Join us at the Center for our annual Health Fair! Meet with over 30 specialists and healthcare professionals.

Take part in a variety of our interactive activities:
- Red Cross Bloodmobile 10-3 (make appointment before event)
- H.O.P.E. Pet Adoption Clinic
- Reiki
- Tarot Card Reading
- Aromatouch Hand Therapy
- 9am: Medical Marijuana presented by Jennifer Symon
- 10am: Saratoga Fire Dept. presents Fire Prevention & Safety
- 11am: The medicinal properties of the historical Springs of Saratoga presented by Dave Patterson
- 12:30pm: Music by Hot Club of Saratoga with Artist-in-Residence Brad Brose, from Hollywood. Brad has performed with some of the best swing musicians that the U.S.

11:00am-12:00pm: Free soup samples, lite snacks. Healthy Smoothies & Summer Salads by Cornell Cooperative Extension.

No OFA lunch today.

“HELP US SHOWCASE YOUR CENTER”
Wednesday, June 12th, 9:00am-2:30pm
Showcase all your Center has to offer. Come and try a new class or activity. We will be filming a promotional video for the Center. Let everyone know how fun and active we are. See calendar of special classes.

MONTHLY CHEF DINNER at the Center: New Price! $10 per person.
Monday, June 10th, 5:30pm - Live music from 4:30pm to 5:30pm
Be the first to try Saratoga's newest taquaria with Chef Brady Dillon.
Menu:  Mexican Street Corn - Chipotle mayo ~ cotija cheese ~ cilantro ~ lime
Traditional Pork Carnitas Taco’s - Salsa Verde ~ Pickled Red Onion
Table Sides - sweet spiced beans ~ spanish rice ~ chips n pico de gallo

MONTHLY BREAKFAST & LEARN
Universal Preservation Hall: The Road to Opening Night, presented by Teddy Foster, Executive Director
Tuesday, June 4th, 9:00am, $3.00 for breakfast
If you do not want breakfast, come to the presentation for free.

“TAKE 5” TUESDAY TO GO DINNERS AT THE CENTER
Meals By 5 Points Deli, Sponsored by Aubrey Guri Team
A portion of every dinner sold supports the Center. $9.50 per dinner.
Pick up is 4-5:30pm at the Center. Call 518-584-1621 by noon to place your order.
June 4th       Meatloaf w/BBQ Drizzle, Seasoned Potato Wedges and Buttered Corn
June 11th  Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy & Cranberry Sauce
June 18th     Spiral Ham, Scalloped Potato Wedges, Green Beans and a Dinner Roll

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FOOD, FUN & FRIENDS AT THE CENTER
FRIDAYS AT THE CENTER
Friday Activities sponsored by Saratoga Life
Cultural Events Sponsored by Saratoga Casino and Raceway
Summer Hours - most events will be in the morning.

Friday, June 7th, 1:00pm, Free & open to the public
BALANCE AND GAIT, Matthew Goodenote, Goodenote Physical Therapy
Have you wondered about what you can do to help your balance? Learn what type of shoes are the best and exercises to help your balance. This will be an interactive workshop. Bring your questions.
Friday, June 14th, 1:30pm, $2, open to the public
VOCALIST BONNIE GRECO - Singing your favorite jazz and easy listening songs

AN AFTERNOON WITH KELSEY DODD
Our very talented 11-year-old vocalist is back to sing a selection of your favorite songs. Bring your favorite beverage. Late fare.
Friday, June 28th, 10:00am, $2.00
MOVIE - "ON THE BASIS OF SEX"
Young wife, mother and lawyer Ruth Bader Ginsburg battles the U.S. Supreme Court for gender equality and women’s rights.

I SCREAM, YOU SCREAM, WE`LL SCREAM FOR ICE CREAM!
Singing your favorite jazz and easy listening songs

LUNCHEON CONCERT SERIES AT NOON
Every Tuesday, June 4th - July 9th. Free & Open to the Public.
Rain Location: Saratoga Senior Center
Tuesday, June 4th, 12:00p: Hot Club of Saratoga
Location - The Saratoga Senior Center
Upcoming Shows!
June 11th: Bear Grass - at Ben and Jerry’s
June 18th: Taina Asili y La Banda Rebelde - at Ben and Jerry’s
June 25th: The Sea the Sea - at Ben and Jerry’s
July 2nd: The McKrells - at the Saratoga Senior Center

"YEAR OF THE SENIOR" CELEBRATION
Wednesday, June 26th, 11:00am-5:00pm, At Cardfield Casino & Congress Park in Saratoga Springs
Presented By: County Board of Supervisors, Chairman Kevin Tolleisen and The Office for the Aging
Free to Saratoga County Residents 60 Yrs and up. Get your Admission Pin at the Front Desk.
Games, Prizes, Live Music and Carnival Style Food. Bring a lawn chair as seating is limited
• 11:00am: Kick Off Senior Center and Group Recognition Ceremony
• 11:00am-3:00pm: Music, Food and Games
The Senior Center will be CLOSED 11am-4pm.

