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WELCOME TO OUR NEW CENTER

OCTOBER 2023

Saratoga Senior Center ANNUAL FALL OPEN HOUSE Saturday, October 21st. 9:00 am- 1:00pm.



- 9:30. "Scams against Seniors" presented by Herzog Law
- 11:00. Dottie Pepper, professional golfer and CBS broadcaster. "What a week in televised golf looks like. Making the chaos come off as a symphony." Q & A. Book signing.
- 12:00 -1:00. Live Music with Rod Driscoll.
- 10-1. Tarot Card Reading
- 10-1. Healthy Food & Nutrition with Brenna from Cornell Cooperative Extension
- 11-12:30. Dairy Haus Ice Cream Sandwiches
- Membership Specials \$10 for the remainder of 2023 when you renew for 2024.
- Raffles & 50/50
- Sampling of classes.
- Lite fare by Home of the Good Shepard.

Please join us for our annual open house and watch for a sampling of all The Center has to offer!

Sponsored by



OPEN TO THE PUBLIC! ALL AGES WELCOME

FREE!

Medicare

MEDICARE INSURANCE EXPO

Thursday, October 12th, 1-3pm

12:30pm "Changes In Medicare 2024" presented by NY Statewide Senior Action Council.

Meet one on one with Medicare professionals.

AETNA - CDPHP - Highmark Northeastern NY- Humana - MVP - Saratoga County Department of Aging - Statewide Senior Action Council - United Healthcare - Wellcare

Do you know what Silver Sneakers and Renew Active benefits can do for you at the Senior Center? Just ask us!

FREE!
OPEN TO THE PUBLIC!



SENIOR CENTER FALL FEST & HALLOWEEN PARTY!

Tuesday, October 31st, 11:30am - 1:00pm. \$10. Must RSVP

At the YMCA outside Pavilion
Lunch, Music, Spooky Times

- Live Music with Jeff Brisbin
 - Lunch
 - Dancing
 - and more....
- Come in Costume, if you dare!



Greg Olsen- NYS Office for the Aging

Please join us for this riveting presentation & conversation by Greg Olsen, Director of the NYS Office for the Aging where he will discuss all things seniors!



Tuesday, October 3rd, at 1:00 PM. MUST RSVP

Dine in Dinner - Please join us for a chef dinner by Old Bryan Inn. Tues., October 24th, 5:30pm. Dinner is held at the New Senior Center. \$12 per dinner. Coq au vin. Rich and brimming with flavor, coq au vin is a classic French stew of chicken braised in red wine with mushrooms and crispy pancetta. Must RSVP.

Sponsored by CDPHP



Silver Sneakers is back at the Senior Center

Show your Silver Sneakers card at the front desk to cover your monthly fee.



DONATE NOW

By scanning the QRcode with your phone camera, you will be directed to our website donation page.

With utmost thanks to our donors, members & community partners, The Saratoga Senior Center is able to provide our community with the many age-friendly services & resources we offer here in Saratoga Springs. Thank you for donating to the Center and supporting your local Seniors!



"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.
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$11.00. Fifty percent of the sale goes to the Center!
- Clothing Bin - We have blue donation bins in our old 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 \$35 membership for a senior in need.



Hours: Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY • (518) 584-1621

• saratogaseniorcenter.org

FREE PRESENTATIONS

Palliative Care & Parkinson's Disease

Learn about Parkinson's Disease and gain valuable insight into managing symptoms, improving quality of life, and finding the support you need through Palliative Care!

Join Us for Free Lunch & Informative Presentations!

Monday, October 30th. MUST RSVP - 518-584-1621

- 12:00 Lunch
- 12:30-1:00. Dr. LaFaver. Parkinson's and movement disorder specialist with Saratoga Hospital
- 1:00-1:30. Dr. Kluger. Director of the Palliative Care Research Center and Neuropalliative Care Service at University of Rochester
- 1:30-2:00 Q &A

Dorit's Garden: Memoirs of the Holocaust presented by author Angie Sultan Osers.
Thursday, October 26th at 1:00 pm.

