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Saratoga Senior Center
NEWSLETTER
APRIL 2023

April Cultural Events!

Live Music with Tim Wechgelaer and Friends
Tuesday, April 11th. 3:00pm. \$10

Light fare. Beer Tasting from Common Roots

Tim Wechgelaer is an amazing musician and songwriter. He has a warm, rugged voice and plays guitar, fiddle, mandolin and banjo. Tim has been a stalwart of the Saratoga music community for years.

 **Trivia Night!** 
Monday, April 17th. 5:15pm

“Where all those useless facts you’ve been collecting can finally come in handy!”

Pizza bites served. Bring your own beverage. Join us for fun, friendly competition! Prizes!
Please sign up, seating is limited. \$5.00.

Sponsored by Humana

The Wild Irish Acres Step Dancers
under the direction of Terri Hughes
Sunday, April 23rd, 4:00pm.



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

Please sign up.

Live Music with Rod Driscoll
Friday, April 14th. 2:00pm. \$10

Pizza from 9 Miles East served!


A lively & engaging concert featuring golden oldies and classic popular music from the 1930’s all the way to the 1960’s. Swing, sway and sing a long with Rod’s singing and guitar playing. Laugh along with his jokes, stories and off beat humor! Join us for a great afternoon of music and fun!



April Doggie Social - Easter Parade
Thursday, April 13th. 2:30.

Don your finest spring hat or outfit and join us and some pups for social hour. We may have a few surprises for you.

Refreshments served! Please sign up!

Controlled Chaos Improv Performance Troupe
Friday, April 28th. 3:00. \$5 
Refreshments served.

Do you love watching “Whose Line Is It Anyway?” Then this is the show for you. Controlled Chaos loves to “mix things up” by making each show unique in its selection of short-form games, including some they invented themselves. They are not afraid to try anything!

FOOD

Dine in Dinner - Old Bryan Inn. Tuesday, April 25th. 5:30pm. 

Dinners are held at the Senior Center. \$12 per dinner.

Roast pork with Honey Sage Gravy. *Please sign up*

Sponsored by Humana

PaL’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.

Mon., Apr. 3rd and Tues. Apr. 4th. Goulash with beef and macaroni

Mon., Apr. 17th and Tues., Apr. 18th. Baked chicken, roasted potatoes, carrots

Mon., Apr. 24th and Tues. Apr. 25th. Meatloaf, mashed potatoes, gravy

SPAC TICKETS SALES!

There’s simply no place like SPAC! 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. If you are planning on sitting with someone, please sign up together. **Tickets will be sold Tuesday - Thursday 9-3.** For information call 518-584-1621.



FUNDRAISERS

Hannaford Helps Reusable Bag Program

By simply making a \$2.50 Community Bag or Fight Hunger Bag purchase at Hannaford, shoppers give \$1 back to a local nonprofit selected monthly. This month it is The Saratoga Senior Center.

Jersey Mike’s, Wilton Plaza, April 5th. 2-6pm

Good goes beyond the sub! Visit Jersey Mike’s or order on the app using promo code SSC20 on April 5th and they will happily donate 20% of your sale in support of Saratoga Senior Center. Need to show flyer for us to get donation. Pick up from front desk.



Hours: Monday-Friday 8am-4pm.

5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

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 makes 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!
- Membership - 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.



DID YOU RENEW YOUR 2023 MEMBERSHIP

See all that the Senior Center has to offer the Seniors in our community!
Your Senior Center Membership Gives You Access To:

- Exercise Classes
- Art Classes
- Cultural Events
- Special Presentations
- Live Music
- Support Groups
- Discounted SPAC tickets
- Dinners - To Go & Dine In
- Trips - local van, 1 day bus and excursions
- Baked Goods
- Regional Food Bank Produce
- Pitney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Card Games
- Pool Table
- Book Club
- Social Groups
- and more...

FREE APRIL EXPOS & PRESENTATIONS

ADVANCED DIRECTIVES WORKSHOP AND PANEL DISCUSSION Wednesday, April 26. 1:30pm Light Lunch. 2:00pm Film and Panel Discussion

St. Peter's Health Partners Medical Associates -Palliative Care Partners in conjunction with the Saratoga Senior Center will be presenting the documentary film,

RSVP is requested as seating is limited. Call the Senior Center at 518-584-1621.

