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

- Purchase our branded merchandise - They make 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.

World Elder Abuse Awareness Day
Wednesday, June 15th. FREE OPEN TO THE PUBLIC!
Let’s be aware of elder abuse and take care of our peers.
Join us for a catered lunch, live music and informational sessions.

- 12:00 Catered Lunch
- 12:30 The Warning Signs and Red Flags of Elder Abuse, presented by Wellspring
- 1:15 Protecting Your Money and Assets from Family, Friends and Scammers. Presented by Mechanicville Domestic Violence Advocacy and Seniors Living Well
- 2:00 TBD
- 3:00 Live Music

Please RSVP. Seating is limited.

Elder abuse is any act that causes harm to an elder person and is often carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect. Elder abuse is more common than you might think. Learn to spot the warning signs and what you can do to help an elderly person at risk.

“This program is funded in part by Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, and participant contributions.”

A FULL DAY AT THE CENTER
Thursday, June 2nd. Open to the Public.

GARAGE SALE
Sponsored by Saratoga Life
10:00 - 1:00 Garage Sale
11:00 til gone Fresh Produce

STAY FOR JEFF WALTON & ICE CREAM SOCIAL
12:30 - 1:30 $5
Sponsored by Home of the Good Shepherd

Based out of Saratoga Springs, singer/songwriter Jeff Walton is always busy recording or performing. His rock solid rhythm guitar, amazing harmonica leads and vocal style all his own make this “one man band” a true crowd pleaser.

Please sign up.

ANOTHER FULL DAY AT THE CENTER
Friday, June 10th. Open to the Public.

RED CROSS BLOOD DRIVE
Noon - 6:00pm at the Saratoga Senior Center
Visit redcrossblood.org to schedule an appointment.

BONNIE GRECCO IS BACK!
Enjoy Live Music & Sing Along 1:00-2:00 $5
Sponsored by Highmark
Bonnie plays all the tunes we love to sing along to. Hot Dogs and Snacks Provided. Outside - weather permitting.

Please sign up.
WHAT’S NEW THIS MONTH! … adding new programs all the time.

Good Food! Good Friends! Good Times!

Dinner & a Drink! Dinner prepared by Old Bryan Inn. Enjoy a wine tasting.
Tuesday, June 21st. 5:30pm. $12 per dinner.
Sicilian Chicken- chicken breast with mushrooms, fire roasted tomatoes in a rosemary marsala wine sauce.Smashed potatoes and chef’s vegetable. Please sign up, seating is limited. To go dinners may be available if sit down is not sold out.

Simply Food by Maura. To Go dinner only. $12 per dinner. 3:30-5:30 pick up.
• Tues., June 14th. Turkey Dinner. Orders must be placed by Fri., June 10th at noon.
• Tues., June 28th. Meatloaf Dinner. Orders must be placed by Fri., June 24th at noon.

Continental Breakfast
Tuesday, June 28th. 9-10am. Free. Sponsored by: The Albany Guardian Society

Ghosts & Light Fare!
Wednesday, June 29th. 1:30pm. Please sign up, seating is limited.

Paranormal- denoting events or phenomena such as telekinesis or Clairvoyance that are beyond the scope of normal scientific understanding.
Enjoy some light fare and join Bob, Carol and Maria from the Cohoes Paranormal Society. They will tell their story, give a front seat look into their investigations, and share how and why they do what they do. Mary Shimp will also be available for tarot card readings.

“We Go Where the Spirits Move Us”.
Reiki Sessions - Healthy Touch facilitated by Jean VanDer Muelen.
Tuesdays, 9-1:30pm. $5.
Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Sign up for 30 minute appointments. Please bring cash for payment.

Wellness with Reiki and Meditation facilitated by Jeannette Sinkora, Touching Hearts at Home.
Thursday, June 9th. 1:00pm.
Let’s look at a different perspective into wellness with reiki and meditation. Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to the body, improving the flow and balance of energy to support health. Meditation is a concentration on one’s breathing or repetition of a mantra for purpose of reaching a heightened level of awareness. Three minute reiki sessions and a five minute relaxation meditation will be available.

Trivia Night ‘Where all those useless facts you’ve been collecting can finally come in handy’!
Monday, June 13 5:15pm. $5.00 Pizza bites served. Bring your own beverage.
Join us for fun friendly competition! We sold out the last two months. Sign up, seating is limited.

CDPHP Medicare Basics
Thursday, June 16th. 1-3pm.
If you’re dreaming of retirement or about to turn 65, it’s time to make sure you know what to do as you become eligible for Medicare. The presentation will cover: What is Medicare; Different parts of Medicare; Medicare enrollment process; Costs; Prescription drug coverage and more! Register by calling the Inside Sales at 518-641-3400 or through their website at https://www.cdphp.com/medicare/seminars.

MVP Medicare Advantage
Thursday, June 23rd & 30th. 9-11:30am.
Shelia will be here from MVP to answer any question you have about Medicare Advantage. Stop by and say hello.

Aetna- Medicare Advantage
Wednesday, June 22nd. 2-3pm.
Aetna offers you different coverage options. Knowing a few basics can help make it easier to choose the option that’s right. Join this educational event facilitated by a licensed agent who will go over the ABCD’s of Medicare.

Senior Day at the West Avenue YMCA
Watch the upcoming eblasts from the Senior Center for details on this fun!
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: 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 sponsored by MVP, 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: Assistance with planning to AGE IN PLACE.
- Caregiver Support: Monthly Caregiver Support Group; Monday client drop-in program for caregivers who need a break; respite volunteers to come to your home.
- Volunteer Assistance: Rides, grocery shopping, light yard work, special needs and circumstances; our volunteers are ready!

Alzheimer’s Caregiver Support Group
11am-12pm, 2nd Friday of every month.

Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance you need. IN PERSON & ZOOM.

NEW! Alzheimer’s Support Group sponsored by Leon Goldberg’s Charitable Trust.

Thank you to New York State Caregiving and Respite Coalition for the caregiver respite grant.

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Volunteer Coordinator, Judith McKinnon. Please RSVP to: seniorcentervolunteer@gmail.com.

Help us to continue helping others! Hear about new volunteer opportunities. Share your ideas and suggestions. Meet our new Volunteer Coordinator, Judith McKinnon. Please RSVP to: seniorcentervolunteer@gmail.com.

TUESDAY LUNCHTIME CONCERT SERIES AT NOON IS BACK!

NEW LOCATION: All shows will be on the sidewalk, roughly 441 Broadway. Rain location is the Saratoga Senior Center.

TICKETS ARE ON SALE!

Tickets will be sold Monday - Thursday 9-3.

Don’t miss out! 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 the Senior Center Front Desk. For information call 518-584-1621. Tickets will be sold Monday - Thursday 9-3.

Don’t Miss Out! SPAC Discounted Tickets are On Sale!