

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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Saratoga Senior Center NEWSLETTER

FEBRUARY 2020

NEW AT THE CENTER! "SOLOMON MADCAP SATURDAYS"

Funded by the Alfred Z. Solomon Charitable Trust

Open on Saturdays from 9:00am-12:00pm. Starting February 8th



CLASS SCHEDULE EVERY SATURDAY

- 9:00 -10:00am: Vinyasa Yoga with Tristin \$10 month
- 10:00 -12:00pm: Clay Arts with Betsy \$20 month
- Stop in, hang out with friends, play pool, ping pong or cards. Watch the newsletter for special Saturday events.

What will you do with the extra day this Leap Year? Take part in Leap of Kindness Day and do something kind for someone. All ages welcome. Lite refreshments.

• SPAC -Leap of Kindness.

Saturday, February 29th, 10:00am - 12:00pm. Special member priced tickets on sale. See details below.

• Homemade Theater is sharing "Kindness with Song!", a cabaret style show.

Saturday, February 29th, 11:00am - 12:00pm at the Saratoga Senior Center. Free. Open to the Public.

SPECIAL SATURDAY EVENTS

CBD OILS! What Are They & How Do I Use Them?

Saturday February 8th. 10:30. Free. Open to the Public.

Greg Kerber, owner of Gnome Serum, will be teaching the facts about CBD oil and be on hand to answer all of your questions and concerns.

SPAC IS BACK! SPECIAL MEMBER PRICING TICKETS NOW ON SALE!



Saturday February 29th, 10:00am - 12:00am. Elizabeth Sobol has once again shared SPAC's kindness and love by giving the Saratoga Senior Center's members reduced price tickets to the jazz festival, ballet, orchestra and chamber. Must be a member. Join NOW! 1 ticket per member.

Jazz Festival (Amphitheater): \$55

NYCB (No Gala): \$25

Philadelphia Orchestra: \$25

Jazz Festival (Lawn): \$45

NYCB Gala: \$45

Chamber Music Society: \$30



VALENTINE'S DAY BREAKFAST & LEARN

Friday, February 14th, 9:00am - 10:00am, \$3 breakfast & presentation. Presentation only is free.

Enjoy a hot breakfast and learn about "The Queen of American Lakes" presented by Don Daley, owner and Captain of Lake George Island Boat Tours. Lake George is 32-miles long and fed by underground springs that give it its crystal clear reputation. Don will discuss the history and the mansions of "Millionaires Row".



DIAMOND JIM BRADY, Presented by Brien Bouyea

Friday, February 21st, 11:00am. Free. Open to the Public.

Brien Bouyea is from the National Museum of Racing and Saratoga Living magazine. He has authored two books, "Bare Knuckles and Saratoga Racing: The Remarkable Life of John Morrissey" and "The Travers: 150 Years of Saratoga's Greatest Race," which he co-wrote with Michael Veitch. He will discuss his recent Saratoga Living feature on Diamond Jim Brady.



"MARDI GRAS" - COME PARTY LIKE YOU ARE IN NEW ORLEANS!

Friday, February 28th, 1:00-3:00pm. \$5.00

There is Mardi Gras Magic In the Air! Food, drink, dancing and beads! Wear a mask for a traditional Mardi Gras party! Live music with "The Grand Boubousse" duo featuring Jonathan Greene and Peter Davis. "Grand Boubousse means "Big Blowout" or party in Creole. BYOB! Bring your favorite beverage.



NEW YOGA CLASSES!

Wednesdays, 11:15am - 12:30pm beginning February 5th. \$10 month.

Join Tristin for our new Hatha Yoga (poses & breathing) class.

Saturdays, 9am - 10am beginning February 8th. \$10 month.

Join Tracey for our new Vinyasa Flow Yoga class.

Yoga brings peace to the mind and body



Hours: Monday-Friday 8am-4pm / Tuesdays, 8am-5:30pm

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FUN FRIDAYS ARE BACK!

Friday, February 7th

Saratoga Springs Chamber Health & Wellness Day.

