

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

Non Profit,
U.S. POSTAGE PAID
Permit No. 120

Saratoga Senior Center
NEWSLETTER

DECEMBER 2019

**MEMBER HOLIDAY PARTY
TUESDAY, DECEMBER 10TH
1:00pm - 3:00pm. \$5, Please RSVP**

Let's celebrate the holidays together by mixing and mingling while enjoying live entertainment, food and friends! **RSVP to the Front Desk**

- Live music by Michael Panza & Friends.
- Guest appearance by Kelsey Dodd
- Light Buffet
- BYOB! Bring your favorite beverage!



**HOLIDAY FESTIVITIES
BRUNCH BUFFET AND MUSIC
FRIDAY, DECEMBER 20TH**

- 9:30am - 11:00am: Brunch Buffet \$3. *Please sign up*
- 10:00am: State of the Center: Annual Member Meeting.
- 11:00am: Holiday Sing-a-long with Garland Nelson & Friends



**"HOLIDAY" CHEF DINNER at the Center - "Prime at Saratoga National"
Wednesday, December 11th, Dinner served promptly at 5:30pm. Sponsored by Centers Healthcare**

Enjoy dinner at the Center cooked by chefs from Prime at Saratoga National. Chicken Milanese -mozzarella, spinach, red peppers served with roasted potatoes, salad, coconut cream pie. *Sign up at front desk. \$10 per person, members only.*



HOLIDAY COOKIES FOR SALE AT THE CENTER

Cookies are a great gift during the holidays, but who has the time to bake? You have choice of authentic Italian cookies from Sal & Jerry's of Brooklyn and locally made holiday cookies from The Bread Basket. Purchase your cookies from the front desk. Cookies will be available early December.



MEMORY CAFE - "A HOLIDAY GATHERING"

Friday, December 13th, 11-12:00pm. Free. Open to the Public.

A Memory Cafe is a social gathering of individuals living with changes in their thinking or memory and their caregivers, family, and friends. It is a place to relax, have fun, and meet others. We will enjoy refreshments, listen to classic holiday songs, and decorate cookies



**"A GANGSTER'S PARADISE: SARATOGA SPRINGS FROM PROHIBITION TO KEFAUVER"
Presented by Greg Vietch, Friday, December 13th, 1:00pm. Open to the Public.**

Join author and former Saratoga Springs Police Chief Greg Vietch as he discusses, reads from, and signs his new book "Gangster's Paradise."



**"HOLIDAY SEASON DINNERS MADE EASY" - TAKE 5 TUESDAY TO GO DINNERS
Meals By 5 Points Deli at the Center, Sponsored by Aubrey Guri Team. \$9.50/dinner.**

Pick up is 4-5:30pm at the Center. Call 518-584-1621 by noon to place your order.
Dec. 3rd Spiral Ham, Scalloped Potatoes, Green Beans & a Dinner Roll
Dec. 10th Roast Turkey w/Homemade Mashed Potatoes, Stuffing w/Gravy & Cranberry Sauce
Dec. 17th Shepherd's Pie



IT'S TIME TO RENEW - 2020 MEMBERSHIP RENEWAL

It's renewal time! Complete the invoice and return it to the Center by January 1st. Please take a moment to find out about our Presidential Membership. We are looking forward to another exciting year!

Home Instead
To us, it's personal.
518.580.1042
www.HomeInstead.com/341

- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Errands & Shopping
- Alzheimer's Care
- Respite Care
- Companionship

A truly different assisted living community for the memory impaired
Embracing long term memories
Enriching mind, body and spirit
Empowering our residents to thrive the Peregrine Way®
Call today for more information or to schedule a tour.

1 Emma Lane, Clifton Park, NY 12065
518-371-2200
www.cliftonparkmemories.com

Peregrine SENIOR LIVING
in CLIFTON PARK

THE SUMMIT AT SARATOGA | *Live well. Age well.*
Independent Senior Living Community
518-926-9003 | SummitSaratoga.com
1 Perry Road | Saratoga Springs, NY 12866

Family is Everything.