NEW! ALZHEIMER’S AT THE CENTER
A local representative from the Alzheimer’s Association of Northeastern New York will be at the Saratoga Senior Center on Fridays from 9-3, to meet with individuals and families who need information, referral and support services. Please schedule an appointment with Katie Keary at 518-487-4999, ext. 1680 or KKeary@alz.org. Watch for educational programs once a month!

SPAC TICKETS - SPECIAL MEMBER PRICING!
Have you purchased your SPAC tickets yet? Are you a member of the Center? Get your tickets to the Ballet, Orchestra, Jazz Fest, Chamber Music and more for ridiculously low prices at the Senior Center Front Desk! Not a member? Join today and take advantage of this member perk and more! One ticket per member per show. Purchase at Front Desk. For information call 518-584-1621.

SMP - SENIOR MEDICARE PATROL
Tuesday, June 18th, 10:00am, Free & Open to the Public.
Presented by Gene Dumlas, NY StateWide Senior Action Council
Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

SENIOR SUPPORT SERVICES
Please Call (518) 584-1621 ext. 206 for more information.

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
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.

FOOD ASSISTANCE
The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on Tuesdays after 11am. Everyone must check in on the Pastry and Produce bulletin on the computer. Bring your own bags.

GROUPS & GATHERINGS
New Time! GETTING BETTER WITH AGE! "the things wisdom didn’t tell me"
Sponsored by Herzog Law
11:00-12:00, Thursdays Free
Ever asked yourself “Now what?” “What’s next?” Come join our new group to find out! Through informative, interactive discussion groups, we will explore coping skills and tools to help with the challenges of aging.
Reminiscing: Wednesdays from 10-11am
Sponsored by Home of the Good Shepherd
Meet a new friend & talk about the good ole’ days!

Chit Chat: Mondays from 1-2pm
Join us for a fun hour of chit chat, laugh and snacks.
“Silver Foxes” Thursday of every month at 11:15am
Join the Silver Foxes Men’s Lunch Group at Skidmore Dining Hall for good food, camaraderie and laughs.

Music, Memories & Nostalgia: Thursdays from 1-2pm
Love music? Join us for an hour of music that will trigger memories and transport you back in time.

Alzheimer’s Caregiver Support Group
Sponsored by Home HealthCare Services
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 you need. Free and open to the public.

The Heart of Senior Home Care Services
Trusted, compassionate, quality care within the comfort and security of your own home.

The Heart of the Community
WhereWraparound care meets your needs

The Heart of the Neighborhood
Where true community connects

The Heart of Life
Where true community connects

Saratoga Hospital
people who care for you

587-3222 • SaratogaHospital.org
Home of the Good Shepherd
Choose a Place Where Excellence is the Standard.
Assisted Living / Enhanced Assisted Living
Memory Care Assisted Living
Saratoga 584-3317 • Willow: 580-0702 • Malta: 581-7608
Coming soon: Moreau!
• 24 Hour Care: UNIV’s & Brookdale Site
• Private Swiss, Daily attendant, Transportation
• Customized Care Plans for Each Resident
www.homeofthegoodshepherd.com

A plan for life.
Capital District Physicians’ Health Plan, Inc.
Lake Placid: Tuesday, July 9, 2019
Cost is $28/Members, $53/Non-Members
A visit to Lake Placid is a complete experience. Downtown there are art galleries to explore, spas to pamper yourself in, and a wide range of restaurants to dine. Don’t forget about the beauty of Mirror Lake and Lake Placid. Details for optional boat cruise on Lake Placid coming as soon as the marina opens for business.

Culinary Institute of America (CIA): Sponsored by Saratoga Life - Medicare Products
Wednesday, September 11, 2019
Cost is $90/Members, $115/Non-Members
A tour of the famous Culinary Institute of America, followed by a set-menu lunch at American Bounty restaurant. End the day with a tour and tasting at Brotherhood Winery.

Sales, Massachusetts: Sponsored by CDPHP
Thursday, October 17, 2019
Cost is $45/Members, $70/Non-Member
Historic Salem is a city of layers—some historical era layered upon another. But don't forget to explore the witchy side of Salem too! Optional hop-on/hop off trolley is an additional $18. Sign up for trolley with trip signup.

New York City Trip: Bryant Park
Sponsored by CDPHP
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!

MULTI DAY BUS TRIPS 2019!
(Diamond Tours, Open to the Public)

Canadian Island of Coudres – Quebec Bus Tour
A valid US passport or passport card required.
September 24-29: $849 double occupancy
6 days / 5 nights. 11 meals - 5 Breakfasts / 1 Lunch / 5 Dinners
A well kept secret nestled between the Saint Lawrence River and the Laurentian Mountains; relax and rejuvenate in this little oasis during your three night stay. Trip Highlights: The Amazing Island of Coudres, Guided Tour of Quebec City, Whale-Watching.

DID YOU KNOW OUR EXCURSIONS AND BUS TRIPS ARE OPEN TO EVERYONE! SIGN UP TODAY!
Thank you to CDPHP for sponsoring our Health and Wellness classes.

Thank you to Herzog Law for sponsoring our Arts and Crafts classes.