Activities listed below are free and open to the public.

- 9:00am: "Understanding Alzheimer's and Dementia" presented by the Alzheimer's Association.
- 10:00am: Free Produce
- 11am-11:45am: Brain Games. *See details below.*
- 12:30pm: Cooking & Tasting w/ Siobhan "New Year - New You!"

Friday, February 14th - Happy Valentine's Day!

- 9-10:00am Breakfast & Learn. \$3, *See details on front cover.*
- 9-10:00am: Smartphone with Damian
- 10:00am Free Produce
- 11am-11:45am: Brain Games. \$2, *See details below.*

Friday, February 21st

- 10:00am: Free Produce
- 11:00am: "Diamond Jim Brady" Presentation. *See details on front cover.*
- 1:00pm: Trains. *See details below.*

Friday, February 28th

- 10:00am: Free Produce
- 11:00am: Hyde Museum Presentation. *See details below.*
- 1-3:00pm: Mardi Gras Party. \$5, *See details on front cover.*

*Soups are now on
Mondays and Fridays at 12:30*

CHEF DINNER AT THE CENTER: Bookmakers, Holiday Inn.

Monday, February 10th, Dinner served promptly at 5:30pm. \$10 per person.

Chicken Rita sautéed with mushrooms, fire roasted tomatoes and baby spinach, finished in Marsala sauce, served with Garlic Smashed Potatoes and Green Beans. Sign up at front desk.

THE BROOK TAVERN "NIGHT OUT"

Monday, February 10th at 4:00pm- 10pm, 139 Union Avenue, Saratoga Springs.

This month The Brook Tavern selected your Saratoga Senior Center to be the recipient of a portion of receipts that evening. Gather your family and friends for a night out of great food! 50% of all food sales goes to the Senior Center

THE PERFECT BRAIN GAME

Fridays, February 7th and February 14th, 11:00am - 11:45am. \$2 per session.

Brain Power. Better Sense of Concentration. Improved Brain Flexibility, Ability to Focus. Remember Facts Easily. Join Donald Ambrose, developer of Bright Cards Memory Deck as he teaches you to engage your brain. Use it, don't lose it!

LATIN LINE DANCE WITH RAY & MARK

Tuesday, February 18th, 2:00-3:00. \$4.00

Try these fun Latin Line dance parties with sizzling hot Latino Beats and Rhythms Cha-Cha, Salsa, Rumba & more.

TRAINS - "SHOW & TELL"

Friday, February 21st, 1:00pm. Free. Open to the Public.

Join Bob Mohowski as he talks about his passion - trains and the railroad. Bob will be bringing in old railroad and train artifacts for a show and tell program.

MEMORY CAFE Presented by the Alzheimer's Association

Thursday, February 27th, 11:30am - 12:30pm. Free. Open to the Public.

A Memory Cafe is a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. The Cafe can provide mutual support and exchange of information. This Memory Cafe Susanne our yoga instructor will teach you some calming, restorative moves you can do together. Refreshments served.

"THE HYDE MUSEUM" PRESENTED BY JONATHAN CANNING.

Friday, February 28th, 11:00am - 12:00pm. Free. Open to the Public.

Jonathan Canning, Director of Curatorial Affairs of The Hyde Collection is a specialist in European Medieval, Renaissance, and Baroque art. He oversees The Hyde's permanent collection of nearly 4,000 works of European and American art. He will be here to discuss his favorite pieces from the Museum and upcoming exhibitions.

HUNGRY AFTER CLASS? DON'T FEEL LIKE COOKING?

Check out the food selection in the fridge at the front desk!

Every day at the Senior Center. See front desk for details.

Soup everyday while supplies last. Selection from 5 Points Deli on Wednesdays and Thursdays. Perfect for lunch or dinner!

TAKE 5 TUESDAY TO GO DINNERS Meals By 5 Points Deli at the Center, \$9.50/dinner.

Pick up is between 4:00pm and 5:30pm at the Center. Call 518-584-1621 by noon to place your order.

