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# Saratoga Senior Center NEWSLETTER

JULY 2024



## Brooks BBQ Dinner

July 9, 2024 | 3:30pm-6:30pm  
Supporting the Saratoga Senior Center

Chicken Dinners: \$16  
Rib Dinners: \$22

Each dinner includes a baked potato, coleslaw, & roll | Pre-orders strongly encouraged, might sell out

Drive thru pick-up at Saratoga YMCA  
290 West Ave, Saratoga Springs, NY  
Bulk delivery options are available



To pre-order, please visit  
[www.saratogaseniorcenter.org/brooks-bbq/](http://www.saratogaseniorcenter.org/brooks-bbq/)  
or call (518)584-1621



Thank you to our newsletter sponsors for their continue support!

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Dine in Dinner with Olde Bryan Inn | Tuesday July 23 at 5:30pm | Must RSVP | \$12 per dinner.

Bone-in roasted chicken, herb gravy, mashed potatoes, and side vegetable.

Dinner sign ups begin in person on Monday July 15 from 10am- 11am, phone sign ups begin at 12pm if spots remain. Members can only sign up themselves & one other member. Sells out quickly!

Supported by

Forgettable Four Quartet

Monday July 15, 1:30pm | \$10 | RSVP

Join us for a performance by the Forgettable Four Quartet! Hearty late lunch. Pork, mac n cheese and more will be provided.

Birds of Prey

Wednesday July 17, 2pm | \$7 | Must RSVP

Join Trish Marki for a fun informative presentation about the unique behavior of owls, falcons and other birds of prey, the conservation issues that impact them, and the human impact on species survival.

It is a rare and fun opportunity to see these beautiful and graceful birds up close. No food during the event.

*Ice cream social to follow.*

Karaoke Sing Along with Richard Lyons

Thursday July 25, 2pm | FREE | RSVP

Come to the Center for a fun afternoon of karaoke and sing alongs with Richard Lyons! Let loose and have fun. Snacks & refreshments will be provided.

**Discounted SPAC Tickets for Members! - Ticket sales for the orchestra will end July 17.**

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 NYC ballet have ended.*

**Updated Summer Hours**

For the summer, the Saratoga Senior Center will be closing at 3pm on Fridays. If there is special programming prescheduled past 3pm, we will stay open until 4pm.



Hours: Monday-Friday 8am-4pm.  
290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | [saratogaseniorcenter.org](http://saratogaseniorcenter.org)

## Free Presentations- Open to the public- Please sign up

**CDPHP Medicare Information Session | Tuesday July 9 | 10am**



If you're dreaming of retirement or about to turn 65, it's time to make sure you know what to do as you become eligible for Medicare. CDPHP is here to help you understand with a Medicare Basics seminar. This informational presentation will cover: What is Medicare?, different parts of Medicare, Medicare enrollment process, costs, prescription drug coverage, and more!

**The Community Hospice Overview | Presented by Jamie Gallup and Joyce Crawford, RN | Wednesday July 24 | 2pm**

Join Jamie and Joyce as they provide an overview of the compassionate care, support, and services The Community Hospice provides. Learn about the importance of connecting individuals to these services sooner rather than later. Time will be allotted for participants' questions.

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

**Beading Workshop** facilitated by Jerry Matthews  
**Monday July 8, 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.**

**Fused Glass** facilitated by Meryl Davis | **Wednesday July 17, 1pm | \$5 material fee\***

Fused glass involves melting different pieces of glass together in a kiln to create unique designs. We will be using two 4x4" tiles to make either jewelry or decorative glass pieces. **Please sign up, seating is limited.**

**NEW! Paint & Sip (Minus the Sip)** facilitated by Saratoga

*Paint & Sip* | **Monday July 29 | 1pm | \$15 material fee** | Sign up, throw on an apron & take a seat. Anyone can do it! You'll be taken step by step to create an original piece of art...with lots of fun along the way. In honor of Saratoga racing season, this class's painting will be race track themed! **Please sign up, seating is limited. Supported by the Alfred Z. Solomon Charitable Trust.**

