DID YOU RENEW YOUR 2023 MEMBERSHIP

See that all 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...

“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.

May Cultural Events!

Let’s Celebrate 5 Williams Street with Happy Hour Thursdays in May!
Thursday BBQs, BYOB. 2:00pm. Please sign up. Sponsored by Home of the Good Shepherd

• Thursday, May 4th. Cinco de Mayo. Salsa, Chips, Hot Dogs. $5.00
• Thursday, May 11th. Mom’s Day Celebration. Hamburgers and Hot Dogs. $5.00
• Thursday, May 18th. Luau. Sausage, Peppers & Onions. It’s also National 7 Layers Dessert Day! $5.00
• Thursday, May 25th. Memorial Day Picnic. BBQ Chicken and Ribs. Beer tasting. Live music with Rick Bolton and Jackie Dugas. $10.00

Live Music with Kalos sponsored by Caffè Lena’s “On the Road” Program
Monday, May 1st. 1:30pm.
Kalos is made up of three innovative interpreters and composers of Celtic roots music: Eric McDonald, Ryan McKasson and Jeremiah McLane. They are masters of tradition delivering music full of spontaneity and joyful exuberance. Their music draws on Celtic, Breton, American and other musical traditions on accordion, guitar, fiddle, and vocals. Please sign up.

Food
Dine in Dinner - Wandering Food Dude with Chef JD Salvato
Tues., TBD. 5:30pm. Dinners are held at the Senior Center. $12 per dinner. Menu to be determined. Please sign up

Pa’s Meats To Go $12 per dinner. Prepared meals you just have to heat up.
Pick up any time Monday or Tuesday between 9:30-5:30pm. Order by noon the Friday before.
Mon., May 8th and Tues. May 9th. Eggplant Parmesan with Ziti
Mon., May 22nd and Tues. May 23rd. Chicken Piccata with Ziti

SPAC TICKETS SALES!

STUDENT INTERNS

Wednesday, May 3rd. Stop by the Center to say goodbye and thank you to Jamie and Emily our Social Work interns.

Thursday May 4th at 12:30. Health Literacy Presentation Facilitated by Elizah Jacobs
Did you participate in a health literacy survey with a Skidmore senior? Come join to learn about the findings of this research project. The health literacy strengths and challenges of older adults will be presented. Learn strategies for increasing skills for accessing online health information. There will also be a Q&A and discussion to follow!

Student Interns

Hours: Monday-Friday 8am-4pm.
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org
all ages and fitness levels! This is a ten-week program that meets on Thursdays. 1:00pm. Beginning May 2nd. Study Spanish with native speaker and skilled teacher, Lorena Diaz Puretic. She will use various modalities that involve speakers to improve their Spanish!

Bowka Dance is a fun, easy fitness program for Africa's answer to Zumba! This energizing cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bowka Dance is a fun, easy fitness program for all ages and fitness levels! This is a ten-week program that meets on Thursdays. 1:00pm. Beginning May 2nd.

Zentangle Art Program facilitated by Katie Long. Thursday, May 25th. 1:00pm. $5.00 materials fee. Please sign up 1:00-2:00 Zentangle for Beginners. The first hour will be devoted to those who are new to Zentangle or want a refresher on how Zentangle was developed and the step-out process for creating the patterns. 2:00-3:00 We will be making Zendalas and nametags. A Zendala is a hybrid of a Mandala circle & Zentangle art. Mandalas represent wholeness, as well as our relation to the universe; they are relaxing and easy to create. Tie Dye Fun! Facilitated by Merpl, artist and instructor. Wednesday, May 31st, 1-3pm. $5.00 material fee. Please sign up! Please bring your own t-shirt, blouse, shorts, etc., preferably 100% cotton white, must be pre-washed. If accessible, check out some YouTube videos on tie dye to get ideas. All other supplies provided by Senior Center.

FREE APRIL PRESENTATIONS

Medicare Advantage Information. 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.

• Nascentia Health: Wed, May 3rd, 10-12
• Aetna: Wed, May 24th and May 31st, 11-1
• CDPHP: Mon, May 8th, 10-1, & May 22nd, 9-12

CLUBS AND PEER GROUPS

Chit Chat Social Group facilitated by Anna
Mondays from 1-2pm Join us for a fun hour of chit chat, music, laughs and snacks. 31st. 11:00 - 1:00.

The Hot Widows Club. Tuesday, May 2nd. No meeting on Tuesday 16th. 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 week Katie Long will lead us with a Zentangle drawing class. Please sign up.

