MURDER MYSTERY DINNER THEATER
Friday, September 21st, 5:30pm at the Saratoga Senior Center

The Saratoga Senior Center is hosting its first-ever murder mystery dinner theater! This is your chance to experience professional theater when Adirondack Flatline Players presents Sam Club, Private Eye in - “The Case of the Motorcoach Murder”. The suspense begins in Roadkill Falls, Penn., when Harry Cooper, the leader on a group trip, suddenly becomes ill. By the time the bus reaches the resort, Cooper has kicked the bucket – and it’s up to private eye Sam Club to determine if something sinister is to blame. Tickets are $22 each. Members only, please sign up at the front desk.

SIP HAPPENS
Tuesday, September 11th from 3:00pm-4:30pm at the Saratoga Senior Center

Join us for a lively happy hour at the Center! Mingle with friends, play games and enjoy food and music by Dylan Jaques - a passionate jazz pianist with an extensive repertoire for jazz and pop music. As always bring your favorite beverage. $2/Members, please sign up at the front desk.

COLLETTE TRAVEL SLIDESHOWS
Wednesday, September 12th, 2:30pm at the Saratoga Senior Center

Join Colby Yeaton and learn about our excursions to Cowboy Country and the Magical Rhine and Moselle River Cruise. $50 off for every attendee that puts a deposit down that day.

FREE AND OPEN TO THE PUBLIC.

FOOD FOR THOUGHT - “BREAKFAST AND LEARN”
Friday, September 7th from 8:30am - 9:30am at the Saratoga Senior Center

Chat with Cate Johnson from the National Museum of Racing and Hall of Fame as she discusses the Museum, their goals and objectives for the future, and their new campaign, “The Hall of Fame Educational Experience”, whose goal is to make them the Best Sports Hall of Fame in the Country. Breakfast at 8:30am / $5. Presentation at 8:45am / Free. Members only, please sign up.

TUESDAY’S TO GO - THEY'RE BACK!
A portion of every dinner sold goes directly to support the Center. Pick up is between 5-6:30pm every Tuesday at the Center. $12.50/dinner.

9/11:  2 “Meatball” with Pasta
9/18:  Parmesan Encrusted Chicken w/ potato and veggies
9/25:  Lasagna w/ garlic bread

All meals provided by Three Vines Bistro & Bar. Call the Center to order now - 518.584.1621

DOES YOUR MONEY WORK FOR YOU?
Wednesday, September 26th, 3:00pm - 5:00pm
Financial, legal and charitable educational program featuring Charles Joseph of Janney Montgomery Scott LLC and Debra Verni of Herzog Law Firm. Ask the experts your questions about important financial planning topics including beneficiary designations for wills, trusts, retirement plans and life insurance; locating and organizing your financial documents; life insurance reviews; investments; health care proxies; long-term care insurance; the new tax laws; and more. Free and Open to the Public.
SEPTEMBER AT A GLANCE

SPAC WINE AND FOOD FESTIVAL DISCOUNTED TICKETS
Friday, September 7th: “Fired Up!”, 7:00pm - 10:00pm / $73
Saturday, September 8th: “Grand Tasting”, 1:00pm - 4:00pm / $73 (regular ticket price $101)

Another great Senior Center perk! Support two great organizations. Limit 2 tickets per event, each person must be a Senior Center member. To purchase tickets, call the Center at (518) 584-1621.

MOVIN’ & GROOVIN’ LINE DANCING WITH HEART AND SOUL DANCERS
Wednesdays, 2:30pm - 3:30pm at the Saratoga Senior Center / $15 monthly fee
Choreographed dancing to Motown, R&B or contemporary pop music, it is “Exercise in Disguise” and a great stress reducer. It can be done by men and women of all ages and no partner or dance experience is needed. It combines what we need (to move) with what we want (to laugh and have fun). Class needs a minimum of 15 people to be held. Sign up by the end of the previous month to prevent class from being canceled.

LUNCHTIME CONCERT SERIES
Tuesday, September 18th 12:30pm - 1:30pm at the Saratoga Senior Center on the back lawn (weather permitting)
Featuring Rodeo Barons whose music can range from subtle alt-country ballads to huge, 3-guitar powered rock exploration (all with gorgeous 4-part harmonies).
Pack a lunch or buy an Esperanto dough boy or dough girl at the show. Free and Open to the Public.

SEPTEMBER AT A GLANCE

Health Screening by Saratoga County Public Health
Monday, September 10th, 10:00am-12:00pm
Cholesterol, Glucose, and Blood Pressure screenings along with information on Shingles. Open to the public.