Recurring Monthly Events

Tarot Card Readings
Thursday, June 27, 9am-11am. Sign up! Card reading by Mary Shimpel! $5 suggested donation

Biking Group
Wednesdays at 11:30am, Led by Ginny & Steve. Biking for all levels. Most biking is done in the Saratoga State Park. Call the front desk to sign up and get further information.

9 Miles East
Wednesdays, 10:55am-11:25am
Every week, 9 Miles East Farm brings healthy meals and soups all prepared with high-quality local and organic ingredients.

Computer/Technology Assistance
Call the front desk for an appointment

Smartphone Skills for Seniors
Friday, 9-10am (2nd Friday of month)
Shrink the technology gap! Join IT specialist Damian Redman for tips and personalized assistance for your iPhone, iPad, or Android device.

REOCCURRING MONTHLY EVENTS

Tarot Card Readings
Thursday, June 27th, 3:00pm
“The Alice Network” by Kate Quinn. Riveting, fascinating book based on a real woman in France during the 1900s facing many challenges as a spy during wartime.

Reiki
Friday, June 14th, 1:30pm
A Japanese technique for stress reduction and relaxation that also promotes healing. $2, members only.

Art and Crafts at Embury
Wednesday, June 19th, 3:00pm
Open to all members.

Monday, June 24th, 3:00pm
5 Points To Go Dinner

Tuesday, June 25th, 3:00pm
1:00-4:00pm: Book Club (last Tuesday)

Thank you to United Healthcare for sponsoring our Social Activities.

June 2019

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

8:30-9:30: Healthy Bones
9:00: Walking Club ($5)
9:30-11:30: Clay Arts ($20)
10-10:45: Zumba MVP Gold (6/17-7/29)
10-11: Healthy Bones
11-12:30: Gentle/Chair Yoga ($10)
12:30-4: Bridge ($5)
1-2: Qigong
1-4: Canasta ($2)
1-3: Painting ($10)

9:00: Golf League
9-10:30: Watercolor Lab
10-11:15: Gentle Yoga ($10)
11:15-12:15: Aerobics ($10)
12:30-3:00: Stained Glass ($10+)
1-2:30: Soapstone and Alabaster Carving ($10/$25)
1-4: Ping Pong and Pool
1:30-2:15: Pilates ($10)
3-4: Book Club (last Tuesday)

9-30-2: Bug Hocking ($5)
10:00: Reminiscing
10:00: Ukulele Jam
10-12: Knit & Crochet
11:10-11:20: Zumba Gold (free)
11:30: Biking
12:30-2:10: Bingo
12:30-3:30: Wi Bowling
1-4: Strength w/Aidan ($2)
1-4: Ping Pong and Pool
2-15: Tai Chi ($5 - new price)
3:00: Embury Class (One Wednesday a Month)

8:30-9:30: Healthy Bones
9:11: Tarot Cards (last Thursday)
9-11: Mosaics ($20)
9-12: Fused Glass ($10/dance)
10-11: Healthy Bones
10-12: Alzheimer Support Group (3rd Thursday)
11-12: Getting Better with Age
11:30-12:15: Aerobics ($10)
12:30-4: Canasta, Rummikub, Pinochle, Mahjong, ($2)
1-2: Music, Memories
1-4: Ping Pong and Pool

9-4: Alzheimer Office Hours
10-12: Clay Arts ($20)
10-00: “Fridays at the Center” Movies/Presentation/Social
10-12: Poker ($2)
12-4: Art Lab
12-30: Cafe - Ice Cream $2 per cup
12:30: Mexican Train Dominos (4th Friday)
1-30-4: Reiki (2nd Friday)
Sign-up required. Members only, $2

Thank you to NewYorkLife for sponsoring “The Senior Center is Closed 11-4.

Thursday, June 20th, 10:00am
Van trip - Cooperstown Call Front Desk: Golf League
11:00am: Fresh Produce
12:00pm: Music at Noon
12:30pm: Stained Glass
4:00pm: 5 Points To Go Dinner

9:00-10:00am: Alzheimer Office Hours
9:30-10:30am: Alzheimer Office Hours
9:45-10:45am: Alzheimer Office Hours

5 Points To Go Dinner

9:00-10:00am: “Getting Better with Age”
9:15am: Van Trip - Silver Fosses
1:00-2:00pm: Music, Memories

9:00-10:00am: Van Trip Lunch Bunch
10:30-12:00pm: Alzheimer’s Support Group (3rd Thurs.)
11:00-12:00am: “Getting Better with Age”

9:00am: Van Trip Saratoga Lake Boat Ride

9:00-11:00: Tarot Cards
11:00-12:00am: “Getting Better with Age”
1:30pm: Van Trip Saratoga Lake Boat Ride

9:30-10:30am: Alzheimer Office Hours
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New At The Center

• NEW! Stained Glass, Tuesdays, 12:30pm -3:00pm. $10 plus supplies.

• Have you tried Tai Chi? Wednesdays, 2:15pm-3:00pm. NEW PRICE! $5 month

It is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits.