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Saratoga Senior Center NEWSLETTER

AUGUST 2024

August Food & Fun at the Center

Dine in Dinner with Home of the Good Shepherd- Celebrate National Senior Citizens Day

Wednesday August 21 at 5:30pm | Must RSVP | \$12 per dinner.

Meatloaf with gravy, mashed potatoes, garlic green beans, gazpacho soup, and peach pie



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



Senior Center Olympics

Wednesday August 7, 1pm | FREE | Must RSVP

Lets celebrate the Olympic games! Play ring toss, ping pong, connect four, board games, & more. Watch the Olympics live. Wear your favorite Olympic gear. Snacks & refreshments will be provided.

Labor Day BBQ



Thursday August 29, 1pm | \$10 | Must RSVP

Let's celebrate with a Senior Center BBQ! Join us at the YMCA pavilion for a hearty lunch and live music by Bill Gervasio. Chicken, ribs, potatoes, ice cream social and more will be provided. Play patriotic trivia, bingo, yard games and more.

Celebrate Racing Series- Supported by the Alfred Z. Solomon Charitable Trust



"They're Off at Saratoga" with Charlie Kuenzel

Tuesday August 13, 1pm | FREE | Must 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. This presentation will be a historical view of the 161 years of thoroughbred racing at Saratoga from John Morrissey to modern icons of the sport. Come enjoy the history topic that has been such an important part of our city. Enjoy FREE pizza, refreshments & more.

Van Trips

Thursday August 15- Old Tavern Farm Tour

Monday August 26- Oklahoma Track Tour

Please see inside for more details & pricing.



Art Workshops

Wednesday August 21- Track Hat Decorating Workshop

Please see inside for more details & pricing.



Senior Day at the Track- Sponsored by NYRA

Wednesday, August 28 | \$6 | Must sign up, tickets are limited

Trackside Grill

Spend the day at the Saratoga Race Track! Includes grandstand admission, burger or breakfast sandwich & beverage from the Trackside Grill, & shuttle from the Center. **If you would like to use the shuttle, please contact the front desk to sign up for a time slot, spots are limited. Shuttle will pick up at the YMCA pavilion parking lot.**

Senior Day at the Track is supported by the Alfred Z. Solomon Charitable Trust

Lunch supported by MVP HEALTH CARE



Sipping for Seniors

**Thursday August 15 | 6pm-10pm
NEW Location- Horseshoe Inn Bar & Grill
9 Gridley Ave, Saratoga Springs, NY**

Support the Saratoga Senior Center at Sipping for Seniors at the Horseshoe Inn Bar & Grill. Kick off Alabama weekend with owners, jockeys and trainers who will guest bartend. The Horseshoe Inn is not just a bar, enjoy a delicious dinner too! 20% of food & drink sales and 100% of guest bartender tips will be donated to the Center.

Thank you to our newsletter sponsors for their continue support!



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Patricia Stanley
Community Development Coordinator
Capital District/Mid-Hudson Valley



StanleyP@aetna.com c 518-390-2582




Hours: Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | saratogaseniorcenter.org


New Fitness Additions! *(included in the \$15 monthly class fee)*
Vivo! An Exciting New Virtual Strength Training Program : We are thrilled to announce a new program aimed at improving your strength, balance, and overall well-being starting this August. Vivo will offer live virtual classes in person at the Center or live virtual classes at home. This small group strength training program is scientifically tailored for older adults.

- Program Details:**
 - Classes will start the first week of August and will meet virtually twice a week for 45 minutes each session.
 - Exercise classes are virtual and led by a certified trainer.
 - You can join from the comforts of your own home or participate from the senior center
 - Vivo will provide welcome kits with exercise bands and will offer initial and follow-up assessments to help you gauge your progress.



Class Schedule (Classes begin the week of 8/5):
 - **At Home Vivo Classes: Wednesdays at 8:30am & Saturdays at 9am-** participants will join these classes virtually from their home.
 - **Senior Center Vivo Classes: Tuesday & Thursday at 2pm-** participants will join these classes virtually from the senior center.

