-12:45pm: Rug	12pm:Lunch*	11am-1pm: Scrabble
10am:Healthy Bones*	11am-12pm: Gentle Yoga	Hooking	12:30 pm-3:30pm:	11:30am: Slow &
10am: Chair Yoga	12pm: Lunch*	10am-12pm: Knit &	Chinese & American	Steady Yoga Flow
12pm: Lunch*	12pm-3pm: Intermediate	Crochet	Mahjong	12pm: Lunch*
12:30pm-3:30pm: Bridge	Clay Arts	10am-11am: Zumba	12:30pm-1:30pm: Qi	1pm-2pm: SS Circuit
1pm: Resistance Bands	12:15pm-1:15pm: SS Stability	10:30am: Saratoga	Gong	1pm-3:30pm:
1pm-2pm: Let's Talk	12:30pm-3:30pm: American	Library (Wed, Oct. 14)	1pm-4pm: Billiards	League (One table
About It Peer Discussion	Mahjong	12pm: Lunch*	League on this day will	be dedicated to
Group	1pm-4pm: Billiards League	12pm-4pm: Canasta	beginners)	1pm-3pm: Rummikub
1pm-4pm: Billiards	1pm-4pm: Canasta	1pm-2pm : Bingo		
League	4pm-6:30pm: Evening Clay	1pm-2pm:Strength w/		
3pm-7pm: Poker	Arts	Aidan		
		1pm-4pm: Billiards		
		League		

*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.

Support and Peer Groups

Memory Cafe | 11am-12:30pm | 1st Friday of every month (Oct 2) | A social engagement program for people living with dementia and their caregivers.

Alzheimer's Caregiver Support Group | 11am-12:30pm | 2nd Friday of every month (Oct 9)
 Being a caregiver can present exhausting challenges and take a significant toll on your health. 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.*

Death Cafe facilitated by Rita Fatula, DNP, RN (retired) **2pm-3:30pm | Tuesday, October 6 & 20** | Have you experienced the death of someone close to you? What was that like? What would a good death look like? How would you be of support to a dying friend? Buy something at the cafe in the Center or bring a lunch or snack to enjoy during the discussion.

Let's Talk About It Peer Discussion Group| Mondays | 1pm | New members welcome! (formerly Chit Chat)
 Come and engage in conversation with other members. Each week different conversation topics are covered and discussed.

Parkinsons Support & Discussion Group facilitated by Gordon Blyth & Marie Thorne | **2:30pm | Monday, October 19** | 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.

Saratoga Hospital Bariatric Support Group | Monday, October 5 | 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!

Caregiver Support Group facilitated by Elisebeth Garofalo **2pm | Thursday, October 15** | Caregiving looks different for everyone. Whether you're supporting an aging parent, a partner, a neighbor, or a dear friend, you don't have to carry it alone. Join us for courageous conversations through peer support and empowerment, in a warm and welcoming space. All caregivers are welcome.

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. *This program is supported by Herzog Law Firm.*
- Community Connections:Volunteers can assist with transportation to medical appointments, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- Volunteer Companion for Medical Visits: We can provide transportation & advocacy : help you condense your history so your doctor has more time to talk to you, help you understand what they are saying, and help you express your concerns.
- 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.

2026 Bus Trips - Open to the Public

Turning Stone Casino, NY | Wednesday, November 4 | Enjoy a day on your own to do whatever you'd like weather that be gaming, luxury spas, enjoying the restaurants and more! Every traveler can choose between \$25 in Freeplay or a Bingo credit, plus a \$5 meal credit to use at their dining venues. Once you've signed up, our staff will reach out to collect the necessary details. **Trip Cost:** \$45 per person

New York City, NY | Wednesday, December 9 | There is no place quite like NYC during the holidays! Spend a day on your own shopping at the winter village in Bryant Park, visiting the tree at Rockefeller Center, or experience a magical performance at Radio City Music Hall. Whatever you choose, it is sure to be a wonderful day!

Trip Cost: \$69 per person



Bus Trips Supported by ADK Trust Company Lend-A-Hand Grant.

As we begin planning our 2027 bus trips, we want to hear from you! The next time you visit the Center, please stop by our suggestion box and let us know where you'd love to travel next year. Your ideas help shape our upcoming adventures!

