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# Saratoga Senior Center NEWSLETTER

JUNE 2024

## Health & Lifestyle Fair- Sponsored by Home of the Good Shepherd

Friday June 14 | 9am- 2pm | Free & Open to the Public  
Over 20 community service vendors, informative presentations, and more.



### World Elder Abuse Awareness Day\*

9am: NYS Office for the Aging- Scams Against Seniors

10am: Wellspring- Elder Abuse Awareness

Includes FREE breakfast at 9:45am if you attend the above presentations- Must RSVP

11am-1pm: Health & Lifestyle Fair- Come learn about housing, health insurance, finances & more. Free blood pressure screenings by Home of the Good Shepherd.

1:15pm: Free Boxed Lunch by Home of the Good Shepherd & Live Music by Jeff Brisbin  
Free boxed lunch provided when you fill your vendor passport card- visit 10-15 tables and check off your card to receive your boxed lunch.

\*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.

Interactive Presentations Sponsored by



## Talking Belmont with Tom Durkin, Tom Bellhouse & Jason Blewitt of West Point Thoroughbreds

Monday June 3 | 1:30 pm | Please sign up

The Belmont Stakes is later this week and Saratoga racing season is just around the corner. Celebrate the start of the season with some of racings most colorful characters! Join Tom Durkin- voice of the track, Tom Bellhouse- Executive Vice President of West Point Thoroughbreds & Jason Blewitt- longtime racing broadcaster. Get some



inside info, stories and history on our famous track.

Sponsored by the Alfred Z. Solomon Charitable Trust

Thank you to our newsletter sponsors for their continue support!



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## Dine in Dinner with Home of the Good Shepherd | Tuesday June 18 at 5:30pm | Must RSVP | \$12 per dinner.

BBQ Chicken, Baked Mac & Cheese, Collard greens, Buttered Corn, Corn Bread

Dinner sign ups begin in person on Monday June 10 from 10am- 11am, phone sign ups begin at 12pm if spots remain. Members can only sign up themselves & one other member. Sells out quickly!



### Fathers Day Fun

Thursday June 13, 2pm

Let's celebrate the dads at the Center! Join us for a viewing of the Yankees vs Royals game. Snacks & refreshments will be provided.

### 50's Luncheon & Movie Day

Thursday June 20, 1:30pm | \$8 | RSVP

Come by the Center for a 50's themed luncheon & movie day! Wear your favorite 50's outfit. Enjoy a viewing of Grease. Hearty late lunch. Pork, pasta, ice cream floats & more will be provided.

### Trivia Night

Monday June 17, 5:30pm | \$5 | RSVP

Pizza bites served. Join us for fun, friendly competition! Prizes!

"Where all those useless facts you've been collecting can finally come in handy!"

### Alan Edstrom Magic

Wednesday June 26, 1:30pm | \$8 | RSVP

Magician Alan Edstrom is proud to bring his closeup show "Parlour Tricks" back to the Center. Alan has performed accross the United States and his magic has been featured at various locations. Hearty late lunch. Sausage, stuffed shells & more will be provided.

## Come Travel With Us!

Thursday June 6 | 10am



You're invited to an informational travel slideshow presented by Kevin Fegurson of Collette Travel.

### Presentations on:

Treasures of Egypt: January 16-27, 2025

Iceland's Magical Northern Lights: February 11-17, 2025

Holland & Belgium Springtime River Cruise: April 22-30, 2025



Hours: Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | [saratogaseniorcenter.org](http://saratogaseniorcenter.org)



## American Red Cross Blood Drive- Open to the Public

*Please consider donating blood in memory of Ed Kelley*

**Saratoga Senior Center | Friday June 7 | 12pm-6pm**



Please visit [redcrossblood.org](http://redcrossblood.org) and use sponsor keyword SARATOGASENIORCENTER to schedule an appointment. Or, call 1-800-redcross.

All presenting blood donors this June will receive a voucher redeemable for one prepackaged pint of Stewart's ice cream or gelato at any Stewart's shops!