Extremis is a short documentary that follows Dr. Jessica Zitter, an ICU and palliative care specialist who leads a hospital ICU team. The film addresses the challenges patients and families face when making decisions in the midst of a medical crisis. During the panel discussion following the film, we will be discussing the importance of advance care planning and serious illness discussions. .

Medicare Advantage Information Sessions

Medicare Advantage plans include extra benefits and services that focus on your total health. We want to help you get the coverage, resources and care you need. For information stop by the center and chat with a licensed Medicare Advantage Agent.

- Aetna: April 21st & 26th- 11-1pm. •CDPHP: April 3rd- 9-12, April 12th - 10-1pm, Apr., 19th - 10-1pm.
- Highmark Northeastern New York: Apr., 5th- 10-11am.

ART WORKSHOP SERIES *included in the \$15 monthly activity fee*

Poetry Workshop *facilitated by Marissa, Senior Skidmore Student*
Fridays 2:00pm.

Love poetry? Marissa is bringing poetry to you in all different manners. Poetry bingo, make a song sonnet, share your favorite poems, learn some basic poetic techniques and write a poem! *Please sign up, seating is limited.*

Beading Workshop *facilitated by Jerry Matthews.*
Monday, April 24th. 1:30pm. \$10.00 materials fee.

Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. *Please sign up, seating is limited.*

A Performance of Short Story Telling with Ryan (Moe) Munzert
Monday, April 10th. 12:00pm.

Join our multi-talented barber, Ryan (Moe) Munzert as he reads a few short stories. Ryan is a local actor, voice artist and our resident barber. Please come show your support for Ryan. *Please sign up, seating is limited.*

HAVE YOU TRIED THESE CLASSES *included in the \$15 monthly activity fee*

Meditation *facilitated by Susanne*

Learn meditation from the Kundalini Yoga tradition including breath practices (pranayam), hand positions (mudra) and sound applications (mantra). Susanne is continuously involved in the study of therapeutic applications of yoga and meditation and chooses exercises with the well-being of the participants in mind.

Yoga - A variety of classes:

Kundalini Yoga/Chair Yoga *facilitated by Susanne.* Kundalini has been called the yoga of awareness. Practice is on chairs with an emphasis on posture and breath. A typical class begins with a chant and breath work. An exercise set called Kriya is practiced, followed by a guided relaxation. A short meditation and a song sends you off uplifted and relaxed.

Gentle Yoga *facilitated by Maria.* Move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures to increase flexibility, balance, and range of movement.

Back to the Mat Yoga *facilitated by Monica.* Build strength and flexibility with this mat yoga class. This class is a little more advanced. Must be able to get on the floor.

Improv Games. *facilitated by Susie Kane-Kettlewell and Paula Jo Smith.* Tues. 1:00. **New players welcome!**

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?

Chinese and American Mahjong. Thursdays, 1-4pm. **New players welcome!**

Mahjong is fun and enormously popular, a classic Chinese game of strategy, skill, and summation.

Thank you to our newsletter sponsors for their continued support!



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AND MORE.....

NEW! Massages *facilitated by Zuzia.* Wednesdays, 11-1pm. \$5 donation.

Zuzia's work is deeply relaxing and supports profound release, gently and effectively, of long-standing patterns that may be causing pain or limiting movement. *Call for a 10 minute appointment.*

Tarot Card Reading *facilitated by Mary Shimp.* Thursday, April 20th. 10-2pm. \$5 donation.

Do you have some unanswered questions about your life? A tarot card reading provides insight into what the future holds. Call for a 15 minute appointment.

Barber at the Center. Monday, Apr., 10th 9:00-12pm.

Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment. \$5 haircuts for men.

One-on-One Tech Assistance

Did you receive a new phone, iPad, laptop or smartwatch? Do you want to learn Facebook, Instagram, or something new? Let our savvy students help you. Call front desk to make your private appointment.

