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*The Senior Center will be closed
Friday, November 11th for Veterans Day and
Thursday, November 24th for Thanksgiving.*

**STAY INFORMED AND CONNECTED!
DO YOU GET OUR EBLASTS?**

Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email address or if you dont have email, maybe you can use your son's or daughter's to keep you informed.

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

- Purchase our branded merchandise- They makes great gifts!
- Make a monetary donation through our website, by phone, or mail in a check.
- Amazon Smiles - Go to smile.amazon.com, select Senior Citizens Center of Saratoga Springs and a percentage of your purchase will be donated by Amazon!
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$10.00. Fifty percent of the sale goes to the Center!
- Clothing Bin - We have blue donation bins in our parking lot. We are paid per pound of clothes!
- Fundraisers - We have many fundraisers that benefit the Center. Watch our eblasts and newsletters.
- Annual Appeal - Look out for your annual appeal letter or make an online donation for the Center!
- Membership - We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. Or purchase a \$25 membership for a senior in need.

Saratoga Senior Center
NEWSLETTER
NOVEMBER 2022



VOLUNTEER “THANK YOU” LUNCH
Monday, November 7th, 1:30pm.

The Saratoga Senior Center has *AMAZING* volunteers! If you are one of our *AWESOME* volunteers, please join us as we say “Thank You” with a luncheon in your honor! R.S.V.P. required by Wednesday, November 2nd. Sign up at the Front Desk or call 518-584-1621.
Luncheon prepared and sponsored by Home of the Good Shepherd.

Sponsored by Highmark and Home of the Good Shepherd.



Please sign up!

VETERAN’S DAY CELEBRATIONS

Celebrate our Veterans! Land of the Free because of the Brave!

Wed, Nov. 9th. 1:30.

\$10. Veterans with ID free.

**Live Music with
The Forgettable Four**
an accapella barbershop quartet

**Live Music &
Hearty Food!**

Sponsored by Aetna.



Thurs., Nov. 10th. 12:30.

\$5. Veterans with ID free.

Homemade Soup Tasting
Ice Cream Sundaes
Patriotic Songs
and more...

Sponsored by HighMark



GIVING BACK FROM CDPHP



FREE!! MONTHLY PROGRAMS AND ACTIVITIES FEE FOR NOVEMBER

Our friends from CDPHP have done it again. In the spirit of the giving back, CDPHD is covering all members monthly activity fees. Now's the perfect time to try something new.



A plan for life.



**Call 518-584-1621
to order!**

BROOKS BBQ

TUESDAY, NOVEMBER 15TH 3:30-6:00pm

Sponsored by Humana

Choose from Chicken \$14 or Rib \$20
Dine-in or Take Out

- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!
- **Day of Sales:** Forgot to order your dinner? You can come and get your meal day-of while they last.
- **Bulk Orders Delivery (10 or more):** We will deliver to your home or office!
- **Invite your friends over for a dinner without the work!** Order Brooks dinners for your event.

Call the Center to order now! (518) 584-1621



GETTING FINANCIALLY ORGANIZED FOR PEACE OF MIND

**and
CREATIVE DONATIONS THAT ACTUALLY SAVE YOU MONEY ON TAXES**

Monday, November 7th. 11:30.

Q & A session with Charlie Joseph, Financial Advisor, Chartered Philanthropy. Financial planning topics including beneficiary designations for wills, trusts, locating and organizing your financial documents, life insurance reviews, investments, and more.

Bring your questions!



Hours: Monday-Friday 8am-4pm.

5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

WHAT'S NEW THIS MONTH! ... adding new programs all the time.

Medicare Advantage Information Sessions

If you're dreaming of retirement or about to turn 65, it's time to make sure you know what to do as you become eligible for Medicare. Join these licensed agent who will go over the ABCD's of Medicare.

Wellcare - Tuesday, November 8th. 10-12. Medicare Advantage Information Table.

Thursday, November 17th. 10-12. Medicare Advantage Information Table.

Humana - Wednesday, November 9th. 11 - 2pm. Medicare Advantage Information Table. .

MVP - Thursday, November 10th. 11am. Medicare Advantage Presentation.

CDPHP - Monday, November 14th. 11am. Medicare Advantage Presentation.

AETNA - Wednesday, November 16th. Medicare Advantage Information Table - 9-11.

Wednesday, November 16th. Medicare Advantage Presentation - 11:30am.



Lunch and Learn Program - "Winter Fuel Costs and Energy Efficiency."

Coordinated and sponsored by Assemblywoman Carrie Woerner

Thursday, November 3rd. 1:00pm. Free.

