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Saratoga Senior Center  
**NEWSLETTER**  
MARCH 2023



Call 518-584-1621  
to order!

## BROOKS BBQ

TUESDAY, MARCH 21ST 3:30-6:00pm  
Call the Center to order now! (518) 584-1621

Choose from Chicken \$14 or Rib \$20



To benefit the Saratoga  
Senior Center!

- **Valet Service Pick Up:** Super easy - skip finding a parking space and getting out of the car!
- **Order for Your clients and we will deliver**
- **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.
- **Day of Sales:** Forgot to order your dinner? You can come and get your meal day-of while they last.

### March Cultural Events!

#### Live Irish Music with Tim O'Shea & Friends Thursday, March 23rd. 1:00pm. \$5

Experience the music of Ireland's west coast with a master of the genre, Killarney's own Tim O'Shea! His musical repertoire draws from the dance music of his native Sliabh Luachra and West Kerry folk traditions.

*Scones and coffee served.*



#### Trivia Night!

Monday, March 27th. 5:15pm

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

Pizza bites served. Bring your own beverage.  
Join us for fun, friendly competition!  
*Please sign up, seating is limited. \$5.00.*

Sponsored by Highmark Northeastern New York



#### 50th Anniversary of Secretariat's Triple Crown Win, presented by Brien Bowyea, National Racing Museum. March 30th. 2:30pm. \$10

Secretariat is a superior athlete with unmatched celebrity status. In 1973, Secretariat swept the Kentucky Derby, Preakness Stakes, and Belmont Stakes to claim the coveted Triple Crown, breaking the 25 year drought and setting track records that stand to this day. Learn more about Secretariat's award-winning career.

*Light fare served.*

#### Speed Friending Happy Hour

Friday, March 31st. 2:00. \$10

We're all likely familiar with the concept of speed dating. Speed friending is its more innocent cousin; quick, short conversations where the goal is to meet new people. Enjoy a happy hour with your new frineds.  
*Light fare and party punch served! Please sign up!*



Sponsored by Highmark Northeastern New York

### WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.

Have a little time to give? Looking to get involved in the Center? 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!

### "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 \$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 \$35 membership for a senior in need.



### DID YOU RENEW YOUR 2023 MEMBERSHIP

See all that the Senior Center has to offer the Seniors in our community!  
*Your Senior Center Membership Gives You Access To:*

- Exercise Classes
- Art Classes
- Cultural Events
- Special Presentations
- Live Music
- Support Groups
- Discounted SPAC tickets
- Dinners - To Go & Dine In
- Trips - local van, 1 day bus and excursions
- Baked Goods
- Regional Food Bank Produce
- Pitney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Card Games
- Pool Table
- Book Club
- Social Groups
- *and more...*



### FREE MARCH EXPOS & PRESENTATIONS



#### Long Term Planning Expo

Friday, March 24th. 1:00-3:00pm

Hear brief presentations and meet with representatives from Advisors Insurance Brokers, Burke Funeral Home, Herzog Law Firm, KeyBank, and more. Get updates on the latest in long term planning from estate planning, mortgages financial planning and more. Refreshments served.

Sponsored by Highmark Northeastern New York

#### SilverSneakers and Renew Active Expo

Monday, March 27th. 1:00-3:00pm

How can you get free classes at the Senior Center and the YMCA? Meet with Medicare Advantage representatives about SilverSneaker and RenewActive eligibility. Meet with Aetna, CDPHP, Highmark, Humana and WellCare.

Sponsored by Key Bank

### SPAC TICKETS SALE KICKOFF EVENT!

Sales Start Thursday, March 16th. 11:00-1:00pm.



There's simply no place like SPAC! Are you a member of the Center? If not, this member benefit is a great reason to join! Discounted seats for the NYC Ballet and Philadelphia Orchestra. One ticket per member per show. If you are planning on sitting with someone, please sign up together. **Tickets will be sold Tuesday - Thursday 9-3.** For information call 518-584-1621.

Sponsored by Highmark Northeastern New York



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.....

## ART WORKSHOP SERIES *included in the \$15 monthly activity fee*

**Scrapbooking and Photo Organizing Workshop** *facilitated by Emily, our Skidmore Intern*  
Thursdays, beginning March 7th. 1:00pm. \$10.00 materials fee.

