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JANUARY 2024

SARATOGA SENIOR CENTER

HAPPY NEW YEAR AT THE NEW CENTER!

WINTER WONDERLAND PARTY

Thursday, January 11, 1:30pm | \$10 | RSVP

Ready to shake off those winter blues? Come by the Center for live music by Bill Gervasio. Balloon art by Rennie. Hearty appetizers including meatballs, chicken riggies, ice cream & more will be provided.

AN AFTERNOON WITH CHARLIE KUENZEL

Thursday, January 18, 2pm | \$10 | RSVP

Charlie is President of the Saratoga History Museum and spends his free time educating and entertaining thousands of people about the Spa City's history. Come listen to Charlie and learn about the "Famed Mineral Springs of Saratoga". Enjoy food & a complimentary tasting to toast a new year!

JANUARY CHEF DINNER

Please join us for our guest chef dinners at the new center! Meet new friends and enjoy a delicious restaurant meal at an affordable price. Sells out quick-sign up early.

Olde Bryan Inn | Tuesday, January 23, 5:30pm | Must RSVP

Dinner is held at the new Senior Center. \$12 per dinner.

Delicious Roasted Pork with orange balsamic apple chutney, baked potato, & side vegetable.

SILVERSNEAKERS & RENEW ACTIVE LUNCHEON

Friday, January 26, 10:30am-1pm | Please sign up

Open to all SilverSneakers & Renew Active Members only. Please join the Saratoga Senior Center and Saratoga YMCA for a fun filled luncheon. Listen to informative presentations by one of the YMCA's Health & Wellness Directors and more presentations. Play some generational games of Trivial Pursuit, Scrabble & more. Try out the YMCA's SMARTfit device, designed to improve cognitive and physical wellbeing. Enjoy free lunch from Mama Mia's and some delicious ice cream.

TRIVIA NIGHT!

Monday, January 22, 5:30pm | \$5

Pizza bites served. Bring your own beverage. Join us for fun, friendly competition! Prizes! "Where all those useless facts you've been collecting can finally come in handy!"

Please sign up seating is limited



MONTHLY MEMBER MEETING

Wednesday, January 3, 9am

Kick off a new year in our new Center with a coffee! Bring your questions, concerns and suggestions for Senior Center staff, and a board member or two. Open to all members, no registration needed.

MEMBER PERK- RENEW NOW!

Free Fridays at the YMCA

For January, any senior center member can use the YMCA for FREE on Fridays. Wanted to try out the Y but haven't yet? Now is your time! All members must present a valid ID before entering the Y.

COME TRAVEL WITH US

Join us for a travel presentation with Kevin Ferguson of Collette Travel on Monday, January 8 at 9:30am. Please see the trip page inside for more information.

NEW FITNESS ADDITIONS! INCLUDED IN \$15 MONTHLY ACTIVITY FEE

Resistance Bands facilitated by Amanda Brown | Mondays, beginning January 22, 1pm | Please sign up Break out those resistance bands! Join Amanda and workout using resistance bands to target areas of your body such as lower body, upper body, core, and more.

SilverSneakers Circuit facilitated by Amanda Brown | Fridays, beginning January 26, 1pm | Please sign up Come workout with Amanda and engage in upper-body strength work with low-impact cardio to maximize fitness benefits.

Thank you to our newsletter sponsors for their continue support!



