Thank You for Your Kindness and Support!

Thank you to Cantina and West Side Sports Bar for our Cinco de Mayo snacks. Thank you to Bonnie Grecco for beautiful music. Thank you to The Bread Basket for the cake donations. Thank you to BlueCross BlueShield for the mindfulness presentation. Thank you to Maria Spagnola from Home Instead for the presentation on stress. Thank you to our generous members for the art donations. Thank you to Pinney Meadows for the beautiful daffodils. Thank you to Murray and Zuckerman, Colley Asset Management, Nordley Foundation and Saratoga County Industrial Development Agency for your support. A huge thank you to all our volunteers, keep our world rocking! We could not do what we do without you!

SUPPORT YOUR SENIOR CENTER!

Looking for simple ways to support our seniors?

- Purchase our branded merchandise- They makes great gifts!
- Make a monetary donation through our website, by phone, or mail in a check.
- Amazon Smiles - 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 $10.00. Fifty percent of the sale goes to the Center! PAPER TICKETS ARE BACK.
- Clothing Bin - We have blue donation bins in our parking lot. 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.

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.

SAFETY TIPS:

- Wash your hands frequently with soap and water for at least 20 seconds.
- Cover your mouth and nose with a cloth face covering when you are in public.
- Keep a distance of at least 6 feet from other people.

NEWSLETTER

Thank you to Murray and Zuckerman, Colley Asset Management, Nordley Foundation and Saratoga County Industrial Development Agency for your support. A huge thank you to all our volunteers, keep our world rocking! We could not do what we do without you!
WHAT’S NEW THIS MONTH! … adding new programs all the time.

THE 10 WARNING SIGNS OF ALZHEIMER’S facilitated by Katie Keary, Alzheimer’s Association.

Wednesday, June 16th, 11:30am. Via ZOOM.

June is Alzheimer’s & Brain awareness month! Alzheimer’s and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer’s and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

DIABETES 101 - TWO PART SERIES facilitated and sponsored by MVP.

Thursday, June 17 and Monday June 21. Via ZOOM

Part 1: Become knowledgeable about the different types of diabetes, how they are diagnosed, signs and symptoms, etc. A cooking demo geared toward healthy eating with diabetes will be presented.

Part 2: I have diabetes, now what? Learn about the screenings and tests that you need so you can live well with diabetes.

GROWING MICROGREENS facilitated by Capital Roots and sponsored by BlueCross BlueShield.

Tuesday, June 22nd, 11:00am. at the Center.

If you don’t have space for gardening, microgreens are a great option because they can be grown easily on a sunny windowsill. As the name implies, microgreens are miniature versions of plants and they’re packed with lots of nutrients. Join Capital Roots’ educator to discuss the benefits of eating microgreens, how to grow them, and how to incorporate them into your meals.

BREAKFAST

Monday, June 28, 9-10am $3.50

Join your friends for a hot breakfast and good conversation! Please sign up!

TAROT CARD READINGS

Last Thursday of the month. 10-1pm

Welcome back Mary!!! We missed you! Call the Front Desk to make a 15 minute appointment. $5 suggested donation.

CHIT CHAT & MUSIC GROUPS ARE BACK!! facilitated by our Summer Skidmore Interns

Mondays, 1pm. at the Center.

Join us for a fun hour of chat, laughs and music! Meet new friends and connect with old ones! Keep an eye on the eblast for new programs! Jackie, Maya & Abby have some great ideas for summer classes.

VAN TRIPS ARE BACK!!

Hildene and The Vermont Country Store: Monday, June 7th.

Tour (on your own) the historic home of Robert Lincoln, only child of President and Mary Todd Lincoln to survive to adulthood. Take in the beauty of the newly bloomed peonies in the estate gardens. Don’t forget to check out the restored 1903 wooden Pullman palace car. After the tour head to The Vermont Country Store for shopping and lunch Mildred’s Grille. We leave the Center at 8:45am. Pay $31 at sign up. Please bring additional money for lunch and shopping. Return about 4pm.

Lunch Bunch – Waters Edge Lighthouse: Tuesday, June 15th

The Water’s Edge Lighthouse is located in Schenectady on the shore of the Mohawk River. The scenic location is a wonderful backdrop with which to enjoy a good meal. We leave the Center at 11am. Pay $10 at sign up. Please bring additional money for lunch.

Berkshire Botanical Garden: Monday June 21st

Enjoy an exciting guided walking tour, led by experienced Garden Guides. A “museum of living things,” the Garden features dozens of display areas that are educational and highly ornamental, with plant collections emphasizing plants that are native to the Northeast. Have lunch at Pleasant and Main, a hidden cottage restaurant in the gorgeous Berkshires. Leave at 8:15am and return about 4pm. Pay $28 at sign up. Please bring additional money for lunch.

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**JUNE PROGRAMMING**

**All things seem possible in June.**

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!

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**MONDAY**

- 9:00 Tai Chi (center & zoom)
- 9:30 Walking Club (center & zoom)
- 9:30-12:30 Clay Arts (at center)
- 10-11: soup for lunch $3.00.

**TUESDAY**

- 9:45 Silver Sneakers Classic (center & zoom)
- 10-11: Zumba (center & zoom)
- 10:00: Kuit & Crochet
- 10:16: Rug Hooking
- 12-12:30: Soup (at center)
- 12:30: Social Club (center & zoom)
- 1:00: Meditation (at center & zoom)

**WEDNESDAY**

- 9:30: Mosaics (center)
- 10:15-11: Zumba (center & zoom)
- 10-10:45: Low Impact Cardio & Strength (center & zoom)
- 11:30-1: BBQ
- 1:00-1:45: Tarot Cards (last Thursday of month)
- 11:00-11:45: Gentle Yoga (center & zoom)
- 11:30-1: BBQ
- 1:00-1:45: Tarot Card Readings
- 12:30-3: Food Produce Pickup
- 1:00-1:45: Pool League (center & zoom)
- 1:45: Pinochle (center)

**THURSDAY**

- 9:11: Arts Lab
- 9:12: Poker
- 11:30-1: BBQ
- 1:00-1:45: Pool League (center & zoom)
- 1:45: Pinochle (center)

**FRIDAY**

- 10-10:45: Low Impact Cardio & Strength (center & zoom)
- 11:45-12:45: Bingo (center & zoom)

**SPECIAL EVENT SCHEDULE**

- Thursdays (last Thursday of month): 10-11: Tarot Card Reading
- Fridays: 11-12:30. BBQ Lunch.
- Fri., June 4th: 11-12:30. BBQ Lunch & Live Music
- Tues., June 15th: 3-4: Dinner To Go.
- Weds., June 16th: 11:30. Alzheimer’s Presentation
- Thurs., June 17th: Diabetes Series Part 1
- Fri., June 18th: 10-11: Yard Sale
- Fri., June 18th: 10. Tarot Card Readings
- Fri., June 18th: 12-11: Live Music with Jeff Brisbin
- Fri., June 18th: 12-6: Ed Kelley Memorial Blood Drive
- Mon., June 21st: Diabetes Series Part 2
- Tues., June 22nd: 11. Growing Microgreens Presentation
- Tues., June 22nd: 3-4:30, Dinner To Go
- Weds., June 23rd: 11:00 a.m. - 12:30 p.m. Boston Bus Trip
- Tues., June 29th: 3-4: Club Book.