Scrapbooking is a method of preserving, presenting and arranging personal and family history in the form of a book, box or card. We will work with photographs, printed media, and artwork. Please bring your photos and any personal items you wish to include in the scrapbook. Bring a shoebox. *Please sign up, seating is limited.*

**Beading Workshop** *facilitated by Jerry Matthews.*  
**Date to be determined.** 1:30pm. \$10.00 materials 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.*

**Ankle Bracelet Workshop** *facilitated by Karin Burch*  
Monday, March 27th. 1:30pm. \$10.00 materials fee.

Spring is around the corner! Join Karin and make some cute and stylish ankle bracelets. Optional - you can make a regular bracelet instead. *Please sign up, seating is limited.*

## CLASSES AND MORE *included in the \$15 monthly activity fee*

**Women's Pool League** *facilitated by Rachel Baum*  
Tuesdays, 9:00 -11:00am.

Calling all women who want to get out of the house and have some fun! Join our new pool league. Must have some understanding of the game. There will not be any formal instruction.

**Belly Dancing** *facilitated by Elaina Rudman, professional dance and choreographer*  
Thursdays, 1:00pm.

A fun and inspiring introduction to the ancient art of belly dance. A perfect form of exercise taught in a non-threatening way for all ages and body types. Learn basic steps and combinations to exciting world music. Wear loose comfortable clothing, no jeans. Bring water. Sorry gents, ladies only.



**NEW! Grief and Loss Support and Discussion Group** *facilitated by Lois Streit*  
Second and Fourth Tuesday of the month. 2:00pm.

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. 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 to those going through the natural grieving process.

## CLASSES CHANGES

**Mat Yoga with Monica** is moving to Fridays at 1:15. No Friday class March 3rd.  
**Strength with Aidan** is moving to Thursdays at 1:00 for the months of March and April.

## FOOD

**Dine in Dinner - Chef Details TBD**

Tuesday, March 14th. 5:30pm. *Please sign up.*

Dinners are held at the Senior Center. \$12 per dinner.

**PaL's Meals To Go \$12 per dinner.** Prepared meals you just have to heat up.

*Pick up any time Monday or Tuesday between 9:30-3:30pm. Order by noon the Friday before.*

Mon., Mar. 6th and Tues. Mar. 7th. Golumpki Casserole - *Stuffed Polish Cabbage*

Mon., Mar. 13th and Tues., Mar. 14th. Shepards Pie

Mon., Mar. 27th and Tues. Mar. 28th. Eggplant Parm with Ziti



## AND MORE.....

**AARP Driver Safety Course** *facilitated by Warren Lavery*  
Friday, April 21st. 9:30-4:00pm.

In-person at the Senior Center. \$25 for AARP members and \$30 for non-members. Payment by Check only, made out to AARP. Bring your drivers license and AARP card to the training. Bring your own lunch and beverage. *Advance registration required, seating is limited. Call the front desk at 518-584-1621.*

Thank you to our newsletter sponsors for their continued support!

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## AND MORE.....

**NEW! Massages** *facilitated by Zuzia*  
**Wednesdays, 11-1pm.** \$5 donation.

Zuzia's work is deeply relaxing and supports profound release, gently and effectively, of long-standing patterns that may be causing pain or limiting movement. *Call for a 10 minute appointment.*

**Tarot Card Reading** *facilitated by Mary Shimp*

**Thursday, March 2nd and Thursday, March 30th. 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**

**Monday, March 13th. 9:00-12pm.**

Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment. \$5 haircuts for men.

**One-on-One Tech Assistance**

Did you receive a new phone, Ipad, laptop or smartwatch? Do you want to learn Facebook, Instagram, or something new? Let our savvy students help you. Call front desk to make your private appointment.

**AARP Tax Preparation**  
Tuesdays through April 11th.

AARP tax assistance is back in person. Please make your appointment early by calling the Front Desk. Appointments fill up quickly.

*Sponsored by: MVP*





## 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 produce for pick-up at the Center, or home delivery if homebound. *Sponsored by MVP*  
Volunteers to do grocery shopping. Links to food pantries, and more.

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

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-12:30pm, 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.

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

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

Monday - Friday. 12:00pm. 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.



## CLUBS AND GROUPS included in the \$15 monthly activity fee

### Chit Chat Social Group

**Mondays from 1-2pm** facilitated by Jamie, UAlbany, MSW Intern  
Join us for a fun hour of chit chat, music, laughs and snacks.



### The Hot Widows Club

**Tuesday, March 7th & 21st. 2:00pm.**

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.

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

**Tuesday, March 14th & 28th. 2:00pm.**

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. 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 to those going through the natural grieving process.

### New Member Social Hour facilitated by Emily, Skidmore BSW Intern

Wednesday, March 22nd. 2pm.

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

### Book Club At The Center New Members Welcome! Please sign up.

Tuesday, March 28th. 3:00pm.