Make sure they are taken care of.

HERZOG LAW FIRM
call for a FREE one hour consultation.
518.465.7581

For all your estate planning needs.
• Estate Planning
• Elder Law
• Nursing Home Planning
• Health Care Proxies
• Special Needs Planning
• Estate Administration

7 Southwoods Blvd. Albany, NY 12211 | 47 West Harrison St. Saratoga Springs, NY 12866 | 688 Aaron Court Kingston, NY 12401
www.herzoglaw.com

DO YOU LIVE ALONE?
Eddy Health Alert offers a variety of medical alert systems to help keep you safe and independent.

Call us to learn more
518-833-1040

The Eddy Health Alert
A Member of Eddy Health.

ZIEKEREYE

Your eyes don't have to act their age!

Make an appointment today!
(518) 450-1080
www.ziekereye.com

Cataracts • Laser Surgery
Lifestyle Lenses • Complete Eye Exams
Reduce Dependence on Glasses

Christopher Zieker, MD • Steven Clark PA-C
Zieker Eye Ophthalmology, PC
14 Mountain Ledge Dr.
Wilton, NY 12831



Hours: Monday-Friday 8am-4pm / Tuesdays, 8am-5:30pm
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

FUN FRIDAYS ARE BACK!

Friday Activities sponsored by CDPHP



Soups are now on Mondays at 12:30

Friday, December 6th

- **10:30am: MEMORIES IN THE MAKING TRAINING.**
See details below
- **12:30pm: COOKING & TASTING W/ SIOBHAN**
Free. (1st Friday of the month)
Healthy ideas for the holiday season!

Friday, December 13th

- **11am-12pm: HOLIDAY MEMORY CAFE**
See details on front page
- **1:00pm: "A GANGSTER'S PARADISE: SARATOGA SPRINGS FROM PROHIBITION TO KEFAUVER"**
Presented by Greg Vietch. *See details on front page.*

Friday, December 20th

HOLIDAY FESTIVITIES AT THE CENTER

- **9:30-11:00am: HOLIDAY BREAKFAST BRUNCH**
\$3 members. Please sign up.
- **10:00-11:00am: STATE OF THE CENTER: MEMBER MEETING**
- **11:00am: SING-A-LONG WITH GARLAND NELSON & FRIENDS**

NEW! "GRAB & GO" MEALS ARE BACK! NEW REDUCED PRICING!

Every day at the Senior Center. See front desk for details.

Choose from assorted sandwiches, soups, side salads and more right from the front desk. Perfect for lunch or dinner! *A portion of every food item sold supports the Center.*

"STATE OF THE CENTER" - ANNUAL MEMBER MEETING

Friday, December 20th, 10:00- 11:00am at the Saratoga Senior Center

Join Lois Celeste, Executive Director, on discussing plans for the Center in 2020. We want to hear your needs and what programs you find to be most valuable and where we are headed in 2020. Stop in for breakfast before or music after!

ANNUAL SENIOR CENTER BOARD MEETING

Wednesday, December 17, 5:30pm at the Senior Center

Open to all members. We encourage all to attend to stand up and be heard about what you want out of the center. We included ballots for Board of Directors in the newsletter. Please fill them out and return to the Center.

"MEMORIES IN THE MAKING" TRAINING Presented by The Alzheimers Association

Friday December 6th. 10:00-3:00pm *Free. Open to the public. Please RSVP.*

Memories in the Making is a unique art program for people with Alzheimer's disease that offers a creative and non-verbal way of communicating. Training is open to anyone interested in learning how to use art as a communication tool for individuals with dementias. Lunch is provided. *This training is supported by a generous grant from the Goldberg Foundation.*

"HAPPY HOLIDAYS FROM THE CERAMICS CLASS"

December Mondays - the 2nd and 9th, 10am-12pm. Friday's - the 6th and 13th, 10am-12pm

Stop in the Art Room, meet our ceramics instructors and members to glaze a holiday ornament for you to take home. Limit 1 per person. Don't forget to pick them up and bring them home for the tree! *Free. Members only.*

"GIVE WHERE YOU LIVE" - Creative Ways to Give to the Center!

