

## About Our Center

The Saratoga Senior Center is located in Saratoga Springs, New York, but open to all Saratoga County residents and beyond. *Our Center is an upbeat, active, and vibrant place to be for all active adults and seniors.* You can participate in programs, trips and social activities tailored to adults and seniors, as well as receive support services. Those striving to maintain an independent lifestyle can make new friends, share in a meal, play a game, exercise, take an art class or learn a new skill. The type of social interaction provided at the Center is essential to physical and mental health.

**MISSION:** Since 1955, the Saratoga Senior Center has empowered seniors to achieve and maintain personal independence and individual well-being by providing the programs and support services necessary for healthy recreation, companionship, social involvement, and problem-solving.



### SENIOR LIFE TRANSITIONS PROGRAM



Open Monday through Friday from 8am to 4pm  
(518) 584-1621 | (518) 581-8608  
[www.saratogaseniorcenter.org](http://www.saratogaseniorcenter.org)



### SENIOR SUPPORT



S E R V I C E S



## About the Senior Life Transitions Program

The Life Transitions Program is a coaching and navigation service for seniors. It is intended to support and assist seriously ill seniors with the issues related to changes in their life. This includes adjusting to the changing circumstances, meeting needs for services, navigating the health care and social services system, and planning how to age-in place effectively for the future.



A Coaching and Navigation  
Service for Seniors

## What Can You Expect?

1. You will receive a telephone screening call to best learn of your needs and specific details.
2. We will schedule a consultation visit at the Senior Center or at your home. This will help us both understand what the program may be able to offer you. It will be an assessment and a first draft of what we can offer.
3. We will then finalize a working plan with you, including a timeframe addressing your needs, supporting you personally, and planning for the future.

*Suggested donations received for the Senior Life Transitions Program are used to cover the costs of providing services to all in need. Donations are encouraged to support our continued ability to make important programs and services available to seniors in our community, particularly the most vulnerable.*

## What is a Transition?

We view a “transition” as a significant change, or major shift in living that may have been previously unforeseen. Frequently, receiving the diagnosis of a potentially life-threatening illness ignites a transition in one’s life. This is particularly true for seniors that may be facing many other life changes due to normal aging, such as existing chronic conditions, various stages of disability, social isolation, or abrupt changes in housing or food security.