Brain Gym is back!
Friday, September 21st, 2:30pm
Brain Gym is a gentle program developed by professionals in the field of Educational Kinesiology (the study of movement and its relationship to learning) that recognizes health benefits of movement, multi-sensory activities, and whole brain engagement. We will practice balancing, posture and breathing exercises from the Brain Gym program, exploring positive mindset and mindfulness activities engaging with our senses. Meets the third Friday each month at the Saratoga Senior Center (we will not meet in November). Free and Open to the Public. No registration required.

September is the last month of Social “Sundae” Fridays (“Soup”er Social Fridays return in October)
Sponsored by Centers Health Care

• 11:00am - 1:00pm: Farmers’ Market
Fruits and Vegetables will be available and Office for The Aging Farmers’ Market Coupons will be accepted. Open to the Public.

• 12:30pm - 1:15pm: Ice Cream Social
Ice cream is $2. “Add’l” ice items available upon request.

• 1:30pm: Movie (Sept 7th, 14th and 28th) details inside

• 2:30pm: Brain Gym (Sept 21st)

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Dakota Ridge Llama Farm

Thursday, September 6th
A walking tour of Dakota Ridge Farm which was established in 1990 and is home to approximately 55 llamas. You will have a personal hands-on experience with the llamas who are very gentle and easy to love. After the tour, we’ll be stopping at Carson’s Woodside Tavern for lunch. Dress appropriately, there will be walking. We leave the Center at 10:30am. Pay $10 at sign up. Please bring an additional $10 for admission and money for lunch.

Thoroughbred Retirement Foundation (TRF) Farm Tour

Tuesday, September 11th
Enjoy a walking tour of a Saratoga thoroughbred farm which is home retired racehorses. The TRF provides lifelong sanctuary to horses after they have given all their to their owners, trainers and fans. Dress appropriately, there will be walking. We leave the Center at 10:15am. Pay $10 at sign up. Please bring an additional $10 for admission and money for lunch.

Lunch Bunch - Charlton Tavern

Wednesday, September 12th
Join us for lunch at the Charlton Tavern, which was originally a Stagecoach stop built in 1787. We leave the Center at 11:15am. Pay $5 at sign up. Please bring additional money for lunch.

Silver Foxes at Skidmore

Thursday, September 13th
The men’s lunch group is back on this month and ready to head to the Skidmore Dining Hall for lunch. We leave the Center at 11:45am. Pay $22 at sign up - please sign up by September 14th. Additional information available at the Collette Travel Slideshow on Wednesday, September 12th at 2:30pm.

Dakota Ridge Llama Farm

Thursday, September 6th
Our first stop is at the Bennington Museum where you will have two hours for a tour and/or free exploration. After the museum visit, we will stop at The Grille at Mt. Anthony Country Club for lunch, immediately followed by a walk around downtown North Bennington to view the outdoor sculpture show. We leave the Center at 8:30am. Must be able to walk independently. Pay $15 at sign up. Please bring an additional $10 for admission and money for lunch.

The Big E: New England’s Great State Fair

Thursday, September 20th
Guests to the fair can stroll through the Avenue of States, Stormorrow Village and the grounds filled with shopping, entertainment, midway rides and foodstalls. The weather. We leave the Center at 8:30am. Pay $20 at sign up. Please bring an additional $12 for admission and money for lunch and spending.

Walkway over the Hudson

Thursday, October 4th
Walk across the World’s largest elevated pedestrian bridge, spanning 1.28 miles across the Hudson River. After the walk, we’ll stop at College Diner for lunch. Dress appropriately for the weather. We leave the Center at 8:30am. Pay $15 at sign up. Please bring additional money for lunch.

Sammy Davis Jr. Tribute

Thursday, October 11th
The Albany Jewish Community Center presents a Tribute to Sammy Davis Jr. performed by Solomen Kee. This loving tribute highlights Sammy’s classic hits: Candyman, Once in a Lifetime, Birth of the Blues, Mr. Bojangles, What Kind of Fool Am I? and more. We leave the Center at 12:30pm. Pay $22 at sign up - please sign up by September 14th.

TRIPS & EXCURSIONS

2018 EXCURSIONS (Collette Tours, Open to the Public)

Tropical Costa Rica:
December 1st-9th, 2018 ($2,899)
Visit paradise in tropical Costa Rica with its sandy beaches, lush forests, exotic plants, incredible animals, and stunning waterfalls.

America’s Music Cities (feat. Nashville, Memphis, & New Orleans):
December 7th-14th, 2018 ($3,199)
Take in the sights and sounds of the holidays in America’s most famed musical cities. Visit New Orleans, Memphis and Nashville as you revel in the sounds of the blues, jazz, country, and good old rock ‘n’ roll. Experience the unique city of New Orleans, where jazz and food and fun are always on the menu.

New York City Trip:
Wednesday December 5th, 2018
$40/Members, $65/Non-Members
Celebrate Christmas in NYC! We’ll get you all down to the city and then you’re on your own to explore the big apple! See the Rockefeller tree, browse holiday windows, get some Christmas shopping done or see a show!