Looking for simple ways to support our seniors? Participate in our *#GiveWhereYouLive* fundraiser through one of the following options:

- **Amazon Smiles** - Do you or anyone you know do their Christmas shopping on Amazon? Go to smile.amazon.com, select the Saratoga Senior Center and a percentage of your purchase will be donated by Amazon!
- **Hoffmans Car Wash Tickets** - It's that time of year! Keep the mud and salt off of your car by purchasing discounted Hoffmans Car Wash Tickets for \$10. Proceeds will go to the Center! *Great stocking stuffers!*
- **Purchase Holiday Cookies** - delicious homemade cookies from Bread Basket and Italian cookies from Sal & Jerry's in Brooklyn! *Makes a perfect hostess gift!*
- **Clothing Bin** - We have blue donation bins in our parking lot for clothing donations. We are paid per pound of clothes donated!
- **Fundraisers** - We have many upcoming fundraisers that benefit the Center. Watch your newsletter and e-blasts!
- **Annual Appeal** - Look out for your annual appeal letter or make an online donation for the Center!
- **Volunteer** - Looking to give back with your time? Contact us today to learn more about volunteering at the Center.
- **Charitable Giving** - Make a bequest to the Saratoga Senior Center. A gift to the Saratoga Senior Center in your will or trust enables you to support our mission and make a difference in your life and the lives of future generations. You can name the Saratoga Senior Center in your will when it is written, or if you have a current will, your attorney can add a codicil – a simple amendment – to include your charitable bequest.

SENIOR SUPPORT SERVICES

Please Call (518) 584-1621 ext. 206 for more information.

ADVOCACY, INFORMATION AND REFERRAL

COMMUNITY CONNECTIONS

Supported by Saratoga Hospital, Saratoga OFA and The Wesley Community

Are you a senior over 50 who needs help with friendly visits, transportation, light chores or errands? *We need volunteers to help with this program.*

Call Nicole at 518-584-1621, ext. 206.



TRANSPORTATION

Supported by Stewart's Shops, United Way and Price Chopper's Golub Foundation

Are you looking for rides into the Center? Rides are available Monday - Friday to the Center. *\$2 Saratoga City residents/ \$5 non-city residents.* Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper.

Call Nicole at 518-584-1621, ext. 206.



FRESH PRODUCE - NEW DAY!

SUPPORTED BY UNITED HEALTHCARE 

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on **FRIDAYS** at 10:00am. Please check in on the Pastry & Produce button on the computer.

FOOD ASSISTANCE

The Senior Center is partnering with the Elks and local food pantries to get food to you if you can't get to them. Call Nicole at 518-584-1621, ext. 206.

The Heart of Senior Home Care Services

Trusted, compassionate, quality care within the comfort and security of your own home.

THE WESLEY COMMUNITY
WESLEY SENIOR SERVICES

INDEPENDENT LIVING | ASSISTED LIVING | LONG TERM CARE
THERAPY AND REHABILITATION | HOME CARE

A non-profit organization | 131 Lawrence Street, Saratoga Springs, NY 12866
518.584.1200 | thewesleycommunity.org

Non-Medical Care at Home

Home Helpers
Making Life Easier

- Transportation
- Meal Preparation
- Light Housekeeping
- Errands

Care plans are tailored to meet your needs and budget.
Call for a FREE In-Home Consultation.

(518) 584-5885 • www.HomeHelpersNY.com

GROUPS & GATHERINGS

NEW CLASS! "BEING WELL"

Facilitated by Amejo Amyot, Ph.D

Mondays 2:30pm - 3:30pm. \$2.

