Saratoga Senior Center

NEWSLETTER **NOVEMBER 2026**

Autumn Soiree Fundraiser at the Center

Monday, November 16 | 5:30-8pm | $60 per person

Let's party for a great cause! We're bringing your community together for an epic night packed with savory gourmet bites, Little Lucy's open bar with signature sips, and live music by Tim Wechgelaer! Everyone is invited, so bring your friends, family and neighbors. Grab your tickets today by calling (518)584-1621 or visit our website to purchase.

Celebración del Día de los Muertos
(Day of the Dead Celebration)
Monday, November 2 | 1:30pm | $8
Sign up today to kick off November on a fun note!
You won't want to miss it.

Enjoy Mexican hot chocolate, sugar cookies, chips & salsa, and tastings of ¿Por Qué No?, as we honor tradition and celebrate the memories of loved ones who have passed. Watch the animated film *The Book of Life* and design custom sugar skulls. Bring a photo of a loved one who passed to place on our "Altar of Memories" and write a keepsake letter in their honor.

Friendsgiving
Monday, November 23 | 2pm | $13

You're invited to a Friendsgiving feast! Join our community and staff for a holiday meal filled with all the classic comfort foods, including turkey, potatoes, mac and cheese, green bean casserole, and many more traditional side dishes. Enjoy live music by Rick Russo. Celebrate the joy of togetherness. We look forward to sharing this special holiday with you!

Supported by WILLIAM J. BURKE & SONS BUSSING & CUNNIFF, INC. FUNERAL HOMES

Sipping for Seniors | Thursday, November 19 | 11am-9:30pm | Bailey's - 37 Phila St.

Support the Center at our "Sipping for Seniors" Fundraiser. 20% of food and drink sales all day and 100% of bartender tips from 5pm-9:30pm (tip big!) will be donated to the Center. Make sure you mention this fundraiser to your server!

Supported by KeyBank

Veterans Day Breakfast

VETECARE Offered by ADVOCATE HEALTH AND HOSPITALS

Monday, November 9 | 9am-11am | Open to the Public

MARQUIS

Free for Veterans and their spouse | $5 per person for additional community members

Join us as we honor those who have served with a morning of breakfast sandwiches from 9 Miles East, community connection, veterans resources, informative presentations and patriotic music by Ken Blatt.

Volunteer Thank You Luncheon | Tuesday, November 10 | 1pm | RSVP

The Center has amazing volunteers. If you are one of them that has volunteered in 2026 please join us as we say a massive thank you with a luncheon held in your honor! Enter to win free raffle prizes. Please RSVP for this event to our Volunteer Coordinator, Danielle, at Daniellel@saratogaseniorcenter.org

Lunch provided and supported by Home of the Good Shepherd

Evenings and Weekend Openings in November!

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 | November 9 | 3pm-6pm | See Inside for Details**
- **Drum in Joy | Monday, November 30 | 4pm-5pm | $5 |** Chelsie Henderson of EarthBeat Music invites you to learn 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.

Tuesday Nights | 4pm-6:30pm

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

Open Sunday, November 15 | 12pm-3pm

- **Fourgettables Quartet Performance | 2pm-3pm | $5 |** Enjoy a performance packed with timeless hits from The Beatles, Beach Boys, Everly Brothers, and John Denver. Blending beloved sing-along classics with lighthearted humor, they're sure to brighten your day and leave you humming your favorite tunes!

  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. SARATOGA ARTS
- **Spanish "Fun Festival" | 1pm-2pm |** 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**

Don't Forget to Renew Your 2027 Membership Today!

Center Closed Wednesday, November 11 in Observance of Veterans Day & Thursday, November 26 in Obervance of the Thanksgiving Holiday

November Dinner & Trivia Night

Dine in Dinner - Olde Bryan Inn
Tuesday, November 17 | 5:30pm | $13
Dinner includes roasted garlic lemon rosemary gravy over chicken, mashed potatoes, and a vegetable.