**NEW! Eight Week Soapstone Carving Series** facilitated by Mitch Mitscherlich | **Fridays 1pm, starting 7/19 & ending 9/16 | \$10 material fee\* for entire series** | Soapstone is a soft stone that can be easily carved with simple hand tools, such as: rhaspes, files, knives. The class is designed for beginners but all levels are welcome. It will guide you through the carving process from start to finish of your creation. **Please sign up, seating is limited. Saratoga Arts made these 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.**



**NEW! Track Hat Decorating Workshop** facilitated

by Helen Mastrion | **Wednesday July 31 | 2 pm | \$10 material fee** | Join Helen for a track themed hat decorating workshop. Saratoga racing season is right around the corner. Decorate a hat to wear for a day at the track! No experience needed. **Please sign up, seating is limited. Supported by the Alfred Z. Solomon Charitable Trust**

## 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
- Qi Gong
- 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.* 

## New Fitness Additions! (included in the \$15 monthly class fee)

**QiGong** facilitated by Rob Bowe | **Wednesdays, 9am | Class begins Wednesday 7/3 | Must sign up**

Take control of your health and well being at any age or fitness level. These easy to learn 'moving meditations' will help you boost your immunity and live healthier. Qigong's (pronounced "Chee-gung") gentle, flowing poses, deep breathing rhythms and visualization techniques enhance the flow of Qi (energy) that fuels your movements, thoughts, and emotions. We will learn a variety of Qigong techniques and touch on the Martial Arts traditional origins of Qigong. No experience necessary, as we will go over the basics of Qigong and energy movements, but still suitable for intermediate level students. Wear loose fitting comfortable clothing.

**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.

## 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**

**Senior Support Services Supported by**



THE WESLEY COMMUNITY

**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.
- Volunteer Companion for Medical Visits: We can provide transportation & advocacy : help you condense your history so your doctor has more time to talk to you, help you understand what they are saying, and help you express your concerns
- 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. Supported by**



## Support and Peer Groups



**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.

**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.

**Saratoga Hospital Bariatric Support Group | Monday, July 1, 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 | No Group 7/29 | 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 supported by Leon Goldberg's Charitable Trust.*

## Thank You!

- Home of the Good Shepherd for sponsoring our Health & Lifestyle Fair and for the delicious food
- NYS OFA & Wellspring for your informative presentations for our World Elder Abuse Awareness event
- To all of our vendors and sponsors for our Health & Lifestyle fair
- Alan Edstrom for performing for our members
- Tom Durkin, Tom Bellhouse, & Jason Blewitt for your informative presentation
- Home of the Good Shepherd for our delicious dine in dinner
- Kevin Ferguson from Collette for your informative presentation
- Move-Aid, Helene Brecker, Phil Di Sorbo, Saratoga Hospital, HomeInstead, Gunta Krasts Voutyras, Bob Semenza & Barry Loffredo for your informative presentations
- MVP for Medicare Advantage Information
- MVP for sponsoring our Bokwa class.
- CDPHP for sponsoring our regional food bank.
- David Solomon for your continued support of our Senior Life Transitions Program.
- Kathlyn Mendenhall for your continued support of our Senior Life Transitions Program.

*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.**

## 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**

*Supported by* 

### 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**

*Supported by* 

## Proctors Van Trips

**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.

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

### Lunch Bunch- Algonquin Restaurant

**Friday July 12** | Enjoy lunch at the Algonquin Restaurant in Bolton Landing, NY! Located right on Lake George, The Algonquin offers delicious salads, sandwiches, and burgers for lunch. *Pay \$10 at sign up. Bring lunch money. Leave Center at 11:30am. Return about 3pm.*

### Wiawaka Center for Women | Lake George, NY

**Monday July 22** | Wiawaka's mission is to enrich, inspire, and celebrate the growth of women through unique and relevant programming in a natural and peaceful setting. Enjoy a guided tour of the entire property, including all five houses. Learn the history of Wiawaka, the significance of Yaddo in making Wiawaka and much more. After, enjoy lunch at Wiawaka. **All are welcome. \*Must be able to walk independently during tour\*** **Sign up by 7/15** | *Pay \$35 at sign up, includes cost of lunch. Leave the Center at 9:30am. Return about 2pm.*