Must sign up to participate in these classes by using the following link: https://partner.teamvivo.com/ny_saratoga


This program was made possible through the support of the New York State Office for the Aging



Free Presentations- Open to the public- Please sign up

 **CDPHP Medicare Information Session | Monday August 5 | 2pm**
Join CDPHP for a review of the current 2024 Individual CDPHP Medicare Advantage Plan Options. This Seminar discusses specific plan information such as costs and extra benefits that go along with the CDPHP Medicare Advantage plans.

Dying on Your Own Terms | Presented by Barry Loffredo | Monday August 12 | 10am
Join Barry for this informative presentation. Passing with dignity requires a little planning. Medical community goals vs your goals. Hospice is the comfort squad.

Depression in Older Adults | Presented by Home Instead | Tuesday August 13 | 10am 
Join Maria Spagnola from Home Instead for her informative presentation on depression in older adults. Learn about symptoms, risk factors and treatments.

Long Term Care Insurance | Presented by Herzog Law Firm | Friday August 16 | 10am
Eileen Dunn, MS, CMC will be here to discuss all aspects of long-term care insurance. If you have a policy, please bring it along and Eileen can review it with you and answer any questions you may have. We will discuss who should have long-term care insurance, what it covers and how the claims process works. We will also discuss the industry trends and what is behind some of the recent premium increases and what to expect in the future. Eileen is a national speaker and presenter on long-term care insurance for the financial planning industry.

Memory & Concentration | Presented by Helene Brecker | Monday August 19 | 1pm
Join Helene for a presentation on memory & concentration. Learn 10 acupressure points that have been suggested can help with sleep quality and cognitive functions. Helene has been a holistic practitioner specializing in energetic modalities for over 30 years.

Introduction to Energy Medicine | Presented by Helene Brecker | Monday August 26 | 10am
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.

The Gift of Life: An Informational Discussion About Organ, Eye & Tissue Donation | Supported by William J. Burke & Sons Funeral Home | Tuesday August 27 | 1pm | Representatives from the Center for Donation & Transplant and Lions Eye Bank of the Northeast will provide an overview of organ and tissue donation. Join us to learn more about the need and impact of donation, the donation process, and how to register as a donor.


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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



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.

Alzheimer’s Support Group supported by Leon Goldberg’s Charitable Trust.

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, August 5, 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.

Grief and Loss Support & Discussion Group facilitated by Phil Di Sorbo | Tuesday August 6 |2pm -3pm| 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.

Thank You!

- CDPHP & Home of the Good Shepherd for supporting our Brooks BBQ fundraiser.
- Everyone who attended our Brooks BBQ fundraiser.
- Olde Bryan Inn for our delicious dine in dinner.
- Richard Lyons for our karaoke sing along
- Trish Marki for our Birds of Prey program.
- SPAC for providing us with discounted tickets for the NYC ballet & Philadelphia Orchestra for our members.
- CDPHP for your informative presentation.
- Community Hospice for your informative presentation.
- Pitney Meadows for our cooking class and pop-up fresh pantry.
- Highmark for supportiung out Pitney Meadows Pop-Up Fresh Pantry

- Saratoga County Department of Aging & Youth Services for their farmers market coupon & informational event.
- Alfred Z. Solomon Charitable Trust for supporting our Paint & Sip (minus the sip) and track hat decorating workshop.

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

August Happenings Continued

Book Club | No Book Club for August | Next Book Club is September 24, 3pm
The book for September will be Crow Mary by Kathleen Grissom.

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.

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.

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.

Support the Center

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

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.

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



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



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

NEW! Track Hat Decorating Workshop *facilitated by Helen Mastrion* | **Wednesday August 21| 1pm-3pm| \$5 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***

Beading Workshop *facilitated by Jerry Matthews* | **Monday August 12, 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.***

More August Happenings

Pitney Meadows Pop-Up Fresh Pantry Is Back | Mondays, 9am while supplies last.
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***



Summer Country Line Dancing *facilitated by Joyce Sova- Gervais* | **Thursdays 2:30pm**
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.***

Poetry/Storytelling Open Mic | Friday August 9, 1pm
Please sign up | Open to the public | \$ 5 suggested donation
The program will begin with a reading by local poet Lale Davidson 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.