AARP Tax Preparation. Tuesdays through April 11th.

AARP tax assistance is back in person. Please make your appointment early by calling the Front Desk. Appointments fill up quickly. *Sponsored by MVP*

AARP Driver Safety Course *facilitated by Warren Lavery.* Friday, April 21st. 9:30-4:00pm.

In-person at the Senior Center. \$25 for AARP members and \$30 for non-members. Payment by Check only, made out to AARP. Bring your drivers license and AARP card to the training. Bring your own lunch and beverage. *Advance registration required, seating is limited. Call the front desk at 518-584-1621.*

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: 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 CDPHP



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-12:30pm, 2nd Friday of every month.

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

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.



CLUBS AND GROUPS included in the \$15 monthly activity fee

Chit Chat Social Group

Mondays from 1-2pm facilitated by Jamie, UAlbany, MSW Intern
Join us for a fun hour of chit chat, music, laughs and snacks.



The Hot Widows Club

Tuesday, April 4th & 18th. 2:00pm.

Our goal is to help women and men restart life after the death of a loved one. It's a way to connect with others and learn ways to move forward and live. This is not grief support or grief counseling.

Grief and Loss Support & Discussion Group facilitated by Lois Streit, MSW
Tuesday, April 11th & 25th. 2:00pm.

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. Coping with the loss of someone or something you love is one of life's biggest challenges. Any loss can cause grief, including: divorce or relationship breakup, loss of health, loss of financial stability, retirement, death of a pet, serious illness and more. The purpose of this group is to provide friendship, understanding, and hope to those going through the natural grieving process.

New Member Social Hour facilitated by Emily, Skidmore BSW Intern
Wednesday, April 19th. 2pm.

Calling all new members! Join us for a fun, friendly social hour where you can meet other members
Conversation, fun and laughs. Please sign up!



Book Club At The Center New Members Welcome! Please sign up.

Tuesday, April 25th. 3:00pm. April Book: *The Midwife of Venice* by Roberta Rich



The Midwife of Venice is a gripping historical page-turner, enthralling readers with its suspenseful action and vivid depiction of life in sixteenth-century Venice. Roberta Rich has created a wonderful heroine in Hannah Levi, a lioness who will fight for the survival of the man she loves, and the women and babies she is duty-bound to protect, carrying with her the best of humanity's compassion and courage.

VAN TRIPS

BEING A VOLUNTEER VAN DRIVER HAS ITS PERKS

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver! As a driver, you will receive \$10 towards lunch and up to \$20 for admission.

Vermont Country Store

Monday, April 10th

Shop and have lunch at the iconic Vermont Country Store. "It's everything you could want in a country store and more." Lunch at Mildred's Grille. Pay \$15 at signup. Bring money for shopping and lunch. Leave the Center at 9am.

Troy Savings Bank - Music at Noon presenting Akina Yura, Classical Piano

Tuesday, April 11th

Pianist Akina Yura has performed throughout the United States, Europe, and her native Japan. Akina's repertoire includes standard classical repertoire to rarely heard works that deserve attention to the wider audience. Lunch at 110 Grill, Latham. Pay \$10 at sign up, concert is free. Bring money for lunch. Leave the Center at 10:45. Return about 3pm.

Shopping & Lunch - Riverview Orchards, Rexford and Lunch at The Flats Tavern, Clifton Park

Monday, April 17th

Shop at Riverview Orchards: farm, country store and bakery. What better place to find a prize-winning apple cider donut, over 35 kinds of homemade pies, fresh eggs, Adirondack maple syrup, local honey, and Apple Butter. On the way home have a late lunch at The Flats Tavern. A locally owned restaurant focusing on tavern favorites with a flare. Pay \$10 at sign up. Bring lunch & shopping money. Leave the Center at 9:30am. Return about 3:45pm.

Lunch Bunch and Tour - The Equinox, Manchester, VT.

Monday, April 24th

Enjoy a New England dining experience. From the moment you walk through the door, you can feel the history from the stone hearth to the bright expanded seating with original windows and village views. The Concierge of the hotel will give you a tour and a short history of the Equinox. Pay \$15 at sign up. Bring money for lunch. Leave the Center at 10:45am. Return about 3:00pm.