### Saratoga County Fair | Ballston Spa, NY

**Wednesday July 24** | Enjoy Senior Day at the Saratoga County Fair. Admission is \$5 for those ages 65 and over. *Pay \$5 at sign up. Bring admission & lunch money. Leave Center at 9:45am. Return about 2:15pm.*

### MASS MoCA | North Adams, MA

**Wednesday July 31** | MASS MoCA is a leading center for contemporary art, music, and culture in the Berkshires of western Massachusetts. Enjoy a guided tour of MASS MoCA. Afterwards, enjoy lunch at Big Daddy's Philly Steak House on the campus of MASS MoCA. **Must sign up by 7/24.** *Pay \$55 at sign up. Bring lunch money. Leave the Center at 8:30am. Return about 3:30pm.*


### 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.

## More July Happenings

**NEW! Pitney Meadows Cooking Class | Monday July 29, 9:30am | Please sign up, spots are limited** | Get to know your veggies with your farmers at Pitney Meadows Community Farm and local chef Craig Rothman! Join them here at the Saratoga Senior Center as we share recipes, cooking tips, and samples highlighting delicious and nutritious produce that's fresh from the fields.

**NEW! Faylor and Chirignan Duo | Sunday July 28, 2pm | No registration needed** | Join Melinda Faylor, piano; Melanie Chirignan, flute; and Mercedes Soriano, artist; for their performance | *Saratoga Arts made this program 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.* 

### Farmers Market Coupons & Informational Event

*provided by Saratoga County Department of Aging & Youth Services* | **Thursday July 25, 12pm-1pm | No Registration needed** | You must be 60 years of age or older, one booklet per season per individual. Income at or below: \$2,322 per month, household of one. \$3,152 per month, household of two. For more information please contact the Saratoga County Department of Aging & Youth Services at 518-884-4100.


### Atlantic Magazine Discussion Group facilitated by

*Piper Lutbak* | **Thursday July 18, 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 Soul Line Dancing begin in person on Thursday 6/27 from 12pm-1pm, phone sign ups begin at 2pm if spots remain. Participants can sign up themselves and one other person.**

**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.

**NEW! Pitney Meadows Pop-Up Fresh Pantry Is Back | Mondays, 9am while supplies last | Starting 7/8** | Pitney Meadows farm is unique because "we don't grow to make money; we grow to give. Our philosophy of farming means growing for the community." They are committed to provide fresh produce donations to feed the community. *Supported by* 

**NEW! Summer Country Line Dancing facilitated by Joyce Souva- Gervais** | **Thursdays 2:30pm (No class 7/4 or 7/25)** | Come join Joyce for her country line dancing class! Get ready to boot, scoot n' boogie. **Open to members only, must sign up spots are limited.**

**Senior Center Writers Circle facilitated by Joyce Rubin** **Monday July 1, 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!

- **Wednesday July 10, 10:30am | Prague, Czech Republic**
- **Thursday July 25, 10:30am | Dublin, Ireland**

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

### Poetry/Storytelling Open Mic | Friday July 12, 1pm

**Please sign up | Open to the public | \$ 5 suggested donation** | The program will begin with a reading by local poet Laureate Joe Bruchac 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,

**July 16, 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.

### Legal Tuesdays – Herzog in the House | Tuesday, July 23,

**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.

### Saratoga Senior Center Member Meeting | Tuesday July

**23 | 9am for new members, 10am for all 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.

## July Happenings Continued

**Book Club | Must sign up | Tuesday July 30, 3pm**  
This month's book is Small Great Things by Jodi Picoult.

### 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.

### July Board Meeting | Tuesday July 30, 8:30am

All members are welcome to join us for our July board meeting. No registration needed.

### 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.

## Support the Center



Visit the Hannaford location at 11 Trieble Avenue in Ballston Spa to purchase your bags!

**Branded Merchandise:** Support the Center by purchasing some merch! Koozy coolers, tote bags and blankets are still available for purchase.

