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!  
• 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.

**April Cultural Events!**

**Live Music with Tim Wechgelaer and Friends**  
Tuesday, April 11th. 3-5:00pm. $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 T erri 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.

**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.

**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.

**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 and more...

**SPAC tickets**  
Discounted SPAC tickets  
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.

**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.

**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!

Controlled Chaos Improv Performance Troupe  
Friday, April 28th. 3:00. $5  
Refreshments served! Please sign up!

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!  

**Saratoga Senior Center**  
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org
FREE APRIL EXPOS & PRESENTATIONS

ADVANCED DIRECTIVES WORKSHOP AND PANEL DISCUSSION
Wednesday, April 26. 1-30pm Light Lunch. 2:00pm Film and Panel Discussion
Sr. 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 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: help you get the coverage, resources and care you need. For information stop by the center and chat with a licensed Medicare Advantage Agent.

Join our multi-talented barber, Ryan (Moe) Munzert as he reads a few short stories. Ryan is a local actor, Monday, April 10th. 12:00pm. A Performance of Short Story Telling with Ryan (Moe) Munzert Please sign up, seating is limited.

Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. 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. Monday, April 24th. 1:30pm. $10.00 materials fee. Please sign up, seating is limited.

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. Facilitated by Marissa.

Improv Games. Do you have some unanswered questions about your life? A Tarot Card Reading can help you get to the bottom of what the future holds. Call for a 15 minute appointment. 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. 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.

The Heart of Senior Home Care Services
Multidisciplinary Team approach for quality care
Therapy & Rehabilitation • Home Care
518-385-1621
www.SeniorCareNY.com

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Do you have some unanswered questions about your life? A Tarot Card Reading can help you get to the bottom of what the future holds. Call for a 15 minute appointment. 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. 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 Driver Safety Course facilitated by Warren Laverty. 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.
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.

**Senior Life**

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.
- 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.

**Volunteer Assistance:** Rides, grocery shopping, light yard work, special needs and circumstances – our volunteers are ready!

**Transitions:** Assistance with planning to AGE IN PLACE.

**Assistance with planning to AGE IN PLACE.**

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.

**Van Trips**

- **Being a Volunteer Van Driver Has Its Perks**
- **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. Adirondack one night tour at D’Raymonds. 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**

**Tuesday, April 11th and 25th**

**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.

**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, 5:00pm**

**April Book: The Midwife of Venice by Roberta Rich**

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.
May 15-26, 2023
Discover National Parks of America

2023 TRIPS

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 8 - October 16, 2023
Spotlight on San Antonio Holiday
November 30 - December 4, 2023

CORNING AREAS

2023 One Day Bus Trips Open to the Public

West Point Tour and Brotherhood Winery
Thursday, September 21st.
Guided tour of the story of West Point, its role in the Revolution, its famous history, and more. Lunch and wine tasting at Brotherhood Winery.  
Member Price TBD. Non-member price TBD

Salem, MA
Thursday, October 19th.
Historic Salem is a city of layers—one historical era layered upon another. But don’t forget to explore the witch’s nest of Salem too! Information coming on possible hop on/hop off trolley. $18* (price to be confirmed).
Member Price $60. Non-member price $85.

New York City Holidays
Wednesday, December 6th.
There is no other place quite like New York City at Christmastime; from its world-class museums and art galleries to the theater and beautiful decorated windows. Spend the day on your own. You will be dropped off at Bryant Park (42nd between 5th & 6th).
Member Price $60. Non-member price $85.

One day bus trips made possible by a Hand Grant from the Adirondack Trust Community Foundation.

TRIP POLICY

Van trips are made for members only. One day bus trips are open to anyone regardless of age or residence. Multi-day bus excursions and trips 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 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.