STAY INFORMED AND CONNECTED!
DO YOU GET OUR EBLASTS?
Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email address or if you don’t have email, maybe you can use your son’s or daughter’s to keep you informed.

EASY WAYS TO SUPPORT YOUR SENIOR CENTER!
Looking for simple ways to support our seniors?
• Purchase our branded merchandise- Insulated cups, Koozie Kooler, masks, fleece blankets and jute tote bags. They make great gifts!
• Make a monetary donation through our website, by phone, or mail in a check.
• Amazon Smiles - Do you or anyone you know that shops on Amazon? Next time go to smile.amazon.com, select Senior Citizens Center of Saratoga Springs and a percentage of your purchase will be donated by Amazon!
• Hoffmans Carwash Tickets - It’s easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for $12.00. Fifty percent of the sale goes to the Center! PAPER TICKETS ARE BACK.
• Clothing Bin - We have blue donation bins in our parking lot for clothing donations. We are paid per pound of clothes!
• Fundraisers - We have many fundraisers that benefit the Center. Watch our eblasts and newsletters.
• Annual Appeal - Look out for your annual appeal letter or make an online donation for the Center!
• Membership - We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. Or purchase a $25 membership for a senior in need.

Protocol for Coming to the Center:
• Must wear a mask while at the Center.
• Must sanitize hands upon entering.
• Please stay home if not feeling well.
• Please expect a full check-in/screening upon arrival.
• Please wipe down your seating area.

ON THE ROAD AGAIN!
Travel Show with Colby from Collette Travel Open to the Public!
Itching to travel? Tired of being cooped up? Dare to dream!
Not ready to travel just yet? Come anyway and experience a little armchair travel!
Stop by and check out our amazing travel destinations: domestic and abroad.
Highlighted trips include: Pacific Northwest, Christmas on the Danube River Cruise, Italy and the Amalfi Coast, Canyon Country - Arizona & Utah and so much more!

Every Tuesday the Senior Center will offer “to go” meals 3:00-4:30 curbside pick up.
Call the front desk to order. We ask that you preorder meals by 4 pm the day before.

OUR TENTS ARE BACK!
Weather permitting, beginning in April we will hold classes, presentations and more on the lawn under the tents! We hope you will take advantage of our outdoor space and enjoy the Center again!

Silver Sneakers and Renew Active Information Day
Thursday April 22 11am -1:00pm at the Saratoga Senior Center
Come to the Center and find out all about the SilverSneakers and Renew Active programs we are now offering.Did you know that your SilverSneakers and Renew Active membership allows you to attend all programming at the Center, some exceptions may apply. It is not just for your exercise classes. It includes presentations, art classes, ZOOM classes, produce and food programs. Not sure if you are a SilverSneakers member? We can help.

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• Amazon Smiles - Do you or anyone you know that shops on Amazon? Next time go to smile.amazon.com, select Senior Citizens Center of Saratoga Springs and a percentage of your purchase will be donated by Amazon!
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WHAT'S NEW THIS MONTH! ... *adding new programs all the time.*

**GENTLE YOGA FLOW with Leanne**
Tuesdays, 11:30 at the Center and via ZOOM
Yoga will continue while Lin is away. Leanne will be leading a Gentle Yoga Flow class in person at the Center and on ZOOM! Let's give Leanne a warm welcome, try her class.

**CHIT CHAT & MUSIC GROUPS ARE BACK!!!** facilitated by Brian, Skidmore Social Work Intern
Mondays, 1pm at the Center.
Join us for a fun hour of chit chat, laughs and music! Meet new friends and connect with old ones! Please sign up as seating is limited.

**LET'S BE KIDS AGAIN! GAMES ON THE LAWN.** facilitated by Brian, Skidmore Social Work Intern
Mondays, 2pm at the Center.
Play time begins! Bocce, Corn Hole, and Ping Pong. Please sign up as seating is limited.

**WELCOME BACK MOSAICS!** facilitated by Meryl.
Wednesdays, 9:30 - 12.
Get your creativity on! Make patterns from small pieces of colored stone, glass or ceramic, held in place by plaster/mortar. You can get as funky as you want! This is a very fun class.

**ALL BODIES CAN** facilitated by Taylor Johnson, Skidmore Intern. via ZOOM
Mondays 5-6pm and Saturdays 1-2pm.
Dancing is good for the body, mind, and soul, no matter the age or mobility. These classes give you the opportunity to move and express yourself in different ways as we focus on freeing tension from various parts of the body. It is not about remembering the steps but more about the feeling and emotions you get while doing it.