Join us for a book reading & presentation of Dorit's Garden: Memoirs of the Holocaust. This book is a duet of voices weaving themselves in parallel during the World War II. The story of Harry Osers, a young teenager from Prague, who separated from his family and had to outsmart the Nazis in their quest to exterminate him. And Dorit Weiss, a little girl from a small town in Czechoslovakia who miraculously was able to stay together with her parents at Terezin, the German's "Model Camp". A true story written by their granddaughter, a third generation survivor.

Capital District Transportation Authority (CDTA) presented by Johann Gandia (Travel Trainer).

Friday, October 27th at 1:00 pm.

Please join us for a presentation on all things CDTA. Have questions about navigating bus routes? Want to know more about half fare cards? Sign up for this informative presentation.

ART, ART AND MORE ART! included in the \$15 monthly activity fee

Advanced/Intermediate Handbuilding Clay Arts facilitated by Patrice Mastrioni. Please sign up.

Mon, 9:15 am- 11:45 am, beginning October 2nd, (No Class October 23rd). \$10 material fee. Must have advanced/intermediate clay experience. This session's project are covered bowls/boxes. .

Beginning Handbuilding Clay Arts facilitated by Carol Glansberg Tues, 1-3pm, \$10 material fee. No experience necessary. Hand building skills; slab building, pinch pots and coil pots will be taught. Students **must** complete the four week series before they move into the advanced class. Please sign up.

Tye Dye Workshop. facilitated by Meryl Davis Wed, October 11th at 1pm. \$5 material fee.

Join us for a fun afternoon of tye dye! Please bring up to two all cotton light color items (i.e. T-shirt, button down, etc.) Must be pre washed and slightly damp if possible. Please sign up, seating is limited.

Beading Workshop facilitated by Jerry Matthews. Tues, October 10th at 10:30 am. \$5 material fee..

Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. Supplies provided. Please sign up, seating is limited.

Zentangle Art Workshop facilitated by Katie Long. Thurs, October 12th. at 1pm. \$5 material fee.

Katie will lead you in making nametags and bookmarks. Zentangle is an easy-to-learn and fun way to create beautiful images by drawing structured patterns. Please sign up, seating is limited.

English Paper Piecing & Fussy Cutting facilitated by Rilla Schulte

Mon, October 16th & October 23rd at 10 am. \$15 material fee. Please sign up, seating is limited.

English paper piecing uses paper templates & fabric, hand sewn together to create unique fabric art and quilts. It is a sewing technique that traces its first noted origins to the 1770s. Once you learn the techniques you can use your imagination for where this art can take you. For beginners & seasoned sewers.

Stamping Workshop. facilitated by Helen Mastrion. Wed, October 25th 2pm -4pm. \$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. Please sign up, seating is limited.

Intuitive Painting- A Way to Unlock Creativity facilitated by Amejo Wyn Amyot, PhD.

Thurs. October 26th at 1pm. \$5 material fee. Please sign up, seating is limited.

Ready to break free from the ordinary? Join us for an intuitive painting class that is unlike anything you've experienced. This art class isn't just about painting on paper. It's about pushing boundaries and trying something new. Using paint and brush you will learn how to access the soul of imagination and magic. No art experience necessary.

EVENTS

Trivia Night! Monday, October 16th 5:30 pm. \$5.00.

Pizza bites served. Bring your own beverage. Join us for fun, friendly competition! Prizes!

"Where all those useless facts you've been collecting can finally come in handy!" Please sign up seating is limited

Pool Tournament, Wednesday, October 11th. at 4:30 pm. \$10 per person. Please sign up.

Pizza, wings, & complimentary tasting will be provided. A chance to win a prize and bragging rights at The Center!

Thank you to our newsletter sponsors for their continued support!



