A discount for seniors who want the freedom of NO home ownership

Free Live Music

Come to our Coffee House presented by the SSHS Teenage Young Republicans
Friday, March 8, 3:30-5:30
Coffee and dessert provided by Young Republicans.
3:30 Kathryn Ginalskey a 17 year old singer/guitarist from SSHS. 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 Well
These dancers embody the rich culture of Ireland with every step they take.

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 Swayze, 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
Live Music Free Dance
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 Padraig Timony. Padraig 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 4:30-5:30pm 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.

“GET YOUR IRISH ON ALL MONTH!”
FREE & OPEN TO THE PUBLIC
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 Padraig Timony. Padraig 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.

Social Hour with The Wild Irish
A portion of every dinner sold supports the Center. Call the Center to order 518.584.1621.
Pick up is between 4:30-5:30pm every Tuesday at the Center. $9.50/dinner.
Mar 5th
Roast Pork, Garlic Mashed Potatoes & Green Beans
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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
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 DOOD
Our very talented 11-year-old vocalist from the Holiday Party is back to sing a selection of Broadway tunes. Bring your favorite beverage. Live fare.

Friday, March 8th, 1:30pm
BALANCE AND GAIT, free & open to the public
Matt Goodenour, Goodenough 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 15th, 3:30-4:30pm
WILD IRISH ARCES STEP DANCERS
The talented Wild Irish Arces 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 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
Perfomring specially for the Senior Center are “The Thrille Makers”, an A Capella group, Raices 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.

Avian 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.

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, ext.206.

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, ext.206.

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.

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, ext.206.

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 Deyssy is picking up where Brie left off. Join Deyssy 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.

Proud of our healthy relationship
SARATOGA HOSPITAL
people you trust care you deserve.
587-3222 • SaratogaHospital.org

A plan for life.
Capital District Physicians’ Health Plan, Inc.
**VIA Aquarium in Rotterdam**

Thursday, March 7th

Enjoy a guided tour of the Aquarium's exhibits. Cost is $22. Please sign up at 3:00pm. Pay $22 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 11:45am. Pay $2 at sign up. Please bring additional money for lunch.

**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**

Thursday, March 14th

Vocalist, songwriter, Emily Pinkerton presents “North and South.” This dress rehearsal is performed by the SSHS Drama Club. We leave the Center at 11:45am. Pay $2 at sign up. Please bring additional money for lunch and bakery.

**Adirondack Salt Cave**

Thursday, 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 at the Musical at Wood Theater**

Thursday, April 25

Four women at a lingerie sale have nothing in common but have been used for centuries for their incredible effects. Lunch at the Harvest Restaurant. We leave the Center at 10 am. Pay $63 at sign up. Please bring additional money for lunch. Must have 8 signed up for trip to go.

**Discover Switzerland, Austria, & Bavaria**

July 25th-August 3rd, 2019 ($3,599 double)


**River Cruise - Magical Rhine & Moselle**

September 16th-20th, 2019 ($4,799 double)


**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 ($4,499 double)

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

**London and Paris**

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

- Trip Highlights: Big Ben, Choice on Tour, Eurostar Train, Paris Latin Cabaret, Arc de Triomphe, Eiffel Tower Dinner, and Seine River Cruise.

**Spotlight on San Antonio Holiday**

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


**2020 TRIPS - Details coming soon**

- Spectacular South Africa
- South Pacific Wonders - Australia and New Zealand
- Rediscover Cuba
- Shades of Ireland
- Discover Scotland
- Spotlight on San Fe Holiday
- Painted Canyons of the West - Utah's 5 National Parks

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**TRIPS & EXCURSIONS 2019!**

(Sign up by March 15 to ensure trip will go.)