The purpose of this program is to help you understand, mitigate, and plan for winter fuel costs and learn about energy efficiency tips to save them money on utility bills. Facilitated by NYSERDA and National Grid.

Must RSVP for lunch.

Watercolor Workshop facilitated by Susan Peters.

Monday, November 7th. 10:30. Please sign up, seating is limited. \$5 material fee. No experience necessary.

Choose colorful fall scenes. Perfect for beginners and experienced alike.

Beading Workshop facilitated by Jerry Matthews.

Mondays, November 14th and 21st. 1:00pm. \$10 material fee.

Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry.

Please sign up, seating is limited.

Sex, Love And Intimacy In Older Age And Considerations For Dementia

facilitated by Jennifer Harvey, Touching Hearts at Home.

Tuesday, November 15th. 11am.

This presentation will explore the importance of intimacy in older adulthood and the challenges that arise when one or both partners have dementia. Discussion will include how dementia can impact sexual behavior and appropriate ways to respond for both partners and family.

Preplanning Your Funeral, facilitated by Dan and Nick DeCelle of Burke Funeral Home.

Tuesday, November 22nd. 2pm.

Preplanning is the practice of choosing in advance how you would like your funeral to be handled.

Dan and Nick will present an overview of pre-arranging your final wishes. Ranging from sharing your wishes to pre-funding funeral trusts (revocable and irrevocable). We are here to help answer questions, share our experience, and serve the community that we love.

Trivia Night! "Where all those useless facts you've been collecting can finally come in handy!"

Monday, Nov. 21st. 5:15pm. \$5. Bring your own beverage.

Join us for prizes, snacks, fun, and friendly competition! *Please sign up, seating is limited.*

Heart & Soul Line Dancing.

Wednesdays. 2:45pm.

Line dancing with Mary and Frank Colby will continue. It is no pressure, fun dancing and you don't need a partner. Lets keep dancing!

NEW! Chinese and American Mahjong. Thursdays, 1-4pm.

New players welcome! Mahjong is fun and enormously popular, a classic Chinese game of strategy, skill, and summation.

Monica's Yoga Class is Back! Back to the mat with Monica.

Tuesdays, 12-12:45pm. No class Tuesday, November 15th.

Build strength and flexibility with this mat yoga class. This is a more advanced class.

"The Hot Widows" Club

Next meeting: Tuesday November 29th. 2:30pm.

Our goal is to help women and men restart life after the death of a loved one. It's a way to connect with others and learn ways to move forward and live. This is not grief support or grief counseling. *NEW!* Get-together will be held on the fourth Tuesday of the month only.



Thank you to our newsletter sponsors for their continued support!

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Good Food! Good Friends! Good Times!

Dinner with Pennell's Restaurant. Sponsored by CDPHP.

Tuesday, November 1st. 5:30pm. \$12 per dinner. Chicken Parmigiana, Penne Vodka Cream.

This dinner is Sold Out! Please support the Center by purchasing dinners from Brooks BBQ - November 15th.

Continental Breakfast - Two breakfasts this month. Sponsored by Albany Guardian Society

Fri., Nov. 18th and Wed., Nov. 30th. 9-10am. Free.

Start your day with friends and good food.

To Go Dinners

Tues., Nov. 22nd & 29th. Watch eblasts for details!

Sponsored by Humana



COMING IN DECEMBER

Funding Options For Long Term Care: facilitated by Renee Birnbauam and Melonie Pratt of Choice Connections.

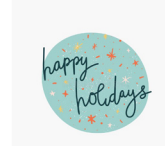
Thursday, December 1st. 11:00am.

What are some of the funding options available to help pay for care? How do I pay for home care? Assisted living? Nursing home care? What are the options? What do they offer? What is the criteria to become eligible?

Member holiday festivities! Our last in the Williams Street building!

- Holiday Party
- Gift Wrapping.
- Holiday Breakfast
- Music

and more....




SENIOR SUPPORT SERVICES - HERE FOR YOU

Our staff, volunteers, and student interns are here to support you in meeting needs you have. Many times, getting you connected to the right resource is what works best. We collaborate with the health and social service agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. And our "Community Connections" volunteers can fill many gaps that other agencies may not be able to meet. For all Senior Support Services:

Call 518-584-1621, extension 206

Our ongoing services are information and referral, advocacy, and:

Transportation: Rides to medical appointments, pharmacies, dentists, the Senior Center, and more. Monday shuttle to Price Chopper from area housing sites.

Food assistance: Thursday Regional Food Bank sponsored by MVP produce for pick-up at the Center, or home delivery if homebound. Volunteers to do grocery shopping. Links to food pantries, and more. 

Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness.

Caregiver Support: Assistance with planning to AGE IN PLACE.

Caregiver Support: Monthly Caregiver Support Group; Monday client drop-In program for caregivers who need a break; respite volunteers to come to your home.

Volunteer Assistance: Rides, grocery shopping, light yard work, special needs and circumstances -our volunteers are ready!

Alzheimer's Caregiver Support Group 11am-12pm, 2nd Friday of every month.

Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.

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. **IN PERSON & ZOOM.**

Alzheimer's Support Group sponsored by Leon Goldberg's Charitable Trust.

Alzheimer's Association Office Hour at the Senior Center for Help & Support First Tuesday of the Month. 10-2:00pm.

No one should face Alzheimer's alone. If you need help, stop in or call for an appointment. Gwen Rowland, Saratoga County Program Manager, will be here with helpful information and resources for those loving with or caring for someone with Alzheimer's or other dementias.

WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.

Have a little time to give? Looking to get involved in the Center in a different way? We have volunteer opportunities! Senior Center volunteers are involved both in-house and out in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form. We look forward to having you involved!



Saratoga County Department of Aging and Youth - "Gather & Dine" Lunch Program

Monday - Friday. 12:00. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call the kitchen at 518-584-1621 ext. 205.

BOOK CLUB AT THE CENTER *New Members Welcome! Please sign up.*

November Book - "Sold on a Monday" by Kristina McMorris. Tuesday, November 29th. 3pm.

The sale of two young children leads to devastating consequences in this historical tearjerker from McMorris. Set against the hardscrabble backdrop of the Great Depression, McMorris's altruistic and sometimes damaged characters have moral compasses that realistically waver. A tender love story enriches a complex plot, giving readers a story with grit, substance, and rich historical detail." Publishers Weekly

December Book - "The Kitchen" by Jennifer Ryan. Tuesday, December 27th. 3pm.

Two years into World War II, Britain is feeling her losses: The Nazis have won battles, the Blitz has destroyed cities, and U-boats have cut off the supply of food. In an effort to help housewives with food rationing, a BBC radio program called The Kitchen Front is holding a cooking contest - and the grand prize is a job as the program's first-ever female co-host. For four very different women, winning the competition would present a crucial chance to change their lives. These four women are giving the competition their all - even if that sometimes means bending the rules. But with so much at stake, will the contest that aims to bring the community together only serve to break it apart?



VAN TRIPS

BEING A VOLUNTEER VAN DRIVER HAS ITS PERKS

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver! As a driver, you will receive \$10 towards lunch and up to \$20 for admission.



VAN TRIPS SPONSORED BY ZIEKER EYE.



Troy Savings Bank - Music at Noon.

Tuesday, November 8th.

Thomasina Winslow is a singer/guitarist of top-level Acoustic Blues... and more! She travels nationally and internationally bringing the world of the blues to diverse audiences. She carries the legacy in fine form with her snappy guitar chops and warm rich vocals. Lunch at the Tippy Moose following the performance. Pay \$10 at signup. Concert is free. Bring money for lunch. Leave the Center at 10:45am. Return about 3:00pm.

Vermont Country Store. Back by popular demand

Monday, November 14th.

Shop and have lunch at the iconic Vermont Country Store. "It's everything you could want in a country store and more." Lunch at Mildred's Grille. Pay \$20 at signup. Bring money for shopping and lunch. Leave the Center at 9am. Return about 4:00pm.

Lunch Bunch -Cheesecake Factory and Shopping at the Christmas Tree Shoppe.

Friday, November 18th.

The holidays are here and it's time to showcase your seasonal style with fresh finds from Christmas Tree Shops! Bring the fall vibes inside with warm, welcoming decor for harvest season. From wreaths to throw pillows and unique accents, it's easy to elevate any space for less. Get in the holiday spirit with indoor and outdoor Christmas decor that will make your home feel merry and bright. Pay \$10 at sign up. Bring additional money for lunch and shopping. Leave the Center at 9:00. Shop first then have lunch. Return about 2:30.

TRIP POLICY

Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. Multi-day bus trips and excursions are open to anyone regardless of age or residence.

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

DID YOU KNOW WE HAVE THE FOLLOWING CLASSES & GROUPS?

CONVERSATIONAL SPANISH *facilitated by Roberto y Marco*

Our small, but enthusiastic, Spanish class meets Fridays from 10:00 - 11:00.