Supported by WILLIAM J. BURKE & SONS BUSSING & CUNNIFF, INC. FUNERAL HOMES

Trivia Night
Monday, November 23 | 5:30pm | $8
Join us for fun, friendly competition, prizes, and pizza bites.

Supported by CDPHP A plan for life.

Early December Fun

Holiday Member Breakfast at the Embassy Suites
Monday, December 7 | 8:30am-10am | $25
Registration ends 11/30/26
Enjoy a Holiday Member Breakfast in the Embassy Suites' Skidmore Room! Indulge in an all-you-can-eat buffet featuring omelets, waffles, pancakes, French toast, breakfast meats, fresh fruit, pastries, and beverages. Registration is required through the Center. Van transportation from the Center is available on a first-come, first-served basis, all other guests must arrange their own transportation. Space is limited, so sign up today!

Supported by KeyBank

Save the Date - Holiday Shops at the Center
Saturday, December 12 | 11am-2pm
Open to the Public
Save the Date for Holiday Shops at the Center. Interested vendors should contact Program Director, Hailey Brooks, at haileyb@saratogaseniorcenter.org by 12/4 to secure a spot. Keep an eye out for our December newsletter to learn about special, member-only activities taking place the day of the event!

Supported by Trinity Health

End of the Year Member Meeting | Thursday, November 5 | 11:30am

Join us for our End-of-Year Member Meeting! This is your opportunity to share what you loved about this year's activities, discuss areas for improvement, and pitch ideas for new programs or trips you'd like to see on next year's calendar. Bring your feedback, questions, and ideas to help us shape the year ahead!

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 (Friday, November 13 @9am-10:30am)
Session 2: Tips and Strategies to Effectively Communicate About Mental Well-Being (Friday, November 20 @9am-10:30am)
Session 3: Utilizing Self-Care Strategies to Empower Your Mental Well-Being (Friday, December 4 @9am-10:30am)

Space is limited; must register. Sign ups are in-person only.
This project is supported by a Grant of the Mother Cabrini Health Foundation

November Educational Presentations- Free & Open to the Public

Medicare Education with Minich MacGregor Wealth Management | Monday, November 2 @11:30am | Must sign up
Join MinichMacGregor Wealth Management for a Medicare Education Event and get clear, straightforward answers to your Medicare questions. We'll cover key topics to help you maximize your healthcare coverage and reduce your expenses. Sandwiches will be provided.

CDPHP Medicare Presentation *presented by CDPHP, Audrey Choiniere* **| Thursday, November 5 @1pm and Tuesday, November 10 @10am | 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.

MVP Medicare Presentation *presented by MVP, Jeffrey Brooks* **| Tuesday, November 24 @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.

Clutter, Collecting or Hoarding? Knowing the Difference *presented by SSC Member Ray Mailoux, Sponsored by Centers Health Care* **| Friday, November 6 @1pm | Must RSVP |** Join us for an engaging presentation exploring common myths and truths about hoarding. With complimentary Panera Lunch!

November Happenings!

****NEW** Learn to Play American Mahjong** *facilitated by Qwin Pisacane* **| Mondays | 12pm-1pm |** Interested in learning American Mahjong? Join our Center intern, Qwin, for a fun, beginner-friendly introduction to the basics of this classic tile game in a relaxed, easygoing setting!

****NEW** PumpeD Up Fitness Class | Tuesdays | 1:30pm-2:15pm |** *facilitated by Maresa Bowen* **| (No class 11/10) |** A fun, encouraging exercise class designed for individuals with Parkinson's disease, though all are welcome! Open to any fitness level, classes combine functional strength, balance, agility, and boxing-inspired movements to build confidence in everyday motion while connecting with a supportive community.

Investment Club *facilitated by Christopher VanBuren CFP CPWA Six Point Financial Partners* **| Wednesday, November 4 | 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** Shifa Pharmacy Flu Shot Clinic | Monday, November 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.