Saratoga Senior Center Member Meeting | Tuesday August 27 | 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.

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 Center Writers Circle *facilitated by Joyce Rubin* | **Monday August 5 , 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.

Tarot Card Reading *Facilitated by Mary Shimp* | **Tuesday, August 20, 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, August 27, 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.


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!

- **Thursday August 15, 10am | Gdansk, Poland**
- **Thursday August 22, 10:30am | Ohrid, North Macedonia**

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

2024 One Day Bus Trips- Open to the Public

Enjoy our Fall Foliage Trips:

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 

Coming Soon- The Culinary Institute of America & FDR Presidential Library & Museum


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- Jumpin’ Jack’s Drive In | Scotia, NY
Friday August 9 | Enjoy lunch at Jumpin’ Jack’s Drive In in Scotia, NY. Burgers, fries, milkshakes & more! Pay \$10 at sign up. Bring lunch money. Leave Center at 11am. Return about 2:30pm.

Old Tavern Farm | Saratoga Springs, NY
Thursday August 15 | Sign up by 8/11 | Old Tavern Farm is a private boutique thoroughbred-breeding farm on Saratoga Lake, that also produces wine, flowers and merchandise. Enjoy a a tour of the facilities, behind the scenes experience of working thoroughbred breeding farm, portfolio wine tasting, complimentary charcuterie and interaction with the thoroughbreds. Pay \$40 at sign up. Leave the Center at 12:30 pm. Return about 3:30pm. This van trip is supported by the Alfred Z. Solomon Charitable Trust.

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 

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.

Saratoga National Historical Park | Stillwater, NY
Wednesday August 21 | Enjoy a visit to the Saratoga National Historical Park. Watch a 20 minute video on the Battles of Saratoga, explore a Revolutionary War timeline exhibit, a display on the international effects of the American victory here and shop at the museum store. After, enjoy a self guided driving tour of Saratoga Battlefield and lunch at Carsons Woodside Tavern. Pay \$5 at sign up. Bring lunch money. Leave Center at 9:30am. Return about 2pm.

Oklahoma Track Tour | Saratoga Springs, NY
Monday August 26 | Sign up by 8/22 | Saratoga racing season is here! Enjoy a guided tour of the Oklahoma Track with staff from the National Museum of Racing. Learn fun facts about Saratoga’s first racetrack while watching thoroughbreds train. After, enjoy an early lunch at Shirley’s Diner. *Must be able to walk independently during tour for up to one mile* | Pay \$10 at sign up, bring lunch money. Leave the Center at 8:30am. Return about 1pm. This van trip is supported by the Alfred Z. Solomon Charitable Trust.