Iceland’s Magical Northern Lights:
March 13th-19th, 2019 ($3,599)

America’s Cowboy Country:
May 26th-June 2nd, 2019 ($3,799)
Trip Highlights: National Museum of Wildlife Art, Grand Teton, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Crazy Horse Memorial, Mt. Rushmore, and Badlands National Park. Additional information available at the Collette Travel Slideshow on Wednesday, September 12th at 2:30pm.

Discover Switzerland, Austria, & Bavaria:
July 25th-August 3rd, 2019 ($4,059)
Trip Highlights: Bern, Chateau de Chillon, Montreux, GoldenPass Panoramic Train, Gruyere, Lucerne, Choice on Tour, Innsbruck, Austrian Alps, Salzburg, Mirabell Gardens, St. Peter’s Restaurant, Tyrolean Folklore Show, Bavaria, and Oberammergau.

Magical Rhine and Moselle River Cruise:
September 16th-20th, 2019 ($4,799)
Trip Highlights: Amsterdam, Cologne, Moselle River, Cochem, Wine Tasting, Koblenz, Rudesheim, Siegfried’s Mechanical Music Museum, Mannheim, Speyer, Strasbourg, and Trieste. Additional information available at the Collette Travel Slideshow on Wednesday, September 12th at 2:30pm.

Spain and Portugal:
October 23rd-November 5th, 2019 ($5,249)
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.

London and Paris:
November 6th-13th, 2019 ($3,199)
Trip 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)
Trip 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.
## SEPTEMBER HAPPENINGS

### WEEKLY ACTIVITIES

#### MONDAY
- **9:00 am:** Walking Club
- **9:30-11:30 am:** Ceramics & Sculpture ($20)
- **10-10:45 am:** Zumba Gold (9/17 through 12/3/18)

#### TUESDAY
- **9:12 am:** Watercolor
- **9:54 am:** Tai Chi ($10)
- **10:00 am:** Golf League
- **10-11:15 am:** Gentle Yoga ($10)
- **11:30-12:15 am:** Aerobics ($10)
- **1:2-3:20 pm:** Reiki (Sept 14th. Sign-up required. Members only, $2)

#### WEDNESDAY
- **9:30-9:30 am:** Osteo 3
- **10-11:5: Yoga ($10)
- **10-12:** Ceramics & Sculpture ($20)
- **10-12:** Poker

#### THURSDAY
- **9:11:** Tarot Card Readings (last Thursday)
- **9:12:** Tarot Card Readings (last Thursday)
- **9:12:** Fixed Glass ($10/class)

#### FRIDAY
- **9:12:** Tarot Card Readings (last Thursday)
- **10-12:** Ceramics & Sculpture ($20)
- **10-12:** Poker

#### REOCCURRING MONTHLY EVENTS

- **MVP Zumba Gold**
  - 10-10:45am: Guided Meditation
  - 10:00am: Reminiscing
  - 10:00am: Ulkulele Jam
  - 10-12: Knit & Crochet
  - 12:30-12:45pm: Biking Group
  - 1:00pm: Strength w/Aidan ($2)
  - 1:00pm: Rummy Crib
  - 2-3:30pm: Movin’ & Groovin’ Line Dancing ($15)
  - 3:00pm: Embry Class (One Wednesday a Month)

- **Tarot Card Readings**
  - Friday, September 7th, 8:30am - 9:00am

- **Meditation**
  - Wednesday, September 19th, 3pm

- **Legal Assistance**
  - Thursday, August 30th and September 27th, 9:00am - 11:00am

- **9 Miles East**
  - Every week, 9 Miles East Farm brings healthy meals and soups all prepared with high-quality local and organic ingredients, as well as bags of freshly harvested vegetables and farm eggs available for purchase.

- **Choice of Breakfast**
  - Tuesday, September 25th, 3pm

- **Keiki**
  - Friday, September 7th, 1:30pm

- **Reminiscing**
  - Monday and Tuesday

- **Dinner Theater**
  - Friday, September 28th

#### SEPTEMBER HAPPENINGS

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>CLOSED FOR LABOR DAY</td>
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<td>10-12pm: Health Screening</td>
<td>NO AEROBICS</td>
<td>10:00am: Reminiscing</td>
<td>10-11:5: Yoga ($10)</td>
<td>8:30am: Food for Thought</td>
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<td>10-10:45am: MVP Zumba Gold</td>
<td>8:30am: North Bennington Outdoor Sculpture Show Van Trip</td>
<td>10:00am: Reminiscing</td>
<td>8:30am: The Big E Van Trip</td>
<td>11:00am: Farmers’ Market</td>
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<td>10-10:45am: MVP Zumba Gold</td>
<td>3-5pm: Book Club</td>
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