

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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 Saratoga Senior Center
NEWSLETTER
 MARCH 2019

Free Live Music

Come to our Coffee House presented by the SSSS Teenage Young Republicans

Friday, March 8, 3:30-5:30
Coffee and dessert provided by Young Republicans.

3:30 Katelyn Ginley a 17yr old singer/guitarist from SSSS. She performed at Caffe Lena last year. Her acoustic guitar performance will include traditional favorites to Johnny Cash and rock 'n' roll like Elvis and The Beatles.

5:15 Mise Eire Irish Dancers under the direction of Dympna Lynch Weil
These dancers embody the rich culture of Ireland with every step they take.

GET YOUR IRISH ON ALL MONTH!

FREE & OPEN TO THE PUBLIC



Social Hour with The Wild Irish Acres Step Dancers under the direction of Terri Hughes
Friday, March 15, 3:30- 4:30pm.

A return visit from these lively dancers. Irish step dance is a wonderful celebration of the arts and Ireland's unique culture. Lite fare.

Free Dance

Live Music Direct from Ireland
Tim O'Shea and Friends
Thursday, March 21, 4:00-6:00,
Sponsored by Janney Montgomery Scott
Tim O'Shea is a native of Killarney, Co. Kerry and has traveled worldwide playing and performing for nearly 30 years., Joining Tim is Dublin native Pádraig Timony. Pádraig will play fiddle, guitar and sing a song or two. Tim's other special guest is a local Irish Step Dancer, Andrew Colletti. See Andrew's dynamic and lightning fast footwork before he heads to Scotland for a competition. Delicious Irish scones and coffee served. Local Beer tasting.



"TAKE 5" TUESDAY TO GO DINNERS AT THE CENTER
FEATURING MEALS BY SARATOGA 5 POINTS DELI



A portion of every dinner sold supports the Center. Call the Center to order 518.584.1621.
Pick up is between 4-5:30pm every Tuesday at the Center. \$9.50/dinner.

- Mar 5th** Roast Pork, Garlic Mashed Potatoes & Green Beans
- Mar 12th** Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
- Mar 19th** Spiral Ham, Scalloped Potatoes, Green Beans & a Dinner Roll
- Mar 26th** Beef Stroganoff over Egg Noodles & Buttered Carrots w/a Dinner Roll *Place your order by Noon.*



MONTHLY BREAKFAST & LEARN



Wednesday, March 20th, 8:30am. Presentation by Debra Verni, Herzog Law Firm \$3
Enjoy a hot pancake breakfast and let Debra tell you about Celebrity Estate Planning Disasters - Buddy Holly, James Dean, Prince, Patrick Swaze, Robin Williams and more. What can you learn from their mistakes?



MONTHLY CHEF DINNER at the Center *Sign up. \$12 per person, members only.*

Each month the Center will host a local restaurant to prepare and serve their specialties at the Center.

- Live Music from 4:30 - 5:30**
- Tuesday, March 5th, 5:30pm. The Diamond Club - Embassy Suites, Sponsored by Clear Captions**
Herbed Chicken Breast, Rosemary mashed potatoes, green beans
- Monday, March 11th, 5:30pm. Wishing Well, Sponsored by Centers Healthcare**
Wishing Well Green Salad, house vinaigrette, Slow Roasted Pork Loin, mashed potatoes, green beans



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 SARATOGA SENIOR CENTER

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

MARCH AT A GLANCE

FRIDAY'S AT THE CENTER Friday Activities sponsored by CDPHP Cultural Events Sponsored by Saratoga Casino and Raceway



Friday, March 1st, 3:00-4:00pm, Free & Open to the Public
SOCIAL HOUR W/ SPECIAL GUEST KELSEY DODD
Our very talented 11-year-old vocalist from the Holiday Party is back to sing a selection of Broadway tunes. Bring your favorite beverage. Lite fare.

Friday, March 8th, 1:30pm
BALANCE AND GAIT, free & open to the public
Matt Goodemote, Goodemote Physical Therapy
Have you wondered about what you can do to help your balance? Have you noticed you don't feel as steady walking as you used to? Matthew will be discussing areas including what type of shoes are the best and specific exercises you can do to help your balance. This will be an interactive workshop and there will be time for your questions to be answered."

