

Non Profit ,.
U.S. POSTAGE PAID
Permit No. 120

Saratoga Senior Center
NEWSLETTER
SEPTEMBER 2024

Fall is in the Air- Food & Fun at the Center!

Dine in Dinner with Olde Bryan Inn

Tuesday September 24 at 5:30pm | Must RSVP | \$12 per dinner.

Roasted pork loin with apple chutney, mashed potatoes and a side vegetable. ***This meal is gluten free***
Dinner sign ups begin in person on Monday September 16 from 10am- 11am, phone sign ups begin at 12pm if spots remain. Members can only sign up themselves & one other member. Sells out quickly!



Omelette King Breakfast

Monday September 9, 9am | \$10 | Must RSVP

Join us in celebrating all of the grandparents here at the Center! Breakfast will be provided by Omelette King Catering. Crepes, coffee, & more will be provided.
All are welcome.

NEW! Monday Movie Night

Monday September 30, 5pm | FREE | Must RSVP

Join us for Monday Movie Night at the Center! Enjoy a showing of the Netflix comedy, Glass Onion: A Knives Out Mystery. Refreshments will be served.

Oktoberfest WHITMAN

Monday September 23, 1:30pm | \$10 | Must RSVP

Break out your lederhosen & dirndls for an Oktoberfest party at the Center! Live music by Jeff Brisbin. Complimentary beer tasting by Whitman Brewing Company. Chicken, ribs, & more will be provided.

Trivia Night

Monday September 9, 5:30pm | \$5 | Must 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!"

Thank you to our newsletter sponsors for their continue support!



A plan for life.

Capital District Physicians' Health Plan, Inc.



Assisted Living • Enhanced Assisted Living
Memory Care Assisted Living
Saratoga: 584-3317 • Wilton: 580-0702 • Malta: 581-7600
Coming soon: Moreau!
• 24 Hour Care, LPN's & RN's on Site
• Private Suites, Daily Activities, Transportation
• Customized Care Plans for Each Resident
www.homeofthegoodshepherd.com



To us, it's personal.
518.580.1042
www.HomeInstead.com/341

- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Errands & Shopping
- Alzheimer's Care
- Respite Care
- Companionship



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



StanleyP@aetna.com c 518-390-2582



Peace of mind at home and on the go.
Call us at (518) 833-1040

Saratoga Senior Center- On-Site Flu Shot Clinic- Open to the Public



Friday September 13, 2024 from 11am-1pm



Please bring a photocopy of your insurance card to the clinic

Accepted Insurances: MVP, CDPHP, Cigna, BSNENY (Highmark), Blue Shield Western NY, Empire Blue Cross, Anthem, Aetna, BlueCross BlueShield, Medicare, Medicaid, Fidelis, The Empire Plan (NYSHIP), Exellus or Venmo, cash, check or credit card payment. 2024 fees are \$37.00 regular & \$72.00 over 65+ shots (**uninsured**).

Registration preferred, walk-ins are welcome while supplies last. Please register by 9/10.

Register for your flu shot with this link: https://booknow.appointment-plus.com/6z7p0e2q/?e_id=4155

Come Travel With Us! collette
Tuesday September 17 | 10am

You're invited to an informational travel slideshow presented by Ryan Faer of Collette Travel. **Presentations on:**
London & Paris: May 7-15, 2025
Sequoia & Kings Canyon National Parks: June 4-12, 2025
Alaska Discovery Land & Cruise : July 9-20, 2025

NEW Bus Trip!

Bethel Woods Center for the Arts & Woodstock
Wednesday November 6, 2024 | Must sign up by 10/23

Enjoy a guided tour of the Museum at Bethel Woods. This guided tour of the museum is an Explore the '60s program which will include discussions with teaching artists, art activations and will be focused on the Woodstock Music and Art Fair. Boxed lunch will be provided. After the tour & lunch, stop in Woodstock, NY on the way home to explore & shop. **Trip Cost: \$82**

Faylor, Melnicoff and Chirignan Trio

Sunday September 29 | 2pm | Open to the Public- No Registration Needed

Join Melinda Faylor, piano; Melanie Chirignan, flute; Laura Melnicoff, cello; and Mercedes Soriano, artist for their performance here at the Center.