*Ed gave so much of his time and self helping others, please donate so his legacy lives on*

## Free Presentations- Open to the public- No registration needed

**Move-Aid | Tuesday June 4 | 10am** | Are you thinking of Downsizing or Moving? Don't Do it Alone! Move-Aid, a new local resource group is here to help! Our presentation's focus is to provide information to those currently involved or who might become involved in planning a change in their or a loved one's living situation. We will discuss topics such as downsizing/rightsizing, aging in place, organizational systems, local real estate, packing and moving, and anything else attendees might wish to discuss. Q & A to follow.


**Introduction to Energy Medicine** *presented by Helene Brecker* | **Wednesday June 5 | 1pm** | Helene Brecker has been a holistic practitioner specializing in energetic modalities for over 30 years. Energy Medicine can help with relieving pain, sharpening your mind, relieving stress and anxiety, strengthening the immune system, improving digestion, relieving allergies, enhancing wellbeing, managing weight, and enhancing learning skills. The goal is to show people that the power of healing is in their hands and to share a 5 minute daily routine.


**Embracing Aging; Finding Purpose** *presented by Phil Di Sorbo, MS, BCPA* | **Monday June 10 | 2pm** | This workshop will provide important information and tips for seniors of all ages on how to maximize quality of life by finding meaning and purpose that promotes ongoing wellness and satisfaction. The workshop leader is Phil Di Sorbo, a long time professional in aging services, palliative care, and healthcare advocacy. Phil currently leads the Senior Life Transitions Program at the Saratoga Senior Center.

**Joint Replacement Prehab and Home Prep** *presented by Randi Russom, PT from Saratoga Hospital* | **Tuesday June 11 | 10am** Gain essential guidance for mentally and physically preparing for joint replacement surgery. Randy Russom, PT, from Saratoga Hospital's Regional Therapy Center, will cover exercises, mobility aids, and home modifications to enhance your recovery and ease your return to daily activities. 

**Stress Management for Seniors** *presented by HomeInstead* | **Wednesday June 12 | 2pm** | Identify our body and mind's warning signs to stress and how to manage our triggers. Learn about meditation, reiki and more. 

**We Must Never Forget** *presented by Gunta Krasts Voutyras* | **Monday June 17 | 2pm** | Join Gunta for her powerful presentation of her experience during WWII. Gunta will share her experience growing up under Nazi regime, living in detention camps and coming to America at age thirteen. Learn about her personal discovery of America and life here.

**Nutrition for Seniors: Small Changes Add Up to Help You Feel Your Best!** *presented by Jodi Tamburrino, RD, CDN, from Saratoga Hospital* | **Tuesday June 18 | 10am** | Join Jodi Tamburrino, RD, CDN, from Saratoga Hospital's Outpatient Nutrition team to discover: the essence of a balanced meal; utilizing readily available foods for balanced meals and snacks. Explore essential nutrients needed for seniors ages 65 & older, including: macronutrients like protein, fiber and fluids; micronutrients such as Vitamin D, Vitamin B12, Calcium, and sodium. 

**Long Term Care** *presented by Choice Connections* | **Friday June 21 | 2pm** |  Would you like to understand Long Term Care? This presentation will focus on the different types of care available, associated costs and levels of care. It will help you understand senior housing care options, amenities, costs and levels of care as well as home care options and costs. There will be a review of funding options available to help pay for care that include VA benefits, long term care (LTC) insurance and Medicaid. You will also learn about other resources available in the community that help supplement


**Times With Marie And Parkinson's** *presented by Bob Semenza* | **Monday June 24 | 2pm** | According to the US Census bureau, by 2034, there will be more Americans past retirement age than there are children under the age of 5. America is aging, becoming a nation of caregivers, one that requires a new system of support. Caregiving is hard, relentlessly demanding work. But through acceptance, commitment, and love, it can be a rewarding experience - as it was for Bob Semenza, whose wife, Marie, suffered from Parkinson's disease, which he wrote about in his book, "Times With Marie...And Parkinson's." Their story is also included in the groundbreaking new book, "When You Care: The Unexpected Magic of Caring for Others," written by journalist Elissa Strauss and recently published by Simon & Schuster. Bob will conduct a reading of a section of his book, followed by a discussion of his personal caregiver journey, and the challenging issues which so many in a similar role will be, or presently are, facing. Copies of his autographed book will be available for purchase at the event.

**Managing your Medications** *presented by Barry Loffredo* | **Friday June 28 | 2pm** | Side effects, interactions, analgesics (key to successful pain management, faster pain relief), antibiotics, advocacy, cost, disposing, dental health, and more.

