**DID YOU RENEW YOUR 2022 MEMBERSHIP?**

Renew today - don’t miss out on great programming!

See all that the Senior Center has to offer the Seniors in our community!

Your Senior Center Membership Gives You Access To:

- Support Groups
- Discounted SPAC tickets
- Special Academy of Lifelong Learning classes
- Dinners - To Go & Dine In
- Trips - van, bus & excursions
- Exercise Classes
- Art Classes
- Cultural Events
- Special Presentations
- Live Music
- Baked Goods
- Regional Food Bank Produce
- Pinney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Outdoor Games
- Card Games
- Pool Table
- Book Club
- Social Groups
- and more...

**“GIVE WHERE YOU LIVE” - Creative Ways to Give to the Center!**

- Purchase our branded merchandise - They makes great gifts!
- Membership - We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors.
- Annual Appeal - Look out for your annual appeal letter or make an online donation for the Center!
- Support Groups
- Friendships/Socialization
- Pitney Meadows Fresh Produce
- Regional Food Bank Produce
- Baked Goods

**Fuel Up for March Madness!**

Simply Food by Mazzu. To Go dinner only. $12 per dinner.
- Tuesday, March 8th. Spiral Ham & Scalloped Potatoes. 3:30-5:30 pick up
- Tuesday, March 15th. Corned Beef & Cabbage. 3:30-5:30 pick up

**Dinner & a Drink!** Dinner prepared by Staff. Enjoy a cocktail tasting.
- Tuesday, March 29th. 5-30pm. $12 per dinner.

Roast Pork and Stuffing. Please sign up, seating is limited. Ask front desk if you prefer to go’s. May be available if sit down is not sold out.

**Homemade Soup.** $4 a cup. While supplies last.

Eat in or Take out. We will have cups of soup available for purchase.

**This is March Madness!**

“Beat the Winter Blues” Summer in the Winter Party! Live music Bobby Dick & Susie Q.
- Tuesday, March 1st. 3:00pm. $10. Summer party food served!

Sponsored by Saratoga Life & Health

If the winter blues have you feeling down, grab your favorite summer attire (optional) and warm up at the center. Let’s heat up the dance floor with Bobby & Susie! Please sign up, seating is limited.

The Wild Irish Acres Step Dancers under the direction of Terri Hughes
- Thursday, March 17, 4:00pm. $5

Please sign up, seating is limited.

A return visit from these lively dancers. Irish step dance is a wonderful celebration of the arts and Ireland’s unique culture.

Snacks and Beverage available.

**SpaC Discounted Tickets are on Sale!**

Are you a member of the Center? If not, this member benefit is a great reason to join!

Discounted seats for the NYC Ballet and Philadelphia Orchestra. One ticket per member per show. Purchase at Front Desk.

For information call 518-584-1621.

**Tickets will be sold Monday - Thursday 9-3.**

**BROOKS BBQ**

TUESDAY, MARCH 22ND  3:00-6:00pm

Sponsored by Highmark BlueCross BlueShield

Chicken Dinner: $14 Rib Dinner: on hold due to shortage

Dinners include Baked Potato, Coleslaw, Roll

- Valet Service Pick Up: Super easy - skip finding a parking space and getting out of the car!
- 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!
- Want to have a friends over for a winter dinner and not cook?! Order Brooks dinners for your event.

Call the Center to order now! (518) 584-1621
WHAT'S NEW THIS MONTH! ... adding new programs all the time.

Japan - The Culture and History - facilitated by Liam, our Skidmore volunteer.

Thursdays, 8:45am. Beginning March 3rd.
Liam is a Skidmore student, born in Japan and is currently studying Asian culture, his passion. He plans to become a professor in Asian studies. Join Liam in these interactive chat groups and immerse yourself in everything that is Japan.

Healthy Life Chat Group - facilitated by Jileen, RN
Mondays at 11am. Beginning March 7th.
Join Jileen, a registered nurse, chat, learn, and discover ideas and ways to age healthy - physically, mentally and emotionally.

Waldorf School of Saratoga will be in the house!
Monday March 7th and Wednesday March 9th. 9-11am.
Join the students for some pastries, bagels and coffee, art projects, game of pool or ping pong or just chatting! Welcome them to our Center.

“Cybersecurity - What is it? Do you need it? facilitated by Mansik Jaswal. CPA, PMP. Senior Advisor to the SUNY CFO.
Thursday, March 10th and 24th. 11:00am.
Please sign up! March 10th - Being Online - Security vs Privacy. This is a basic overview of security and privacy, common attacks and weaknesses and simple things you can do to protect yourself online.
March 24th - How to Protect Oneself Online. a more in depth session. Using a password manager for EVERYTHING, and setting up two factor authentication, its importance, and how to implement it across accounts and devices.
At our next tech fair, the students can help set up some of these on your devices.