**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 Foxwood! Stay at the Two Tree 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 24-25 $499 double occupancy

- 2 days 5 nights 11 meals - 5 Breakfast/1 Lunch/5 Dinner

**Culinary Institute of America (CIA)**

- Sponsored by Collette Life

**Cooking Classes**

Tuesday, April 16, 2019

Cost is $90/Members, $115/Non-Members

- A tour of the famous Culinary Institute of America, followed by a multi-course meal at American Bounty restaurant. End the day with a guided tour and tasting at Bottega 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 day on the West Side! Chelsea Pier, The Highline Walkway, Tribeca, or Uptown to uptown and enjoy the day shopping.

**Lake Placid**

Tuesday, July 9, 2019

Cost is $42/Members, $67/Non-Members

- A tour of the famous Culinary Institute of America, followed by a multi-course meal at American Bounty restaurant. End the day with a guided tour and tasting at Bottega Winery. Must sign up by March 15 to ensure trip will go.

**New York City Trip: Bryant Park**

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

**MONDAY**
- 8:30-9:30: Ostro 3
- 9:00: Walking Club ($5)
- 9:30-11:30: Yoga (Ceramics & Sculpture) ($20)
- 10:10-11:45: Zumba MVP Gold (Next Session 2/25-5/13/19)
- 10-11: Ostro
- 11-12:30: Gentle Chair Yoga ($10)
- 12:30-4: Bridge ($3)
- 1-4: Chint Chir
- 1-4: Canasta ($2)
- 1:30-3: Painting ($10)
- 9:10-10:45: Watercolor Lab
- 10-11:15: Gentle Yoga ($10)
- 10:30-12: Explorative Arts
- 11:30-12:15: Aerobics ($10)
- 11-2: Men's Barber ($5 per service)
- 1-2:30: Soupstone and Abaluster Carving ($10/$25)
- 1-4: Pong Pong and Pool
- 3:30-5:15: Pilates ($10)
- 3-4: Book Club (last Tuesday)
- 9:30-2: Bug Hooking ($5)
- 10:00: Reminiscing
- 10:00: Snowshoeing
- 10:00: Ukulele Jam
- 10-12: Kirt & Choorcher ($2)
- 11:10-12: Zumba Gold ($2)
- 12:30-2: Bingo ($2)
- 12:30-2:30: Wii Bowling
- 12:30: Strength w/Aidan ($2)
- 1:4-3: Tai Chi ($10)
- 3:00: Embury Class (One Wednesday a Month)
- 8:30-9:30: Ostro 3
- 9:11-10:15: Tarot Cards (last Thursday)
- 9:12: Mosaics ($20)
- 9:12: Fused Glass ($10/week)
- 10-11: Ostro
- 10:30-12: Alzheimer's Caregivers Support Group (3rd Thursday)
- 11-12: Brain Gym (4th Thursday)
- 11:30-12:15: Aerobics ($10)
- 12:30-4: Canasta, Rummy, Pinochle, Mahjong ($2)
- 1-2: Music, Memories
- 1-4 Pong Pong and Pool
- 12:30-4: Yoga ($10)
- 1:00-1:15: Memory Exercises in a Fun, Engaging Manner.
- 10-11:15: Memory Exercises in a Fun, Engaging Manner.
- 11:30-12:15: Brain Research, Positive Mindset and Our 5 Senses in Mindful Ways, We Will Explore Healthy Lifestyles, Brain Research, Positive Mindset and Memory Exercises in a Fun, Engaging Manner.
- Using a Combination of Brain Gym Exercises and Art and Crafts at Embury Wednesday, March 20th, 3:00pm: Mosaics. Open to all members.
- Brain Gym Kali Nagler, Saratoga Library, Thursday, March 28th, 11:00am: Free and Open to all members. A Japanese technique for stress reduction and relaxation that also promotes healing. $2, members only.
- 9 Miles East Wednesday, 10:55am-11:25am: Every week, 9 Miles East Farm brings healthy meals and soups all prepared with high-quality local and organic ingredients.
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**TUESDAY**
- 8:30-9:30: Zumba MVP
- 10-11:45: Zumba MVP
- 11:30am-12pm: Public Health Clinic
- 10:00am-12pm: Explorative Art
- 4:00pm: 5 Points To Go Dinner
- 5:30pm: Dinner - Embury Suites
- 10:00am: Reminiscing
- 2:00pm: Empire - Medicare
- 4:00pm: Three Vines Pizza To Go No Tai Chi
- 10:00am: MVP - Medicare
- 10:00am: Reminiscing
- 3:00pm: Van Tripp SSUS Play 4:00pm: Three Vines Pizza To Go No Tai Chi
- 11:45am: Van trip Silver Foxes
- 12:45pm: Van Trip Batcheller Mansion Inn
- 1:00-2:00pm: Music, Memories
- 10:00am-12pm: Explorative Art
- 11:00am-12pm: Van Trip St. Paul’s Music at Noon
- 4:00pm: 5 Points To Go Dinner
- 8:30am: Breakfast and Learn w/ Herzog Law Firm
- 10:00am: Reminiscing
- 4:00pm: Three Vines Pizza To Go 5:30pm: Board Meeting
- 10:00am: Van Trip Albany Institute of Art & History
- 10:30-12:00pm: Alzheimer’s Caregivers Support Group
- 1:00-2:00pm: Music, Memories
- 4:00pm: Live Irish Music w/ Katriona Finley and Irish Dancers
- 9:30am-10:15am: Tai Chi
- 10:00am-11:00am: AARP Tarot Card Reading
- 11:00am-12:00pm: Brain Gym
- 12-1:00pm: Zumba Gold
- 12:30-1:30pm: Soup
- 3:00-4:00pm: Social Hour w/ Kelsey Dudd
- 1:00pm: Yoga
- 1:00pm: Sing up at the desk for an appointment.
- 8:30-9:30am and 10-11:00am
- Sign up at Office for the Aging, (518) 884-4100.
- 10-11:00am and 10-11:00am
- AARP Tax Help. Free and Open to the Public. Tuesday, February 6th to April 9th
- 8:30:30-9:30am and 10-11:00am
- Call the front desk for an appointment.