Van Trips ***Van trips will begin sign-ups on the first of the month for October***

Erie Canal Cruise | Herkimer, NY | Thursday, October 8 Erie Canal Cruise through Lock 18- Join us for a wonderful day along the historic Erie Canal starting in Herkimer! We'll begin the lunch at the Waterfront Grill, followed by an afternoon cruise on the Lil' Diamond down the Erie Canal. Sit back, relax, and enjoy beautiful scenery experiencing a fascinating piece of New York's canal history along the way. Sure to be a fun day on the water! **Pay \$50 at sign up. Bring lunch money. Leave the Center at 10am. Return around 4:30pm. Sign ups for this trip close on Monday, October 5th at 2pm.**

Schuyler Mansion State Historic Site | Albany, NY | Friday, October 9 | Step back in time with a visit to the Schuyler Mansion State Historic Site, the beautifully preserved 18th century home of Revolutionary War General Philip Schuyler and a landmark of New York history. Guests will enjoy a guided tour of this historic mansion before heading to Common Roots Albany Outpost for lunch and an opportunity to socialize with friends while enjoying a delicious meal. **Pay \$14 at sign up. Bring lunch money. Leave the Center at 9:45am. Return around 3pm.**

Dunning Street Cemetery Walking Tour | Malta, NY | Wednesday, October 14 | Start your morning with a delicious breakfast at The Ugly Rooster before stepping back in time on a guided walk through the historic Dunning Street Cemetery. Presented by the Brookside Museum as part of their Spotlight on Malta History series, this tour is led by Malta Town Historian Tom Williams and highlights the resting places of Revolutionary War veterans and early local residents. **Pay \$5 at sign up. Bring breakfast money and \$10 suggested donation for Brookside Museum. Leave the Center at 10:30am. Return around 3pm.**

VAN TRIP POLICIES

Van trips are for members only.

- There are no refunds for van or bus trips unless canceled by the Center.
- All return times for our van trips are approximate. We do not guarantee a return time to the Center.

Liberty Ridge Farm Fall Festival | Schaghticoke, NY | Friday, October 16 | Spend a day enjoying the Farm's fresh fall air. Get lost in the 10-Acre Corn Field Maze, catch entertaining shows, play in the barnyard, pick pumpkins and grow memories! After you've worked up an appetite, stop by the Barnyard Grill and Sweet Shop to grab a bite to eat. Don't forget cider donuts and souvenirs from the Market Barn on the way out! With over 30+ attractions and shows, there are fun farm activities for all. **Pay \$32 at sign up. Bring lunch money. Leave the Center at 9:30am. Return around 2pm.**

Lunch Bunch: Lakeside Farms | Ballston Lake, NY | Monday, October 19 | Lakeside Farms is a local destination offering a blend of country charm, delicious homemade meals, and seasonal farm-fresh products. Known for apple cider donuts, fresh-baked pies, and the country store, the farm provides a wonderful place for visitors to enjoy. **Pay \$10 at sign up. Bring lunch money with you. Leave the Center at 11:30am. Return around 2:30pm.**

Fall Yarn Crawl | Friday, October 23 | Calling all yarn lovers! Join us for a fun-filled Yarn Crawl as we visit Cece's Wool, The Spinning Room and Thistle Be Perfect shop, where you'll have plenty of time to browse, shop and find some new inspiration for your next project. Enjoy lunch at Flightline Pub, making this a perfect outing for fiber enthusiasts and anyone who enjoys a day of shopping, good food and great company. **Pay \$30 at sign up. Bring shopping and lunch money with you. Leave the Center at 10am. Return around 3:45pm. Disclaimer: One of the stores requires stairs to get inside and is not accessible.**

2026 Van Trips Supported by Saratoga Casino Hotel



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.

Hell's Kitchen | Thursday, December 31, 2026 | 1:30 pm | \$100 per person | A hit musical inspired by the life, music, and community of 17-time Grammy® Award-winning Alicia Keys. The story follows Ali, a 17-year-old full of fire, as she searches for freedom, passion, and her place in the world. Along the way, she meets a transformative mentor, her dynamic family, and the neighborhood that helps her grow.

The Wiz | Thursday, February 25, 2027 | 1:30 pm | \$97 per person | Based on L. Frank Baum's The Wonderful Wizard of Oz, The Wiz reimagines Dorothy's journey in a contemporary African-American context, blending soul, gospel, rock, and 70s funk into its iconic score.