Legal Monday & Tuesday – Herzog in the House | Monday, November 9 @3pm-6pm | Tuesday, November 24 @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.

Poetry/Storytelling Open Mic | Friday, November 13 | 1pm | Please sign up | Open to the public | $5 suggested donation | Write a list poem to thank someone. 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.

****NEW** Fathers & Sons Book Talk with Editor Jim DeVoe | Friday, November 13 | 2:30pm | Please RSVP**
Join us for a heartfelt presentation on *Fathers and Sons: A Tip of the Hat*, a collection of 22 personal memoirs honoring post-WWII fathers. Discover rich family stories of sacrifice, humor, and resilience, brought to life through over 130 historical photos and original artwork. Q&A to follow discussion. Books and artwork prints will be available for purchase and signing.

Tarot Card Reading *facilitated by Mary Shimp*
Tuesday, November 17 | 10am-3pm | 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.

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, November 10 at 2:30pm | Capitol Hill, Washington, DC
- Wednesday, November 18 at 11am | Split, Croatia
These programs were made possible by the NYS Office for the Aging.

****NEW** Providence Senior Living Community Visit Thursday, November 19 | 12pm-1:30pm |** Providence Senior Living will be hosting an informational table in the Community Area. Members are welcome to stop by to connect with their team and receive valuable resources.

Intergenerational Game Day | Wednesday, November 4 | 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!

Book Club | Tuesday, November 24 | 3pm | Please sign-up | The book for November is *Statistically Speaking* by Debbie Johnson.

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 (No group on 11/25)| *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!

Holiday Greeting Card Bundles are Coming! | Starting on Monday November 23rd, the Center will have Holiday Cards available for purchase through December. Holiday cards will be in packs of 10 for $1/ per pack. The cards will be bundled into categories, religious Christmas, secular Christmas, Huanukkah & general holiday greetings.

9 Miles East is Open at the Center! | 9 Miles East Cafe is officially open at the Center with extended full-time hours! Stop by to check out their full menu of delicious, made-to-order meals and quick grab-and-go options. Be sure to visit the cafe counter today to explore their full selection and ask about their exact hours of operation!

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

2026 Bus Trips - Open to the Public

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 ***Supported by*** Home of the Good Shepherd

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 second of the month for November*****

Troy Savings Bank Music Hall Music @Noon | Troy, NY | Tuesday, November 10 | Enjoy a Music at Noon performance featuring Julia Alsarraf. Known across the Capital Region for her vulnerability and razor-sharp wit, Alsarraf delivers a captivating set blending contemporary folk, indie pop, and rock. Afterwards, we'll head over to Laine's Cafe to enjoy a relaxing lunch together. ***Pay $10 at sign up. Bring lunch money. Leave the Center at 11:15am. Return around 3:30pm.***

Baileys Lunch to Support Sipping for Seniors | Saratoga, NY | Thursday, November 19 | Head to Bailey's to support our "Sipping for Seniors" fundraiser! Whether you ride with us for lunch or visit on your own anytime during the day or evening, 20% of all food and beverage sales will go back to the center. Plus, 100% of bartender tips from 5:00 PM to 9:30 PM will be donated to our Center! ***Pay $5 at sign up. Bring lunch money. Leave the Center at 12pm. Return around 2:15pm.***

Empire State Aerosciences Museum | Glenville, NY | Friday, November 20 | Celebrate Aviation Month with us! We'll kick off the morning with a delicious breakfast at the Glenville Queen Diner before soaring into history at the Empire State Aerosciences Museum. You'll explore interactive indoor galleries, historic aircraft replicas, and an impressive outdoor Air Park featuring over 20 restored military aircraft like the F-14 Tomcat. Plus, experience the thrill of flight in the Simulated Reality Vehicle simulator and browse the museum gift shop before we head back. ***Pay $20 at sign up. Bring breakfast money. Leave the Center at 8:30am. Return around 1:45pm. Registration for this trip ends 11/6.***

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.

