WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.

Have a little time to give? Looking to get involved in the Center? We have volunteer opportunities! Senior Center volunteers are involved both in-house and out in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form. We look forward to having you involved!

“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
- 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!
- 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!
- Fundraisers - We have many fundraisers that benefit the Center. Watch our eblasts and newsletters.
- Memorial - We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. Or purchase a $35 membership for a senior in need.

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MEMBERSHIP MATTERS

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

Your Senior Center Membership Gives You Access To:

- Exercise Classes
- Card Games
- Discounted SPAC tickets
- Pool Table
- Dinners - To Go & Dine In
- Book Club
- Trips - local van, 1 day bus and excursions
- Social Groups
- Senior Support Services
- and more...

RENEW YOUR 2023 MEMBERSHIP

February Events!

Valentine’s Day Party
Speed Dating: A Great Way to Make Friends
Friday, February 10th. 1:00pm

We’re all familiar with the concept of speed dating. Speed dating is it’s more innocent cousin; quick, short conversations where the goal is to meet new people. Valentine party favors for those who sign up. Refreshments provided. Please sign up. $5.00

Sponsored by Aetna

 Beat the Winter Blues Party!
Thursday, February 16th. 2:00pm
If the winter blues has you feeling down, grab your favorite summer attire (optional) and warm up at the center. Let’s heat up the dance floor with Bobby Dick & Susie Q! Don’t miss this fun band! Summer party food served! Please sign up. $10

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Trivia Night!

Monday, February 27th. 5:15pm

“We're all familiar with the concept of speed dating. Speed dating is it’s more innocent cousin; quick, short conversations where the goal is to meet new people. Valentine party favors for those who sign up. Refreshments provided. Please sign up. $5.00

Sponsored by Aetna

Free February Expos and Presentations

SilverSneakers and Renew Active Expo
Thursday, February 23rd. 1:30-3:30pm

How can you get free classes at the Senior Center and the YMCA? Meet with Medicare Advantage representatives about SilverSneaker and Renew Active eligibility. Meet with Aetna, CDPHP, Highmark, Humana and WellCare.

Sponsored by KeyBank

Aetna Medicare Advantage Information Sessions

Aetna Medicare Advantage plans include extra benefits and services that focus on your total health. For information stop by the center and chat with an Aetna agent.

- Presentation: Mon., Feb. 6th. 11:30am
- “Let’s Talk Medicare” Please join us for a free, no-obligation session where you’ll learn how Medicare works and find out what coverage and benefit options are available.

- Information Tables with Aetna Agent
- Wed., Feb. 1st and Fri. Feb. 3rd, 10-12
- Wed., Feb. 15th, and Fri. Feb. 17th, 10-12

Final Reminder for the 2023 MEMBERSHIP Dues

Please sign up at the Member Meeting on February 9th at 11:30am. Make it a day at the Center - sign up for Jeff Brisbin and the Beatles at 3pm.
WHAT’S NEW THIS MONTH! … adding new programs all the time.

Happy Birthday Frankie!
Wednesday, February 8th. 12:30pm
Frankie turns one years old today! Celebrate with him and have some cake.

ART WORKSHOP SERIES included in the $15 monthly activity fee

Zentangle Art Program facilitated by Katie Long.
Thursday, February 9th. 1:00pm. $5.00 materials fee.
We will be making a Valentine’s Day cards. Zentangle is an American method for drawing, which promotes concentration and creativity and increases personal well-being. Please sign up.

Beautiful Die Cut Handmade Cards facilitated by Lucy Pomeza.
Wednesday, February 22nd. 2:00pm. $5.00 materials fee.
Make unique greeting cards using paper die cuts. Personalize your card by gluing the die cut sentiments and shapes. Please sign up.

Reading Workshop facilitated by Jerry Matthews.
Monday, February 27th. 1:30pm. $10.00 materials fee.
Whether you are just beginning or an experienced reader, join Jerry to create beautiful and one of a kind jewelry. Please sign up, seating is limited.

CLASSES AND MORE included in the $15 monthly activity fee

Women’s Pool League facilitated by Rachel Baum
Tuesdays, 9:00 -11:00am. Beginning February 7th
Calling all women who want to get out of the house and have some fun! Join our new pool league. Must have some understanding of the game. There will not be any formal instruction.

Improv Games for Grown-ups facilitated by Susie Kang-Kettlewell and Paula Jo Smith
Tuesdays, 1:00-3:00p.m.  It’s not to late to join in the fun!
Let’s Have Fun Together! Join two Silly Senior Ladies, experienced with playing Improv, who will introduce you to many Improv games for grownups. What are Improv games, you ask? Remember when you played pretend games with your friends when you were kids? DO YOU want to FEEL like a kid again?
NEW! Belly Dancing facilitated by Elaina Rudman, professional dance and choreographer
Thursdays, 1:00pm. Beginning February 2nd
A fun and inspiring introduction to the ancient art of belly dance. A perfect form of exercise taught in a non threatening way for all ages and body types. Learn basic steps and combinations to exciting world music. Wear loose comfortable clothing, no jeans. Bring water. Sorry gents, ladies only.

Pilates Updates
There will be no class on Wednesday, February 15th and February 22nd.

Dine in Dinner with Old Bryan Inn
Tuesday, February 28th. 5:30pm. Please sign up.
Chicken Marsala. Dinners are held at the Senior Center. $12 per dinner.

Pa’s Meals To Go $12 per dinner.
Prepared meals you just have to heat up.
Pick up any time Monday or Tuesday between 9:30-3:30pm. Order by noon the Friday before.