March Book: *The Elephant of Belfast* by S. Kirk Walsh. Inspired by true events, this vivid and moving story of a young woman zookeeper and the elephant she's compelled to protect through the German blitz of Belfast during WWII speaks to not only the tragedy of the times, but also to the ongoing sectarian tensions that still exist in Northern Ireland today.

## 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.

### Shopping & Lunch - Lee's Shops at Wagner Square, Canajoharie and Lunch at Raindancer Friday, March 10th

Visit two long time family owned businesses: Lee's Shops at Wagner Square-Home of Lee's Christmas Corner, Freddy Bear's Den & Toy Emporium, Crossroads Home Decor and more. On the way home have a late lunch at Raindancer - where the old-fashioned notion of ample portions, quality ingredients, and top-notch service has kept the Raindancer at the top of everyone's dining list throughout the years. *Pay \$10 at sign up. Bring lunch & shopping money. Leave the Center at 9:30am. Return about 3:45pm.*

### Ice Hockey Game at Glens Falls - Adirondack Thunder vs Trois-Rivières Lions Sunday, March 12th

Let's cheer on our local team as they square off against the Trois-Rivières Lions in this fast-paced, fluid and exciting sport. The Adirondack Thunder are affiliated with the NHL's New Jersey Devils. *Pay \$26 at sign up. Bring money for snacks. Leave the Center at 1:45pm. Return about 6:00pm. Sign up by March 1st.*

### Troy Savings Bank - Music at Noon presenting Natalia Shevchuk, Ukranian Pianist Tuesday, March 14th

Natalia graduated from Kyiv State Conservatory named after P. Tchaikovsky, currently known as the National Academy of Music of Ukraine. Natalia's solo and collaborative appearances include classical and modern compositions, as well as her own arrangements and original works. Lunch at 110 Grill, Latham. *Pay \$10 at sign up, concert is free. Bring money for lunch. Leave the Center at 10:45. Return about 3pm.*

### Adirondack Salt Cave, Glens Falls Friday, March 17th

This 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. This type of treatment is a safe and effective way of using salt's natural antibacterial, anti-inflammatory and super absorbent properties to provide relief for respiratory and skin conditions. Lunch at the Peppermill Restaurant. *Pay \$30 at sign up. Please bring additional money for lunch. Must sign up by March 10th. Leave the Center at 10:00am. Return about 2:00.*

### Capital Region Flower & Garden Expo at HVCC Friday, March 24th

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. Pay \$10 at sign up. Please bring \$11 for admission and additional money for lunch and shopping. Return about 3:30.*

### Lunch Bunch - More Perreccas, Schenectady Wednesday, March 29th

Italian restaurant serving old school classic Italian dishes. Eating at MORE Perreca's is just like going to your Italian grandmother's house for dinner *Pay \$10 at sign up. Bring money for lunch. Leave the Center at 10:30am. Return about 2:00pm.*

### Coming in August! The Lion King at Proctors Thursday, August 3rd at 1:30pm

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. More than 100 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling - one of the most breathtaking and beloved productions ever to grace the stage. *Please pay \$85 at sign up. Bring additional money for lunch before the show.*

## 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.



## COLLETTE EXCURSIONS

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

### 2023 TRIPS

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

**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

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

### COMING FOR 2024 *Are any of these on your bucket list?*

Antartica • Australia & New Zealand • Charleston • Greece • Hawaii • Iceland • Italy  
• Nashville • Scandinavia • South Africa • South Dakota • Spain & Portugal • Thailand

collette

### 2023 One Day Bus Trips Open to the Public

**Corning Museum of Glass**  
Wednesday, April 19th.

Explore this amazing glass museum right in our own backyard. Optional sandblasting workshop available, must preregister. Lunch on your own at the museum cafe. After the museum, wander around the quaint town of Corning for the afternoon.

Member Price \$80. Non-member price \$105.

Optional sandblasting workshop- add \$14.

**New York City - A Day on Your Own!**  
Wednesday, May 24th.

Enjoy a beautiful spring day Manhattan! Spring in New York is the best time of the year. It's warmer and everything is blooming.

Member Price \$60. Non-member price \$85.

**Mystic, CT.**

**Tuesday, July 18th.**

Mystic is a quintessential Connecticut coastal town that is historic, charming, and bustling with tourists. Step on the deck of the Charles Morgan, the last of the American mighty whaling fleet, check out what lives in the waters around Mystic at the Mystic Aquarium and more.

Member Price \$60. Non-member price \$85.