Feb. 4th Meatloaf, Seasoned Potato Wedges, Corn

Feb. 11th Homestyle Chicken & Biscuits

Feb. 18th Roast Turkey w/Homemade Mashed Potatoes, Stuffing w/Gravy, Cranberry Sauce

Feb. 25th Spiral Ham, Scalloped Potatoes, Green Beans, Dinner Roll.

*A portion of every dinner
sold supports the Center*



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*A portion of every dinner
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TRIPS & EXCURSIONS

EXCURSIONS 2020

Collette Tours, Open to the Public

**Discover Spectacular South Africa
Culture & Nature in Harmony**

March 19th-31st, 2020 (\$5,199 double)

Tap into South Africa's harmonious mix of cosmopolitan cities, cultures, magnificent wildlife & fertile wine country.

Discover Panama: The Land Between the Seas

April 17th-25th, 2020 (\$3,099 double)

Between the Atlantic and Pacific oceans lies Panama, a country where bustling cities surround Spanish ruins, and rainforests cradle luxury resorts.

Shades of Ireland

May 16th-25th, 2020 (\$4,099 double)

Set out on our most popular Irish adventure. Experience all of the charms of this enchanted country, including its welcoming people.

Discover South Dakota

featuring Mount Rushmore & The Badlands

June 5th-11th, 2020 (\$2,599 double)

Discover the spirit of the American West and come to know the legends of the past.

Discover Mackinac Island

featuring the Grand Hotel & Chicago

July 10th-17th, 2020 (\$3,599 double)

This classic Midwestern destination tour features Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island.

The Azores: Jewels of Portugal

August 21st -30th, 2020 (\$4,599 double)

Enter an untouched paradise on an adventure through the Azores, the archipelago gems of Portugal. *Informational slideshow Wed., February 12th, 1:30-3pm.*

Painted Canyons of the West

Featuring Utah's Five National Parks

September 13-21, 2020, (\$3,649 double)

Explore the kaleidoscope of colors that is America's stunning canyon lands, on a journey that takes you across Utah's scenic byways and beyond. *Informational slideshow Wed., February 12th, 1:30-3pm.*

Discover Scotland

September 28th-October 7th, 2020 (\$4,049 double)

From rugged sea-sprayed islands to stately castles drenched in history, Scotland's treasures never fail to amazing visitors. *Informational slideshow Wed., March 4th, 1:30-3pm.*

Croatia & its Islands

Small Ship Cruising on the Adriatic Coast

October 13th-24th, 2020 (\$4,999 double)

From medieval architecture to ethereal waterfalls, coast along the sparkling Adriatic Sea and experience the best of Croatia.

Discover the South Pacific Wonders

Australia and New Zealand

November 3rd-17th, 2020 (\$6,999 double)

From the tropical splendor of the Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of two amazing countries.

Spotlight on Sante Fe Holiday

December 13th-18th, 2020 (\$2,399 double)

Immerse yourself in the holiday spirit of Santa Fe in December as you take in the city's multicultural atmosphere, natural beauty and profound history. *Informational slideshow Wed., March 4th, 1:30-3pm.*

2021 EXCURSIONS!

Collette Tours. Open to the Public

**IS YOUR BUCKET LIST TRIP
ONE OF OUR 2021 EXCURSIONS?**

- Tropical Costa Rica
Informational slideshow Wed., Feb. 12th, 1:30-3pm.
- Rome & Amalfi Coast
Informational slideshow Wed., March 4th, 1:30-3pm.
- Spotlight on Nashville
- Highlights of Norway
- Imperial Russia
- Alaska - Land and Cruise
- Greece Island Hopper
- Christmas on the Danube - River Cruise

MULTI DAY BUS TRIPS 2020!

(Diamond Tours, Open to the Public)

Mystic, Foxwoods & Newport

June 14-16, 2020 \$345 double occupancy

3 days / 2 nights. 4 meals - 2 Breakfast / 2 Dinners.