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SARATOGA SENIOR CENTER



Hours: Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY • (518) 584-1621

• saratogaseniorcenter.org

ANNOUNCEMENTS/ REMINDERS

- **Scholarships:** Saratoga Senior Center offers scholarships for membership and monthly activity fee. If you're in need of assistance please contact the front desk at 518-584-1621. Money shouldn't be an issue to participate.
- **Check In:** Our policy is all members & volunteers must swipe in at the front desk prior to coming into the Center. If you have SilverSneakers or Renew Active please swipe in. This impacts many things including safety & funding.
- **Free Table:** The free table is back at the Center! The free table is run by volunteers. Please see rules and parameters posted at the free table.
- **Lunch Program:** The Saratoga County Department of Aging & Youth Services lunch program has returned to the Center. Lunch is served on a daily basis (Monday- Friday) at 12pm. The lunch program is available to Saratoga County residents ages 60+. To register for lunch, and for more information regarding transportation, please contact the Saratoga County Department of Aging & Youth Services at 518-363-4020.
- **Parking:** For van trips, if you drive here please park by the YMCA pavilion and the van will pick you up. If you have any questions please contact the front desk. **YMCA entrance:** If you are a Silver Sneakers, Renew Active, YMCA member, or have a valid drivers license (to be screened), you can enter the Center through the YMCA entrance.
- **Storage:** Lockers and coat racks are available for members to store their belongings while at the Center. If you would like to use a locker, please stop by the front desk to receive a key.

FREE PRESENTATIONS

Medical Aid In Dying presented by David Pratt, M.D. | **Tuesday, January 30, 1:30pm** | **Please sign up**
Medical Aid in Dying (MAID) is a possible option for terminally ill persons at the end stages of their illness. It is presently available in 10 states and the District of Columbia. Dr. David Pratt will offer a presentation on the status of a potential Medical Aid in Dying option for New York State.

Healthy Life, Happy Life presented by Barry Lafredo | **Wednesday, January 31, 1:30pm** | **Please sign up** | Well being (happiness) is a three legged stool; mental health, physical health and emotional health. Barry will explore all three and include the following topics: use it or lose it, managing risks, socialization, purpose, gratitude, and others.

NEW FREE EVENTS/CLASSES

***The following programs and classes are free and open to Saratoga County residents ages 60+. You do not need to be a member of the Saratoga Senior Center to participate in these programs and classes. These programs and classes were made possible by the New York State Office for the Aging and Saratoga County Department of Aging and Youth Services. Space is limited-RSVP-first come first served. Your date of birth and address will need to be provided.**

Daytime Trivia facilitated by Kevin Riley | **Friday January 5 & January 19, 2pm**
Daytime trivia is coming to the Center! Trivia questions range from easy questions on famous events from the 1950's and 60's to topics on pop culture and movies from the 70's and is a great way to boost brain power while socializing and having fun.

Country Line Dancing facilitated by Kevin Richards | **Thursday January 25, 2:30pm**
Get ready to boot, scoot and boogie! Come by the Center and join CMA Winner Kevin Richards for basic beginner country line dance lessons. No experience needed.

Opera Saratoga | **Monday January 29, 1:30pm**
Join us for a performance by Opera Saratoga Songs By Heart artists Angelina Valente and John Benware. Sing a-long, dance, and reminisce with music at this fun filled performance.

COMING IN FEBRUARY

AARP Tax Preparation | **Tuesdays, Beginning February 6 through April 9.**
AARP tax assistance is back in person. You must pick up a tax packet from the front desk before your appointment and bring the completed form to your appointment- **Please make your appointment early by calling the Front Desk. Appointments fill up quickly.**

SENIOR SUPPORT SERVICES - HERE FOR YOU!

Senior Support Services has staff members, volunteers, and student interns available to help you with things that you need. We can connect you to local resources, health organizations, social services, or advocate on your behalf. Our "Community Connections" volunteers can fill many gaps when other agencies are not able to.

Call 518-584-1621, extension 2010

Our ongoing services include:

- Information and referral for local and national resources
- Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.
- Community Connections:Volunteers can assist with transportation, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- Partnerships with local organizations like Alzheimers Association (regular office hours), Parkinsons, medical, and health insurance community.
- Transportation: Volunteers to assist with rides to medical appointments, pharmacies, dentists, the Senior Center, and more. A Price Chopper shuttle from several housing sites on Wednesdays.
- Food Assistance: Regional Food Bank for pick-up or delivery at the Center, Thursdays from 11:00 AM-12:00 PM

SUPPORT AND PEER GROUPS



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

The memory café offers an interactive, supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or other dementia. .

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. This support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

Parkinsons Support & Discussion Group facilitated by Gordon Blyth & Marie Thorne. 2:30 pm, 3rd Monday of every month | *January 2024 group is canceled*

This is a community of people impacted by Parkinson's designed to help you make meaningful connections, engage in important dialogue, find useful resources and build long-lasting relationships.

Grief and Loss Support & Discussion Group facilitated by Lois Streit, MSW .

Second & Fourth Tuesday of the Month. 2:00- 3:00pm.

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, understand-

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

MEDICARE INFORMATION

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.

- MVP office hours: Mondays, Wednesdays & Thursdays from 9am-1pm.

Thank You!

- Home Instead for sponsoring our Holiday Shops at the Center
- Goldman Sachs Ayco for gift wrapping
- Aetna for sponsoring our Member Holiday Party
- Franklin Square Market & Sushi Thai Garden for our delicious food at the Member Holiday Party.
- MVP for sponsoring our Holiday Chef Dinner
- Prime at Saratoga National for our scrumptious dinner
- Retirement Solutions for participating in our expo
- MVP for sponsoring our Regional Food Bank

- MVP, Aetna, and Saratoga Life & Health for Medicare Advantage Information.
- Jeff Brisbin for performing for our members
- Greg Olsen, Director of NYS Office for the Aging, and Ageless Innovation for companion pets for seniors

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

COLLETTE EXCURSIONS

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



2024 TRIPS *Are any of these on your bucket list?*

Discover South Pacific Wonders
February 21-March 6, 2024
Discover Nashville
April 28-May 2, 2024
Spectacular Scandinavia
May 16-29, 2024

Discover South Dakota
June 7-13, 2024
Iceland: Land of Fire & Ice
July 21-30, 2024
Spotlight on Tuscany
August 14-22, 2024

Greece Island Hopper
September 28-Oct. 8, 2024.
Spains Classics & Portugal
October 12-26, 2024
Southern Charm
December 2-8, 2024

COME TRAVEL WITH US!

You are invited to an Informational Travel Slideshow presented by Kevin Ferguson of Collette Travel.

Monday, January 8, 9:30 am | Refreshments served | Please sign up
Presentations on:

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

Greece Island Hopper: September 28-Oct. 8, 2024

Spotlight on Tuscany: August 1-22, 2024

Spains Classics & Portugal: October 12-26, 2024

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.

2024 ONE DAY BUS TRIPS- OPEN TO THE PUBLIC

Stay tuned for more information regarding 2024 bus trips coming in February! Potential trips including Boston, Philadelphia, New York City and more. We can't wait to start traveling with you again this Spring.

PROCTORS VAN TRIPS

- **BEETLEJUICE** - June 20th, 2024. Matinee. \$86 per person. Purchase tickets by April 1st, 2024. It's showtime! Based on Tim Burton's dearly beloved film, this hilarious musical tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes.

VAN TRIPS

Skidmore Mens & Womens Basketball Game | Friday, January 5

Skidmore College and the students are huge supporters of the Center. Let's head up to the Skidmore campus and cheer the teams on as they play against Rensselaer Polytechnic Institute (RPI). Womens game begins at 5:30pm; Mens game begins at 7:30pm.

Pay \$2 at sign up. Bring money for concession stand. Leave the Center at 5pm. Return about 10pm.

Troy Savings Bank Music Hall- Music @ Noon | Tuesday, January 9

Enjoy a FREE Irish folk concert by Drank the Gold. After, enjoy lunch at the Whistling Kettle in Troy.

Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return about 3:45pm

New York State Museum | Tuesday, January 16

The NYS Museum explores the cultural and natural history of New York State. The Museum features a variety of history, science and art exhibitions. The main exhibit halls have popular long-standing favorites, including Adirondack Wilderness, Birds of New York, Beneath the City: Albany Archeology, Black Capital: Harlem in the 20s, The Cohoes Mastodon, Fire Engine Hall, Native Peoples of New York, and The World Trade Center. Enjoy lunch at the Iron Gate Cafe.

Pay \$10 at sign up. Bring lunch money & \$5 donation for entry fee. Leave Center at 9am. Return about 3:30 pm.

Lunch Bunch- The Log Jam | Monday, January 22

The Outlets are the ultimate stop for anyone who loves to shop! All the stores are closely located to one another Work up an appetite shopping. Then head to The Log Jam for comfortable, casual dining - Adirondack style! Enjoy your lunch in a beautiful log cabin with gorgeous stone fireplaces.

Pay \$10 at sign up. Bring lunch money. Leave the Center at 9:30 am. Return about 3:00 pm

ART, ART AND MORE ART! *included in the \$15 monthly activity fee*

***Material fees are utilized to purchase supplies needed for art classes and workshops. Please note that supplies purchased are to remain at the Center for future use and are property of the Center.**

Beginning Handbuilding Clay Arts facilitated by Chris Knite | **Mondays 12pm-2 pm** | \$10 material fee **No experience necessary.** Hand building skills; including useful & decorative pinch pots. Students must complete the four week series before they move into the intermediate/advanced class. **Please sign up.**

Intermediate/Advanced Handbuilding Clay Arts facilitated by Carol Glansberg | **Tuesdays, 12pm-3pm** | ***No class January 2*** | \$10 material fee | **Please sign up**
Must have intermediate/advanced clay experience.

Stamping Workshop facilitated by Helen Mastrion | **Wednesday, January 17, 2pm -4pm** | \$5 material fee* Make an assortment of greeting cards: birthday, thank you, congratulations, etc. You may choose Helen's design or create your own! Be creative. No experience necessary. **Please sign up, seating is limited.**

Watercolor Workshop facilitated by Susan Peters | **Tuesday, January 23, 10am** | \$5 material fee* Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike. **Please sign up, seating is limited.**

Beading Workshop facilitated by Jerry Matthews | **Wednesday, January 24, 1:30 pm** | \$5 material fee* | Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. Supplies provided. **Please sign up, seating is limited.**

Zentangle Art Workshop facilitated by Katie Long | **Thursday, January 25, 1:30pm** | \$5 material fee* Katie will lead you in making nametags and bookmarks. Zentangle is an easy-to-learn and fun way to create beautiful images by drawing structured patterns. **Please sign up, seating is limited.**

***New* Lantern Making Workshop** facilitated by Frank Lombardo | **Monday, January 29, 10am** | \$5 material fee* | Join artist Frank Lombardo for a lantern making workshop, using an oiled paper technique and LED flameless candles. (Participants are invited to bring your lantern and join the Feb 3 Winter Lantern Festival and Stroll on Beekman Street.) **Please sign up seating is limited.**

FITNESS PROGRAMS *included in the \$15 monthly activity fee*

Come to the Center and check out our fitness classes! Are you a Silver Sneakers or ReNew Active member? Swipe in to waive the monthly activity fee.

- Zumba
- Tai Chi
- SilverSneakers Classic
- Strength with Aidan
- Walking Club
- Resistance Bands
- Meditation
- Chair Yoga
- SilverSneakers Circuit

BENEFITS OF BEING A MEMBER

The Center offers fun & socialization for ages 50+

- Fitness Classes
- Local Van Trips
- Senior Support Services
- Art Classes
- One day bus trips
- Card Games
- Cultural Events
- Excursions
- Pool Table
- Special Presentations
- Baked Goods
- Ping Pong Table
- Live Music
- Regional Food Bank
- Book Club
- Support Groups
- Pitney Meadows
- Social Groups
- Discounted SPAC tickets
- Produce
- Free Fridays at the Y for January
- Dine in Dinners
- Friendships/ Socialization
- And more!

Not a member yet? Join today!

OUR MISSION: Since 1955 the mission of the Saratoga Senior Center is to empower seniors to achieve and maintain personal independence and individual well-being by providing the program structure and support services necessary for healthy recreation, companionship, social involvement, and problem solving.

MORE JANUARY HAPPENINGS

Apple Workshops facilitated by Stephen Ramirez | **Monday, January 8, 9:30am-11am** | *Please sign up*
The new operating system for Apple iOS devices was made available in the Fall. This presentation will demonstrate some of the most popular new features, tips, and tricks for the iPhone, iPad and Apple Watch. Received a new Apple device for Christmas? Bring your questions regarding your iPad, iPhone and Apple Watch. This interactive session encourages participants to share and/or demonstrate their favorite tips, tricks and apps that they use on all of their Apple devices.

Poetry/Storytelling Open Mic | **Friday, January 12, 1pm** | **Please sign up** | **\$5 suggested donation**
The program will begin with a reading by local poet David Graham, followed by the open mic. Each open mic participant has five minutes to read two short poems or one long one. Storytellers have five minutes to tell, narrate or perform their piece. Please be respectful of your fellow writers by reading for five minutes or less. Lite refreshments will be served.

Apple Workshops facilitated by Stephen Ramirez | **Tuesday, January 16, 9:30am-11 am** | *Please sign up*
In this presentation the discussion will center on the topic of streaming, which is basically viewing television content via the internet using apps: what is it, terminology, hardware and apps will be explained and discussed. The AppleTV 4K streaming box with tvOS 17.2 will be demonstrated.

Writing Workshop facilitated by Mary Shartle | **Friday, January 19, 1pm** | **Please sign up**
Mary has been teaching writing workshops for all ages for almost twenty-three years. Sign up for this relaxed and comfortable writing workshop. Using prompts provided by Mary, enjoy the ability to free write about whatever comes to mind.

AARP Safe Driver Course facilitated by Suanne Pasquarella | **Monday January 22, 9am-3:30pm**
This is an “in person” class. Please be sure to bring your drivers license, AARP Membership card, and payment with you. NY drivers are eligible for a discount on their current auto insurance for 3 years. The fee for AARP members is \$25 and non-members \$30. Check or money order is best. There will be a 30 minute lunch break. Please bring a bag lunch with you. **Must sign up in advance, limited spots available.**

Book Club. New Members Welcome!
Tuesday, January 23, 3:00 pm.
This month’s book is Switchboard Soldiers by Jennifer Chiaverini. A bold, revelatory novel about one of the great untold stories of World War I—the women of the U.S. Army Signal Corps, who broke down gender barriers in the military and battled a pandemic as they helped lead the Allies to victory.

Tarot Card Reading facilitated by Mary Shimp
Thursday, January 25, 10am-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
No Barber for January, will be returning next month \$5 haircuts for men.
Ryan and guest barbers will be coming to the Center to cut our male members’ hair. Call the front desk to make an appointment.

One-on-One Tech Assistance
Did you receive a new phone, iPad, laptop or smartwatch? Let our savvy students help you. Call front desk to make your private appointment.

CAPITAL AREA PHYSICAL THERAPY & WELLNESS



Did you know that Capital Area Physical Therapy & Wellness are on site at the Saratoga Senior Center?

Everybody deserves to live with as little pain as possible! To schedule a visit at our Saratoga Senior Center location, call 518-289-5242 today to find out how we can help you get on the road to better health!

January Weekly Programming

“January is the month for dreaming” – Jean Hersey

\$15 monthly unlimited class fee. ReNew Active & Silver Sneakers member - swipe in to waive monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi	9am-12pm: Poker	8:45am: Senior Life	10am-10:45am: Silver Sneakers Classic - Joanne	9am-12pm: Poker
9am-12pm: Barber (see schedule)	9am-9:45am: Silver Sneakers Classic - Joyce (No class 1/2)	Transitions Team Mtg.	10am: Ukelele	9am-12pm: Intermediate/Advanced Clay Arts
9:30am: Walking Club	9am-11am: Women’s Pool	9:30am: Mosaics	10am-2pm: Tarot Cards (see schedule)	10am: Healthy Bones*
10am: Healthy Bones*	9:30am: Mahjong	9:30am-1pm: Rug Hooking	11am: Foodbank	9:45am: Spanish Review
10am Saratoga Library (2nd Monday)	10am: Meditation	9am: Pinochle	12pm: Lunch*	11am: Memory Cafe (1st Friday of month)
10am-11am: Chair Yoga	12pm: Lunch*	10am: Knit & Crochet	1pm-4pm: Pool League	11am: Caregiver Support Group (2nd Friday of month)
10:15am: Beginning Spanish (Starts 1/29)	12:30pm: Mahjong	10am-11am: Zumba (No Class 1/3)	12:30pm: Mahjong	12pm: Lunch*
11:30am: Intermediate Spanish (Starts 1/29)	1pm-4pm: Pool League	12pm: Lunch*		1pm: Biology of Aging (Until 1/5)
12pm: Lunch*	12pm-3pm: Intermediate/Advanced Clay Arts (No Class 1/2)	12:30pm-4pm: Canasta		1pm: Silver Sneakers Circuit (Starts 1/26)
12pm: Beginner Clay	2pm: Grief & Loss (2nd & 4th Tuesday)	1pm: Bingo		1pm-4pm: Pool League
12pm-3pm: Bridge		1pm: Strength w/Aidan		
1pm: Resistance Bands (Starts 1/22)		1pm-3pm: Guitar Lessons		
1pm-2pm: Chit Chat		1pm-4pm: Pool League		
2:30pm: Parkinson Support (3rd Monday) No Group This Month				
1pm-4pm: Pool League				

*Healthy Bones is offered by the Saratoga County Department of Aging & Youth Services. All participants must have a doctors note. Please call 518-884-4100 for more information.

*Lunch is offered by the Saratoga County Department of Aging & Youth Services. Lunch is open to all Saratoga County Residents ages 60+. To sign up please call 518-363-4020.

JANUARY SPECIAL EVENTS

- January 1 | CLOSED
- January 3 | 9am | Member Meeting
- January 5 | 11am | Memory Cafe
- January 5 | 2pm | Daytime Trivia
- January 8 | 9:30am | Apple Workshop
- January 8 | 9:30am | Collette Presentation
- January 8 | 10am | Saratoga Library
- January 9 | 2pm | Grief & Loss
- January 11 | 1:30pm | Winter Wonderland Party
- January 12 | 11am | Caregiver Support Group
- January 12 | 1pm | Poetry/Storytelling Open Mic
- January 15 | CLOSED
- January 16 | 9:30am | Apple Workshop
- January 17 | 2pm | Stamping Workshop
- January 18 | 2pm | Charlie Kuenzel
- January 19 | 1pm | Writing Workshop
- January 19 | 2pm | Daytime Trivia
- January 22 | 9am | AARP Safe Driver Course
- January 22 | 5:30pm | Trivia
- January 23 | 10am | Watercolor Workshop
- January 23 | 2pm | Grief & Loss
- January 23 | 3pm | Book Club
- January 24 | 1:30pm | Beading Workshop
- January 25 | 10am-2pm | Tarot Cards
- January 25 | 1:30pm | Zentangle Workshop
- January 25 | 2:30pm | Country Line Dancing
- January 26 | 10:30am-1pm | SilverSneakers & Renew Active Luncheon
- January 29 | 10am | Lantern Making Workshop
- January 29 | 1:30pm | Opera Saratoga
- January 30 | 1:30pm | Medical Aid in Dying Presentation
- January 31 | 1:30pm | Healthy Life, Happy Life Presentation.