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

### 2023 Multi Day Bus Trips

*Open to the Public. Includes bus, hotels, tours, some meals and gratuities.*

**Washington, DC.**

**June 9-13th, 2023. 5 days 4 nights. \$779 per person double occupancy.**

You will be inspired with patriotism as you take in the majesty of our nation's capital. You will visit the iconic National Memorials on the National Mall, the Lincoln Memorial, the new World War II Memorial, and much more. There is a stop at the Arlington National Cemetery, site of the Tomb of the Unknown Soldier, the Kennedy graves, the Iwo Jima memorial, and more.

**Montreal, Quebec City and Ottawa.**

**September 17-22nd, 2023. 6 days 5 nights. \$1095 per person double occupancy.**

Discover the French inspired culture of Quebec's cosmopolitan cities on our bus tour to Montreal, Quebec City, and also Canada's capital - Ottawa! You will experience a guided tour of Montreal, a guided tour of Quebec City and last, but not least, a guided tour of Canada's stately capital, Ottawa, with its stunning architecture.

## MARCH PROGRAMMING

*"March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice."*

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 9-11: Women's Pool League 10:00: Meditation (center & zoom) 11-4: Pool League 1:00: Mahjong 1:00:Improv 2:00: Widows Club 1st & 3rd 2:00: Grief & Loss Support 2nd & 4th 3-4: Book Club (see schedule)	9:00: Senior Life Transitions Team Mtg. 9:30: Mosaics 9:30-1: Rug Hooking 10:00: Knit & Crochet 10-11: Zumba 11-1:00: Massages 1:00: Bingo 1-4: Canasta 1-4: Pool League 2:00: Pilates 2:00: New Member Mtg (see schedule)	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 1:00:Strength w/Aidan (center & zoom) 1:00:Belly Dancing	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. 1:15: Mat Yoga w/ Monica (advanced) 1-4: Pool League

### SPECIAL EVENT SCHEDULE

- Every Monday. 1:00 Bridge
- Every Monday. 1:00 Chit Chat Social Group
- Every Tuesday. 9:00. Women's Pool League
- Every Wednesday. 1:00. Bingo
- Every Wednesday. 11-1. Massages
- Every Thursday. 11:00. Regional Food Bank
- Every Thursday. 1:00. Belly Dancing
- Every Thursday. 1:00. Mahjong
- Wed., Mar. 1st. 9:00. Senior Life Transitions Mtg.
- Thurs., Mar. 2nd. 10:00-2:00. Tarot Cards
- Mon., Mar. 6th. 9:30-3:30. To Go Meals
- Thurs., Mar. 7th. 1:00. Scrapbooking
- Tues., Mar. 7th & 21st. 2:00. Widows Club
- Mon., Mar., 13. 9:00. Barber
- Mon., Mar. 13th. 3:30. To Go Meals
- Tues., Mar. 14th & 28th. 2:00. Grief & Loss
- Tues., Mar. 14th. 5:30. Dinner
- Thurs., Mar. 16th. 11-1. SPAC Sales Kick off
- Mon., Mar. 20th. 9:30-3:30. To Go Meals
- Tues., Mar. 21st. 3:30. **Brooks BBQ**
- Thurs., Mar. 23rd. 1:00. Tim O'Shea Irish Music
- Fri., Mar. 24th. 1-3. Long Term Planning Expo
- Mon., Mar. 27th. 9:30-3:30. To Go Meals
- Mon, Mar. 27th. 1-3. Silver Sneakers Expo
- Mon, Mar. 27th. 1:30. Ankle Bracelet Wkshp.
- Mon., Mar. 27th. 5:15. Trivia
- Tues., Mar. 28th. 3-4. Book Club
- Wed., Mar. 29th. 2:00. New Member Social
- Thurs., Mar. 30th. 10:00-2:00. Tarot Cards
- Thurs., Mar. 30th. 2:30. Secretariat
- Fri., Mar. 31st. 2:00. Speed Friending
- Date & Time TBD. Beading

### Thank You for Your Kindness and Support!

Thank you to Jeff Brisbin for another amazing night of music.  
Thank you to Aetna for sponsoring Valentines Festivities.  
Thank you to all the people who came out to Sipping for Seniors  
Thank you to everyone who came out and celebrated Frankie's 1st Birthday.  
Thank you to Old Bryan Inn for thier over the top generosity.  
Thank you to Key Bank, Saratoga Life and Herzog Law for sponosoring Sipping for Seniors.  
Thank you to Bailys for allowing us to take over the restaruant for Sipping for Seniors.

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



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

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 or if you dont have email, you can use your son's or daughter's to keep you informed.

### Coming in April!

- Music by Rod Driscoll
- Music by Tim Wechgelear
- AARP Driver Safety Course
- Control Chaos - Improv Troupe
- Advanced Directives Presentation & Panel Discussion
- Educational Expo