This trip combines stately New England beauty with resort excitement! Your group will stay at the Two Trees Inn at Foxwoods - a quintessential country inn complete with a restaurant, bar and heated indoor pool. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

Charleston, South Carolina

September 13-19, 2020 \$920 double occupancy

7 days / 6 nights: 10 meals - 6 Breakfasts / 4 Dinners
Historic Charleston is bursting with Southern charm and hospitality. The city feels a bit like it's suspended in time, thanks to its antebellum architecture and surrounding plantation landscapes.

2020 VAN TRIPS

(Members Only)

TRIP POLICY

It has come to our attention that changes have been made to some van trip itineraries while on the trip. This will no longer be allowed. If you have a previous engagement for after the van trip, please think twice before signing up. The only exceptions will be medical and weather related.

Foxy Ladies - Lunch Thursday, February 6th

The Foxy Ladies (formerly known as the Golden Gals) women's lunch group is back by popular demand! The first Thursday of every month head to Skidmore Dining Hall for lunch, conversation and laughs. Pay \$2 at sign up. Please bring additional money for lunch. Leave the Center at 11:45am.

Silver Foxes - Lunch Thursday, February 13th

The Silver Foxes lunch group is back by popular demand! Join Joe, our Transportation Driver, and head to Saratoga Racino for lunch, conversation and laughs. Pay \$2 at sign up. Please bring additional money for lunch. Leave the Center at 11:45am.

John Weisner & Claudia Bracaliello - Proctor's Organ Concerts at Noon Tuesday, February 11th

Enjoy a great concert with Goldie the Organ. Enjoy a tour of Golde and the set after the concert. Lunch at the Waters Edge Lighthouse. Pay \$10 at sign up. Admission is free. Bring additional money for lunch. Leave the Center at 10:45am.

Chapman Museum Tuesday, February 18th

Enjoy a self guided tour for the museum, located in downtown Glens Falls on the southeastern edge of the Adirondack Mountains. It features the hand-on history of everyday life in the DeLong house, the 19th century Adirondack photographs of Seneca Ray Stoddard, & exhibits about the history of the Glens Falls area. Lunch at Peppermill. Pay \$10 at sign up. Please bring \$5 admission & additional money for lunch. Leave the Center at 10:00am.

Fiddler on the Roof at Proctors Thursday, February 20th

Sold Out. A wonderful cast and a lavish orchestra tell this heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family. Lunch prior to the performance. Backstage theater talk after the performance. Please bring money for lunch. Leave the Center at 10:30am.

MiSci - Museum of Innovation & Science Tuesday, February 25th

Explore and discover this dynamic science museum. Step into the spring-like indoor butterfly house and walk among hundreds of brilliantly-colored native butterflies! Marvel at the stars and planets at the planetarium show. Breakfast at Iron Roost on the way to the museum. Pay \$26 at sign up, bring breakfast money. Leave the Center at 10:00am.

Lunch Bunch at Seasoned, ACC's Culinary School Restaurant Thursday, February 27th

The students of ACC's culinary school will prepare for you a three-course gourmet meal in casual setting consists of appetizer, entrée, dessert and beverages, such as soda, tea and coffee. Now offering cash bar serving wine and craft beer. Pay \$10 at sign up. Please bring \$17 for lunch and additional money for wine and beer. Leave the Center at 10:45am.

The Clark Tuesday, March 3rd

Enjoy a day of culture at the Clark in Williamstown, MA. New exhibit: Arabesque - "Like the notes of a melody or a dancer's movements, the arabesque line in a painting or poster unfolds in a freely evolving form that is as distinctive as it is variable." Lunch at the Water Street Grill. Pay \$35 at sign up. Please bring additional money for lunch. Leave the Center at 8:45am.

ONE DAY BUS TRIPS 2020!

Open to the Public

2020 One Day Bus Trips

Details coming!

Tentative 1 Day Bus Trips:

- Boston
- Bronx Zoo
- Shelburn Museum & Burlington
- June 16 - Log Cabin, Holyoke, MA. Doo Wop Revue and Lobster Fest (confirmed)
- New York City



TRIP POLICY

Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. There is a non-member price. 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 are van trips are approximate. We do not guarantee a return time to the center.