collette Excursions

We travel not to escape life, but for life not to escape us.
2025 Trips

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

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

August 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 9am-12pm: Open Ping Pong 9:00am: Walking Club 10am:Healthy Bones* 10:30am-11:30am Saratoga Library (Monday August 12) 10am-11am:Chair Yoga 10:15am: Beginner Spanish 12pm: Lunch* 12:30pm-3:30pm: Bridge 1pm: Resistance Bands 1pm-2pm: Chit Chat 1pm-4pm: Pool League 2:30: Parkinson Support (3rd Monday)	9am: Golf League 9am-12pm:Poker 9am-9:45am: Silver Sneakers Classic - Joyce 9:30am: Mahjong 10am: Meditation 10am-2pm: Tarot Cards (see schedule) 12pm: Lunch* 12:15pm: SS Stability 12:30pm: American Mahjong 1pm-4pm: Pool League 2pm: Vivo Strength Training (at the Center)	8:30am: Vivo Strength Training (at home) 8:45am: Senior Life Transitions Team Mtg. (1st Wednesday) 9am: QiGong 9am-12pm: Poker 9:30am: Mosaics 9:30am-12:45pm: Rug Hooking 9am: Pinochle 10am: Knit & Crochet 10am-11am: Zumba 12pm: Lunch* 12:30pm-4pm: Canasta 1pm :Bingo 1pm:Strength w/Aidan 1pm-3pm:Guitar Lessons 1pm-4pm: Pool League	9am-11am: Women’s Pool 10am-10:45am: Silver Sneakers Classic - Joanne 10am: Ukelele 11am: Foodbank 12pm:Lunch* 1pm-4pm: Pool League 12:30 pm: Chinese & American Mahjong 1pm: Belly Dance 1pm: Spanish Review 1pm-4pm: Poker 2pm: Vivo Strength Training (at the Center) 2:30pm: Country Line Dancing	9am-12pm: Poker 9am-12pm: Advanced Clay Arts 10am:Healthy Bones* 11:30am: Slow & Steady Yoga Flow 11am: Memory Cafe (1st Friday of month) 11am: Caregiver Support Group (2nd Friday of the month) 12pm: Lunch* 1pm: SilverSneakers Circuit 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.

August Special Events

August 2	11am- Memory Cafe 1pm- Soapstone Carving Workshop	August 21	5:30pm- Dine in Dinner
August 5	9am- Writers Circle 2pm- CDPHP Presentation	August 22	10:30am- Discover Live: Ohrid, North Macedonia
August 6	2pm- Grief & Loss	August 23	1pm- Soapstone Carving Workshop
August 7	1pm- Senior Center Olympics	August 26	10am- Introduction to Energy Medicine
August 9	11am- Caregiver Support Group 1pm- Poetry Open Mic 1pm- Soapstone Carving Workshop	August 27	9am-12pm- Legal Tuesday 9am- New Member Meeting 10am- All Member Meeting 1pm- The Gift of Life Presentation
August 12	10am- Dying On Your Own Terms 10:30am- Saratoga Library 1pm- Beading Workshop	August 28	Senior Day at the Track
August 13	10am- Depression in Older Adults 1pm- “They’re Off at Saratoga” with Charlie Kuenzel	August 29	1pm- Labor Day BBQ
August 15	10am- Discover Live: Gdansk, Poland	August 30	1pm- Soapstone Carving Workshop
August 16	10am- Long Term Care Insurance Presentation 1pm- Soapstone Carving Workshop		
August 19	1pm- Intuitive Painting Workshop 1pm- Memory & Concentration Presentation 2:30pm- Parkinson Support Group		
August 20	10am-2pm- Tarot Cards		

SKIDMORE ENCORE

FALL LECTURE SERIES

— SINCE 1980 —



Skidmore Encore announces registration for its Fall 2024 lecture series delivered by the remarkable Skidmore College faculty for adult learners age 55+ from around the local region. Encore attracts intellectually curious people who are eager to learn. Join us!

The 2024 program runs for seven weeks on Tuesdays from October 1 through November 12 in the gorgeous Arthur Zankel Music Center on the Skidmore College campus.

Online registration opens
**Tuesday, September 3,
2024 at 9:00 AM.**

Join us this fall for Skidmore
Encore!



For more information:
www.skidmore.edu/encore

SKIDMORE ENCORE

RECEIVING RAVE REVIEWS SINCE 1980!

REVIEWS OF ENCORE FROM SOME 2023 ATTENDEES:

"Interesting and thought-provoking!"

"When I am at Encore my brain feels fed."

"First time attendee of Encore (new to area) - am very pleased and impressed with programming."

"I'm so happy that I enrolled and think it's a great service to the community that Skidmore is providing this opportunity repeatedly. Wonderful way to bring engaged, interested seniors onto the campus."

"Encore lectures are so informative and enlightening."

"Bravo!! Well done. Can't wait for '24."

"Satisfied to the max on what was presented... I can't get enough."

"Just keep it coming!"

"What a gorgeous setting!"



For more information:
www.skidmore.edu/encore