**WE’VE MOVED! “THIRSTY THURSDAY” SOCIAL CLUB IS NOW ON WEDNESDAYS!**
Wednesdays, 5pm. Same time, same place. “Why Not Wednesdays?”
We are having so much fun in our Social group! We laugh, share stories, give each other tips on things to do; virtually and in person safely. Grab yourself a cup of tea or a glass of wine and meet new friends!

**EAT SMART, LIVE STRONG!** Healthy nutrition and cooking facilitated by Siobhan.
Monday, April 12th. 1:00pm Via ZOOM.
Join Siobhan for a lively chat about reaching your goals. Cap the presentation off with a cooking demo. If you are ZOOMing at the Center, you must sign up as seating is limited.

**“UNDERSTANDING YOUR ANCESTRY DNA TEST”** facilitated by Lisa Dougherty, Professional Genealogist Tuesday, April 20th. 1:00pm. Via ZOOM from home or ZOOM at the Center.
Whether you have done an Ancestry DNA test or are just thinking about it, you probably have many questions and concerns. Join professional genealogist Lisa Dougherty for an informative session that will guide you through the fundamentals of DNA tests. Learn how to make the most of your test by using it as a tool to discover your family history!

**STORY TELLING GROUP** facilitated by Skidmore students Anabelle, Mira & Stella Rose Monday, 10:00pm via ZOOM
Join us to listen, learn, and tell stories! We will bring different themes to each session to help guide storytelling opportunities for participants and further feelings of resilience and community. Please register by calling the front desk, spaces are limited.

**EAT TO STAY YOUNG: NUTRITION FOR SENIORS.** Facilitated by Emily Hall, Intern and Diane Whitten, Nutrition Educator, Cornell Cooperative Extension.
Monday April 26th. 11:30am In person at the center and via ZOOM.
Phytochemicals, Antioxidants and Super Foods : You’ve heard of them, but what are they, what do they do and how do you get them from your food? Do you need supplements? How important is water and does coffee count as a fluid? Knowing the answers to these questions and how to incorporate foods rich in nutrients into your diet may help you live a longer, healthier life.

**“PAINT& SIP” AT THE SENIOR CENTER** facilitated by Tia Wheeler.
Friday, April 2nd. 1:00pm at the Senior Center
Not artistically inclined? That’s ok! Tia will instruct you step by step, making it easy to complete this piece of art! At the end of the night, you’ll take home a one-of-a-kind painting and hopefully a new found talent! Soft “sips” provided. Please register as seating is limited.
APRIL PROGRAMMING
“April Showers Brings May Flowers”
In House & ZOOM Classes, Presentations, Food and More!

Don't miss out on our low monthly all inclusive unlimited program fee. $15 a month includes all classes, events and programs except where noted!

PRESENTATION AND SPECIAL EVENT SCHEDULE

MONDAY

9:00 - Tai Chi (center & zoom)
9:30 - Walking Club
9:30 - 10:15: SilverSneakers Classic (center & zoom)
9:30 - 10:15: Meditation w/ Susanne (center & zoom)
10:15 - 11:45: Gentle Yoga Flow w/ Leanne (center & zoom)
11:30 - 12:30: Lunch Bunch (center & zoom at center)
11:30 - 12:45: Yoga Flow with Susanne (center & zoom)
12:30 - BINGO (at center)
1:45 - 2:30: Strength with Aladin (center & zoom)
2:30 - 3:45: SilverSneakers Leisure (center & zoom)
3:30 - 4:00: Book Club (center & zoom)
3:45 - 4:00: Story Telling (at center)
5:30 - 6:30: Dance Movement (zoom)

TUESDAY

9:30 - 12:00: Mosaics (center)
10:15 - 11:15: Zumba with Milo (center & zoom)
12:00 - 1:00: Lunch Bunch (zoom & at center)
12:15 - 1:15: Lunch Bunch (center & zoom)
12:15 - 1:15: Lunch Bunch (center & zoom)
12:30 - 1:15: Yoga Flow with Maryann (center & zoom)
1:45 - 2:30: Yoga w/ Maryann (center & zoom)
3:30 - 4:30: Produce Pickup (center)
4:00 - 5:00: Pool League (center)

WEDNESDAY

9:10 - Tech Help via ZOOM (schedule below)
10:10 - 10:45: Low Impact Cardio & Strength (center & zoom)
11:00 - 11:45: Yoga w/ June (center & zoom)
12:30 - 1:30: Fresh Produce Pickup (center)
1:45 - 2:30: Pool League (center)