Shaker Heritage Site Tour, Albany and Lunch at D'Raymonds

Tuesday, April 25th

The Watervliet community (in Albany) was founded in 1776 by Mother Ann Lee and 11 followers who immigrated from Manchester, England seeking freedom of religion. By the 1790s, the Shakers had begun some of the industries that would establish their reputation as innovative and skilled craftspeople and honest business people. The Shakers remained in Albany until 1938. Lunch after the tour at D'Raymond's. Named Best Local Restaurant & Best Italian Restaurant of the Capital District 14 years in a row! Please pay \$10 at sign up. Bring additional money for lunch.

Coming in August! The Lion King at Proctors

Thursday, August 3rd at 1:30pm

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. More than 100 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling - one of the most breathtaking and beloved productions ever to grace the stage. Please pay \$85 at sign up.

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.

COLLETTE EXCURSIONS

We travel not to escape life, but for life not to escape us.

2023 TRIPS

Discover the Spotlight on Nashville
April 30 – May 4, 2023

Discover National Parks of America
May 15-26, 2023

Alaska Discovery Land & Cruise
June 14-25, 2023



Maritimes Coastal Wonders featuring the Cabot Trail (Halifax & Nova Scotia)
August, 2023

Cruising the Danube to the Black Sea
September 11-23, 2023

Shades of Ireland
October 7-October 16, 2023

Spotlight on San Antonio Holiday
November 30 – December 4, 2023

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

Antartica • Australia & New Zealand • Charleston • Greece • Hawaii • Iceland • Italy
• Nashville • Scandinavia • South Africa • South Dakota • Spain & Portugal • Thailand

collette.

2023 One Day Bus Trips Open to the Public

Corning Museum of Glass
Wednesday, April 19th



Sponsored by Highmark Northeastern New York
Explore this amazing glass museum right in our own backyard. Optional sandblasting workshop available, must preregister. Lunch on your own at the museum cafe. After the museum, wander around the quaint town of Corning for the afternoon.

New York City - A Day on Your Own!
Wednesday, May 24th.



Sponsored by CDPHP

Enjoy a beautiful spring day Manhattan! Spring in New York is the best time of the year. It's warmer and everything is blooming.

Mystic, CT.

Tuesday, July 18th.

Mystic is a quintessential Connecticut coastal town that is historic, charming, and bustling with tourists. Step on the deck of the Charles Morgan, the last of the American mighty whaling fleet, check out what lives in the waters around Mystic at the Mystic Aquarium and more.

Member Price \$60. Non-member price \$85.

One day bus trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.

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.

2023 Multi Day Bus Trips

Open to the Public. Includes bus, hotels, tours, some meals and gratuities.

Montreal, Quebec City and Ottawa.

September 17-22nd, 2023. 6 days 5 nights. \$1095 per person double occupancy.

Discover the French inspired culture of Quebec's cosmopolitan cities on our bus tour to Montreal, Quebec City, and also Canada's capital - Ottawa! You will experience a guided tour of Montreal, a guided tour of Quebec City and last, but not least, a guided tour of Canada's stately capital, Ottawa, with its stunning architecture.

APRIL PROGRAMMING

"Happy April! May the warmer and longer days ahead fill you with joy!"