Grief and Loss Support & Discussion Group facilitated by Lois Sreis, MSW. Tuesday, May 9th & 23rd. 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. Loping 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.

Book Club At The Center New Members Welcome! Please sign up. Tuesday, May 25th. 3:00pm. Book: Myself the Henna Artist by Alka Joshi

Escaping from an abusive marriage, seventeen-year-old Lakshmi makes her way alone to the vibrant 1950s pink city of Jaipur. There she becomes the most highly requested henna artist—and confidante—to the wealthy women of the upper class. But trusted with the secrets of the wealthy, she can never reveal her own.

New Member Social Hour Thursday, May 11. 1:15pm. 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! Stay for the BBQ at 2pm, must sign up for BBQ.

NEW! Memory Cafe, facilitated by Roy Scott
11am-12:30pm, 1st Friday of every month. Kick off lunch is Friday May 5th. Please sign up.

The memory café offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer’s or another dementia. You can expect a judgment-free zone, the opportunity to connect with others, light refreshments and simple, yet meaningful and engaging activities.

Alzheimer’s Caregiver Support Group, facilitated by Roy Scott
11am-12:30pm, 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.

NEW CLASSES included in the $15 monthly activity fee

Bowka sponsored by MVP
Thursdays. 1:00pm. Beginning May 4th.

Art WorkShop Series
Zentangle Art Program facilitated by Katie Long. Thursday, May 25th. 1:00pm. $5.00 materials fee. Please sign up 1:00-2:00 Zentangle for Beginners. The first hour will be devoted to those who are new to Zentangle or want a refresher on how Zentangle was developed and the step-out process for creating the patterns. 2:00-3:00 We will be making Zendalas and nametags. A Zendala is a hybrid of a Mandala circle & Zentangle art. Mandalas represent wholeness, as well as our relation to the universe; they are relaxing and easy to create. Tie Dye Fun! Facilitated by Merpl, artist and instructor. Wednesday, May 31st, 1-3pm. $5.00 material fee. Please sign up! Please bring your own t-shirt, blouse, shorts, etc., preferably 100% cotton white, must be pre-washed. If accessible, check out some YouTube videos on tie dye to get ideas. All other supplies provided by Senior Center.

Thank you to our newsletter sponsors for their continued support!
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**

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**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.

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!

**MAY CLASS UPDATES**

- **Mat Yoga with Monica** is cancelled for May
- Strength with Aidan is back on Wednesdays at 1:00pm.
- Regional Food Bank will be on Tuesday May 23rd instead of Thursday May 25th. All other Thursdays are okay.
- No Widows Club on Tuesday May 16th
- New Classes Starting:
  - Bowka - Thursdays at 1:00
  - Spanish - Tuesdays at 11:00am
  - Memory Cafe - 1st Friday of month
  - Tuesday Golf League is starting

**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.

DO YOU GET OUR EBLASTS? STAY INFORMED AND CONNECTED!

Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email or if you don’t have email, you can use your son’s or daughter’s to keep you informed.

**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.**

**Rivers Casino, Schenectady**

Tuesday, May 2nd

Rivers Casino & Resort Schenectady is New York’s premiere gaming destination. Leave the center at 8:45AM. Pay $10 at sign up. Bring money for lunch (on your own) and gaming. Return about 2:30PM.

**Troy Savings Bank - Music at Noon presenting Findlay Cockrell, Piano**

Tuesday, May 9th

Findlay has received wide acclaim for his powerful performances across a wide repertoire ranging from the Baroque to the modern day. Brilliant technique, insightful interpretations and great expression characterize his concerts. 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.

**Lunch Bunch - The Hideaway at Saratoga Lake Golf Course.**

Monday, May 15th.

If you’re looking for a special dining experience, you’ll find it at The Hideaway. Our restaurant is tucked away on the Saratoga Lake Golf Course. Complete with breathtaking views of rolling hills and flowing water, a visit to our restaurant will prove to be a relaxing, rewarding experience - and our food is prepared with care. Pay $10 at sign up. Bring money for lunch. Leave the Center at 11:00am.

**Walkway Over the Hudson.**

Monday, May 22nd

Walk over the Historic Hudson River in Poughkeepsie and take in the fresh air and breathtaking views. Interpretive signs and cell phone tour available. Walk 1.28 miles at your own pace. Delicious lunch at Gateway Diner following walk. Pay $20 at sign up. Please bring additional money for lunch. Leave the Center at 9:00am.

