

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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LABOR DAY

The Senior Center will be closed

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

SEPTEMBER 2022

SEPTEMBER HAPPENINGS!



CALLING ALL SENIORS! SENIOR FALL FEST! Wednesday, September 21st, 11:00am - 1:00pm



THE SARATOGA SENIOR CENTER AND THE SARATOGA YMCA
INVITE YOU FOR A CELEBRATION OF SENIORS AT THE WEST AVE YMCA PAVILION

Free!

Presentation by Lois Celeste and Scott Clark on the new building that will house the Senior Center and the YMCA's expansion.
Meet Assemblywoman Carrie Woerner and thank her for her generous donation to the Senior Center.

Please
RSVP!

- Live Music with Jeff Brisbin
- Dancing
- Tarot Card Reading
- Free BBQ Lunch
- Pitney Meadows Farm Produce
- Cornell Cooperative Extension

Sponsored by

Call the Saratoga Senior Center to reserve
your spot! 518-584-1621



Good Food! Good Friends! Good Times!

Dinner & a Drink!

Tuesday, September 27th 5:30pm. \$12 per dinner.

Sponsored by Highmark.



"Mangia! Mangia!" Come join us for an Italian festa! Taste of Saratoga.

Please sign up, seating is limited. To go dinners may be available if sit down is not sold out.

Simply Food by Maura. To Go only. \$12 per dinner. 3:30-5:30. Drive through pick up, front of building.

Orders must be placed by noon the Friday prior.

Tues., Sept. 6 - Meatloaf with mashed potatoes, a seasonal veggie & corn bread.

Sponsored by MVP.

Tues., Sept. 13 - Chicken Cacciatore with potatoes & dinner roll

Tues., Sept. 20 - Spiral Ham with scalloped potatoes, seasonal veggie, & dinner roll



Continental Breakfast - Two breakfasts this month.

Friday, September 16th and Tuesday, September 27th. 9-10am. Free.

Sponsored by Albany Guardian Society

Start your day with friends, laughter and good food.



CENTER UPDATES!

- Spanish returns. First class Friday September 9th. 10:00am.
- Trivia is back! Monday September 12th. See inside cover.
- Walking Club - new start time - 9:30am.
- Pilates - new time. Wednesdays 2:00pm beginning September 7th. (no class August 25th)
- Healing Energy Touch with Jenna Mae. 2nd Tuesday of the month 9-2pm and the 4th Wednesday 11-3.
- Soul Line Dancing with Heart & Soul Line Dancers. new class. See inside cover.
- Introduction to Classical Music - with Academy Lifelong Learning. Begins October 17th. See front desk.
- Tie Dye Class. See inside cover.
- Informational Travel Slidehow - Scotland & Ireland, National Parks and Alaska Land and Cruise. See page 3.
- Bridge is back!

SARATOGA SENIOR
CENTER



Hours: Monday-Friday 8am-4pm. Friday 8-3pm.

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

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

Aetna Medicare Advantage

Wednesday, September 7th. 2:00pm.

Medicare offers you different coverage options. Knowing a few basics can help make it easier to choose the option that's right. Join this educational event facilitated by a licensed agent who will go over the ABCD's of Medicare



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

Monday, September 12th. 5:15pm. \$5.00 Pizza bites served. Bring your own beverage.

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



In Honor Of September Being Alzheimer's Disease Awareness Month We're Offering The Following

10 Commandments of Dementia Caregiving facilitated by Jennifer Harvey, Touching Hearts at Home

Tuesday, September 13th. 1:00pm.

The 10 Commandments of Dementia Caregiving are meant to empower caregivers in their role and encourage them with practical strategies for interacting successfully with their loved one. Dementia is a delicate condition to deal with and it will challenge you as a carer on many levels. Remembering these 10 commandments will help you look after yourself as you care for a loved one with dementia.



10 Warning Signs of Alzheimer's facilitated by Gwendolyn Rowland, Alzheimer's Association Northeastern New York

Monday, September 19th. 11:00am.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. What is the difference? What are the warning signs? What to watch for in yourself and others? Gwen will guide you and give you resources to help. **Please sign up- at the front desk or by calling 518-675-7214.**



Scams Against Seniors - facilitated by the US Attorney's Office.

The Warning Signs and Red Flags of Elder Abuse, facilitated by Wellspring.

Thursday, September 15th. 11am.

This free training is for professionals and non-professional who are in contact with seniors through work, volunteering, social services and your own family and friends.

Please register. Lite fare served.