Proctors Van Trips Continued

Mama Mia | Thursday, April 8, 2027 | 1:30 pm
\$100 per person | Mamma Mia!™ is a feel-good, ABBA-powered musical set on a Greek island paradise, following a bride-to-be's quest to discover her father before her wedding.

Just In Time | Thursday, June 3, 2027 | 1:30 pm | \$100 per person | New jukebox musical set in 1960s-style nightclubs that brings to life the story of Bobby Darin, the legendary singer whose short but remarkable journey took him from teen idol to global sensation.

Phantom of the Opera | Thursday, June 24, 2027 | 1:30 pm | \$108 per person | A romantic melodrama set in the Paris Opera House in the late 19th century, the musical follows Christine Daaé, a gifted young soprano, who is both mentored and obsessively pursued by the mysterious Phantom, a disfigured, masked genius who lives in the underground labyrinth beneath the opera house. The Phantom, hiding his scars, manipulates the opera's affairs, sabotages rivals, and threatens Christine's love interest, Raoul, her childhood friend.

collette 2027 & 2028 Trips

Painted Canyons of the West

May 16-24, 2027
 Book Now Save By 11/16/2026

Journey through the Netherlands, Belgium & France: Canals, Champagne & Culture

June 12-22, 2027
 Book Now Save By 11/13/2026

Discover Switzerland, Austria and Bavaria

September 18-27, 2027
 Book Now Save By 3/19/27

Colors of Morocco

October 14-27, 2027
 Book Now Save By 3/15/2027

Irish Splendor

November 5-12, 2027
 Book Now Save By 5/6/2027

Christmas on the Danube

December 13-21, 2027
 Book Now Save By 12/14/2026

NEW Tropical Costa Rica

January 24 - February 1, 2028
 Book Now Save By 7/24/2027

NEW Treasures of Egypt

February 24 - March 7, 2028
 Book Now Save By 8/25/2027

Ready to book your next adventure? Reach out to Hailey at (518) 584-1621 ext. 2007 or haileyb@saratogaseniorcenter.org. We'll handle all the details so you can focus on packing!

****NEW** Collette Travel Information Session | Tuesday, October 6 | 11am** | facilitated by Matt of Collette Travel Please RSVP | You're invited to an informational travel slideshow presentation and Q&A at the Center to learn more about Christmas on the Danube & Costa Rica.

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

Watercolor Workshop facilitated by Bodo Storm | **Tuesday, October 6, 9:30am** | \$5 material fee | Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike.

Stamping Workshop facilitated by Helen Mastrion | **Wednesday, October 7, 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.

Zentangle Tassel Wooden Bookmarks facilitated by Kathleen Larmon | **Thursday, October 8 | 10am** | \$5 material fee | Zentangle is usually a small, abstract piece of art made by drawing structured, repeating patterns called tangles, one deliberate stroke at a time. It can help us relax, reduce stress, and focus our minds.

Paint & Snack facilitated by Chris Knite | **Tuesday, October 13 & 27, 9:30am** | \$8 material fee per class | Paint whatever inspires you on your own canvas! Bring a favorite snack to share with the group while you mingle, snack, and create.

Beading Workshop facilitated by Jerry Matthews | **Thursday, October 8 @1pm & Monday, October 19 @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.

Funded in part by Saratoga Arts Community Arts Regrant program, funded by the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature.

Teacup Mosaics facilitated by Meryl Davis | **Wednesday, October 14, 21 & 28 | 1pm** | \$15 material fee for series | Turn a charming half teacup into a one-of-a-kind piece of mosaic art! Using colorful stained glass, you'll create a whimsical design that can be displayed as wall art. *This class is for those with prior mosaic experience.*

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.

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.

Advanced Handbuilding Clay Arts facilitated by Chris Knite | **Fridays, 9am-12pm** | \$20 material fee per month.

Evening All Level Handbuilding Clay Arts facilitated by Kristina Kline | **Tuesdays, 4pm-6:30pm** | \$15 material fee per month | Whether you're a beginner starting your first project or an experienced student looking to finish pieces from your daytime classes, this session offers the perfect space to create. New participants are always welcome. Join us to explore handbuilding techniques.