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- www.homeofthegoodshepherd.com

Patricia Stanley
Community Development Coordinator
Capital District/Mid-Hudson Valley

aetna
medicare solutions

StanleyP@aetna.com c 518-390-2582

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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.

The Pines
at Glens Falls
Center for Nursing & Rehabilitation

Thank You for Your Kindness and Support!

Thank you to CDPHP for sponsoring silver sneakers for the month of September.

Thank you to Garland Nelson for performing for our members.

Thank you to MVP for sponsoring Garland Nelson.

Thank you to MVP for sponsoring our new Qi-Gong/Tai Ji Moves class.

Thank you to NY State Office of the Aging & AARP for our Reach Out & Play Game Day. .

Thank you to Embassy Suites for our scrumptious dinner.

Thank you to CDPHP, Nascentia Health, HighMark and MVP for Medicare Advantage Information.

Thank you to Home of the Good Shepard for sponsoring PaL's Meals To Go.

Thank you to Wellcare for sponsoring Pitney Meadows Pop-Up Fresh Pantry..

Thank you to CDPHP for sponsoring our Capital Region Food Bank.

Thank you to Herzog Law Firm for their presentation on Trusts & Wills.

Thank you to the Air National Guard for Citizens Emergency Preparedness training.

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



SENIOR SUPPORT SERVICES - HERE FOR YOU!

Senior Support Services has staff members, volunteers, and student interns available to help you with things that you need. We can connect you to local resources, health organizations, social services, or advocate on your behalf. Our "Community Connections" volunteers can fill many gaps when other agencies are not able to.

Call 518-584-1621, extension 2010

Our ongoing services include:

- **Information and referral for local and national resources**
- **Senior Life Transitions:** Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.
- **Community Connections:** Volunteers can assist with transportation, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- **Partnerships with local organizations like Alzheimers Association, Parkinsons, medical, and health insurance community.**
- **Transportation:** Volunteers to assist with rides to medical appointments, pharmacies, dentists, the Senior Center, 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

Sponsored by CDPHP



SUPPORT AND PEER GROUPS

Memory Cafe. 11am-12:30pm, 1st Friday of every month.

The memory café offers an interactive, supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or other dementia. We're excited to end 2023 with a special series! Opera Saratoga's "Songs by Heart" will bring a professional level singer to the café to lead an interactive sing-along. Program results in stress reduction, improved self-confidence and social interaction..

Alzheimer's Caregiver Support Group. 11am-12:30pm, 2nd Friday of every month.

Being a caregiver can present exhausting challenges and take a significant toll on your health. Support groups bring together people who are going through or have gone through similar experiences. This support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

Parkinsons Support & Discussion Group facilitated by Marie Thorne.

October 30th. 12:00. This months group will be participating in the Parkinson's and Palliative Care Presentation (See inside for details)

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

Grief and Loss Support & Discussion Group facilitated by Lois Streit, MSW.

Second & Fourth Tuesday of the Month. 2:00- 3:00pm.

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Coping with the loss of someone or something you love is one of life's biggest challenges. Any loss can cause grief, including: divorce or relationship breakup, loss of health, loss of financial stability, retirement, death of a pet, serious illness and more. The purpose of this group is to provide friendship, understanding, and hope.

*Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.
Alzheimer's Support Group sponsored by Leon Goldberg's Charitable Trust.*

MEDICARE INFORMATION

Medicare Advantage Information. Medicare Advantage plans include extra benefits and services that focus on your total health. We want to help you get the coverage, resources and care you need. For information stop by the center and chat with a licensed Medicare Advantage Agent.

- MVP office hours: Mon., 10/2. 9-1. Wed., 10/4, 10/11, 10/18. 9-1 Thurs., 10/12 & 10/26. 9-1.
- MVP Presentation Mon 10/23 at 1:00 pm
- CDPHP Presentation: Fri, 10/27 at 11:00 am



OCTOBER PROGRAMMING -Silver Sneakers is back!

