

***In 2026, your membership includes all of this – and more!***

**Free Center Offerings for Members**

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| <ul style="list-style-type: none"> <li>• Baked Goods</li> <li>• Regional Food Bank</li> <li>• Free Table</li> <li>• Flu Shot Clinics</li> <li>• Tech Assistance</li> <li>• Book Club</li> <li>• Walking Club</li> <li>• Knit &amp; Crochet</li> <li>• Free Presentations</li> <li>• Free Internet &amp; Computer Use</li> <li>• Medicare Advantage Information</li> <li>• OFA Classes: Line Dancing</li> <li>• OFA Programs: Lunch &amp; Healthy Bones</li> </ul> | <ul style="list-style-type: none"> <li>• Movies</li> <li>• Legal Tuesdays – Herzog</li> <li>• Cards &amp; Games: Canasta, Bridge, Pinochle, Mahjong, Mexican Train Dominoes, Board Games, &amp; more.</li> <li>• Puzzles</li> <li>• Billiards League</li> <li>• Saratoga Library Pop-Up</li> <li>• Senior Center Library</li> <li>• Pitney Meadows Vegetable Pop-Up (Summer Only)</li> <li>• Poetry/Storytelling Open Mic</li> </ul> | <ul style="list-style-type: none"> <li>• Capital Area PT &amp; Wellness on site</li> <li>• AARP Tax Preparation (Both members and non-members)</li> <li>• Support Groups: Parkinsons Support Group, Memory Café, Alzheimer's Caregiver, Grief &amp; Loss, Chit Chat, Bariatric Support Group, and more</li> <li>• Senior Support Services</li> <li>• Yard Work Assistance</li> <li>• Holiday Assistance</li> </ul> |
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**\$15/Month Unlimited Programs**

**Art Classes:**

- Beginner, Intermediate, Advanced Clay Arts
- Mosaics
- Micro Mosaics
- Watercolor
- Stamping
- Beading
- Fused Glass
- Pastel Drawing
- And more!

*Additional material fees for all art classes. Varies by class.*

**Fitness Classes:**

- Zumba
- Strength with Aidan
- Meditation
- Tai Chi
- Qi Gong
- Chair Yoga
- Gentle Kripalu Yoga
- SilverSneakers Classic, Circuit, and Stability
- Resistance Bands
- Slow and Steady Yoga
- Belly Dance
- And more!

**Other:**

- Guitar Lessons
- Language Classes: Spanish, ASL, & more!
- Rug Hooking
- Summer Line Dancing (Non-OFA)
- Poker
- Ukulele
- Bingo
- Writers Circle

**Ala Carte Pricing**

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| <ul style="list-style-type: none"> <li>• Dine in Dinners</li> <li>• Van Trips</li> <li>• Trivia Night/Game Night</li> </ul> | <ul style="list-style-type: none"> <li>• One Day Bus Trips</li> <li>• Golf League</li> <li>• Tarot Card Readings (by donation)</li> </ul> | <ul style="list-style-type: none"> <li>• Cultural Events ( i.e live music, performances, special events and parties)</li> </ul> |
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***In 2026, your membership includes all of this – and more!***

**Free Center Offerings as a  
Non- Member**

- Regional Food Bank
- Free Table
- Flu Shot Clinics
- Free Presentations
- Medicare Advantage Information
- OFA Classes: Line Dancing
- OFA Programs: Lunch & Healthy Bones
- Poetry/Storytelling Open
- Capital Area PT & Wellness on site
- AARP Tax Preparation
- Support Groups: Parkinsons Support Group, Memory Café, Alzheimer's Caregiver, Grief & Loss, Chit Chat, Bariatric Support Group, and more
- Senior Support Services
- Yard Work Assistance
- Holiday Assistance