Lunch Bunch: Plum Blossom | Troy, NY | Monday, November 23 | Trip to Plum Blossom Chinese Restaurant in Troy! Enjoy classic Chinese lunch favorites, generous portions, and great value alongside good company. ***Pay $10 at sign up. Bring lunch money. Leave the Center at 11:30am. Return around 3pm.***

Vermont Country Store & Mildred's Table and Dairy Bar | Weston, VT | Monday, November 30 | Take a trip back in time as we travel to Weston, Vermont, to explore the iconic Vermont Country Store! Founded in 1946, this classic destination is filled with rural charm, Vermont-made goods, penny candies, and unique nostalgic treasures. Afterward, grab a delicious meal at Mildred's Table & Dairy Bar, featuring homestyle comfort food, light bites, and classic Vermont maple creemees. ***Pay $25 at sign up. Bring lunch & shopping money with you. Leave the Center at 8:30am. Return around 3pm.***

USS Slater | Albany, NY | Wednesday, November 18

All Aboard the USS Slater! USS Slater tours immerse you in a fully restored 1945 destroyer escort, guided by knowledgeable staff who share stories of the ship's service and daily sailor life. Beyond the guided walk-through, visitors see weapons, living quarters, engineering spaces, artifacts, and hands-on stations that recreate daily life aboard a WWII destroyer escort. Our group will enjoy a 30-minute guided tour of the main deck with no ladders to climb! After, enjoy lunch at City Line Bar & Gril. ***Pay $16 at sign up. Bring lunch money with you. Leave the Center at 9am. Return around 1:30pm.***

2026 Van Trips Supported by Saratoga Casino Hotel

Proctors Van Trips

PROCTORS Collaborative

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 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.

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.

collette 2027 & 2028Trips

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!

Collette Travel Information Session *facilitated by Stacy Manny, Collette Travel* **| Tuesday, November 10 | 11:30am Please RSVP |** Come meet our new Collette representative, Stacy, and discover some exciting travel opportunities! She will be sharing details on two trips: Painted Canyons of the West (book during the session to lock in $200 off before November 16!) and Christmas on the Danube. Come with questions and get to know Stacy as she begins visiting us more regularly!

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

Micro Mosaic Jewelry *facilitated by Meryl Davis* **Wednesday, November 4 | 1pm |** *$5 material fee* | Micro Mosaics involves using small pieces of glass or beads and setting into a pendant frame.

Watercolor Workshop *facilitated by Bodo Storm* | **Monday, November 9 & 16 | 10am |** *$5 material fee per class* Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike.

Paint & Snack *facilitated by Chris Knite* **Tuesday, November 10 & 17 | 9:30am |** *$8 material fee per class* Enjoy a relaxing, stress-free morning to paint, free-draw, or experiment with new art techniques at your own pace! Bring a favorite snack to share as we mingle, chat, and create together.

Stamping Workshop *facilitated by Helen Mastrion* **Wednesday, November 18 | 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 Holiday Cards *facilitated by Kathleen Larmon* **| Thursday, November 19 | 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.

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.

Beading Workshop *facilitated by Jerry Matthews* **| Monday, November 23 & 30 @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.

Fused Glass Ornaments *facilitated by Meryl Davis* **Wednesday, December 2 | 1pm |** *$10 material fee* | Fused glass involves melting different pieces of glass together in a kiln to create unique designs. We will be using two 4x4" tiles to make festive ornaments perfect for unique gifts or tree decorating.

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!

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 | Wednesday, November 4 | 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 | Wednesday, November 4 | 3:30pm | Must RSVP
Basic lessons for First Timers and Beginners only, learn from the first step!