What do you use to mend a jack-o-lantern? A pumpkin patch."- Unknown

For October membership is \$20. \$15 monthly unlimited class fee ReNew Active & Silver Sneakers member - swipe in to waive monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Pitney Farm till 10/10	9:00:Poker	8:45: Senior Life Transitions Team Mtg.	9-9:45: Qi Gong/Tai Ji	9-12: Poker
9:00: Tai Chi	9-9:45:Low Impact Cardio/ Strength - Joyce	9:30: Mosaics	10-10:45: Strength & Conditioning - Joanne (center & zoom)	9-1: Advanced Clay Arts
9:00-12: Barber (see schedule)	9-11: Women's Pool	9:30-1: Rug Hooking	10:00: Ukelele	10:00:Healthy Bones
9:00: Walking Club	10:00: Meditation	10:00: Knit & Crochet	10-2: Tarot Cards (see schedule)	10:00: Spanish Review
10:00:Healthy Bones	10:15: Beginning Spanish	10-11: Zumba	11:00: Foodbank	11:00: Memory Cafe - (1st Friday of month)
10-11:Chair Yoga	11:30: Intermediate Spanish	12:30-4: Canasta	11:00-11:45 Gentle Yoga (center & zoom)	11:00: Caregiver Support Group (2nd Fri of month)
9:15-11:45: Advanced Clay	11:15: Integral Yoga	1:00: Bingo	1-4: Pool League	1-4: Pool League
1-2: Chit Chat	12:30: Mahjong	1:00:Strength w/Aidan (center & zoom)	1:00: Mahjong	
11:00:Health Mgmt.	1-4: Pool League	1-3:Guitar Lessons	1:00:Music & Movement	
2:30: Parkinson Support (3rd monday)	1-3: Beginning Clay Arts	1-4: Pool League		
1-4 :Bridge	2:00: Grief & Loss Support			
1-4:Pool League				

SPECIAL EVENT SCHEDULE

- Mon., Oct. 2nd. 9:00. Retirement Solutions
- Mon., Oct. 2nd. 10:00. IOS 17 Workshop
- Tues., Oct. 3rd. 1:00. Greg Olsen OFA
- Fri., Oct. 6th. 11:00. Memory Cafe
- Mon., Oct. 9th CLOSED
- Tues., Oct. 10th. 10:00. ACE Handyman
- Tues., Oct.. 10th. 10:30 Beading Workshop
- Tues., Oct.. 10th. 2:00. Grief & Loss
- Wed., Oct. 11th., 1:00 . Tye Dye Workshop
- Wed., Oct. 11th. 4:30. Pool Tournament
- Thurs., Oct. 12th. 1:00. Medicare Expo
- Thurs., Oct. 12th. 1:00. Zentangle Workshop
- Fri., Oct. 13th. 11:00. Alzheimers Support
- Mon., Oct. 16th. 10:00. English Paper Piecing
- Sat., Oct. 21st. 9:00-1:00. Open House
- Mon., Oct. 23rd. 1:00. MVP Presentation
- Tues., Oct. 24th., 2:00. Grief & Loss
- Tues., Oct. 24th 3:00. Book Club
- Tues., Oct. 24th 5:30. Dine In Dinner
- Wed., Oct. 25th 10:00. Member Meeting
- Wed., Oct. 25th. 11:00. Flu Shot Clinic
- Wed., Oct. 25th. 2:00. Stamping Workshop
- Thurs., Oct. 26th. 1:00 Intuitive Painting
- Thurs., Oct. 26th. 1:00 Dorit's Garden
- Fri., Oct. 27th. 11:00. CDPHP Presentation
- Fri., Oct. 27th. 1:00. CDTA Presentation
- Mon., Oct. 30th. 9:00-12:00 Barber
- Mon., Oct. 30th. 10:00 Apple Watch Workshop
- Mon., Oct. 30th. 12:00 Palliative Care & Parkinsons' Presentation
- Tues., Oct. 31st. 11:30-1 Senior Center Fall Fest

NEW ADDITIONS included in the \$15 monthly activity fee

Music & Movement facilitated by Elaina, **Thurs, at 1:00 pm, beginning October 5th.** Please sign up. Perfect way to learn gentle dance steps to beautiful music, while improving balance, flexibility, and coordination in a non threatening way. Most dance movements can be done sitting down.

