Thank You for Your Kindness and Support!
Thank you to Home of the Good Shepherd for dinner. Thank you to Bill Gervasio for beautiful music. Thank you to all of our Music & Mingling supporters. Thank you to our generous members for the yard sale donations. Thank you to Jeff Brisbin for an afternoon of beautiful music. Thank you to Walmart, Saratoga County Industrial Development Agency, Fingerpaint, Saratoga County Office for the Aging for your support. A huge thank you to all our volunteers, you keep our world rockin’! We could not do what we do without you!

PERK FOR SENIOR CENTER MEMBERS ONLY!
LIMITED DISCOUNTED SPAC TICKETS ARE BACK FOR BALLET & ORCHESTRA!
CALL THE SENIOR CENTER FRONT DESK TO ORDER! 518-584-1621
Not a member? Call the Center & join today. Only $25

SUPPORT YOUR SENIOR CENTER!
• 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.

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866
WHAT'S NEW THIS MONTH! ... adding new programs all the time.

NEW! BARBER AT THE CENTER! $5 haircuts for men. 2nd Monday of the Month - Monday 9:00-12pm. Ryan will be coming to the Center to cut our men members hair. Must call the front desk to make an appointment.

NEW! WRITING YOUR MEMOIRS - STORIES THROUGH THE DECADES. facilitated by Jackie, Skidmore intern. Thursdays, beginning July 8th, 10:00 - 11:00am. at the Center. Write your stories and memories so that you and your loved ones can cherish them for a lifetime. No experience necessary. Jackie will guide you and give you prompts if needed. Please sign up!

THE NORTHERN ASSOCIATION OF THE BLIND AT ALBANY (NABA) PRESENTS Independent Living with Aging Vision facilitated by Lisa Jordan of NABA Wednesday, July 28. 1:00pm. An engaging presentation designed for adults to learn about the leading causes of vision loss, early warning signs, eye health, vision rehabilitation therapy and low vision adaptive aids, such as magnifiers, large print and talking items. To reserve your seat, contact the Saratoga Senior Center Front Desk. Please RSVP.

GROWING MICROGREENS facilitated by Capital Roots and sponsored by BlueCross BlueShield. Tuesday, July 27th, 11:00am. at the Center under the tent. If you don’t have space for gardening, microgreens are a great option because they can be grown easily on a sunny windowsill. 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. Please RSVP.

TAROT CARD READINGS Last Thursday of the month. 10-2pm. $5 suggested donation. Mary is back!!! Do you have some unanswered questions about your life? A tarot card reading provides guidance to gain an insight into what the future holds through the use of a special deck of cards. Call to make a 15 minute appointment.

LOOKING FOR SOMETHING FUN TO DO? JOIN OUR CHIT CHAT & MUSIC GROUP facilitated by Skidmore Intern, Abby. Mondays, 1pm. at the Center. Join Abby for a fun hour of chat, chat, laughs and music! Meet new friends and connect with old ones!

ART SHOW July 13-23rd. Barry Finley will have his art displayed in the dining room for you to view. Please stop by and enjoy his unique works. If anyone else wants to show their work, see Colleen.

BREAKFAST & LEARN - EVERYTHING YOU NEED TO KNOW ABOUT ADVANCE DIRECTIVES, PROXIES, WILLS. facilitated by Debra Verni of Herzog Law Monday, July 26, 9:00 Breakfast $3.50. 9:30 Presentation only - Free Choices regarding medical care and financial decisions are within your control. Advance directives, which include power of attorney and health care proxy, are the legal documents, which allow you to designate individuals to make decisions related to your medical care and finances if you become incapacitated. Presentation and Q&A. Please sign up!

van trips

Lunch Bunch - Algonquin Restaurant on Lake George and Shopping in Bolton Landing Monday, July 12th Take in the breath-taking views of the lake while dining on great salads, sandwiches, and burgers. Then stroll through the quaint village of Bolton Landing to do some shopping or have some ice cream! Pay $10 at sign up. Please bring additional tips.

Boat Cruise on Saratoga Lake: Date to be announced Six back and relax while your Captain takes you on a scenic cruise around Saratoga Lake and Fish Creek aboard the 50’ launch “General Schuyler”. See Saratoga’s best kept secret and learn the rich history of Saratoga Lake on this narrated cruise.