We use tools to improve conversation and understanding, including video lessons, popular songs, brief short stories, and dialogues with each other and our resident native speaker. We constantly search for learning resources such as Duolingo and opportunities to hear Spanish language podcasts, TV shows, and movies. Classroom exercises are supplemented with handouts and links emailed for home practice."



SOCIAL GROUPS

Chit Chat
Newcomer's Group
Widows Group
Alzheimer's Support
Book Club



CARDS AND GAME

Bingo
Bridge
Canasta
Mahjong
Poker



IT'S TIME TO RENEW YOUR 2023 MEMBERSHIP

Dear Member,

It's renewal time! We thank you for being a member this past year and look forward to having you be a part of 2023. It's an exciting year ahead with the move to our new home attached to the Regional YMCA on West Avenue.

With our current economy and costs rising, please note that we have changed the annual membership to \$35 (formerly \$25). If this creates any issue for you, please contact the front desk about a scholarship.

Please complete the form below and return to the center by January 4, 2023. Please consider being a Presidential Member. We are looking forward to another exciting year!

Senior Center Staff

TRIPS & EXCURSIONS! LET'S GET AWAY!

LAST ONE DAY BUS TRIPS of 2022

Bus trips are open to everyone regardless of age, membership or residence. One day bus trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.



- HOLIDAYS IN NEW YORK CITY**
Wednesday, December 7th. \$50

There is no other place quite like New York City at Christmastime; from its world-class museums and art galleries to the theater and beautiful decorated windows. Spend the day on your own and explore the fascinating city. You will be dropped off at Bryant Park (42nd between 5th & 6th).
Leave the train station at 6:45am, return about 10:30pm.



2023 BUS TRIPS & EXCURSIONS WHERE DO YOU WANT TO GO?!

Looking for ideas for our trips in 2023. Whats on your bucket list? Send your ideas to Colleen or the front desk.

COLLETTE EXCURSIONS

We travel not to escape life, but for life not to escape us.

2023 TRIPS

South Pacific Wonders with Optional 3-Night Fiji Post Tour Extension
February 5 – 22, 2023

Sunny Portugal with Optional Pre and Post Tour Extensions
March 21 – 30, 2023

Exploring Scotland & Ireland
April 30 – May 12, 2023

Discover the Spotlight on Nashville
April 30 – May 4, 2023

Discover National Parks of America
May 15-26, 2023



2023 TRIPS continued.

Alaska Discovery Land & Cruise
June 14-25, 2023

Maritimes Coastal Wonders featuring the Cabot Trail (Halifax & Nova Scotia)
August, 2023

Cruising the Danube to the Black Sea
September 11-23, 2023

Shades of Ireland
October 7-October 16, 2023

Croatia and Its Islands
October 10-October 21, 2023

Spotlight on San Antonio Holiday
November 30 –December 4, 2023

SCHEDULE CHANGE!

Regional Food Bank

Thanksgiving week the food bank will be held on Wednesday, November 23rd.

What Is Your Passion?

Will You Share With Your Fellow Members?

Is it:

- a second language,
- healthy living
- art, photography, writing
- cooking
- history or cultural

We are looking for volunteers to share their passion, talent, humor and music with our members. Please contact Colleen at colleenk@saratogaseniorcenter.org or call 518-584-1621.

TAROT CARD READINGS *facilitated by Mary Shimp*
Thursday, November 17th. 10-2pm. \$5 donation.

Do you have some unanswered questions about your life? A tarot card reading provides insight into what the future holds. Call for a 15 minute appointment.

BARBER AT THE CENTER! \$5 haircuts for men.

Mon., November 14th, 9:00-12pm.

Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment.

ONE ON ONE TECH SUPPORT

Phones, Ipads, laptops and more....

Call front desk to make your private appointment.

NEWCOMERS SOCIAL

Wednesday, November 30TH. 9-10AM.

Join us at our continental breakfast and make new friends. Free.

NOVEMBER PROGRAMMING *Hello, November! Thank you for reminding us we have so much to be grateful for. *