"This program is funded in part by Monroe County Office for the Aging, NY State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, and participant contributions."

Sponsored by: The Albany Guardian Society



Soul Line Dancing with Mary & Frank Colby of Heart & Soul Line Dancers

Thursdays, 1:30pm. 6 Week session beginning September 15th.

Soul Line Dancing can be done by all. It is no pressure, fun dancing and you don't need a partner. Mary and Frank will have you dancing some familiar dances but they also add their personal touch and bring in oldies, latin and more.

Peace Week presents Zentangle Art Program

Monday, September 26th, 1:00pm.

Join us to celebrate Peace Week (9/21-9/27). The Zentangle Art Program will be offered at the Senior Center. It is an American method for drawing, which promotes concentration and creativity and increases personal well-being. For more information on Peace Week visit <http://www.peace-ing.org>. **Seating is limited, please sign up.**



Tie Dye Fun! Facilitated by Meryl, artist and instructor.

Wednesday, September 28th, 1-3pm. \$5.00 material fee. Please sign up!

Please bring your own t-shirt, blouse, shorts, etc., preferably 100% cotton white, must be pre-washed.

If accessible, check out some YouTube videos on tie dye to get ideas. All other supplies provided by Senior Center.

Fidelis Care and Wellcare Medicare Advantage

Thursday, September 29th. 10:00am.

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. Fidelis will be in your area soon presenting a Medicare Basics seminar. Join this educational event facilitated by a licensed agent who will go over the ABCD's of Medicare.



CDPHP Flu Clinic

Thursday, September 29th. 11:00-1:00pm.

Flu shots are more important than ever this year. CDPHP is bringing a flu vaccination pop-up clinic to the Senior Center. Make an appointment at the front desk. Walk-ins welcome.



Lifestyle Medicine for Brain Health – the Prescription We All Need facilitated by Kathrin LaFaver, MD.

Thursday, September 29th. 12:30pm.

Neurologist Kathrin LaFaver will discuss "Living the NEURO Life," Healthy Habits For A Healthy Brain. Share the positive effects of nutrition, exercise, stress reduction, sleep and social connections.

Bridge is Back!

Mondays, 1-4pm beginning September 12th.

We have had many members ask about starting bridge back up. So if you are interested in playing, come on Monday and let's get the games rolling again.

Thank you to our newsletter sponsors for their continued support!

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Mark T. Phillips · R. Thomas Armer · Daniel J. DeCelle
Nicholas D. DeCelle · Jeremiah J. Thompson · Anthony J. Morris

AND DONT FORGET ABOUT...

Newcomer's Social Hour

Thursday, September 29th, 2-3:00pm.

Calling all new members! And our regular members! Join us for a fun, friendly social hour where you can meet other new members. Conversation, fun, and laughs. **Snacks provided. Please sign up.**



Pitney Meadows Pop Up Fresh Produce

Mondays, 9:30am til gone. At the Saratoga Senior Center. **Sponsored by Highmark Blueshield of NENY**

Pitney Meadows farm is unique because "we don't grow to make money; we grow to give. Our philosophy of farming means growing for the community." They are committed to provide fresh produce donations to food pantries, senior programs to feed the community.



Nurturing the Grandmother Soul facilitated by Teresa King.

Wednesday, September 28th. 1pm. \$15.

In a safe space, we will reflect upon how we nurture ourselves on many levels. We will also reflect upon what drains us. Please bring your open heart, journal and pen. Questions? Teresa can be reached at teresaking1@live.com.



COMING IN OCTOBER

Medicare Insurance Expo. Thursday, October 6th. Free. Open to the Public.

Meet one on one with Medicare professionals and senior focused specialists.

Open House. Saturday, October 22nd. Free. Open to the Public.

Come enjoy the Center, grab a snack, make your own Stewarts sundae, mix and mingle with friends and meet new ones! Enjoy music by Bobby Dick and Susie Q, presentations 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 CDPHP 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.

Transitions: 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!



BOOK CLUB AT THE CENTER *New Members Welcome!*



September Book - "Pray for Silence" by Linda Castillo. Tuesday, September 27th. 3pm.

In the quiet town of Painters Mill, an Amish family of seven has been found brutally murdered on their farm. Chief of Police Kate Burkholder and her small force have few clues, no motive, and no suspect. State agent John Tomassetti arrives on the scene to assist. The disturbing details of this case will push them to their limits and force them to face demons from their own troubled pasts. When Kate discovers a diary, she realizes a haunting personal connection to the case. One of the teenage daughters may have been leading a lurid double life.