**Walking Tour of the Stockade, (Schenectady)**

Tuesday, May 30th

The Stockade Historic District is one of the oldest residential neighborhoods in the country. It is home to the National Parks Service called “the highest concentration of historic period homes in the country.” With over 400 homes, 200 years old. It is the first Historic District established in New York. Lunch prior to tour at Ambition Cafe. Pay $10 at sign up. Bring lunch money. Leave the Center at 9:30am. Return about 3:45pm.

**Coming in August!**

The Lion King at Proctors

**Thursday, August 10th 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 $65 at sign up. These are balcony seats.
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

2023 One Day Tours 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

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, 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. 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 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.

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

2023 One Day Bus Trips Open to the Public

New York City - A Day on Your Own! Wednesday, May 24th. Sponsored by CDPHP.
Enjoy a beautiful spring day Manhattan! You will be on your own. Lunch and dinner on your own. Member Price TBD. Non-member price TBD.

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Enjoy a beautiful spring day Manhattan! You will be on your own. Lunch and dinner on your own. Member Price TBD. Non-member price TBD.

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 Thursday, 11:00 Regional Food Bank
• Every Thursday, 1:00. Mahjong
• Mon., May 1st. 9:30-3:30. To Go Meals
• Tues., May 2nd. Golf League Starts
• Tues., May 2nd. 2:00. Widows Club
• Wed., May 3rd. 10-12. Nascentia Health & Wellness
• Fri., May 5th. 11:00. Memory Cafe
• Mon., May 8th. 9:30-3:30. To Go Meals
• Mon., May 8th. 10-1: CDPHP Medicare Advantage
• Tues., May 9th & 23rd. 2:00. Grief & Loss
• Thurs., May 11th. 11:55. Women’s Social
• Thurs., May 11th. 2:00. William S. Stewart.
• Thurs., May 18th. 2:00. William S. Stewart
• Mon., May 22nd. 9:30-3:30. To Go Meals
• Mon., May 22nd. 9-12. CDPHP Medicare Advantage
• Mon., May 22nd. 5:15. Trivia
• Wed., May 24th 1:00-1pm. AETNA Medicare Advantage

What Is Your Passion? Will You Share With Your Fellow Members?
Is it:
• a second language,
• healthy living
• art, photography, writing
• cooking
• history or cultural
We are looking for volunteers to share their passion, talent, humor and music with our members. Please contact Colleen at colleenk@saratogaseniorcenter.org or call 518-584-1621.

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

MAY PROGRAMMING
“Try to be a rainbow in someone else’s cloud.” - Maya Angelou

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
9:00-10:00: Tai Chi 9:00: Golf League 8:45-10:15: Senior Life Transitions Team Mtg. 10-10:45: SS Cardio & Strength [center & zoom] 9:10-9:30: Poker 9:30: Pool League 9:30: Mosaics 9:00-9:45: SilverSneakers 9:30-10:15: Rig Hooking 9:30: Senior Life Transitions Team Mtg. 10:2-10:30: Tarot Cards (see schedule) 11:00: Canasta
10:00-11:00: Walking Club 11:00: Meditation (center & zoom) 11:00: Knit & Crochet 11:00: Canasta
11:00-12:00: Clay Arts 10:15-11:15: bingo 10:15-11:15: bingo 11:00: Bingo 10:15-11:15: bingo
10:45-12:00: Healthy Babies 11:00: Spanish 11:00: Pool League 11:00-12:00: Bingo
12:00-1:00: Lunch and wine tasting at Brotherhood Winery. 12:15-1:00: Sharing w/Askan (center & zoom) 12:00-1:00: Lunch and wine tasting at Brotherhood Winery. 12:00-1:00: Lunch and wine tasting at Brotherhood Winery. 12:00-1:00: Lunch and wine tasting at Brotherhood Winery.

Thank You for Your Kindness and Support!
Thank you to Weighealer and Rod Driscoll for amzing music.
Thank you to Teri Highes and the Wild Irish Step Dancers for a rousing performance.
Thank you to Old Bryan Inn for another amazing dinner.
Thank you to Humana for sponsoring Trivia Night.
Thank You CDPHP for sponsoring our Food Bank.
Thank you to SPAC for the discounted ballet and orchestra tickets.
Thank you to Controlled Chaos for a fun interactive event.
Thank you to Jersey Mike’s for their support.
Thank you to Hannaford for their support in the Hannaford Helps Program.
Thank you to Impressions for their support.
Thank you to AETNA, CDHP and Highmark North eastern NY for Medicare Advantage Information Sessions.
Thank you to all our clas instructors.

Thank you to all our volunteers! Keep our world rockin’!