BEING WELL focusing on getting and staying healthy. It will be a spirit, body, mind support group to bring hope to us as we age. Amejo will use guided meditation to raise spiritual wellness energy. And also address looking at letting "food be thy medicine" as well as other lifestyle issues of exercise, stress, sleep, gratitude and hope.

GETTING BETTER WITH AGE!

"the things wisdom didn't tell me"

Sponsored by Herzog Law

11:00-12:00, Thursdays Free

Ever asked yourself "Now what?" "What's next?" Come join our new group to find out! Through informative, interactive discussion groups, we will explore coping skills and tools to help with the challenges of aging.



Reminiscing: Wednesdays from 10-11am

Sponsored by Home of the Good Shepherd

Meet a new friend & talk about the good ole' days!



Chit Chat: Mondays from 1-2pm

Join us for a fun hour of chit chat, laughs and snacks.

Music, Memories & Nostalgia: Thursdays from 1-2pm

Love music?! Join us for an hour of music that will trigger memories and transport you back in time.

Alzheimer's Caregiver Support Group

Sponsored by Home Helpers

10:30am-12pm, 3rd Thursday of every month

Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance you need. *Free. Open to the public.*

Alzheimer's Office Hours at the Center

Sponsored by Goldberg Family Foundation

Every Friday from 9-3:30, a local representative from the Alzheimer's Association will be at the Saratoga Senior Center to meet with individuals and families who need information, referral and support services. Please schedule an appt with Katie Keary at 518-867-4999, ext. 1680 or KgKeary@alz.org.



Home of the Good Shepherd *Choose a Place Where Excellence is the Standard.*

Assisted Living • Enhanced Assisted Living
Memory Care Assisted Living

Saratoga: 584-3317 • Wilton: 580-0702 • Malta: 581-7600

Coming soon: Moreau!

- 24 Hour Care, LPN's & RN's on Site
- Private Suites, Daily Activities, Transportation
- Customized Care Plans for Each Resident

www.homeofthegoodshepherd.com

2019 VAN TRIPS

(Members Only)

Parks Bentley House - Nativities of the Americas" Friday, December 6th

Enjoy a holiday tradition at this historic house. View the wonderful house decked out for the Christmas season with creches from the North and South American continents. In addition to a few favorites from previous years, there will be many nativities that have never been displayed. Have an early lunch at the Peppermill on the way. *Pay \$10 at sign up. Bring \$5 admission and lunch money. Leave the Center at 10:45am.*

Lunch Bunch at The Silo Tuesday, December 10th

Set in a transplanted barn, this daytime cafe offers country fare, fudge and a shop with local crafts. *Pay \$10 at sign up. Please bring additional money for lunch and shopping. Leave the Center at 10:00am.*

Silver Foxes - Holiday Lunch Thursday, December 12th

The Silver Foxes lunch group is back by popular demand! Join Joe, our Transportation Driver, and head to Skidmore Dining Hall for lunch, conversation and laughs. *Pay \$2 at sign up. Please bring additional money for lunch. Leave the Center at 11:45am.*

Governor's Mansion at Christmas & Festival of Trees Thursday, December 12th

Guided tour of the holiday decorated Governor's Mansion. Lunch at The Hollow Bar & Kitchen. After lunch, swing by the Schenectady Festival of Trees. *Pay \$10 at sign up. Please bring \$8 for admission to the festival of trees and additional money for lunch and shopping. Leave the Center at 9:45am. Bring Photo ID.*

Hildene at Christmas and The Vermont Country Store Tuesday, December 17th

Guided tour of the historic home of Robert Lincoln. In 1912, the Lincoln Family spent Christmas Eve here, so when the estate hosts its holiday festivities, it is to evoke that evening. The sounds of Christmas resonate throughout the home from the family's Aeolian player organ and the windows are candlelit. After the tour, head to The Vermont Country Store for shopping and lunch. *Pay \$33.50 at sign up. Please bring additional money for lunch and shopping. Leave the Center at 8:30am.*