## Need Your Car Washed?- Discounted Hoffman Car Wash Tickets



It's easy to keep your car clean and shiny with discounted Hoffman Car Wash Tickets for \$12.00. Portion of the proceeds go to the Center! Tickets can be purchased at the front desk.

## 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.
- **Summer Hours:** For the summer, the Saratoga Senior Center will be closing at 3pm on Fridays. If there is special programming prescheduled past 3pm, we will stay open until 4pm.

## July 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: Pitney Meadows (Starting 7/8)	9am: Golf League	8:45am: Senior Life Transitions Team Mtg. (1st Wednesday)	9am-11am: Women's Pool	9am-12pm: Poker
9am: Tai Chi	9am-12pm:Poker	9am: QiGong	10am-10:45am: Silver Sneakers Classic - Joanne	9am-12pm: Advanced Clay Arts
9am-12pm: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	9am-12pm: Poker	10am: Ukelele	10am:Healthy Bones*
9:00am: Walking Club	9:30am: Mahjong	9:30am: Mosaics	10am: Foodbank (No foodbank 7/4, will take place on 7/2)	11:30am: Slow & Steady Yoga Flow
10am:Healthy Bones*	10am: Meditation	9:30am-12:45pm: Rug Hooking	11am: Caregiver Support Group (2nd Friday of the month)	11am: Memory Cafe (1st Friday of month)
10:30am-11:30am Saratoga Library (Monday July 8)	10am-2pm: Tarot Cards (see schedule)	9am: Pinochle	12pm:Lunch*	11am: Caregiver Support Group (2nd Friday of the month)
10am-11am:Chair Yoga	12pm: Lunch*	10am: Knit & Crochet	1pm-4pm: Pool League	12pm: Lunch*
10:15am: Beginner Spanish	12:15pm: SS Stability	10am-11am: Zumba	12:30 pm: Chinese & American Mahjong	1pm: SilverSneakers Circuit
12pm: Lunch*	12:30pm: American Mahjong	12pm: Lunch*	1pm: Belly Dance	1pm-4pm: Pool League
12:30pm-3:30pm: Bridge	1pm-4pm: Pool League	12:30pm-4pm: Canasta	1pm: Spanish Review	
1pm: Resistance Bands (No class 7/15, rescheduled for 7/17 at 11am)	1:30pm: Soul Line Dancing	1pm :Bingo	1pm-4pm: Poker	
1pm-2pm: Chit Chat (No group 7/29)		1pm:Strength w/Aidan Lessons	2:30pm: Country Line Dancing (No class 7/4 or 7/25)	
1pm-4pm: Pool League		1pm-4pm: Pool League		
2:30: Parkinson Support (3rd Monday)				

\*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.

## July Special Events

July 1	9am- Writers Circle	July 23	9am-12pm- Legal Tuesdays
July 4	CLOSED	9am- New Member Meeting	
July 5	11am- Memory Cafe	10am- All Member Meeting	
July 8	10:30am-Saratoga Library	5:30pm- Dine In Dinner	
1pm- Beading Workshop		July 24	2pm- Community Hospice Overview
July 9	10am- CDPHP Presentation	July 25	10:30am- Discover Live- Dublin
3:30pm-6:30pm- Brooks BBQ		12pm-Farmers Market Coupons & Informational Event	
July 10	10:30 am - Discover Live Prague	2pm- Karaoke Sing Along	
July 12	11am- Caregiver Support Group	July 26	1pm- Soapstone Carving Workshop
1pm- Poetry Open Mic		July 29	9:30am- Pitney Meadows Cooking Class
July 15	1:30pm- Forgettable Four Quartette	1pm- Paint & Sip	
2:30pm- Parkinson Support Group		July 30	8:30am- Board Meeting
July 16	10am-2pm- Tarot Cards	3pm- Book Club	
July 17	1pm- Fused Glass Workshop	July 31	2pm- Hat Decorating Workshop
2pm- Birds of Prey			
July 18	2:15pm- The Atlantic Discussion Group		
July 19	1pm- Soapstone Carving Workshop		