Friday, March 8th, 2:00-3:00pm, free
Cooking and Tasting with Siobhan from Cornell Cooperative Extension
This month easy healthy dinners. Come and join this fun and tasty class!

Friday, March 8th, 3:30-5:30pm, \$2
MUSIC, DANCE & COFFEE HOUSE -
Performances by Katelyn Ginely and the Mise Eire Irish Dancers. *Details on front page.*

Friday, March 15th, 3:30-4:30pm,
WILD IRISH ACRES STEP DANCERS
The talented Wild Irish Acres dancers are back! *Details on front page.* Bring your favorite beverage.

Friday, March 22nd, 1:30-3:30pm, \$2
MOVIE: "A Star is Born" Snacks provided.
As his former stage partner and protégé blossoms from an insecure singer-songwriter into a major star in her own right, their relationship is placed under immense strain

Friday, March 29th, 10:00am-2:00pm, free
LAUGHING DAY AT THE CENTER - CAROL BURNETT -
Watch episodes from her long-running variety series "The Carol Burnett Show." Laugh along with Carol and her hilarious troupe of regulars — Harvey Korman, Tim Conway, Vicki Lawrence and Lyle Waggoner.

Friday, March 29th, 3:00pm,
SKIDMORE MUSIC AND DANCE
Performing specially for the Senior Center are "The Treble Makers", an A Capella group, Raíces a Latin Culture dance group and more.

Serving Soup 12:30pm - 1:30pm, \$2 per cup
Soup prepared and donated by Knights of Columbus

SAVE THE DATE

SILENT WINGS - THE OWLS, FALCONS & HAWKS ARE BACK
Friday April 5th @ 1:30 Sponsored by Herzog Law Firm



"GRAB & GO LUNCHES"

Every day at the Senior Center, \$7.00. See front desk for details.
Asian Chicken Salad on a Croissant w/Spring Mix + Almonds
Roast Turkey & Swiss, Lettuce, Tomato, Lemon Dill Mayo on Multi Grain Bread + Side of Bagel Chips
Spinach Wrap stuffed w/Hummus, Romaine, Tomato, Cucumber, Roasted Red Peppers & Shredded Carrots
Roast Beef & Cheddar w/ Spring Mix, Tomato and Horseradish Mayo + a Side of Pasta Salad



SPAC DISCOUNTED TICKETS ARE ON SALE!

Are you a member of the Center? If not, this member benefit is a great reason to join!
Discounted seats for the NYC Ballet, Philadelphia Orchestra, Chamber Music, Jazz Fest and more!
One ticket per member per show. Purchase at Front Desk. For information call 518-584-1621.



HEALTH CLINIC

Saratoga County Public Health. Tuesday, March 12th, 10:00am-12:00pm free
Keep on top of your health. Get your blood pressure, glucose and cholesterol checked.



WEDNESDAY TO GO WOOD FIRED PIZZA AT THE CENTER BY THREE VINES

A portion of every dinner sold supports the Center. Call the Center to order 518.584.1621.
Pick up is between 4-5:30pm every Wednesday at the Center. \$9.50/pizza.
Choice of: 10" Calabrese (pepperoni) Pizza or 10" Margherita Pizza perfect for 1-3! **Place your order by 2pm.**



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, ext206.



TRANSPORTATION SERVICES

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, ext206.



SENIOR CENTER WISH LIST

Here is a list of some items that we are in need of:
vacuum, 2 drawer file cabinet, food storage bags, glass front refrigerator (like you see for soda, but on the small side), any type of display cases for artwork, 40 cup coffee urn. The art room is requesting lightweight umbrellas to make floral door decorations.



Mentor Youth
in Your Community!



Would you like to make an impact in the life of a child? Are you interested in earning some additional money?
Become a senior mentor with CEO's Foster Grandparent Program. 518-272-6012 X 315 to learn more!
www.ceoempowers.org

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 the them. Call Nicole at 518-584-1621, ext206.

GROUPS & GATHERINGS

Reminiscing: Wednesdays from 10-11am
Meet a new friend & talk about the good ole' days!