Holiday Lights in the Park Wednesday, December 18th

The 23rd Annual Price Chopper/Market 32 Capital Holiday Lights in the Park is an all-new, drive-through spectacular with more than 125 displays and scenes in Albany's Washington Park. *Pay \$15 at sign up. Please bring additional money for snacks and shopping. Leave the Center at 5:15pm.*

All About the "Schuyler Women" Thursday, December 19th

Start with a guided tour of the Schuyler Mansion, the elegant home of General Philip Schuyler, focusing on the Schuyler Women. Next stop is Albany Institute of History & Art for a gallery talk about the "Schuyler Sisters". As the wife of Alexander Hamilton, Eliza had a front row seat to events that shaped this country in the years immediately following the Revolution. There is no time for lunch between tours. Please eat breakfast and bring a snack/water. Have a late lunch at Albany Pump Station. *Pay \$34 at sign up, bring lunch money. Leave the Center at 10:15am.*

TRIP POLICY

- There are no refunds for van or bus trips unless canceled by the Center.

SHOW TICKETS

Tickets on sale now!



PROCTORS AND CAPITAL REP SHOW

- **Fiddler on the Roof** At Proctors
Thursday, February 20, 2020, 1:30pm
\$66.00 due at sign up
- **Cats!** At Proctors
Thursday, April 30, 2020, 1:30pm
\$66.00 due at sign up
- **Sister Act!** At Capital Rep
Wednesday, August 5, 2020, 2:00pm
\$63.00 due at sign up

Proud of our
healthy relationship

SARATOGA HOSPITAL
people you trust. care you deserve.

587-3222 * SaratogaHospital.org

Proud home to some of the happiest people in the Adirondacks.

Skilled nursing, rehabilitation, adult day care and assisted living facilities.

To learn more visit
www.CentersHealthCare.com



TRIPS & EXCURSIONS

EXCURSIONS 2020

Collette Tours, Open to the Public

Discover Spectacular South Africa Culture & Nature in Harmony

March 19th-31st, 2020 (\$5,199 double)

Tap into South Africa's harmonious mix of cultures, cosmopolitan cities, magnificent wildlife and fertile wine country.

Discover Panama: The Land Between the Seas

April 17th-25th, 2020 (\$3,099 double)

Between the Atlantic and Pacific oceans lies Panama, a country where bustling cities surround Spanish ruins, and rainforests cradle luxury resorts.

Shades of Ireland

May 16th-25th, 2020 (\$4,099 double)

Set out on our most popular Irish adventure. Experience all of the charms of this enchanted country, including its welcoming people.

Discover South Dakota

featuring *Mount Rushmore & The Badlands*

June 5th-11th, 2020 (\$2,599 double)

Discover the spirit of the American West and come to know the legends of the past.

Discover Mackinac Island

featuring *the Grand Hotel & Chicago*

July 10th-17th, 2020 (\$3,599 double)

This classic Midwestern destination tour features Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island.

The Azores: Jewels of Portugal

August 21st -30th, 2020 (\$4,599 double)

Enter an untouched paradise on an adventure through the Azores, the archipelago gems of Portugal.

Painted Canyons of the West

Featuring *Utah's Five National Parks*

September 13-21, 2020, (\$3,649 double)

Explore the kaleidoscope of colors that is America's stunning canyon lands, on a journey that takes you across Utah's scenic byways and beyond.

Discover Scotland

September 28th-October 7th, 2020 (\$4,049 double)

From rugged sea-sprayed islands to stately castles drenched in history, Scotland's treasures never fail to amaze visitors.

Croatia & its Islands

Small Ship Cruising on the Adriatic Coast

October 13th-24th, 2020 (\$4,999 double)

From medieval architecture to ethereal waterfalls, coast along the sparkling Adriatic Sea and experience the best of Croatia.

Discover the South Pacific Wonders Australia and New Zealand

November 3rd-17th, 2020 (\$6,999 double)

From the tropical splendor of the Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of two amazing countries.

