Music & Mingling Challenges you to “SIP FOR SENIORS”

THE CHALLENGE - IT’S EASY TO DO:

1. Video yourself, friends, family “sipping” your favorite beverage - Make it FUN!
2. Post it to social media and tag “@Saratoga Senior Center” (on Instagram, Facebook) & say you DONATED to “@Saratoga Senior Center”.
3. Tag 1-3 people to do the same. SPREAD THE WORD.
4. DONATE HERE
   Link: https://saratogaseniorcenter.org/ and Click DONATE in the top right.

Consider having your “sip” in one of our new insulated wine tumblers!

GET YOURS TODAY!
A portion of every sale supports the Center
Sponsored by Alfred Z. Solomon Charitable Trust

We are now selling branded merchandise to help support the Senior Center! Purchase your Insulated Wine Cup and Koozie Kooler today by calling the front desk at 518.584.1621. Start the summer off ready to take your drinks anywhere!

**Support Your Senior Center!**

Saratoga Senior Center’s 65th Anniversary celebration challenge!

Music & Mingling Challenges you to “SIP FOR SENIORS”

\[ \text{Protocol for Coming to the Center:} \\
\text{Must wear a mask - nose and mouth covered while walking around the center. May remove in class.} \\
\text{Must sanitize hands upon entering.} \\
\text{Attend class only, there is no hanging around.} \\
\text{Please stay home if not feeling well.} \\
\text{Please expect a full check-in/checklist/screening upon arrival.} \]

RED CROSS BLOOD DRIVE
Tuesday, June 30. 12:00 to 6:00 p.m.
at the Saratoga Senior Center
Visit redcrossblood.org to schedule an appointment.

FRESH PRODUCE
WEDNESDAYS, 12-12:30
Sponsored by CDPHP
We are offering Curbside pick-up for produce and bread from 12:00-12:30pm. Please wear masks.
Deliveries available by request. Schedule with Sydney on Monday and Tuesday by 3PM.
Call 518.584.1621 ext. 206

DO YOU NEED HELP?
The Senior Center is here to provide essential services. If you are a senior in need: Call 518.584.1621 ext. 206.
- Weekly check in calls
- Free puzzles & books
- Tech assistance with: ZOOM, Facebook, My Active Center & More
- Face Masks
- Fresh produce
- Grocery shopping
- Valet Service Pick Up: Super easy - skip finding a parking space and getting out of the car!
- Carbside Day of Sales - Forgot to order your dinner! You can come and get your meal day of.
- Bulk Orders Delivery (15 or more): We will deliver to your office or place of business!

**In Memory of Ed Kelley**
The month of June is in memory of Ed Kelley. There is still time to participate in the blood drive.

**JULY SPECIAL EVENTS**

**Music in the Yard!** Live music from some of Saratoga’s best musicians in our back yard. Bring your lunch, a chair or stay in your car! Let's welcome summer.
Sponsored by Empire Blue Cross Blue Shield.
- Jay Cager, Chris Dollard, and Bobby Vendetta Tuesday, July 7th, 12:00pm
- Garland Nelson Friday, July 10pm, 12:00pm

**Donations appreciated!**

**Brooks BBQ**
Tuesday, July 14th
3:30-6:30pm
Sponsored by CDPHP
Chicken Dinner: $13
Rib Dinner: $15
Dinners include Baked Potato, Colelaw, Roll
- Valet Service Pick Up: Easy - skip finding a parking space and getting out of the car!
- Carbside Day of Sales - Forgot to order your dinner! You can come and get your meal day of.
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**To benefit the Saratoga Senior Center!**

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**Actual size of Koozie Kooler**

**$30**

**$25**
SUMMER TRANSITIONAL PROGRAMMING
Join our “New Normal” Virtual Class Offerings and Limited In house Classes
Check out our new slate of Zoom and in house classes! Our Skidmore Interns are offering some very exciting classes! Zoom classes will be part of our “new normal” programming. There is a $15 fee for unlimited monthly classes - Mix & Match Zoom and inhouse. Grants are available for everyone. You can also sign up through “My Active Center” or by calling the front desk.

JULY ZOOM CLASS SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>1pm: Drawing</td>
<td>10:00-11:00: Meditation</td>
<td>9:00-10: Rug Hooking</td>
<td>9:00-10: Stretching</td>
<td>9:00-10: Smartphone Tech/7710</td>
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<tr>
<td>11:12:00 Yoga</td>
<td>11:12:00: Wandering Wed. - Museum Tour</td>
<td>10:00-11:00: French</td>
<td>“Maklapa Saturdays”</td>
<td>Sponsored by Alfred Z. Solomon Charitable Trust</td>
<td></td>
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<tr>
<td>1-2: Beginning Ballet</td>
<td>12-1:00: Canoe</td>
<td>12:10-2:00: Brain Combo</td>
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<tr>
<td>2-3: Writing Poetry</td>
<td>12:00: Book Club (last Tues of month)</td>
<td>12:11-1:10: Armchair travel “Let’s Go to Norway” 6/26</td>
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<td>3:00-4: Book Club (last Tues of month)</td>
<td>1:2: Strength</td>
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“Maklapa Mondays”
Sponsored by Alfred Z. Solomon Charitable Trust
9:00-9:45: Zumba
10-12:00: Clay Arts
1-2: Drawing

Thank you CDPHP for sponsoring our Health and Wellness classes.
Thank you Blue Cross Blue Shield for sponsoring our Outdoor Activities.
Thank you Herzog Law for sponsoring our Arts and Crafts classes.

NEW ZOOM CLASSES WITH OUR SKIDMORE INTERNS!

Ballet – Beginning (Will)
A class for the beginner, focused on positions of the arms and legs, ballet vocabulary, and proper alignment. Students will leave the class with a firmer understanding of proper posture, balance, and flexibility.

Poetry Writing - Haiku, Ode, & Beyond. (Will)
This workshop encourages personal discovery & the development of individual poetic “voice” through the use of directed exploration & writing exercises.

Wandering Wednesdays – Virtual Museum Tours (Elizabeth)
“Travel” to a different art museum every week. We will explore exhibits and museums from all over the country. Where we will tour: The National Museum of Women in the Arts, The Albright–Knox, The MoMa, Cooper Hewitt Museum of Design and more.

DO WE HAVE YOUR EMAIL?
It is important that we have your email address through the “new normal”. Our weekly eblasts keep you updated on classes and everything new. In efforts to go paperless, our monthly newsletter is being sent through emails to save costs. If we don’t have your email please call the front desk.

JULY IN HOUSE CLASS SCHEDULE

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Office for the Aging Events
Farmer's Market Coupons Drive-Thru Event.
At the Saratoga County Fair Grounds
162 Prospect Street, Ballston Spa
518-884-4100
Wed., July 22 1-4pm and Wed., Aug.19 1-4pm

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