What to Do with your Food Bank Groceries?
Thursday, February 9th. 10:30am
Siobhan from Cornell Cooperative will be here with healthy food you can try before or after the food bank pick up. Siobhan will also give tips and ideas of what to make with produce you pick up.

Pilates Updates
There will be no class on Wednesday, February 15th and February 22nd.

Round Up with Northshire Bookstore
The Month of February
Do you have some book purchases ahead, for yourself, or as gifts? Valentine’s Day is coming! When you shop at Northshire Bookstore in Saratoga, in the month of February, you can “round up” your purchase and support the programs and services of the Saratoga Senior Center.

Thank you to our newsletter sponsors for their continued support!
Volunteer Assistance:
who need a break; respite volunteers to come to your home.

Caregiver Support:

Transitions:
Our ongoing services are information and referral, advocacy, and:
all Senior Support Services:
vice agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. Our staff, volunteers, and student interns are here to support you in meeting needs you have.

Join us for a fun hour of chit chat, music, laughs and snacks.
Mondays from 1-2pm
Chit Chat Social Group

February Book:
The Sweetness of Water by Nathan Harris.
March Book:
Water gia in the violent crucible of Reconstruction. Equal parts beauty and terror, as gripping as it is moving, this man-made Himalayan Salt Environment is intended to reproduce the unique microclimate and the healing properties of the deep salt caves within the Himalayan Mountains that have been used for centuries for their incredible effects. This type of treatment is a safe and effective way of using salt’s natural antibacterial, anti-inflammatory and super absorbent properties to provide relief for respiratory and skin conditions. Lunch at the Harvest Restaurant.
Enjoy a guided tour of the Clark Museum. In 1950 Sterling and Francine Clark chartered the Sterling and Francine Clark Art Institute as a home for their extensive art collection. The Clark has built upon this extraordinary group of works to become one of the most beloved and respected art museums in the world, known for its intimate galleries and stunning natural environment. Lunch at the Purple Pub. Pay $25 at sign up. Please bring additional money for lunch.

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver!

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.
Monday 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. Sponsored by Highmark Northeastern New York
Volunteer to do grocery shopping, links to food pantries, and more.

Senior Life

Transitions:
Coaching, navigation assistance, and advocacy for seniors with serious illness.

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!

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

Alzheimer’s Support Group
11am-12:30pm, 2nd Friday of each 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.

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

Saratoga County Department of Aging and Youth - “Gather & Dine” Lunch Program
Monday - Friday: 12:00pm. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call the kitchen at 518-584-1621 ext. 205.

In 1988, specializing in medieval, renaissance, and baroque music. The ensemble performs a diverse set of instruments, including early strings, recorders, reeds, and percussion. Lunch 110 Grill, Latham.
Pay $10 at sign up, concert is free. Bring money for lunch. Leave the Center at 10:45. Return about 3pm.

An early music consort formed in 1988, specializing in medieval, renaissance, and baroque music. The ensemble performs a diverse set of instruments, including early strings, recorders, reeds, and percussion. Lunch 110 Grill, Latham.
Pay $10 at sign up, concert is free. Bring money for lunch. Leave the Center at 10:45. Return about 3pm.

Let’s cheer on our local team as they square off against the Trois-Rivières Lions in this fast-paced, fluid and exciting sport. The Adirondack Thunder are affiliated with the NHL’s New Jersey Devils. Pay $26 at sign up. Bring money for snacks. Leave the Center at 1:45pm. Return about 6:00pm. Sign up by March 1st.

TRIP POLICY
Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. Multi-day bus trips and excursions are open to anyone regardless of age or residence.
• There are no refunds for van or bus trips unless canceled by the Center.
• All times for our van trips are approximate. We do not guarantee a return time to the Center.

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COMING FOR 2024 Are any of these on your bucket list?

- Antarctica • Australia & New Zealand • Charleston • Greece • Hawaii • Iceland • Italy
- Nashville • Scandinavia • South Africa • South Dakota • Spain & Portugal • Thailand
- Scotland • Sicily • South Africa • South Dakota • Spain & Portugal • Thailand
- Tennessee • Scotland • Sicily • South Africa • South Dakota • Spain & Portugal • Thailand

Thank You for Your Kindness and Support!

Thank you to Aetna for sponsoring Trivia night and Dinner.
Thank you to all the people who came out to the Volunteer Fair and signed up to volunteer at the Center.
Thank you to Choice Connections for presenting Fair and signed up to volunteer at the Center.
Thank you to Aetna for sponsoring the Volunteer Fair.
Thank you to Gwen Rowland for enlightening us on how to communicate with our loved ones with Alzheimer’s.
Thank you to Choice Connections for presenting information on long term care options.
Thank you to Coach Jessica Turner and the Skidmore Women’s Basketball team for coming to visit us at the Center.
Thank you to Bread Basket Bakery, Panera and Market 32 for all the delicious baked goods.
Thank you to the Regional Food Bank of NENY for our weekly food.
Thank you to Adirondack Trust Company Community Fund Lend-A-Hand Grant for their continued support.
Thank you to MikeT Bank End of Year Holiday Gift. for their continued support.
Thank you to Regional Food Bank of NENY for our weekly food.
Thank you to all our Annual Appeal donors for your continued support.
Thank you to all our volunteers! You keep our world rockin’!

DO YOU GET OUR EBLASTS?

Thank you to all our volunteers! You keep our world rockin’!

STAY INFORMED