Must sign-up for all art classes as setting in our art room is limited. Thank you!

Support the Center!

Discounted Hoffman Car Wash Tickets



Give your car the refresh it deserves. Grab a Ultimate Hoffman Car Wash ticket for just \$15. Every ticket purchased supports the Center's programs. Stop by the front desk to get yours!

Donation Request

On your next shopping trip...we are in need of **new** brown paper lunch bags and plastic gallon, quart, and sandwich bags for our food bank. Please drop donations off at the front desk.

Looking for a Meaningful Way to Give Back?

Do you know a grandchild, neighbor, college student, high school student home for the summer, or anyone looking to make a difference in just a few hours each month? The Saratoga Senior Center is always looking for caring volunteers to help our community thrive. Whether it's:

- Providing one-on-one technology assistance
- Visiting with members and offering friendly companionship
- Helping with transportation or driving
- Assisting at special events and programs

There's a volunteer opportunity for every interest and schedule, and every hour makes a meaningful impact.

Interested? Contact Danielle LaBelle, Volunteer Coordinator, at Ext. 2008 or DanielleL@saratogaseniorcenter.org.

Take a Look at 2026 Member Perks & Join Today!

- \$10 off a senior membership to the Brookside Museum
- 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 CarWash (Ask staff to sign up)
- Free Wednesdays at the Saratoga YMCA (must present a valid ID before entering the Y)
- Free internet and computer usage
- Free tech assistance
- Free legal advice

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.
- **Free Table:** 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.***

Thank You!

- The Embassy Suites Diamond Club Restaurant and Olde Bryan Inn for our delicious dine-in dinners.
- Home of the Good Shepherd for sponsoring our Fall Picnic
- All of our table sponsors for the Fall Picnic
- Centers Health Care for sponsoring the Ice Cream Social.
- Centers Health Care for sponsoring our Long Term Care Planning Expo.
- All sponsors involved in the Long Term Care Planning Expo.
- All of our wonderful presenters for their informative presentations.
- The Childrens Museum for their Grandparents Day event.
- Pitney Meadows for the free vegetable pop-up.
- Herzog Law Firm for providing Legal Mondays and Tuesdays.
- Supporters of our SLT program.
- YMCA for free Wednesdays in 2026.
- The Saratoga Rotary for supporting programs at the Center.
- Saratoga Casino Hotel Foundation for supporting our van trips.
- National Council on Aging/IBM for our Tech SkillsBuild Grant.
- Saratoga Foundation for supporting our evening and weekend programming.
- Dottie Pepper & David Normoyle.
- National Council on Aging's Mental Wellbeing Grant.
- Price Chopper, Golub Foundation, Saratoga County Capital Resource Corp., Braodview, Berkshire Bank Foundation, and Soraptimist for grants to help support the Center.
- MVP for providing licensed Medicare agents to be available at the Center.

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

October Happenings!

****NEW** Caffe Lena on the Road | Thursday, October 1 | 1:30pm-2:30pm | Please RSVP** | Enjoy a performance by Grammy-winning roots musician and historian Dom Flemons. A co-founder of the groundbreaking Carolina Chocolate Drops, Flemons brings a century of American song to life through a dynamic blend of country, blues, bluegrass, and folk. The multi-instrumentalist virtuoso, skilled on banjo, guitar, harmonica, jug, and bones, weaves powerful storytelling with masterful musicianship. Celebrated for his Grammy-nominated album *Traveling Wildfire*, his performance bridges history, culture, and music in an unforgettable live show.

****NEW** Intergenerational Game Day | Wednesday, October 7 | 11:30am-12:30pm | Please RSVP** | Join us for an exciting Intergenerational Game Day, hosted in collaboration with the YMCA, where you can connect through friendly competition. Challenge your friends to engaging games like Scrabble Bingo, Yahtzee Slots, Taboo Charades, and Trivial Pursuit Generations. Enjoy a fresh slice of pizza donated by 9 Miles East while you play!

****NEW** Shifa Pharmacy Flu Shot Clinic | Friday, October 9 | 10am-4pm | Please sign-up** | Come and get your flu shot at the Center. Sign up for a 10 minute appointment to get your flu shot at the Center! Please bring your insurance card.