Informational Slideshow - Wed., Dec. 4th, 1:30-3pm

MORE 2020 TRIPS - Details coming soon

Spotlight on Sante Fe Holiday -

Informational Slideshow Wed., Dec. 4th, 1:30pm

MULTI DAY BUS TRIPS 2020!

(Diamond Tours, Open to the Public)

Mystic, Foxwoods & Newport

June 14-16, 2020 \$345 double occupancy

3 days / 2 nights. 4 meals - 2 Breakfast / 2 Dinners.

This trip combines stately New England beauty with resort excitement! Your group will stay at the Two Trees Inn at Foxwoods - a quintessential country inn complete with a restaurant, bar and heated indoor pool. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

Charleston, South Carolina

September 13-19, 2020 \$920 double occupancy

7 days / 6 nights: 10 meals - 6 Breakfasts / 4 Dinners

Historic Charleston is bursting with Southern charm and hospitality. The city feels a bit like it's suspended in time, thanks to its antebellum architecture and surrounding plantation landscapes.

ONE DAY BUS TRIPS 2019!

Subsidized by Adirondack Trust Co. Community Fund

Open to the Public

Where Do You Want To Go?

Looking for 1 Day Bus Trip ideas!



Leave your ideas/suggestions in the box where Colleen's desk is. The trips need to be within 4 hours of the Senior Center.

SL
Saratoga Life
Ask me about
MEDICARE!

518-879-8958

WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged

**Prices listed are per month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Healthy Bones	9-10:30: Watercolor Lab	9:30-2: Rug Hooking (\$5)	8:30-9:30: Healthy Bones	9-3: Alzheimer Office Hours
9:30: Walking Club (\$5)	10-11:15: Gentle Yoga (\$10)	10:00: Reminiscing	9-11: Tarot Cards (last Thursday)	10:00: Free Produce
9:30-11:30: Clay Arts (\$20)	11:30-12:15: Aerobics (\$10) -	10:00: Ukulele Jam	9-12: Mosaics (\$20)	10-12: Clay Arts (\$20)
10-11: Healthy Bones	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	10-12: Knit & Crochet	9-12: Fused Glass (\$10/class)	10-12: Poker (\$2)
11-11:45: Zumba with Emily (\$2)	1-4: Ping Pong and Pool	12:30-2: Bingo	9:30-12:30: Reiki (2nd Thurs)	12-2:30: Artist Lab
11-12:30: Gentle/Chair Yoga (\$10)	1:30-2:15: Pilates (\$10)	12:30-2:30: Wii Bowling	10-11: Healthy Bones	1:00: Mexican Train Dominoes (4th Friday)
12:30: Cafe - Soup \$2 per cup	3-4: Book Club (see calendar)	1:00: Strength w/Aidan (\$2)	10:30-12: Alzheimer Support Group (3rd Thursday)	1:00pm: "Fridays at the Center" Movies/Presentation/Social
12:30-4: Bridge (\$5)		1-4 Ping Pong and Pool	11-12: Getting Better with Age	
1-2: Chit Chat			11:30-12:15: Aerobics (\$10)	
1-4: Canasta (\$2)			12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)	
1:30-3: Painting (\$10)			1-2: Music, Memories	
NEW! 2:30: "Being Well" \$2			1-4: Ping Pong and Pool	



Thank you to CDPHP for sponsoring our Health and Wellness classes.



Thank you to Herzog Law for sponsoring our Arts and Crafts classes.

REOCCURRING MONTHLY EVENTS

Tarot Card Readings
No Tarot cards in December

Book Club - New Members Welcome:
Tuesday, Dec. 17th, 3:00pm
"His Favorites" by Kate Walbert

Reiki \$2.00
2nd Thursday of Month, 9:30am-12:30pm
Call the front desk for an appointment.

Computer/Technology Assistance
Call the front desk for an appointment.