October Book - "The Paris Library" by Janet Skeslien Charles. Tuesday, October 25th. 3pm.

Based on the true World War II story of the heroic librarians at the American Library in Paris, this is an unforgettable story of romance, friendship, family, and the power of literature to bring us together. A powerful novel that explores the consequences of our choices and the relationships that make us who we are—family, friends, and favorite authors—The Paris Library shows that extraordinary heroism can sometimes be found in the quietest of places.

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 Office for the Aging at 518-884-4100.

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.



The Mount- Edith Wharton's Home Tuesday, September 13th.

The Mount is a National Historic Landmark dedicated to the intellectual, artistic, and humanitarian legacy of author Edith Wharton (1862-1937), whose works include classic novels such as *The Age of Innocence* and *The House of Mirth*, as well as authoritative works on architecture, design, and travel. Enjoy a guided tour with lunch and then time on your own. *Pay \$55 at sign up includes van, tour and lunch. Please choose your lunch at sign up. Leave the Center at 9:15. Return about 4:00.*

The Clark - Rodin in the United States: Confronting The Modern Friday, September 16th.

Auguste Rodin (French, 1840–1917) followed an unusual path to becoming one of the most innovative, influential, celebrated, and controversial sculptors of the late nineteenth and early twentieth centuries. This exhibition explores how American collectors embraced Rodin's art over time, assembling collections of his sculptures and drawings. **This is an educator led talk about the Rodin exhibit.** Also, enjoy The Clark's other exhibits. Lunch at one of the cafes on site. *Leave the Center at 9:30am. Pay \$44 at sign up for tour, admission and van fee. Bring additional money for lunch*

Hart Cluett Museum - featuring "Cultivating Community: Agriculture in Rensselaer County" Friday, September 23rd.

Hart Cluett Museum connects local history and heritage with contemporary life by bringing the region's past to life, recognizing every face and every story. Other exhibit include Uncle Sam, South End Tavern and Stoves of Troy. Lunch at the Topsy Moose. *Pay \$10 at sign up for van fee. Bring \$15 admission and additional money for lunch. Leave center at 9:00am, return about 4pm.*

Lunch Bunch - Lakeside Farms Tuesday, September 27th.

Started in 1948, Lakeside Farms has been a mainstay in the Saratoga region for fresh apple cider, vegetables, baked goods, or a fresh homemade breakfast or lunch. *Pay \$10 at sign up. Please bring additional money for lunch and shopping. Leave the Center at 10:45. Return about 2:00.*

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.

PROCTORS VAN TRIPS

All Tickets on Sale Now!

HAIRSPRAY

Thursday, December 8th, 2022. 1:30pm show.

\$69.00 includes ticket and van fee.

You Can't Stop the Beat! HAIRSPRAY, Broadway's Tony Award-winning musical comedy phenomenon is back on tour! Join 16-year-old Tracy Turnblad in 1960's Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? *Leave the Center at 11:00 am, return about 4pm. Bring additional money for lunch prior to the show.*

TOOTSIE

Thursday, April 13th, 2023 1:30pm show.

\$69.00 includes ticket and van fee.

Call it "musical comedy heaven" (Rolling Stone). Call it "the most uproarious new musical in years!" (The Hollywood Reporter). Call it TOOTSIE! This laugh-out-loud love letter to the theater tells the story of Michael Dorsey, a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime. *Leave the Center at 11:00am, return about 4pm. Bring additional money for lunch.*

TRIPS & EXCURSIONS! LET'S GET AWAY!

ONE DAY BUS TRIPS

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.



- BRONX ZOO OR NY BOTANICAL GARDENS**
Tuesday, September 20th.

Must specify destination at sign up.
Bronx Zoo - \$93. Botanical Gardens - \$91

Leave the train station at 6:45am, return about 10:30pm.

The Bronx Zoo The animals and exhibits at the Bronx Zoo span the globe and include tiny toads from Tanzania and big cats from the Russian Far East. With more than 700 species, the zoo is the perfect place to inspire animal lovers of all ages.

The New York Botanical Gardens A wonderland for everything that grows. Featuring more than a million plants on 250 acres, it is a place for enchantment and exploration. Take a walk to see what's in bloom or explore the historic Conservatory, which showcases the wonders of the Garden's living collections.

- 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.

MULTI DAY BUS TRIP

Charleston, South Carolina, November 6-12, 2022. Must sign up by September 8th.