Poetry/Storytelling Open Mic | Friday, October 9 | 1pm | Please sign up | Open to the public | \$5 suggested donation | Write a haiku or haibun in honor of someone who has passed away. Participants are invited to share a poem, story, or personal reflection. Each open mic participant will have up to five minutes max to read, narrate, or perform their piece (one long poem, or two short). Come to share or simply to listen and enjoy.

Legal Monday & Tuesday – Herzog in the House | Monday, October 5 & 26 @3pm-6pm | Tuesday, October 27 @9am-12pm | FREE | Must sign-up | Herzog Law Firm will be onsite at the Center. 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.

Discover Live | 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.

- Tuesday, October 13 at 2:30pm | Barbados, Caribbean
- Wednesday, October 21 at 11am | London, England
- Tuesday, October 27 at 1:30pm | Delhi, India - Diwali Celebration Tour

These programs were made possible by the NYS Office for the Aging.

Investment Club facilitated by Christopher VanBuren CFP CPWA LVW Advisors | **2nd Wednesday of every month (Oct 14) | 10:30am-11:30am | Please RSVP** | Curious about investing or wondering what today's market headlines really mean? Join us for a relaxed, interactive discussion where we'll cover topics that matter most, from current market trends and retirement income strategies to investment management and personal finance. No experience is necessary, just bring your curiosity and questions.

****NEW** Book Mending Workshop with Saratoga Children's Literacy League | Monday, October 19 3pm-5pm | Please sign-up** | Come join us for a Book Mending Workshop with Saratoga Children's Literacy League! We will clean and make minor repairs to prepare children's books for the Clifford and Ollie's Book Bus. No experience necessary!

Tarot Card Reading facilitated by Mary Shimp
Tuesday, October 20 | 10am-2pm | Must RSVP | \$5 donation suggested. Curious about what the future may hold? Receive a personalized 15-minute reading and gain insight into life's questions in a thoughtful, one-on-one setting.

Book Club | Tuesday, October 27 | 3pm | Please sign-up | The book for October is *Texas Lucky* by Sandra Brown.

Salsa/Bachata Dance Class facilitated by Qwin Pisacane | **Tuesdays | 9am-10am | Please RSVP** | This class will teach the basic steps to salsa and bachata dancing. Traditionally social partner dances popular in Latin America, these styles are perfect for beginners. No experience or partner are required for this class.

Billiards Tournament | Last Wednesday of Each Month Starting at Noon | Held on the last Wednesday of every month. They are a friendly crew that welcomes players of all skill levels to step up to the table, meet new people, and enjoy some friendly competition. Whether you're a regular or a first-timer, come join the fun!

Billiards for Beginners | Thursdays | 1pm-4pm | We're reserving one table every Thursday for beginners or anyone looking to sharpen their skills. Plus, advanced player John is offering free 30-minute lessons! If you'd like to schedule a lesson with John, please call the front desk.

Intermediate/Advanced Guitar Workshop | Wednesdays | 1:30pm - 3pm | Starting on September 23 running through December 9 | facilitated by Ray Giguere | Further develop your blues and folk guitarist skills in this workshop. Enjoy instructor-guided finger style lessons designed for intermediate players – no formal music theory is needed. Attend this event within the first two weeks to join the class.

Beginner/Intermediate Guitar Workshop | Thursdays | 2pm - 4pm | facilitated by Joe Urkevich | Ready to strum your favorite classics? This beginner and intermediate group learn timeless hits from the '60s, '70s, and '80s while exploring individual chords and the "why" behind every song structure. Because each class begins with a quick review of previous material, new members are welcome to join at any point!

Medicare & Insurance Information | Did you know that Medicare Advantage plans include extra benefits and services focused on your total health? To learn more, stop by the Center and chat with a licensed Medicare Advantage Agent. **MVP office hours:** Thursday, October 15 from 8am-4pm.

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

Improver Country Line Dance Lessons with Kevin Richards | Wednesdays in October | 2:30pm | Must RSVP
Line Dance Lessons for anyone with experience who has previously attended a Beginner Program.

Beginner Country Line Dance Lessons with Kevin Richards | Wednesdays in October | 3:30pm | Must RSVP
Basic lessons for First Timers and Beginners only, learn from the first step!

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Hours: Monday 8am-7pm | Tuesday-Friday 8am-4pm.

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