Apple Workshops facilitated by Stephen Ramirez **Mon, October 2nd 10:00 - 11:30 am .** Please sign up.

What Is New In iOS 17: The new operating systems for Apple devices was recently made available to the public. This presentation will demonstrate some of the most popular new features, tips, and tricks for the iPhone, iPad and Apple Watch.

Integral Yoga facilitated by Helen, **Tues, at 11:15 am, beginning October 3rd.** Please sign up.

Integral Yoga is a system of yoga that synthesizes six branches of classical Yoga philosophy and practice: Hatha, Raja, Karma, Jnana, and Japa yoga.

Apple Workshops facilitated by Stephen Ramirez **Mon, October 30th 10:00 - 11:30 am** Please sign up.
Apple Watch: Imagine wearing your iPhone on your wrist. A detail look at the Apple Watch features, including the Fitness and Health app. This presentation will cover how to track health and exercise activity, answer and make phone calls, read email and messages, receive notifications from your favorite apps, navigate directions with the Maps app, make a payment at the register from your wrist with Apple Pay, record audio messages and oh yes, it's also a watch.



COLLETTE EXCURSIONS

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

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

collette

2024 TRIPS *Are any of these on your bucket list?*

Journey to Antarctica
January 16-29, 2024

Hawaiian Adventure
January 18-27, 2024

Discover South Pacific Wonders
February 21-March 6th, 2024

Spectacular South Africa
March 7-20, 2024

Discover Nashville
April 28-May 2, 2024

Spectacular Scandinavia
May 16-29, 2024

Discover South Dakota
June 7-13, 2024

Iceland: Land of Fire & Ice
July 21-30, 2024

Spotlight on Tuscany
August 1-22, 2024

Greece Island Hopper
September 28-Oct. 8, 2024.

Spains Classics & Portugal
October 12-26, 2024

Southern Charm
December 2024. Details coming.

2023 One Day Bus Trips Open to the Public

Salem, MA

Thursday, October 19th.

Historic Salem is a city of layers—one historical era layered upon another. But don't forget to explore the witchy side of Salem too! Information coming on possible hop on/hop off trolley. \$18* (price to be confirmed). \$60. Non-member price \$85.

New York City Holidays

Wednesday, December 6th.

There is no other place quite like New York City at Christmastime; Spend the day on your own. You will be dropped off at Bryant Park. \$60. Non-member price \$85.

One day bus trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.

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.

Proctor's Van Trips

- **SIX** - May 9, 2024. Matinee. \$103.00 per person. Purchase tickets by March 1st, 2024. Six is a British musical comedy, a modern retelling of the lives of the six wives of Henry VIII, presented in the form of a pop concert.
- **BEETLEJUICE** - June 20th, 2024. Matinee. \$86 per person. Purchase tickets by April 1st, 2024. It's showtime! Based on Tim Burton's dearly beloved film, this hilarious musical tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes.

VAN TRIPS

Troy Savings Bank Music Hall- Music @ Noon, Tuesday, October 10th

Enjoy a FREE Americana/Folk concert by the Lost Radio Founders at Troy Savings Bank Music Hall. After the concert, enjoy lunch at the 110 Grill in Latham, NY. "Modern American Cuisine in a Trendy Casual Atmosphere."