Chit Chat: Mondays from 1-2pm
Skidmore intern Dessy is picking up where Brie left off. Join Desi for a fun hour of chit chat and laughs.

"Silver Foxes" Second Thursday of every month at 11:45am
Join the Silver Foxes Men's Lunch Group at Skidmore Dining Hall for good food, camaraderie and laughs.

Explorative Arts: Tuesdays from 10:30am-12pm
Join Hanalei from Skidmore for a series of classes on creative expression through art using a variety of mediums - painting, felting, photography and more.

Music, Memories & Nostalgia: Thursdays from 1-2pm
Join Bailey, our Skidmore intern for an hour of music that will trigger vivid memories that seem to transport you back in time and space.

Alzheimer's Caregiver Support Group 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 and reassurance you need. *Free and open to the public.*



VIA Aquarium in Rotterdam**Thursday, March 7th** *rescheduled from January*

Explore a self guided tour of vivid underwater worlds, see and learn about reptiles, feed the stingrays and more. Late lunch following the aquarium at Water's Edge Lighthouse. We leave the Center at 9:30am. *Pay \$29 at sign up. Please bring additional money for lunch.*

"How to Succeed in Business" @ Saratoga Springs HS**Wednesday, March 13th**

Power, sex, ambition, greed ... It's just another day at the office in this classic satire of big business." This dress rehearsal is performed by the SSHS Drama Club. We leave the Center at 3:00pm. *Pay \$2 at sign up. Play is free.*

Silver Foxes**Thursday, March 14th**

Join the men's lunch group and head to Skidmore Dining Hall for lunch. We leave the Center at 11:45am. *Pay \$2 at sign up. Please bring additional money for lunch.*

Batcheller Mansion**Thursday, March 14th**

Enjoy a guided tour of one of America's great Victorian houses right here in Saratoga. This American architectural masterpiece is an elegant mixture of small hotel and living history museum with the intimate feel of a bed and breakfast. There are lots of stairs, but you are welcome to remain on the main floor. We leave the Center at 12:45pm. *Pay \$22 at sign up. Admission includes a book written by Hollis Palmer.*

Emily Pinkerton at St. Paul's Church - Music at Noon**Tuesday, March 19th**

Vocalist, songwriter, Emily Pinkerton presents "North and South American Roots". For two decades, Emily has traveled between the U.S. and Chile, playing fiddle, banjo, guitar, charango, and guitarrón, and exploring the musical and social ties that bind the Americas. Lunch at Illium Cafe. We leave the Center at 11am. *Pay \$10 at sign up. Concert is free. Please bring additional money for lunch.*

Capital District Garden Show at HVCC**Friday, March 22nd**

Get your first taste of spring, with blooming flowers exploding with color. Renowned for its full-scale landscape exhibits and creatively designed gardens, HVCC is turned into a backyard environment complete with shrubs, flowers, ponds, waterfalls, retaining walls, sidewalks, and lawns. Following the show, we'll be stopping at Moscatiello's Italian Family Restaurant for lunch. We leave the Center at 9:30am. *Cost is \$22. Please bring additional money for lunch and shopping.*

Albany Institute of History & Art**Thursday, March 21st**

Enjoy a guided tour of the Institutes 3 new exhibits: Bejeweled and Bedazzled, Shape & Shadow:Sculpture of Larry Kagan, and Cast Iron Stoves of the Capital Region. Lunch first at The Publik House. We leave the Center at 11:00am. *Pay \$23 at sign up. Please bring additional money for lunch. Must have 8 for trip to go.*

Lunch Bunch – Ribbon Cafe, Ballston Spa**Tuesday, March 26th**

The ChowderFest Winner! We leave the Center at 10:45am. *Pay \$5 at sign up. Please bring additional money for lunch and bakery.*

Adirondack Salt Cave**Tuesday, March 28th**

Our man-made Himalayan Salt Environment is intended to reproduce the unique microclimate and the healing properties of the deep salt caves within the Himalayan Mountains that have been used for centuries for their incredible effects. Lunch at the Harvest Restaurant. We leave the Center at 10 am. *Pay \$22 at sign up. Please bring additional money for lunch. Must have 8 signed up for trip to go.*

Menopause the Musical at Wood Theater**Thursday, April 25**

Four women at a lingerie sale have nothing in common but a black lace bra AND memory loss, hot flashes, night sweats, not enough sex, too much sex and more! This hilarious musical parody swill have you cheering and dancing in the aisles! Seats are in the first 2 rows. *Leave the Center at 6:15pm. Pay \$63 at sign up. Must sign up by March 8th.*



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TRIPS & EXCURSIONS

EXCURSIONS COMING IN 2019!

