“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.

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
- Pinney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Card Games
- Pool Table
- Book Club
- Social Groups
- and more...

June Cultural Events!

World Elder Abuse Awareness Day
Thursday, June 15th. 9:45-11:00am. FREE! OPEN TO THE PUBLIC!
This presentation is suited for members, families, friends and staff in the services industry.
- Free Breakfast Sandwiches from Fat Paulie’s
- Financial Exploitation and How to Protect Yourself, presented by Phil Vacca, Herzog Law Firm
- Common Scams and How to Avoid Them, presented by United States Attorneys Office
- Q & A with Herzog Law, US Attorney and Domestic Violence Advocacy of Mechanicville

“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.”
Please RSVP. Seating is limited. 518-584-1621

PARTY LIKE IT’S WOODSTOCK
Grab your best tie dye, fringe, jeans and come to a groovy picnic!
Open to Saratoga Senior Center and YMCA Senior Members!

Tuesday, June 27th, 11:00-1:00pm at the YMCA pavilion on West Ave. $5.00
Live music with Jeff Brisbin! BBQ Chicken & Ribs! Games!
Building Update with Lois Celeste, Executive Director of the Saratoga Senior Center
Pending certificate of occupancy, tours of the new building may be available.
Must RSVP. Seating is limited. 518-584-1621

Trivia Night!
Monday, June 26th. 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.
No trivia in July and August.

FOOD

Dine in Dinner - Old Bryan Inn
Tuesday, June 20, 5:30pm. Dinners are held at the Senior Center. $12 per dinner.
Chicken Cordon Blue. Please sign up. members only. GIN & TONIC TASTINGS
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., June 5th & Tues., June 6th. Lasagna with Meat Sauce
Mon., June 12th and Tues. June 13th. Meatloaf, Mashed Potatoes, Gravy and Corn

Ticket sales for the ballet will end June 29th. Ticket sales for the orchestra will end July 13.
**FREE JUNE PRESENTATIONS**

**CITIZENS EMERGENCY PREPAREDNESS PRESENTATION** Presented by the MSGT. Lydia Gerardi, Air National Guard. Tuesday June 6th, 12-30 pm. Free and Open to the Public. This training teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. Participants will be advised on how to properly prepare for any disaster, including developing an emergency plan and stocking up on emergency supplies.

**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.
- Aetna: Mon., June 12th. 11-1, & Wed., June 28th. 11-1.
- CDPHP: Friday, June 9th. 9-12 & Monday, June 26th. 9-12
- Highmark Northeastern NY: Wednesday, June 14th 10-11

**Please consider donating blood in memory of Ed Kelley.** Ed gave so much of his time and self-helping others, please donate so his legacy lives on.

**ART WORKSHOP SERIES** Included in the $15 monthly activity fee

Watercolor Workshop facilitated by Susan Peters.

Monday, June 5th. 10-30. Please sign up, seating is limited. $5 material fee. No experience necessary. A beautiful and nautical summer scene. Perfect for beginners and experienced alike.

**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.

**The Hot Widows Club.** Tuesday, June 6th and Tuesday, June 20th. 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.

**Grief and Loss Support & Discussion Group** facilitated by Lois Streit, MSW. Tues., June 13th & 27th. 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. 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.

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

Tuesday, June 27th. 3:00pm. Book Club: West with Giraffe by Lyndall Godfrey. This is the great adventure story of 17-year-old Woodrow Wilson Nickel, who drives two giraffes cross-country in 1938 America, finding himself along the way through the joys and conflicts of the voyage. It is a piece of historical fiction and a coming of age in which the historical context of 1938 permeates the narrator’s character development.

No Book Club meetings in July and August.

**New Member Social Hour** Tuesday, June 27th. 3:00pm.

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!

**NEW! Memory Cafe** facilitated by Roy Scott

11am-12:30pm, 1st Friday of every month. Friday, June 2nd. Please sign up. Refreshments served.

The memory cafe 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.

**STAY INFORMED AND CONNECTED! DO YOU GET OUR EBLASTS?**

Our weekly eblasts keep you updated on classes and programs, senior service providers and free food. Our goal is to inform you and keep you connected.

**The First Event in our New Building!!**

**Saratoga Senior Center Expo**

**Now OPEN**

**The First Event in our New Building!!**

(formerly health fair)

**Thursday July 20th**

Enjoy informative presentations, interactive health programs, senior service providers and free food.

More information to come.

**Sponsored by CDPHP, Highmark Northeastern NY and Home of the Good Shepherd**

**COMING IN JULY - SAVE THE DATE!**

**Brooks BBQ**

Tuesday, July 11th

3:30-6:00

Choice of Chicken and Rib Dinner

Dinners include Baked Potato, Coleslaw, Roll

Dine-in or Take Out

- Valet Service Pick Up: Super easy - skip finding a parking space and getting out of the car!
- Day of Sales: Forgot to order your dinner? You can come and get your meal day of.
- Bulk Orders Delivery (15 or more): We will deliver to your home or office!
- Invite your friends over for a fun barbecue without the work! Order Brooks dinners for your event.

Sponsored by CDPHP
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 produce for pick-up at the Center, or home delivery if homebound.