## 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.

### 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 to medical appointments, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- Partnerships with local organizations like Alzheimer's Association (regular office hours), Parkinsons, medical, and health insurance community.
- Transportation: Volunteers to assist with rides to medical appointments, pharmacies, dentists, 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. **One bag per household will be allotted.** *Sponsored by*  A plan for life.

**Call 518-584-1621, extension 2010**

## 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 | 2:30pm | 3rd Monday of every month**

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 | 2pm -3pm | 2nd & 4th Tuesday of every month | Open to all. Come once, come often.**

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Any loss can cause grief. The purpose of this group is to provide friendship, understanding, and hope.

**Saratoga Hospital Bariatric Support Group | Monday, June 3, 6pm-8pm**

The Bariatric Support Group is for patients who have gone through bariatric surgery or are considering surgery. No need to register, just show up!

**Chit Chat | Mondays, 1pm | New members welcome!**

Chit chat is a peer support group. Come and engage in conversation with other members. Each week different conversation topics are covered and discussed.

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

## Thank You!

- **Olde Bryan Inn for our delicious dinner.**
- **Home of the Good Shepherd for sponsoring our Memorial Day Picnic and providing delicious food.**
- **Phil Drum for performing for our members.**
- **Rick Russo for performing for our members.**
- **The Omelette King for our delicious Mothers Day Breakfast.**
- **Barry Loffredo, Roots Vita Lounger, Saratoga Hospital, Alzheimer's Association & Herzog Law Firm for your informative presentations**
- **MVP for sponsoring our Bokwa class**
- **MVP for Medicare Advantage information**
- **CDPHP for sponsoring our Regional Food Bank.**
- **CDPHP for your generous support.**
- **Leon Goldberg Foundation for your generous support.**
- **John and Lin Law Melbourne for your generous support.**
- **John and Chrissy Colley for your generous support.**
- **Nordlys Foundation for your generous support.**

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

**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.**

# collette Excursions

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

## 2025 Trips

*Are any of these on your budget list? Already traveled to these spots? Talk to Logan about a travel destination*

<b>Treasures of Egypt</b> January 16-27, 2025	<b>Shades of Ireland</b> March 13-25, 2025	<b>London &amp; Paris</b> May 7-15, 2025
<b>Iceland's Magical Northern Lights</b> February 11-17, 2025	<b>Holland &amp; Belgium Springtime River Cruise</b> April 22-30, 2025	<b>Alaska Discovery Land &amp; Cruise</b> July 9- 20, 2025
<b>Sequoia &amp; Kings Canyon National Parks</b> June 4-13, 2025	<b>Discover Switzerland, Austria &amp; Bavaria</b> August 20-29, 2025	<b>Southern Charm</b> October 13-19, 2025
		<b>Discover Hawaiian Adventure</b> December 4-13, 2025

## 2024 One Day Bus Trips - Open to the Public

### Skaneateles | Thursday July 18, 2024

Enjoy a day on your own in beautiful Skaneateles! Lunch on your own. On the way home enjoy a wine tasting at Anyela's Vineyards. Optional site seeing cruise on the Skaneateles lake. **If you would like register for the site seeing cruise please sign up with us no later than July 2nd.**

**Trip Only Cost: \$82 per person**

**Trip & Cruise Cost: \$105 per person**

### Lake Placid | Thursday October 10, 2024

Enjoy a day on your own in Lake Placid! Experience the beautiful fall foliage. Lunch on your own. Optional tour of the Olympic Museum.

**Trip Only Cost: \$45 per person**

**Trip & Olympic Museum Cost: \$69 per person**

### New York City | Wednesday December 4, 2024

There is no other place quite like New York City at Christmas time; Spend the day on your own. You will be dropped off at Bryant Park.