Collette Tours, Open to the Public

Discover Switzerland, Austria, & Bavaria

July 25th-August 3rd, 2019 (\$3,999 double)

Highlights: Bern, Chateau de Chillon, Montreaux, GoldenPass Panoramic Train, Gstaad, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, Tyrolean Folklore Show, Bavaria, and Oberammergau.

River Cruise - Magical Rhine and Moselle:

September 16th-25th, 2019 (\$4,799 double)

Highlights: Amsterdam, Cologne, Moselle River, Cochem, Wine Tasting, Koblenz, Rudesheim, Siegfried's Music Museum, Mannheim, Speyer, Strasbourg, and Titisee.

Spain and Portugal

October 23rd-November 5th, 2019 (\$4,999 double)

Trip Highlights: Explore Spain & Portugal's priceless treasures of art, history and culture, set against a backdrop that spans sunny Mediterranean shores and grand mountain ranges.

Morocco & Spain

November 2nd-14th, 2019 (\$4499 double)

Highlights: Madrid, Cordoba, Royal Alcazar of Seville, Jerez de la Frontera, Tangier, Chefchaouen, Mausolaum of Mohammed V, Marrakech, ElBahia Palace, Koutoubia Mosque.

London and Paris

November 6th-13th, 2019 (\$3,499 double)

Highlights: Big Ben, Choices on Tour, Eurostar Train, Paradis Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and Seine River Cruise.

Spotlight on San Antonio Holiday

December 5th-9th, 2019 (\$2,109 double)

Highlights: Mission San Jose, The Alamo, LBJ Ranch, Fredericksburg, Choice of South Texas Heritage Center or San Antonio Botanical Gardens, El Mercado, & Paseo del Rio Cruise.

Friday, March 22nd, 12:30pm-1:30pm**TRAVEL CLUB / TRIP BUDDIES**

Join our travel club, share travel stories and meet new travel buddies! Colby Yeaton from Collette will be joining us and talking about everything you need to know about trips & traveling!

2020 TRIPS - Details coming soon

Spectacular South Africa

South Pacific Wonders - Australia and New Zealand

Rediscover Cuba

Shades of Ireland

Discover Scotland

Spotlight on Sante Fe Holiday

Painted Canyons of the West - Utah's 5 National Parks

MULTI DAY BUS TRIPS 2019!

(Diamond Tours, Open to the Public)

Mystic, Foxwoods & Newport Bus Tour

June 18 - 20 \$309 double occupancy

3 days/2 nights. 4 meals - 2 Breakfast/2 Dinners. Combine stately New England beauty with resort excitement with our bus trip to Mystic, Newport and Foxwoods! Stay at the Two Trees Inn. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

Canadian Island of Coudres - Quebec Bus Tour*A valid US passport or passport card required.*

September 24-29 \$849 double occupancy

6 days 5 nights 11 meals - 5 Breakfast/1 Lunch/5 Dinner A well kept secret nestled between the Saint Lawrence River and the Laurentian Mountains; relax and rejuvenate in this little oasis during your three night stay. Trip Highlights: The Amazing Island of Coudres, Guided Tour of Quebec City, Whale Watching.

ONE DAY BUS TRIPS 2019!

Funded by Adirondack Trust Co. Community Fund

Culinary Institute of America (CIA)**Sponsored by Saratoga Life****Tuesday, April 16, 2019****Cost is \$90/Members, \$115/Non-Members**

A tour of the famous Culinary Institute of America, followed by set-menu lunch at American Bounty restaurant. End the day with a tour and tasting at Brotherhood Winery.