Old Bennington Step-on Guide Tour. Friday, July 23rd In addition to a guided tour of the museum’s galleries, one of our trained docents will board the coach to guide your group as they explore the Bennington Monument, Old First Church, Robert Frost’s grave site, providing information about the history of the area. Pre-order lunch at sign up. Pay $42 at sign up, includes van, admission and lunch. Leave at 8:45am.

Gilded Age Tour: Tuesday July 27th Start the day with a 2-hour cruise on Raquette Lake with historic commentary, a buffet-style meal. Then after explore Great Camp Sagamore with a guided tour of this fascinating National Historic Landmark from America’s Gilded Age. It was once a private getaway for the wealthy and famous. Cost is $76 for everything. We leave the Center at 8:00am.
**JULY PROGRAMMING**

“July is bold stripes, bright stars and brave hearts.”

In House & ZOOM Classes, Presentations, Foods 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)
- 9:45 SilverSneakers Classic (center & zoom)
- 9:30 Mosaics (center & zoom)
- 10:00 Swimming w/Susanne (zoom)
- 10:20 Tarot Cards (last Thursday of month)
- 10:45 Yoga w/ Leanne (center & zoom)

**TUESDAY**
- 10:00 Walker Bingo (center & zoom)
- 11:30-12:30 Gentle Yoga (zoom)
- 12:00 BINGO
- 1:00 Canasta (center & zoom)
- 1:00-10:00 Rug Hooking
- 1:30-4:30 Book Club (see calendar)

**WEDNESDAY**
- 12:30 Pool League
- 1:30 Arts Lab
- 3:45 Zumba

**THURSDAY**
- 1:30 Vinyasa Flow w/ Leanne
- 3:00-4:30 Book Club
- 3:45-5:30 Dinner Program

**FRIDAY**
- 9:30 Arts Lab
- 9:30-10:45 Low Impact Cardio & Strength (center & zoom)
- 10:45-12:30 BBQ
- 1:30-4:30 Book Club

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**NEW MEMBERS WELCOME**

**BOOK CLUB AT THE CENTER**

**MONDAY, July 5th**

**SENIOR SUPPORT SERVICES**

**ADVOCACY AND INFORMATION REFERRAL**

**FOOD ASSISTANCE Supported by CDPHP**

The Senior Center is partnering with the Regional Food Bank so we can provide Thursday produce available for Noon Pick-Up at the Center. No registration required. We also provide home-delivered Thursday lunches for any senior in need, most especially isolated seniors living on fixed incomes. Registration required. Home delivery for both programs is based on need and volunteer availability.

Contact Senior Support Services at ext. 206.

**COMMUNITY CONNECTIONS**

Are you a senior over 50 who needs no-contact assistance with grocery shopping, medical transportation, yard work, check-in call or errands? Contact Senior Support Services at ext. 206. We need volunteers to help with this program!

**TRANSPORTATION**

We are providing limited transportation to medical appointments. Contact Senior Support Services at ext. 206.

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**SPECIAL EVENT SCHEDULE**

**Thank you Blue Shield of Northeastern NY for sponsoring our Outdoor Activities.**

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

**SUNNENBERG MANSION**

Non members welcome, please call the front desk.

**SONNENBERG MANSION**

Non members welcome, please call the front desk.

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**BECOME A MEMBER TODAY. Support your Center and Stay Active!**

Do you know someone turning 50 or 60? Why not purchase a Saratoga Senior Center membership for a gift?!

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 ext. 206.

**YOU MAY BE ELIGIBLE FOR FREE CLASSES AT THE SENIOR CENTER!**

Do you carry United Healthcare and are 65+ years? You may be eligible for New Active and free classes at the Center.

Do you carry any of the following medicare advantage plans: BlueCross BlueShield, BlueShield of NENY, CDPHP, EmblemHealth, Empire BlueCross, Empire BlueCross BlueShield, healthfirst, Humana, Independent Health, MVP, or WellCare? You may be eligible for the Silver Sneakers program and free classes at the Center.

Are you unsure if you are a Renew Active or Silver Sneakersmember?

Call the front desk, let Joann and Kris help you out!

**ICE CREAM & BEVERAGES**

Did you know that we sell ice cream sandwiches and other ice frozen novelties and water at the front desk?! If this is successful we will add more items!