How to Identify and Stop the Most Common Financial Tricks and Scams. Facilitated by Kym Hance, CMC, Aging Life Care Manager, Herzog Law Firm
Tuesday, March 29th. 10:00am.
All older adults are at risk of being financially cheated or mislead. It is not only strangers who attempt these types of crimes, it could be someone you know. When it comes to safeguarding your finances, learn how to protect yourself and stop financial scams. We will talk about where to turn, and what to do, if this is happening to you or someone you know.

Tech Fair with TRIMEDX.
Friday, March 25th. 9:30am
Did you get a new gadget for chrismas? The employees of TRIMEDX will be here to help you with ANY & ALL questions regarding technology! How to use: E-mail, cell phones, IPADS, Laptops, Kindles and more! Have you always wanted to try ZOOM, Facebook, Instagram, Spotify for music or order groceries for delivery? Our employees will show you how.

Calling All Volunteers! Past, Present & Future! Tuesday, March 15th. 1-3pm.
Meet Anna and Staci, our new Volunteer Coordinators. Learn how you can help your Senior Center. Pizza and beverage will be served. Please sign up, but walk-ins are welcome!

...adding new programs all the time.

VAN TRIPS

MASS MoCa, North Adams, MA
Monday, March 11th. Vaccination card, photo ID and mask required to enter.
Enjoy a guided tour of this unique museum located in a converted Arnold Print Works factory building complex. It is one of the largest centers for contemporary visual art. Lunch on site at the Cafe. Please preorder your lunch at the front desk. Pay $38 at sign up for van, admission and guided tour and $13.50 for box lunch for a total of $51.50. Please preorder your lunch at sign up.
Leave the Center at 9:30am. Return about 3:30/4:00.

Lunch Bunch - Grapevine Farms, Cobleskill, NY
Friday, March 18th.
An 1850’s farmhouse with 3 floors of themed rooms: Bistro, Wine Cellar, Bakery and Shopping. Pay $10 at sign up. Bring money for lunch and shopping. Lease the Center at 10:00am. Return about 3:30pm.

Capital Region Flower & Garden Expo at HVCC
Friday, March 25th
Get your first taste of spring, with blooming flowers exploding with color. Renowned for its full-scale landscape exhibits and creatively designed gardens, HVCC has turned into a backyard environment complete with shrubs, flowers, ponds, waterfalls, retaining walls, sidewalks, and lawns. Following the show, we’ll be stopping at Moscatello’s Italian Family Restaurant for lunch. We leave the Center at 9:30am. Cost is $21. Please bring additional money for lunch and shopping. Return about 3:30.

Thank you to our newsletter sponsors for their continued support!
MARCH PROGRAMMING

**"Joy Is Not In Things, It Is In Us."**

In House & ZOOM Classes, Presentations, Food and More!

**BOOK CLUB AT THE CENTER**

Tuesday, March 29th, 3pm.

“Lady in the Lake” by Laura Lippman

In 1966, Baltimore is a city of secrets that everyone seems to know—except for Maddie Schwartz. She’s bolted from her 20 year marriage determined to make good on her youthful ambitions to live a meaningful life. Drawing on her own secrets, she helps police find a murdered girl. This leads to a job at the city’s newspaper. Working at the Star, Maddie has found just the story to do it: Cleo Sherwood, a missing woman whose body was discovered in the foundation of a city park lake.