Must sign up by March 15 to ensure trip will go.**New York City - Chelsea Pier Area****Wednesday, May 15, 2019****Cost is \$42/Members, \$67/Non-Members**

Enjoy a beautiful spring day on on the West Side! Chelsea Pier, The Highline Walkway, Tribeca, or Uber to uptown and enjoy the day shopping.

Lake Placid**Tuesday, July 9, 2019****Pricing and Details Coming****Salem, Massachusetts****Sponsored by CDPHP****Thursday, October 17, 2019****Cost is \$45/Members, \$70/Non-Member**

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! Optional hop on/hop off trolley is an additional \$18. Sign up for trolley with trip signup.

New York City Trip: Bryant Park**Sponsored by CDPHP****Wednesday, December 4, 2019****Cost is \$42/Members, \$67/Non-Member**

Celebrate Christmas in NYC! We'll get you to the city and then you're on your own to explore the big apple!



WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged
 **Prices listed are per month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30: Osteo 3	9-10:30: Watercolor Lab	9:30-2: Rug Hooking (\$5)	8:30-9:30: Osteo 3	10-12: Clay Arts (formerly ceramics & Sculpture)(\$20)
9:00: Walking Club (\$5)	10-11:15: Gentle Yoga (\$10)	10:00: Reminiscing	9-11: Tarot Cards (last Thursday)	10-12: Poker (\$2)
9:30-11:30: Clay Arts (formerly Ceramics & Sculpture) (\$20)	10:30-12: Explorative Arts	10:00: Snowshoeing	9-12: Mosaics (\$20)	12-4: Artist Lab
10-10:45: Zumba MVP Gold (Next Session 2/25--5/13/19)	11:30-12:15: Aerobics (\$10)	10:00: Ukulele Jam	9-12: Fused Glass (\$10/class)	12:30: Cafe - Soup \$2 per cup
10-11: Osteo	11- 2 Men's Barber (\$5 per service)	10-12: Knit & Crochet (\$2)	10-11: Osteo	1:30: "Fridays at the Center" Movies/Presentation/Social
11-12:30: Gentle/Chair Yoga (\$10)	1-2:30: Soapstone and Alabaster Carving (\$10/\$25)	11:10-12: Zumba Gold (\$2)	10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday)	1:30-3:45: Reiki (2nd Friday) Sign-up required. Members only, \$2
12:30-4: Bridge (\$5)	1-4 Ping Pong and Pool	12:30-2: Bingo (\$2)	11-12: Brain Gym (4th Thursday)	
1-2: Chit Chat	1:30-2:15: Pilates (\$10)	1:00: Strength w/Aidan (\$2)	11:30-12:15: Aerobics (\$10)	
1-4: Canasta (\$2)	3-4: Book Club (last Tuesday)	1-4 Ping Pong and Pool	12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)	
1:30-3: Painting (\$10)		2:15: Tai Chi (\$10)	1-2: Music, Memories	
		3:00: Embury Class (One Wednesday a Month)	1-4 Ping Pong and Pool	

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



REOCCURRING MONTHLY EVENTS

Tarot Card Readings
Thursday, March 28th, 9:00-11:00am
 Card reading by the Mary Shimp! \$5

Book Club - New Members Welcome:
Tuesday, March 26th, 3:00pm
 "Varina - A Novel" by Charles Frazier
 In his powerful new novel, Charles returns to the time and place of Cold Mountain, vividly bringing to life the chaos and devastation of the Civil War

Reiki
Friday, March 8th, 1:30pm
 A Japanese technique for stress reduction and relaxation that also promotes healing.
 \$2, members only.

9 Miles East
Wednesdays, 10:55am-11:25am
 Every week, 9 Miles East Farm brings healthy meals and soups all prepared with high-quality local and organic ingredients.



Computer/Technology Assistance
 Call the front desk for appointment

Art and Crafts at Embury
Wednesday, March 20th, 3:00pm
 Mosaics. Open to all members.

Brain Gym Kali Nagler, Saratoga Library, Free
Thursday, March 28th, 11:00am
 Using a combination of Brain Gym exercises and our 5 senses in mindful ways, we will explore healthy lifestyles, brain research, positive mindset and memory exercises in a fun, engaging manner.

AARP Tax Help. Free and Open to the Public.
Tuesday, February 6th to April 9th
 Call the front desk for an appointment.

Saratoga County Office For the Aging Programs at the Center:

Lunch
 Served Daily in our Dining Room
 For menu information, please call Janet at (518) 584-1621 ext. 205 or (518) 884-4100 or visit www.saratogacountyny.gov.

Legal Assistance
Thursday, March 7th, 1:30pm
 Call Office For the Aging at (518) 884-4100 for an appt.

Osteo Exercise Classes
 Monday: 8:30-9:30am and 10-11:00am
 Thursday: 8:30-9:30am and 10-11:00am
 Sign up at Office for the Aging, (518) 884-4100.

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FYI - Communicating With Our Members! We have added Robo Calling. It is a very efficient way for us to get a message to you quickly. Our robo calling phone number is a Maine number. There is also a couple second pause after you answer. Please give it a try!		Daylight Savings is Sunday, March 10th. Don't forget to "Spring Forward!"		1 12:30-1:30pm: Soup 3:00-4:00pm: Social Hour w/ Kelsey Dodd
4 10:00-10:45am: Zumba MVP	5 9:00am-2:00pm: AARP Taxes 10:15am: Van Trip Old Bryan Inn 10:30am-12pm: Explorative Art 4:00pm: 5 Points To Go Dinner 5:30pm: Dinner - Embassy Suites	6 10:00am: Reminiscing 2:00pm: Empire - Medicare 4:00pm: Three Vines Pizza To Go No Tai Chi	7 9:30am: Van Trip VIA Aquarium 1:00-2:00pm: Music, Memories 1:30pm: Legal Assistance	8 12:30-1:30pm: Soup 1:30pm: Reiki 1:30pm: Balance & Gait 2:00pm: Cooking w/ Siobhan 3:30-5:30pm: Coffee House w/ Music by Katelyn Ginley and Irish Dancers
11 10:00-10:45am: Zumba MVP 11:30am: United Health Care - Medicare 5:30pm: Dinner - Wishing Well	12 9:00am-2:00pm: AARP Taxes 10am-12pm: Public Health Clinic 10:30am-12pm: Explorative Art 4:00pm: 5 Points To Go Dinner	13 10:00am: MVP - Medicare 10:00am: Reminiscing 3:00pm: Van Trip SSHS Play 4:00pm: Three Vines Pizza To Go No Tai Chi	14 11:45am: Van trip Silver Foxes 12:45pm: Van Trip Batcheller Mansion Inn 1:00-2:00pm: Music, Memories	15 12:30-1:30pm: Soup 3:30pm: Wild Irish Acres Step Dancers
18 10:00-10:45am: Zumba MVP	19 9:00am-2:00pm: AARP Taxes 10:30am-12pm: Explorative Art 11:00am: Van Trip St. Paul's Music at Noon 4:00pm: 5 Points To Go Dinner	20 8:30am: Breakfast and Learn w/ Herzog Law Firm 10:00am: Reminiscing 4:00pm: Three Vines Pizza To Go 5:30pm: Board Meeting	21 10:00am: Van Trip Albany Institute of Art & History 10:30am-12:00pm: Alzheimer's Caregivers Support Group 1:00-2:00pm: Music, Memories 4:00pm: Live Irish Music w/ Tim O'Shea and Friends	22 9:30am: Van Trip Flower Show 12:30pm: Trip Buddies/Travel Club 12:30-1:30pm: Soup 1:30-3:30pm: Movie "A Star is Born"
25 10:00-10:45am: Zumba MVP	26 9:00am-2:00pm: AARP Taxes 10:45am: Van Trip Lunch Bunch 10:30am-12pm: Explorative Art 3:00-4:00pm: Book Club 4:00pm: 5 Points To Go Dinner	27 10:00am: Reminiscing 4:00pm: Three Vines Pizza To Go	28 9:00-11:00am: Tarot Card Reading 10:00am: Van Trip Salt Cave 11:00am-12:00pm: Brain Gym 1:00-2:00pm: Music, Memories	29 10:00am-2:00pm: "Laughing Day" w/ Carol Burnett & Friends 12:30-1:30pm: Soup 3pm: Skidmore Music & Dance