**Trip Cost: \$62 per person**

## Van Trips- Sign ups begin the first of the month

### Lunch Bunch- Plum Blossom

**Wednesday, June 12** | Enjoy lunch at the Plum Blossom in Troy, NY! Try a variety of Chinese dishes, from appetizers to sizzling platters *Pay \$10 at sign up. Bring lunch money. Leave Center at 11:45am. Return about 3pm.*

### Shaker Heritage Society | Albany, NY

**Tuesday, June 18** | Take a tour of Shaker Heritage Society, site of America's First Shaker Settlement. Enjoy a guided tour of the museum & Shaker site – the Shaker buildings and heritage herb garden, the barnyard and animals, the trails around the Ann Lee Pond Nature preserve, and the Shaker Cemetery where the society founder, Ann Lee, and other early Shakers are buried. After, enjoy lunch at Lanie's Cafe. **\*Must be able to walk independently during tour\*** *Pay \$10 at sign up. Bring lunch & donation money. Leave the Center at 9:30am. Return about 3pm.*

### New York State Capitol | Albany, NY

**Monday, June 24** | Enjoy a 45-minute tours including the legislative chambers, Hall of Governors, Governor's Reception Room, Hall of New York, historic staircases, and the recent Ruth Bader Ginsburg portrait carving After, enjoys lunch at the Iron Gate Cafe. *Pay \$10 at sign up. Bring lunch money. Leave Center at 9:30am. Return about 3:30pm.*

### New Skete Monasteries | Cambridge, NY

**Thursday, June 27** | A visit to New Skete includes a tour of the churches, a question-and-answer session, a visit to the Meditation Garden, a visit to the monks' gift shop and a stop at the nuns' monastery to purchase cheesecake for home. You may even catch a glimpse of the famed New Skete German Shepherd dog. After, enjoy lunch at Sweeneys in Schuylerville, NY. *Pay \$15 at sign up. Bring lunch & donation money. Leave Center at 8:45am. Return about 2:30pm.*

### Proctors Van Trips

**Some Like It Hot- Thursday September 19, 1:30pm | \$96 per person | Please sign up by July 29** | Set in Chicago when Prohibition has everyone thirsty for a little excitement, Some Like It Hot is the "glorious, big, high-kicking story of two musicians forced to flee the Windy City after witnessing a mob hit. With gangsters hot on their heels, they catch a cross-country train for the life-chasing, life-changing trip of a lifetime.

**Funny Girl- Thursday April 3, 2025 | 1:30pm | \$86 per person | Please sign up by February 10** | This bittersweet comedy is the story of the indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage. Everyone told her she'd never be a star, but then something funny happened—she became one of the most beloved performers in history, shining brighter than the brightest lights of Broadway.

### 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.

## Art, Art and More Art! (included in the \$15 monthly class fee)

**Intermediate/ Advanced Handbuilding Clay Arts** | facilitated by Carol Glansberg | **Tuesdays 12pm-3pm** \$10 material fee | This months projects include learning different techniques for handbuilding. Must have intermediate/advanced clay experience. **Please sign up, seating is limited**

**Beading Workshop** facilitated by Jerry Matthews **Friday, June 7, 1pm** | \$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.**

**Stamping Workshop** facilitated by Helen Mastrion **Wednesday, June 5, 2pm -4pm** | \$5 material fee\* Make an assortment of greeting cards. 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 | **Monday, June 24, 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.**

*Saratoga Arts made theses programs possible through the Community Arts Regrant Program, funded by the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature.*

**Interested in teaching an art class at the Center? Please contact Logan to discuss.**



## Fitness Programs! (included in the \$15 monthly class 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
- Strength with Aidan
- Meditation
- Tai Chi
- Walking Club
- Chair Yoga
- SilverSneakers Classic
- Resistance Bands
- SilverSneakers Circuit
- SilverSneakers Stability
- Gentle Yoga
- Slow & Steady Yoga Flow



### Golf League

Interested in joining our golf league? Contact the front desk for more information regarding dates & pricing.

**We are grateful for Highmark's ongoing support of the Center's exercise and fitness programs.** HIGHMARK.

## Discounted SPAC Tickets for Members!

SPAC tickets are back! Thanks to our partnership with SPAC- if you are a member of the Center get up to a 50% discount for the NYC Ballet and Philadelphia Orchestra. Ticket sales are Monday-Friday, 9am-2pm. One ticket per member per show. If you are planning on sitting with someone, please sign up at the same time.