VOLUNTEER DRIVER 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.

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.



FRESH PRODUCE - NEW DAY! SUPPORTED BY EMPIRE BLUE CROSS

The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on FRIDAYS at 10:00am. Please check in on the Pastry & Produce button on the computer.

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 them. Call Nicole at 518-584-1621, ext. 206.



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GROUPS & GATHERINGS

"BEING WELL"

Facilitated by Amejo Amyot, Ph.D
Mondays 2:30pm - 3:30pm. \$2.

This class is on hiatus - will return in April.

BEING WELL focusing on getting and staying healthy. It will be a spirit, body, mind support group to bring hope to us as we age. Amejo will use guided meditation to raise spiritual wellness energy. And also address looking at letting "food be thy medicine" as well as other lifestyle issues of exercise, stress, sleep, gratitude and hope.

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
Sponsored by Home of the Good Shepherd

Join us for a fun hour of chit chat, laughs and snacks.

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
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. Open to the public.

Alzheimer's Office Hours at the Center
Sponsored by Goldberg Family Foundation

Every Friday from 9-3:30, a local representative from the Alzheimer's Association will be at the Saratoga Senior Center to meet with individuals and families who need information, referral and support services. Please schedule an appt with Katie Keary at 518-867-4999, ext. 1680 or KgKeary@alz.org.

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WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged

**Prices listed are per month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30: Healthy Bones 9:30: Walking Club (\$5) 9:30-11:30: Clay Arts (\$20) 10-11: Healthy Bones 11-11:45: Zumba with Emily (\$2) 11-12:30: Gentle/Chair Yoga \$10 12:30: Cafe - Soup \$2 per cup 12:30-4: Bridge (\$5) 1-2: Chit Chat 1-4: Canasta (\$2) 1:30-3: Painting (\$10) 2:30: "Being Well" \$2 (on hiatus - will return in April)	9-10:30: Watercolor Lab 10-11:15: Gentle Yoga (\$10) 1-2:30: Soapstone and Alabaster Carving (\$10/\$25) 1-4: Ping Pong and Pool 1:30-2:15: Pilates (\$10) 2:00-3:00: Latin Line Dance (\$4) (3rd wk.) 3-4: Book Club (see calendar)	9:30-2: Rug Hooking (\$5) 10:00: Reminiscing 10:00: Ukulele Jam 10-12: Knit & Crochet 11:15-12:30: Hatha Yoga (\$10) 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan (\$2) 1-4: Ping Pong and Pool	8:30-9:30: Healthy Bones 9-11: Tarot Cards (last week) 9-12: Mosaics (\$20) 9-12: Fused Glass (\$10/class) 9:30-12:30: Reiki \$5 (2nd wk.) 10-11: Healthy Bones 10:30-12: Alzheimer Support Group (3rd wk.) 11-12: Getting Better w/ Age 12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2) 1-2: Music, Memories 1-4: Ping Pong and Pool	9-3: Alzheimer Office Hours 10:00: Free Produce 10-12: Clay Arts (\$20) 10-12: Poker (\$2) 12-2:30: Artist Lab 12:30: Cafe - Soup \$2 per cup 1:00: Mexican Train Dominoes (4th Friday) Time TBD: "Fridays at the Center" Presentation/Social	9-10: Vinyasa Flow Yoga \$10 10-12: Hand Building Clay Arts (\$20) 9-12: Ping Pong and Pool



Thank you to CDPHP for sponsoring our Health and Wellness classes.



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



Thank you to The Wesley Community for sponsoring our Social Activities.

REOCCURRING MONTHLY EVENTS

Tarot Card Readings - Thursday, February 27

Book Club - New Members Welcome

Tuesday, Feb. 25th, 3:00pm

"Born a Crime" by Trevor Noah. An autobiography both tragic and inspiring that is set in South Africa.