ELEGANT, CHARMING AND ENCHANTING! Charleston is defined by its cobblestone streets, horse-drawn carriages and pastel antebellum houses. Charleston remains one of the best-preserved and most picturesque cities in America's Old South Come and visit this historic city. \$899. Open to the public.

COLLETTE EXCURSIONS

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



2022 TRIPS

America's Music Cities Holiday
December 4-11, 2022

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

2023 TRIPS continued.

Discover National Parks of America
May 15-26, 2023

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

Informational slideshow Thursday September 22nd @ 9:30am. Featuring:

Scotland & Ireland, Discover the National Parks of America and Alaska Discovery Land & Cruise.

SEPTEMBER PROGRAMMING

Hello September... Thanks for the reminder that change can be beautiful!

In House & ZOOM Classes, Presentations, Food and More!

Did you know our low monthly \$15 all inclusive unlimited program fee includes classes, events & programs.

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

Thank you CDPHP for sponsoring our Health and Wellness classes.



SPECIAL EVENT SCHEDULE

- Every Monday. 9:30. Pitney Farm Pop-Up Produce.
- Every Wednesday. 1:00. Bingo.
- Every Thursday. 11:00. Regional Food Bank.
- Mon., September 5th. **Closed - Labor Day**
- Tuesday. Sept. 6th. 2:30. Widow's Club.
- Tues., September 6th. 3:30. To Go Dinner.
- Wed., September 7th. 2:00. Aetna Medicare.
- Fri., Sept. 9th. 11:00. Alzheimer's Caregiver Support.
- Mon., Sept. 12th. 9-12. Men's Haircuts.
- Mon., September 12th. 5:15pm. Trivia.
- Tuesday. Sept. 13th. 9-2. Healing Touch Sessions.
- Tues., September 13th. 1:00. Dementia Caregiving.
- Tues., September 13th. 3:30. To Go Dinner.
- Thurs., September 15th. 11:00. Elder Abuse Training.
- Thurs., September 15th. 1:30. Line Dancing.
- Fri., September 16th. 9-10. Continental Breakfast.
- Tues., Sept., 19th. 11:00. Alzheimers Warning Signs.
- Tues., September 20th. 3:30. To Go Dinner.
- Wed., September 21st. 11-1:00. Fall Fest.
- Mon., September 26th. 1:00. Peace Week Art Class.
- Tues., September 27th. 9-10. Continental Breakfast.
- Tuesday. Sept. 27th. Widow's Club. 2:30.
- Tues., September 27th. 3:00. Book Club.
- Tues., September 27th. 5:30. Dine In Dinner.
- Wed., Sept. 28th. 11-3. Healing Touch Sessions.
- Wed., September 28th. 1:00. Tye Dye.
- Wed., Sept. 28th. 1:00. Nurturing the Grandmother.
- Thurs., Sept. 29th. 10-2. Tarot Cards.
- Thurs., Sept. 29th. 2-3. Newcomers Social.
- Thurs., September 29th. 10-2. Tarot Card Readings.
- Thurs., September 29th. 10:00. Fidelis/Wellcare.
- Thurs., September 29th. 11-1. CDPHP Flu Clinic.
- Thurs., September 29th. 12:30. Brain Health.

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

Mon., September 12th 9:00-12pm.

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

TAROT CARD READINGS facilitated by Mary Shimp
Last Thursday of the month. 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.

Annual Senior Picnic at Saratoga County Fairgrounds

Saratoga County Department of Aging and Youth Services
Thurs., September 8th. 11-3. \$4.

Enjoy an afternoon of good food, music and dancing.

Thank You for Your Kindness and Support!

Thank you to Olde Bryan Inn for our amazing dinner. Thank you to Albany Guardian Society for sponsoring The Birds of Prey. Thank you to the Albany Guardian Society for sponsoring our continental breakfasts. Thank you to Aetna, CDPHP and MVP for keeping us up to date on Medicare advantage. Thank you to Pitney Meadows Farm for our fresh produce. Thank you to the Regional Food Bank of NENY for our weekly food. Thank you to Susan Peters for another amazing watercolor workshop. Thank you to NYRA for Senior track day. Thank you to Humana and Trackside Grill for track day lunch. Thank you to all our golf tournament volunteers. Thank you to Anthony Stabile for emceeding the golf tournament and Tony Gambaro for 'The Call to The Post' to get the tournament started. Thank you to Fingerpaint in partnership with Business For Good and Walmart Community Grant for your continued support.

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