**Ticket sales for the ballet will end June 25. Ticket sales for the orchestra will end July 17.**

## More June Happenings

### NEW! Writing Workshop facilitated by Deb Bogosian

**Thursday June 13, 20, & 27 | 10am | Please sign up**

Whether it begins with a reading or a writing prompt, this workshop will encourage you to put a memory or a bit of imagination on paper. Sharing your writing will be voluntary.

### NEW! Special Writing Workshop facilitated by Mary Shartle

**Tuesday June 18, 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.

### NEW! Senior Center Writers Circle facilitated by Joyce Rubin

**Monday June 3, 9am-11am** | Do you enjoy writing stories or poems? Would you like to meet with others who share your interest in a supportive and creative setting? We are starting a Writer's Circle that will meet once a month, for 2 hours to share our writing efforts. It's a great opportunity to cultivate new friendships with other authors.

### Discover Live | FREE

Want to travel without having to leave the Center? Travel the world with live guided tours. Escape to new & exciting destinations. Learn about different cultures, food and more!

- **Friday June 7, 12pm | Rome, Italy**
- **Wednesday June 12, 10:30am | London, England**

*These programs were made possible by the NYS Office for the Aging.*

# More June Happenings Continued

**Atlantic Magazine Discussion Group** *facilitated by Piper Lutbak* | **Thursday June 20, 2:15pm** | The Atlantic Monthly Magazine has been around for over 165 years. The articles range from cultural to political. Each month, we will be discussing articles from the previous month's Atlantic Magazine. Please come ready to share and discuss your thoughts with the group.

*The following classes are open to City of Saratoga Springs and Saratoga County residents ages 60+. There is no charge for these programs. You do not need to be a member of the Saratoga Senior Center to participate. These classes were made possible by the New York State Office for the Aging and Saratoga County Department of Aging and Youth Services. Must sign up- spots are limited.*

**Sign ups for Country Line Dancing & Soul Line Dancing begin in person on Thursday 5/30 from 12pm-1pm, phone sign ups begin at 2pm if spots remain. Participants can sign up themselves and one other person.**

**Country Line Dancing** *facilitated by Kevin Richards* | **Thursdays, 2:30pm** | **No Class 6/20** | **Must Sign Up** | 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.

**Soul Line Dancing** *facilitated by Mary & Frank Colby* | **Tuesdays, 1:30pm** | **Must Sign Up** | Soul Line Dancing can be done by all. It is no pressure, fun dancing and you don't need a partner. Mary and Frank will have you dancing some familiar dances but they also add their personal touch and bring in oldies, latin and more.

## One-on-One Tech Assistance

Did you receive a new phone, iPad, laptop or smartwatch? Let our savvy students help you. Appointments available Monday-Friday. Call front desk to make your private appointment.

## Medicare Information

**Medicare Advantage Information:** Did you know that Medicare Advantage plans include extra benefits and services focused on your total health? To learn more, stop by the Center and chat with a licensed Medicare Advantage Agent. **MVP office hours: Mondays, Wednesdays & Thursdays from 9am-1pm.**

## 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.
- **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. Carpooling to the Center is encouraged if possible.
- **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.

**Poetry/Storytelling Open Mic** | **Friday, June 28, 1pm** **Please sign up** | **Open to the public** | **\$ 5 suggested donation** | The program will begin with a reading by local poet Barbara Ungar 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.

**Tarot Card Reading** *Facilitated by Mary Shimp* | **Tuesday, June 18, 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.

**Saratoga Senior Center Member Meeting** | **Tuesday, June 25** | **9am for new members, 10am for returning members** | Join us for our monthly member meeting! Bring your questions, concerns and suggestions for Senior Center staff, and a board member or two. No registration needed.

**Legal Tuesdays – Herzog in the House** | **Tuesday, June 25, 9am-12pm** | **Must sign up** | Herzog Law Firm will be onsite at the Center, 9am-12pm, the last Tuesday of each month. Sign up for a free, half-hour consultation and bring your legal questions and concerns, from designating a Power of Attorney or Healthcare Proxy to more detailed long-term planning.

**Book Club** | **Must sign up** | **Tuesday June 25, 3pm** This month's book is TBD during book club on 5/28

## Pool Pointers

Want to improve your pool game? Lessons free of charge with Jon Gordon are available. Contact the front desk to schedule a 30 minute instructional session. Lesson times are Tuesday, Wednesday, and Friday between 9am and 12pm.