**WEDNESDAY**
- 8:30-9:30: Ostro 3
- 9:11-10:15: Tarot Cards (last Thursday)
- 9:12: Mosaics ($20)
- 9:12: Fused Glass ($10/week)
- 10-11: Ostro
- 10:30-12: Alzheimer’s Caregivers Support Group (3rd Thursday)
- 11-12: Brain Gym (4th Thursday)
- 11:30-12:15: Aerobics ($10)
- 12:30-4: Canasta, Rummy, Pinochle, Mahjong ($2)
- 1-2: Music, Memories
- 1-4 Pong Pong and Pool
- 12:30-4: Yoga ($10)

**THURSDAY**
- 10-12: Clay Arts (formerly ceramics & Sculpture) ($20)
- 10-12: Poker ($2)
- 12-4: Artist Lab
- 12:30-1:30pm: Soup
- 1:30-2:00pm: Movies/Presentation/Social
- 1:30-4:55: Reiki (2nd Friday)
- Sign-up required. Members only. $2

**FRIDAY**
- 12:30-1:30pm: Soup
- 3:00-4:00pm: Social Hour w/ Kelsey Dudd

### REOCCURRING MONTHLY EVENTS

**MARCH 2019**

#### 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 system will pause after you answer. Please give it a try!

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1</td>
<td>Daylight Savings is Sunday, March 10th. Don't forget to &quot;Spring Forward!&quot;</td>
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<td>2</td>
<td>9:00am-2:00pm: AARP Taxes</td>
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<td>4:00pm: Live Irish Music w/ Tim O’Shea and Friends</td>
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<td>24</td>
<td>9:30am: Van Trip Flower Show 12:30pm: Trip Buddies/Travel Club</td>
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<td>25</td>
<td>10:00am-2:00pm: &quot;Laughing Day&quot; w/ Carol Burner &amp; Friends</td>
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<tr>
<td>26</td>
<td>12:30-1:30pm: Soup</td>
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<td>27</td>
<td>3pm: Skidmore Music &amp; Dance</td>
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Thank you to CDPHP for sponsoring our Health and Wellness classes.