Pay \$15 at sign up. Bring lunch money. Leave the Center at 11:00 am. Return about 4:30 pm

Saratoga Apple, Wednesday, October 11th

Enjoy shopping & apple picking at Saratoga Apple in Schuylerville, NY. Saratoga Apple offers an orchard and farm market. They sell a wide variety of apples, peaches, plums, pears, cider, fresh baked goods, and produce. After the orchard, enjoy lunch at Sweeneys restaurant.

Pay \$10 at sign up. Bring lunch money & money for apple picking. Leave the Center at 10:00am. Return about 2:00pm.

VAN TRIPS CONTINUED

Prospect Mountain Monday, October 16th

Drive up Prospect Mountain to view the beautiful fall foliage. The 5.5-mile long route was built in 1969 and allows everyone to enjoy the scenery from Prospect Mountain's summit. After, enjoy lunch at The Garrison in Lake George.

Pay \$17 at sign up. Bring lunch money. Leave the Center at 10:00 am. Return about 3:00pm.

Brookside Museum, Tuesday, October 24th

Tour the exhibits of the museum and attend an educational program on *Passing the Time in Victorian Saratoga*. "What did people do for fun around here in the Victorian era?" After the museum, enjoy lunch at 42 Fusion-Mexican & Italian Restaurant in Ballston Spa, NY.

Pay \$30 at sign up. Bring lunch money. Leave Center at 9:30 am. Return about 2:30 pm

USS Slater, Wednesday, October 25th.

Tour the USS Slater in Albany, NY. Moored on the Hudson River in Albany, New York, the USS SLATER has undergone an extensive restoration. *Tour will require climbing open stairways and walking through tight spaces. No restrooms on board, shoreside restroom available.* After the tour, enjoy lunch at the Iron Gate Cafe in Albany.

Pay \$22 at sign up. Bring lunch money. Leave the Center at 9:30 am. Return about 2:30 pm.

Lunch Bunch-The Silo, Monday, October 30th.

The Silo has been a destination for locals and visitors. They have been cooking up delicious dishes and featuring hearty portions to make your visit to The Adirondack's unforgettable. Enjoy a hearty meal and shop in their three floors of local handmade gifts

Pay \$15 at sign up. Bring lunch money. Leave the Center at 9:00 am. Return about 12:30 pm

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.



MORE OCTOBER HAPPENINGS

Retirement Solutions. Monday, October 2nd. 9-11 am. 15 minute appointments.

John Kalil a Financial Advisor with Retirement Solutions, LLC will be here to answer your general financial questions in a confidential setting as well as to discuss future topics that you would be interested in learning more about. There is no cost or obligation to speak with him. **Please sign up.**

ACE Handyman. Tuesday, October 10th. 10-12pm. 15 minute appointments

Have projects you need completed in your home? Want to know how to make your home more fit for yourself as an active older adult? Sign up for an appointment with the ACE Handyman where you can receive **free** advice for how to make your home exactly the way you want it to be. **Please sign up.**

Book Club. New Members Welcome! Tuesday, October 24th at 3 pm.

October Book: The Beekeeper of Aleppo.

This unforgettable novel puts human faces on the Syrian war with the immigrant story of a beekeeper, his wife, and the triumph of spirit when the world becomes unrecognizable.

Member Meeting, Wednesday, October 25th. 10:00 am

Please join us for a Saratoga Senior Center member meeting with Executive Director, Lois Celeste.

Tarot Card Reading facilitated by Mary Shimp Thursday, October 26th. 10-1pm. \$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, Monday, October 30th. 9:00-12pm. \$5 haircuts for men. 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 Assistance

Did you receive a new phone, iPad, laptop or smartwatch? Let our savvy students help you. Call front desk to make your private appointment.

Flu Shot Clinic facilitated by CDPHP

Wednesday, October 25th from 11:00 AM-1:00 PM .

As flu season approaches, please sign up today to secure your spot for our flu shot clinic. **Must sign up, limited availability.** Please bring your insurance card & ID.

Thank you to CDPHP for partnering with us again this flu season!