# June Weekly Programming

*Please sign up for programs monthly- \$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: Golf League	8:45am: Senior Life	9:05am: Bokwa ( <b>last class 6/13</b> )	9am-12pm: Poker
9am-12pm: Open Ping Pong	9am-12pm:Poker	Transitions Team Mtg. ( <b>1st Wednesday</b> )	9am-11am: Women's Pool	9am-12pm: Advanced Clay Arts
9:00am: Walking Club	9am-9:45am: Silver Sneakers Classic - Joyce	9am-12pm: Poker	10am-10:45am: Silver Sneakers Classic - Joanne	10am:Healthy Bones*
10am:Healthy Bones*	9:30am: Mahjong	9:30am: Mosaics	10am: Ukelele	11:30am: Slow & Steady Yoga Flow
10:30am-11:30am Saratoga Library ( <b>Monday 6/10</b> )	10am: Meditation	9:30am-12:45pm: Rug Hooking	11am: Foodbank	11am: Memory Cafe ( <b>1st Friday of month</b> )
10am-11am:Chair Yoga	10am-2pm: Tarot Cards ( <b>see schedule</b> )	9am: Pinochle	12pm:Lunch*	11am: Caregiver Support Group ( <b>Friday 6/21</b> )
12:30pm: Beginner Spanish	11am: Gentle Yoga	10am: Knit & Crochet	1pm-4pm: Pool League	12pm: Lunch*
12pm: Lunch*	12pm: Lunch*	10am-11am: Zumba	12:30 pm: Chinese & American Mahjong	1pm: SilverSneakers Circuit
12pm-3pm :Bridge	12:15pm: SS Stability	12pm: Lunch*	1pm: Belly Dance	1pm-4pm: Pool League
1pm: Resistance Bands	12:30pm: American Mahjong	12:30pm-4pm: Canasta	1pm: Spanish Review ( <b>No class on 6/6</b> )	
1pm-2pm: Chit Chat	1pm-4pm: Pool League	1pm :Bingo	1pm-4pm: Poker	
1pm-4pm: Pool League	12pm-3pm: Intermediate/ Advanced Clay Arts	1pm:Strength w/Aidan	2:30pm: Country Line Dancing ( <b>No class 6/20</b> )	
2:30: Parkinson Support ( <b>3rd Monday</b> )	2pm: Grief & Loss ( <b>2nd &amp; 4th Tuesday</b> )	1pm-3pm:Guitar Lessons		
		1pm-4pm: Pool League		

*\*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.*

*\*\*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.*

## June Special Events

June 3	9am- Writers Circle 1:30pm- Talking Track Presentation	June 18	10am-2pm - Tarot Cards 10am- Nutrition for Seniors 1pm- Special Writing Workshop 5:30pm- Dine In Dinner
June 4	10am- Move-Aid Presentation	June 19	CLOSED-Juneteenth
June 5	1pm- Introduction to Energy Medicine 2pm- Stamping Workshop	June 20	10am- Writing Workshop 1:30pm- 50's Themed Luncheon & Movie Day 2:15pm- Atlantic Magazine Discussion Group
June 6	10am- Come Travel With Us	June 21	11am- Caregiver Support Group 2pm- Long Term Care
June 7	11am- Memory Cafe 12pm- American Red Cross Blood Drive 12pm- Discover Live Rome 1pm- Beading Workshop	June 24	10am- Watercolor Workshop 2pm- Times With Marie And Parkinson's
June 10	10:30am- Saratoga Library 2pm- Embracing Aging: Finding Purpose	June 25	9am-12pm- Legal Tuesdays 9am- Member Meeting 2pm- Grief & Loss 3pm- Book Club
June 11	10am- Joint Replacement Prehab and Home Prep 2pm- Grief & Loss	June 26	1:30pm- Alan Edstrom Magic
June 12	10:30am- Discover Live London 2pm- Stress Management for Seniors	June 27	10am- Writing Workshop
June 13	10am- Writing Workshop 2pm- Fathers Day Fun	June 28	1pm- Poetry Open Mic 2pm- Managing Your Medications
June 14	9am- Health & Lifsetyle Fair		
June 17	2pm- We Must Never Forget 2:30pm- Parkinsons Support Group 5:30pm- Trivia		