Smartphone Skills for Seniors
Friday, Dec. 13, 9-10am (2nd Friday)
With IT specialist Damian Redman.

Cooking with Siobhan
Friday Dec. 6, 12:30pm Free.
Learn easy healthy ways to prepare food.

A plan for life.
Capital District Physicians' Health Plan, Inc.

Saratoga County Office For the Aging Programs. For information and to sign up, please call (518) 884-4100 .

- **Lunch**
Served Daily in our Dining Room
- **Healthy Bones for Life - Exercise Class**
Monday: 8:30-9:30am and 10-11:00am
Thursday: 8:30-9:30am and 10-11:00am
- **Legal Assistance**
Thursday, Dec. 5th, 1:30pm

THANK YOU

Thank You to The Saratoga Casino Hotel Foundation, Inc.. for their generous gift. Thank You to Bailey's for hosting our "Sipping For Seniors". Thank you to Chianti's Restaurant for our dinner. Thank You to CDPHP for sponsoring dinner. Thank You to Opera Saratoga for an amazing performance. Thank you to Skidmore Orchestra for the tickets to there concert. Thank You to Empire Blue Cross for sponsoring breakfast. Thank you to all the volunteers who helped at our first fall Brooks BBQ. Thank You to CDPHP for sponsoring the Brooks BBQ.

DECEMBER 2019

Thank you to United Healthcare for sponsoring our Social Activities.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11-11:45am: Zumba with Emily 12:30pm-1:00pm: Soup NEW! 2:30pm: "Being Well"	3 11:00am-1:00pm: Empire Blue Cross 4:00pm: 5 Points To Go Dinner	4 7:00am: NYC Bus Trip 1:30pm-3pm: Travel Slide Show	5 1:30pm: Legal Assistance	6 10:00am: Fresh Produce 10:45am: Van Trip - Nativities of the Americas 10am-3pm: Memories in the Making 12:30pm: Cooking w/Siobhan
9 11-11:45am: Zumba with Emily 12:30pm-1:00pm: Soup NEW! 2:30pm: "Being Well"	10 10:00am: Van Trip - Lunch Bunch 1:00-3:00pm: Holiday Party! 4:00pm: 5 Points To Go Dinner	11 5:30pm: Holiday Dinner - Prime	12 9:30am-12:30pm: Reiki 9:45am: Van Trip - Governor Mansion 11:45am: Van Trip - Silver Foxes	13 9-10am: Smartphone w/ Damian 10:00am: Fresh Produce 11:00am-12:00pm: Memory Cafe 1:00pm: Greg Vietch
16 11-11:45am: Zumba with Emily 12:30pm-1:00pm: Soup NEW! 2:30pm: "Being Well"	17 8:30am: Van Trip - Hildene 3:00pm: Book Club 4:00pm: 5 Points To Go Dinner 5:30pm: Annual Board Meeting	18 5:15pm: Van Trip -Holiday Lights in the Park	19 10:15am: Van Trip - Schuyler Sisters 10:30-12: Alzheimer's Support Group	20 9:30-11am: Holiday Brunch 10:00am: Fresh Produce 10:00am: State of the Center 11:00am: Holiday Sing-A-Long w/ Garland Nelson
23 11-11:45am: Zumba with Emily 12:30pm-1:00pm: Soup NEW! 2:30pm: "Being Well"	24 The Senior Center will close at 12:30 for the Christmas Holiday! Lunch is served at 11:30.	25 The Senior Center is Closed for the Christmas Holiday!	26	27 10:00am: Fresh Produce
30 11-11:45am: Zumba with Emily 12:30pm-1:00pm: Soup NEW! 2:30pm: "Being Well"	31	January 1 The Senior Center is Closed for New Years Day!	Changes In Food Programs Beginning in December Soup - will be on Mondays from 12:30pm-1:00pm Fresh Produce - will be on Fridays at 10am. (except in inclement weather) Skidmore Leftover Day - is on hiatus until April. They support Code Blue in the winter months.	