**SPECIAL EVENT SCHEDULE**

- **Monday – Friday, 12:00:** Office for the Aging Lunch
- **Monday 9-12:** (2nd Mon. of month): Men’s Haircuts
- **Monday – Friday, 10:30:** Chair Yoga (center & zoom)
- **Monday 9-12:** Pool League
- **Monday – Friday 12:00:** Office for the Aging Lunch
- **Thursday (last Thursdays of month): 10-2:** Tarot Cards
- **2nd Fri. of Month:** 11:00. Caregiver Support Group. ZOOM only.
- **Mon., Mar. 1st:** Beat the Winter Blues Party
- **Thurs., Mar. 3rd:** Vi-sa: Japan Culture Group
- **Mon., Mar. 7th:** 11am. Healthy Life Chat Group
- **Mon., Mar. 7th:** 7am. Wäldorf School Visit
- **Tues., Mar. 8th:** 3:30-5:30: To Go Dinner
- **Thurs., Mar. 10th:** Cyber Security
- **Mon., Mar. 14th:** Van Trip - Mass Moa.
- **Tues., Mar. 15th:** 3:30-5:30: To Go Dinner.
- **Thurs., Mar. 17th:** 4pm. Irish Dancers.
- **Fri., Mar. 18th:** Van Trip - Grapevine Farms.
- **Mon., Mar. 21st:** 5:15pm. Trivia Night.
- **Tues. Mar. 22nd:** 3-6, Brooks BBQ.
- **Thurs., Mar. 24th:** Cyber Security.
- **Thurs., Mar. 24th:** 2pm. Irish Music.
- **Fri., Mar. 25th:** Van Trip - Flower Show.
- **Fri., Mar. 25th:** Tech Fair.
- **Thurs., Mar. 29th:** 9pm. Scams with Herzog Law.
- **Tues., Mar. 29th:** 3pm. Book Club.
- **Tues., Mar. 29th:** 5:30pm. In House Dining.
- **Thurs., Mar. 31st:** 3pm. Speed Friending.

**BARBER AT THE CENTER**

$5 haircuts for men.

Mon., March 14th, 9:00-12:00

Ryan will be coming to the Center to cut our members' hair. Must call the front desk to make an appointment.

**WE ARE HERE TO HELP YOU**

**SENIOR SUPPORT SERVICES – HERE FOR YOU**

Our staff, volunteers, and student interns are here to support you in meeting needs you have. Many times, getting you connected to the right resource is what works best. We collaborate with the health and social service agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. And our “Community Connections” volunteers can fill many gaps that other agencies may not be able to meet. For all Senior Support Services:

**Call 518-584-1621, extension 206**

Our ongoing services are information and referral, advocacy, and transportation

- **Transportation:** Rides to medical appointments, pharmacies, dentists, the Senior Center, and more.
- **Wednesday shuttle to Price Chopper from area housing sites.**

**Food Assistance:**

- **Thursday Regional Food Bank produce for pick-up at the Center, or home delivery if homebound.**
- **Volunteers to do grocery shopping. Links to food pantries, and more.**

**Senior Life Coaching, navigation assistance, and advocacy for seniors with serious illness.**

**Transitions:**

- **Transitions with planning to AGE IN PLACE.**
- **Caregiver Support: Monthly Caregiver Support Group; Monday client drop-In program for caregivers who need a break; despite volunteers to come to your home.**

**Volunteer Assistance:**

- **Rides, grocery shopping, light yard work, special needs and circumstances - our volunteers are ready!**

**TRIPS & EXCURSIONS! LET’S GET AWAY!**

**2022 TRIPS**

**Netherlands, Belgium & France**

with Optional 3-Night London Post Tour Extension

June 11 – 22, 2022

**Western Canada’s Rockies, Lakes & Wine Country**

July 30-August 7, 2022

**California Dreaming feat. Monterey, Yosemite & Napa**

September 19-26, 2022

**Tropical Costa Rica**

with Optional 3-Night Jungle Adventure Extension

November 2 – 10, 2022

**America’s Music Cities Holiday**

December 4-11, 2022

**2023 TRIPS**

**South Pacific Wonders**

with Optional 3-Night Fiji Post Tour Extension

February 5 – 22, 2023

**Sunny Portugal**

with Optional Pre and Post Tour Extensions

March 21 – 30, 2023

**Exploring Scotland & Ireland**

April 30 – May 12, 2023

**Discover the Spotlight on Nashville**

April 30 – May 4, 2023

**ONE DAY BUS TRIPS**

- **NEW YORK CITY $50**
  - Wednesday, April 6th, 2022. sponsored by sunscreen.
- **PHILADELPHIA $58**
  - Friday, May 13th. sponsored by Celestron.
- **NEWPORT, RHODE ISLAND $58**
  - Wednesday, June 29th. sponsored by CDPHP.

**HOLIDAYS IN NEW YORK CITY $50**

- **Wednesday, December 7th.

**PENDING: Fall Foliage Trip**

**Multi Day Bus Trip**

Charleston, South Carolina, November 6-12, 2022

Charleston is defined by its cobblestone streets, horse-drawn carriages and pastel antebellum houses. Come and visit this historic city. $309. Open to the public.

Trips made possible by a fund from the Adirondack Trust Company Community Fund.

Bus trips are open to all ages, members and non members regardless of where you live.

Thank you to the Adirondack Trust Company Community Fund for its support.

Thank you CDPHP for sponsoring our Health and Wellness classes.