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

Caregiver Support: 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 AND DEMENTIA SUPPORT

Alzheimer's Caregiver Support Group
11am 12:30pm, 2nd Friday of every month.
Being a caregiver can present exhausting challenges and take a significant toll on your health. Support groups bring together people who are going through or have gone through similar experiences. Our support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

Memory Cafe
11am 12:30pm, 1st Friday of every month.
The memory cafe 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.

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

Alzheimer's Caregiver 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.

VO LUNTEERING! WE NEED YOU!

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!

DO YOU GET OUR E-BLASTS? 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 dont have email, you can use your son’s or daughter’s to keep you informed.

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.

THESE COLE HAYES Guided Tour, Catskill, NY Friday, June 16th
The moment you witness the breathtaking mountain views from Cole’s porch, you’ll fully understand his devotion to landscape painting. Special exhibit “Women Reframe American Landscape: Susie Barstow & Her Circle” illuminates the artistic contributions and perspectives of women. Lunch at Gracie’s Luncheonette. Pay $31 at sign up. Bring lunch money. Leave the Center at 9:30am. Return about 4:00pm.

Walking Tour of the Stockade, (Schenectady) Wednesday, June 21st
The Stockade Historic District is one of the oldest residential neighborhoods in the country. It is home to what the National Parks Service called “the highest concentration of historic period homes in the country,” with over 40 homes over 200 years old. It is the first Historic District established in New York. Lunch prior to tour at Ambition Café. Pay $20 at sign up. Bring lunch money. Leave the Center at 9:45am. Return about 3:45pm.

Pastime Pinball, Manchester, VT. Friday, June 23rd
Pastime Pinball is a hands-on museum featuring 66 pinball machines set to FREE PLAY. Take a shot at one of the gun games from the 1950s & 1960s. Or test your skills on a 70-year-old Shuffle Bowler and Sleeke Alley. Play a 1960s baseball game, a 1970s basketball game and an Atari driving game from the early 1980s. Retro gamers can enjoy Ms. Pacman, Galaga, Frogger, Street Fighter and hundreds more. Pay $15 at sign up. Bring $25 admission. Bring snack money. Leave the Center at 11:00am. Return about 4:00pm.

Private Tour of Lawrence Barisic’s Eclectic Art Collection Wednesday, June 28th. Choose a date. 11:00-1:00. Each visit limited to 8 people.

Lawrence’s collection is comprised of historical 19th century world cityscapes, contemporary artwork which features Fidel Castro’s granddaughter as well as obscure and eclectic pieces of both local and world art. Subject matter ranges from fashion, propaganda, design, history, advertising, Immigration and rhinocerosity to Andy Warhol, Albar Sunol, and Ruth Bader Ginsberg. Complimentary wine and cheese. To reach Lawrence’s apartment you must climb a steep set of stairs. Pay $22 at sign up which benefits the Saratoga Senior Center.

Coming in August! The Lion King at Proctors. Seats still available
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. One of the most breathtaking and beloved productions ever to grace the stage. Please pay $65 at sign up. These are balcony seats.
Discovered the French inspired culture of Quebec's cosmopolitan cities on our bus tour to Montreal, Quebec City and Ottawa.

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

In June 1831, the last of the American mighty whaling fleet, the Charles Morgan, drew tourists. Step on the deck of the Charles Morgan, Mystic, CT. Tuesday, July 18th.

Historic Salem is a city of layers—one historical layer upon another. But don’t forget to explore the witchy side of Salem too! Information coming on possible hop on/hop off trolley. $18*

Cruising the Danube to the Black Sea August, 2023

Spectacular South Pacific Wonders January 18-27, 2024

Hawaiian Adventure January 16-29, 2024

Discover the French inspired culture of Quebec's cosmopolitan cities on our bus tour to Montreal, Quebec City and Ottawa.

Discover South Dakota June 17-23, 2024

Iceland: Land of Fire & Ice July 21-30, 2024

Spotlight on Tuscany August 11-22, 2024

Greece Island Hopper September 24, 2024. Details coming

Spain Classics & Portugal October 12-26, 2024

Southern Charm December 2024. Details coming

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

New York City Holidays Thursday, 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 Member Price $60.

Non-member price $85.

One day bus trips made possible by Lend a Hand grant from the Adirondack Trust Community Company 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 Canadian 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. Last day to sign up is July 7th.

2023 TRIPS

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

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

2024 TRIPS

Journey to Antarctica January 16-29, 2024

Hawaiian Adventure January 18-27, 2024

Discover South Pacific Wonders February 21- March 6th, 2024

Spectacular Southern Africa March 7-20, 2024

Discover Nashville April 28-May 2, 2024

Spectacular Scandinavia May 16-29, 2024

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.

Salem, MA Thursday, October 19th.

Historic Salem is a city of layers—one historical layer upon another. But don’t forget to explore the witchy side of Salem too! Information coming on possible hop on/hop off trolley. $18* (price to be confirmed). Member $60. Non-member price $85.

Thank you to all our class instructors.

• Music & Mingling Gala.

• Thank you to AETNA, CDPHP, and Nascentia for Medicare Advantage Information Sessions.

Thank you to all our class instructors.

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