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs. Ask about how Silver Sneakers & ReNew Active work with the monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi 9:30: Walking Club 9:30-12:30: Clay Arts 10:00:Healthy Bones 10-11:Chair Yoga (center & zoom) 1-2: Chit Chat 1-4: Pool League 1-4: Bridge	9-9:45: SilverSneakers Classic 10:00: Meditation (center & zoom) 12-12:45: Mat Yoga w/ Monica (advanced) 1-4: Pool League 2:30: Widows Club(see schedule) 3-4: Book Club (see schedule)	9:30: Mosaics 9:30-1:00: Rug Hooking 10:00: Knit & Crochet 10-11: Zumba 11-2:Reiki (4th of mon.) 1-1:45: Strength w/ Aidan(center & zoom) 1:00: Bingo 1-4: Canasta 1-4:Pool League 2:00: Pilates 2:45: Line Dancing	10-10:45: SS Cardio & Strength (center & zoom) 10:00: Ukelele 10-2: Tarot Cards (see schedule) 11:00: Foodbank 11:00-11:45 Gentle Yoga (center & zoom) 1-4: Pool League 1:00: Mahjong 2:00: Newcomers Social (see schedule)	9-12: Poker 9:30: Clay Arts 10:00:Healthy Bones 10:00: Spanish 11:00: Caregiver Support Group (2nd Fri of month) in person. 1-4: Pool League

Thank you CDPHP for sponsoring our Health and Wellness classes.



SPECIAL EVENT SCHEDULE

- Every Monday. 1pm. Bridge.
- Every Monday. 1pm. Chit Chat Fun Group.
- Every Wednesday. 1:00. Bingo.
- Every Thursday. 11:00. Regional Food Bank.
- Every Thursday. 1:00. Mahjong- American & Chinese.
- Tues., Nov. 1st. 5:30. Dine In Dinner.
- Thurs., Nov. 3rd. 1:00. Energy Assistance.
- Mon., Nov. 7th. 10:30. Watercolor.
- Mon., Nov. 7th. 11:30. Financial Planning.
- Mon., Nov. 7th. 1:30. Volunteer Lunch.
- Tues., Nov. 8th. 10-12. Wellcare Medicare.
- Wed., Nov. 9th. 11-2. Humana Medicare.
- Wed., Nov. 9th. 1:30. Veterans Celebration Day 1.
- Thurs., Nov. 10th. 12:30. Veterans Celebration Day 2.
- Thurs., Nov. 10th. 11:00. MVP Medicare.
- Fri., Nov. 11th. CLOSED for Veterans Day
- Mon., Nov., 14th. 9-12. Men's Haircuts.
- Mon., Nov. 14th. 11:00. CDPHP Medicare.
- Mon., Nov. 14th. 1:00. Beading Workshop.
- Tues., Nov. 15th. 11:00. Sex, Love & Intimacy.
- Tues., Nov. 15th. 3:30-6. Brooks BBQ.
- Wed., Nov. 16th. 9-11. Aetna Medicare Info Table.
- Wed., Nov. 16th. 11:30. Aetna Medicare Presentation.
- Thurs., Nov. 17th. Tarot Cards.
- Fri., Nov. 18th. 9-10. Continental Breakfast.
- Mon., Nov. 21st. 1:00. Beading Workshop.
- Mon., Nov. 21st. 5:15pm. Trivia.
- Tues., Nov. 22nd. Preplanning your Funeral.
- Tues., Nov. 22nd & 29th. To Go - Ready to Heat.
- Wed., Nov. 23rd. Regional Food Bank.
- Thurs., Nov 24th. CLOSED.
- Tues. Nov. 29th. 2:30. Widow's Club.
- Tues. Nov. 29th. 3:00. Book Club.
- Wed., Nov. 30th. 9-10. Continental Breakfast/ Newcomers Social

Thank You for Your Kindness and Support!

Thank you to everyone who made our Open House a success: Members, Volunteers, Staff, Yamtown, Jeff Walton, Mary Shimp, Siobhan, Stewart's Shops and Wellcare. Thank you to our Open House sponsors Highmark and Home of the Good Shepherd.

Thank you to the Medicare Advantage Insurance Companies for providing us with updated information at the Medicare expo.

Thank you to Statewide for presenting on Changes in Medicare 2023.

Thank you to Olde Bryan Inn for another mouthwatering dinner.

Thank you to Rick Bolton and Jackie Dugas for our Halloween music.

Thank you to Touching Hearts for the wine & cheese party. Thank you to Albany Guardian Society for sponsoring James Bruhac, Storyteller.

Thank you to the Alzheimer's Association for important information on dementia behavior.

Thank you to Aetna, CDPHP and MVP for keeping us up to date on Medicare advantage.

Thank you to the Regional Food Bank of NENY for our weekly food.

Thank you to the Lions Club for diabetes education.

Thank you to SPAC for great discounted fall shows.

Thank you to The Pines for our delicious homemade soup.

Thank you to Sue Peters for the watercolor classes.

Thank you to the Saratoga Co. Department of Health for the Covid Booster clinic.

Thank you to Choice Connections for educating us on Senior Housing resources.

Thank you to all our volunteers!

You keep our world rockin'!