Reiki \$5.00

2nd Thursday of Month, 9:30am-12:30pm

Call the front desk for an appointment.

Computer/Technology Assistance

Call the front desk for an appointment.

Smartphone Skills for Seniors

Friday, Feb. 14, 9-10am (2nd Friday)

With IT specialist Damian Redman.

Cooking with Siobhan

Friday Feb.7, 12:30pm Free.

New Year- New You!

THANK YOU

Thank You to New Age Cuisine for playing at our Beach party. Thank you to Elaina for the belly dance lesson. Thank you to Dena & Julie for mini manicures. Thank you to Diamond Grill at Embassy Suites for our delicious dinner. Thank you to Bailey's for another successful "Sipping for Seniors". Thank you to Brook Tavern, Kings Tavern, Solevo and Bailey's for participating in Restaurant Wars and raising money for the Center. Thank you to all our amazing volunteers and sponsors. We could not do what we do without you.

FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DON'T FORGET TO RENEW - 2020 MEMBERSHIP RENEWAL It's renewal time! Complete the invoice and return it to the Center. Please take a moment to find out about our Presidential Membership. Scholarships available.</p>					<p>The center is not open today. Enjoy chowder fest!</p>
3	4	5	6	7	8
4:00pm: 5 Points To Go Dinner	NEW! 11:15am-12:30pm: Hatha Yoga with Tracey	NEW! 11:15am-12:30pm: Hatha Yoga with Tracey 1:30-3:00pm: Travel Slideshow - The Azores, Painted Canyons of the West, Tropical Costa Rica	11:45am: Van Trip - Foxy Ladies 1:30pm: Legal Assistance	Saratoga Health & Wellness Day: Details page 2 6:00pm: Soundbar Fundraiser	NEW! 9-10am: Vinyasa Flow Yoga 10am-12pm: Hand Building Clay Arts 9am-12pm: Ping Pong & Pool 10:30am: CBD Oils
10	11	12	13	14	15
4:00-10:00pm: Brook Tavern "Dine In" fundraiser (at the Brook Tavern) 5:30pm: Chef Dinner (at the Center)	10:45am: Van Trip - Proctors Organ Concert 4:00pm: 5 Points To Go Dinner	NEW! 11:15am-12:30pm: Hatha Yoga with Tracey 1:30-3:00pm: Travel Slideshow - The Azores, Painted Canyons of the West, Tropical Costa Rica	9:30am-12:30pm: Reiki 11:45am: Van Trip - Silver Foxes	9-10am: Breakfast & Learn 9-10am: Smartphone 10:00am: Fresh Produce 11:00-11:45am: Brain Games	NEW! 9-10am: Vinyasa Flow Yoga 10am-12pm: Hand Building Clay Arts 9am-12pm: Ping Pong & Pool
17	18	19	20	21	22
	11:45am: Van Trip - Chapman Museum 2:00-3:00pm: Latin Line Dance Party 4:00pm: 5 Points To Go Dinner	NEW! 11:15am-12:30pm: Hatha Yoga with Tracey	10:30am-12pm: Alzheimer's Support 10:30am: Van Trip - "Fiddler on the Roof"	10:00am: Fresh Produce 11:00am: Diamond Jim Brady 1:00pm: "Trains"	NEW! 9-10am: Vinyasa Flow Yoga 10am-12pm: Hand Building Clay Arts 9am-12pm: Ping Pong & Pool
24	25	26	27	28	29
	10:00am: Van Trip - MiSci 3:00pm: Book Club 4:00pm: 5 Points To Go Dinner	NEW! 11:15am-12:30pm: Hatha Yoga with Tracey	9:00-11:00am: Tarot Cards 1:00-3:00pm: Memory Cafe 10:45am: Van Trip - ACC Culinary	10:00am: Fresh Produce 11:00am: Hyde Museum 1-3pm: Mardis Gras Party	Leap of Kindness Day! 10-12: SPAC ticket sales 11-12: HMT Cabaret Show Regular class schedule will run also. see above