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs. Ask about how Silver Sneakers & ReNew Active work with the monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi 9:30: Walking Club 9:30-12:30: Clay Arts 10:00:Healthy Bones 10-11:Chair Yoga (center & zoom) 1-2: Chit Chat 1-4: Pool League 1-4: Bridge	9:00:Poker 9-9:45: SilverSneakers 9-11: Women's Pool League 10:00: Meditation (center & zoom) 1-4: Pool League 1:00: Mahjong 1:00:Improv 2:00: Widows Club 1st & 3rd 2:00: Grief & Loss Support 2nd & 4th 3:00: Book Club (see schedule)	8:45: Senior Life Transitions Team Mtg. 9:30: Mosaics 9:30-1: Rug Hooking 10:00: Knit & Crochet 10-11: Zumba 11-1:00: Massages 1:00: Bingo 1-4: Canasta 1-4: Pool League 2:00: Pilates 2:00: New Member Mtg (see schedule)	10-10:45: SS Cardio & Strength (center & zoom) 10:00: Ukelele 10-2: Tarot Cards (see schedule) 11:00: Foodbank 11:00-11:45 Gentle Yoga (center & zoom) 1-4: Pool League 1:00: Mahjong 1:00:Strength w/ Aidan (center & zoom) 1:00:Belly Dancing	9-12: Poker 9:30: Clay Arts 10:00:Healthy Bones 10:00: Spanish 11:00: Caregiver Support Group (2nd Fri of month) in person. 1:15: Mat Yoga w/ Monica (advanced) 1-4: Pool League

SPECIAL EVENT SCHEDULE

- Every Monday. 1:00 Bridge
- Every Monday. 1:00 Chit Chat Social Group
- Every Tuesday. 9:00. Women's Pool League
- Every Wednesday. 1:00. Bingo
- Every Wednesday. 11-1. Massages
- Every Thursday. 11:00. Regional Food Bank
- Every Thursday. 1:00. Mahjong
- Every Friday. 2:00. Poetry Workshop
- Wed., Apr. 5th. 8:45. Senior Life Transitions Mtg.
- Mon., Apr. 3rd. 9:30-3:30. To Go Meals
- Tues., Apr. 4th & 18th. 2:00. Widows Club
- Mon., Apr., 10th. 9:00. Barber
- Mon., Apr. 10th. 12:00 Storytelling
- Tues., Apr. 11th & 25th. 2:00. Grief & Loss
- Tues., Apr. 11th. 3:00. Music - Tim Wechgelear.
- Thurs., Apr. 13th. 2:30. Doggie Social Hour
- Fri., Apr. 14th. 2:00pm. Music with Rod Driscoll.
- Mon., Apr. 17th. 9:30-3:30. To Go Meals
- Mon., Apr. 17th. 5:15. Trivia
- Wed., Apr. 19th. 2:00. New Member Social
- Thurs., Apr. 20th.10:00-2:00. Tarot Cards
- Sun., Apr. 23rd. Irish Step Dancers
- Mon., Apr. 24th. 9:30-3:30. To Go Meals
- Tues., Apr. 25th. 5:30. Dine in Dinner
- Tues., Apr. 25th. 3-4. Book Club
- Wed., Apr. 26th. 1:30. Advanced Directives
- Fri., Apr. 28th. 3:00pm. Improv
- **Medicare Advantage Information Sessions:**

AETNA: April 21st & 26th- 11-1pm.

CDPHP: Apr., 3rd 9am, Apr., 12th, 10am, Apr.,19th,10am

Highmark Northeastern NY: Apr., 5th,10am.

Thank You for Your Kindness and Support!

Thank you to Home of the Good Shepherd for sponsoring Brooks BBQ.

Thank you to all of our fantastic Brooks BBQ volunteers.

Thank you to all of our high school volunteers.

Thank you to everyone that supported the center by ordering from Brooks BBQ.

Thank you to Aetna for sponsoring Speedfriending.

Thank you to Highmark for sponsoring Trivia and Long Term Planning Expo.

Thank you to KeyBank for sponsoring SilverSneakers Expo.

Thank You MVP for sponsoring our Food Bank.

Thank you to Jnney Montgomery Scott

Thank you to SPAC for the discounted ballet and orchestra tickets.

Thank you to Brien Bouyea for taking us through Secretariats amazing career.

Thank you to Leon Goldberg Charitable Trust for Alzheimer's programming and Music & Mingling.

Thank you to Berkshire Bank for SSS & programs.

Thank you to Lions Club of Saratoga for supporting our new senior center.

Thank you to Lifespan of Greater Rochester for elder abuse programming.

Thank you to Barbara Glaser, Christine Swann and David Solomon for supporting Senior Life Transitions.

Thank you to Northshire Books for making us a Round Up recipient.

Thank you to Saratoga Arts for arts programming and the Summer Lunchtime Concert series.