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 Transitions Team Mtg. **(1st Wednesday)**	8:30-10:30am: Women's Billiards	8am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: SS Classic - Joyce	8am-12pm: Poker	10am-10:45am SS Classic	9am-12pm: Advanced Clay
9am-12pm: Beginner Chinese Mahjong	9am: Salsa/Bachata Dance Class	9am-12pm: Pinochle	10am-12pm: Ukulele	9am-12pm: Mexican Dominoes
9:30am: Walking Club	9:30am-12pm: Mahjong	9:30am-12pm: Mosaics (No class 11/25)	11am: Foodbank (11/26 foodbank moved to 11/24)	10am:Healthy Bones*
9:30am: Beginner Spanish	10am-11am: Meditation	9am-12:45pm: Rug Hooking	12pm:Lunch*	11am-1pm: Scrabble
10am:Healthy Bones*	11am-12pm: Gentle Yoga	10am-12pm: Knit & Crochet	12:30 pm-3:30pm: Chinese & American Mahjong	11:30am: Slow & Steady Yoga Flow
10am: Chair Yoga	12pm: Lunch*	10am-11am: Zumba	12:30pm-1:30pm: Qi Gong	12pm: Lunch*
10:30am: Saratoga Library (Nov 9)	12pm-3pm: Intermediate Clay Arts	12pm: Lunch*	1pm-4pm: Billiards League (One table on this day will be dedicated to beginners)	1pm-2pm: SS Circuit (No class 11/27)
12pm: Lunch*	12:15pm-1:15pm: SS Stability	12pm-4pm: Canasta	1pm-3pm: Rummikub	1pm-3:30pm: Beginner Clay
12pm-1pm: Learn to Play American Mahjong Class (No class 11/9)	12:30pm-3:30pm: American Mahjong	1pm-2pm : Bingo		1pm-4pm: Billiards League
12:30pm-3:30pm: Bridge	1pm-4pm: Billiards League	1pm-2pm:Strength w/ Aidan		
1pm: Resistance Bands	1:30pm-2:15pm: PumpeD Up (No class 11/10)	1pm-4pm: Billiards League		
1pm-2pm: Let's Talk About It Peer Discussion Group	4pm-6:30pm: Evening Clay Arts			
1pm-4pm: Billiards League				
3pm-7pm: Poker (Not on 11/16)				

**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 (Nov 6) | 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 (Nov 13)
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, November 17 | 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, November 16** | 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, November 2 | 6pm-8pm | The Bariatric Support Group is for patients who have gone through bariatric surgery or are considering surgery. No need to register, just show up!

Caregiver Support Group *facilitated by Elisebeth Garofalo*
2pm | Thursday, November 12 | 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.

Start Renewing for 2027 Today & Take a Look at 2026 Member Perks!

- $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 Wendesdays at the Saratoga YMCA (must present a valid ID before entering the Y)
- Free internet and computer usage
- Free tech assistance
- Free legal advice

** *Please note that these perks are subject to change for 2027 while we finalize details with our partners. Stay tuned for the official 2027 perk updates!***

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 sandwhich 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.

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!

- Rustic Pizza and Horseshoe Inn Bar and Grill for our delicious dine-in dinners.
- MVP for sponsoring our Rustic Pizza dine in dinner.
- CDPHP for sponsoring our CDPHP dine in dinner.
- Burke Funeral Home for sponsoring our Trivia Night.
- Peregrine Senior Living for sponsoring and hosting our Murder Mystery program.
- Home of the Good Shepherd for being the Title Sponsor at our Annual Open House.
- Saratoga Hospital, Herzog Law, MyRosalie, & Drabek Homes for sponsoring our Open House.
- Charlie Kuenzel for your informative presentation at Open House.
- Home of the Good Shepherd for sponsoring our Salem MA Bus Trip.
- All insurance companies involved in our Medicare Insurance Expo
- All of our wonderful presenters for their informative presentations.
- 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.
- 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., Broadview, Berkshire Bank Foundation, and Soroptimist 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'!

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