THURSDAY

9:30 - 10:00: SilverSneakers Classic (center & zoom)
10:15 - 11:30: SilverSneakers Leisure (center & zoom)
11:00 - 12:00: Story Telling (center & zoom)
12:00 - 1:00: Lunch Bunch (center & zoom)
12:30 - 1:30: Lunch Bunch (center & zoom)
12:45 - 1:45: Lunch Bunch (center)
1:00 - 1:30: Lunch Bunch (center & zoom)
1:45 - 2:45: Lunch Bunch (center & zoom)
2:30 - 3:00: Lunch Bunch (center & zoom)
3:15 - 4:15: Lunch Bunch (center & zoom)
4:30 - 5:30: Lunch Bunch (center & zoom)

FRIDAY

1:45 - 2:45: Pool League (center)
3:30 - 4:30: Pool League (center)
4:30 - 5:30: Pool League (center)

SATURDAY

1:2 - Drawing (center)
1:2 - Drawing (center)
3:45 - 4:30: Book Club (center & zoom)
4:00 - 5:00: Book Club (center & zoom)

Thank you CDPHP for sponsoring our Health and Wellness classes.
Thank you Blue Shield of Northeastern NY for sponsoring our Outdoor Activities.

BOOK CLUB AT THE CENTER

New members welcome!

“The Mother’s Promise” by Sally Hepworth.

A new poignant and breathtaking novel from the author of The Things We Keep and The Secrets of Midwives. Sally delivers her most powerful novel yet: the story of a single mother who is dying, the troubled teenage daughter who is battling her own demons, and the two women who come into their lives.

BOOK CLUB AT THE CENTER WISH LIST

1. Gardening gloves
2. Large piece of delicate lace for art projects
3. Glass display case for member’s artwork
4. Drawer looking the cabinet

TRIPS & EXCURSIONS!

EXCURSIONS 2021
Alaska Discovery Land & Cruise. September 11-22, 2021
Pacific Northwest - Washington, Oregon & California. October 4-11, 2021
Greece Island Hopper. October 16 -26, 2021
Christmas on Danish River Cruise. December 2-10, 2021

Spotlight on Santa Fe. December 5-10, 2021
JUST ADDED details coming

Topic: Blue Shield and the Wesley Community.

One of the most exciting opportunities we have is the ability to bring world-class experts to the Center. In particular, we are looking forward to having Sally del Río present her recent novel, Our Demons, and the two women who come into their lives.

In her most powerful novel yet: the story of a single mother raising two daughters, one of whom is dying, the troubled teenage daughter who is battling her own demons. Sally del Río’s novel, Our Demons, is a gripping and emotional tale of love, loss, and resilience.

The presentation will be held on Tuesday, April 26th, at 1:00 PM, in the Center’s main hall. The event is free and open to the public, and refreshments will be served. Please register in advance by calling the Front Desk at 518.584.1621.

We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. For just $25 a year you instantly get access to our programs and services. To find out more call the Front Desk at 518.584.1621.

NEW MEMBERS WELCOME!

• TBD. “Eat to Stay Young” Nutrition Program
• Tues., April 27th. 3-4:30. Dinner To Go
• Tues., April 27th. 3-4:00. Book Club
• Tues., April 20th. 3-4:30. Dinner To Go
• Tues. April 20th. 2:30-4:30. Wine Tasting
• Tues. April 20th. 3-4:30. Dinner To Go
• Thurs., April 22nd 11-12:30: SilverSneakers Meet Up (at center)
• Mon. April 26th. 10:30: Lunch To Go (at center)
• Mon. April 26th. 11:30 “Eat to Stay Young” Nutrition Program
• Tues., April 27th. 3-4:00. Book Club
• Tues., April 27th. 3-4:30. Dinner To Go
• TBD. “Eat to Stay Young” Nutrition Program

April, May & June:

• Tues., April 27th. 3-4:30. Dinner To Go
• Tues., April 27th. 3-4:00. Book Club
• Tues., April 27th. 3-4:30. Dinner To Go
• TBD. “Eat to Stay Young” Nutrition Program

Recall

Don’t forget the Collette Travel Show on Tuesday April 20th 2:30-4:00.

Thank you for your support and contribution! Thank you to Brook Tavern for our delicious soup.

Thank you to Embassy Suites, Longfellow’s and Simply Maura for dinners. Thank you to Kym Hance of Hertz Law for the presentation on scams. Thank you to Lisa E. Doughtery for this month’s genealogy presentation. Thank you to The Hortense and Louis Rubin Community Health Fund of the Community Foundation for the Greater Capital Region, United Way Respond and the Greater Saratoga County Emergency Food and Shelter Program for their continued support. Thank you to all the amazing volunteers who helped us make Brooks BBQ an extremely successful fundraiser for the Center. We could not do what we do without you!

DON’T FORGET THE COLLETTE TRAVEL SHOW ON TUESDAY APRIL 20TH 2:30-4:00

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