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.



Hours: Monday-Friday 8am-4pm.

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

Free Presentations- Open to the public- Please sign up

Remembering 9/11 | Presented by Barbara Floryshak | Monday September 9 | 1pm

Come join member Barbara Floryshak as she shares her experience working as a first responder in New York City during 9/11.

Long Term Care | Presented by Choice Connections | Tuesday September 10 | 10am

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 care; grants, day programs, and volunteer organizations.

“A Life Worth Supporting” | Presented by Gateway House of Peace | Monday September 16 | 1pm

Join Kathleen Lowes, former board member and owner of Townley & Wheeler funeral Home with Executive Director, Maggie Hasslacher, for the informative presentation about Advanced planning & Gateway House of Peace. Come learn about Gateway House of Peace and how they support individuals & their families.

Resilience | Presented by Barry Loffredo | Monday September 30 | 1pm

Life is burdensome a lot of the time. If you expect to be happy all the time, you will be sorely disappointed. Learn how to work up a resistance for the hard times.

Self-Management Techniques for Arthritis: Mobility and Nutrition Considerations | Presented by Sara Brown PT, Saratoga Hospital Regional Therapy Center | Monday September 23 | 10am

Join us for an informative session focused on managing arthritis and enhancing your well-being through effective self-care strategies. This event will explore the crucial role of mobility and nutrition in alleviating symptoms and improving quality of life. Learn practical exercises to maintain joint flexibility, discover dietary choices that reduce inflammation, and gain insights into daily habits that can help you manage your arthritis more effectively.

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 Kirpalu Yoga
- Slow & Steady Yoga Flow



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

New Fitness Additions!

Bokwa facilitated by Amanda | Fridays at 9am starting 9/13 | FREE & open to all regardless of membership with MVP Healthcare or the Saratoga Senior Center | Must register using this link: <https://www.mvphealthcare.com/about/events/living-well/bokwa-at-saratoga-senior-center-9003>

Bokwa is back at the Center! It is a dance fitness program based in the South African musical tradition of Kwaito.

Supported by

Save The Date!

Saratoga Senior Center's Annual Open House in partnership with CDPHP Healthy Neighborhood- Open to the Public

Saturday October 5, 2024 | 9am-1pm

Please join us for our annual open house and a sampling of all the Center has to offer! More Information to come.

Supported by **Interactive Programs Supported by**

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.

Grief and Loss Support & Discussion Group facilitated by Lois Streit | Every 2nd & 4th Tuesday of the month | 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.

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.

Saratoga Hospital Bariatric Support Group | Monday, September 9, 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!

Thank You!

- Alfred Z. Solomon Charitable Trust for supporting our “They're Off at Saratoga” presentation by Charlie Kuenzel, Track Hat Decorating Workshop, Old Tavern Farm Tour, & Oklahoma Track Tour. .
- Charlie Kuenzel for your informative presentation about thoroughbred racing at Saratoga.
- NYRA, Alfred Z. Solomon Charitable Trust, MVP & Saratoga Honda for supporting our senior day at the track.
- Key Bank for supporting our Sipping for Seniors fundraiser.
- CDPHP, Home Instead, Herzog Law Firm, William J. Burke & Sons Funeral Home, Helene Brecker, & Barry Loffredo for your informative presentations.
- Home of the Good Shepherd for our delicious dine in dinner.
- Highmark for supporting our Pitney Meadows Pop-Up Fresh Pantry.
- Bill Gervasio for performing for our members at our Labor Day BBQ.
- MVP for Medicare Advantage Information.
- MVP for supporting our Regional Foodbank.
- Walmart for your continued support.

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

September Happenings Continued

Book Club | Tuesday September 24, 3pm | Must sign up

The book for September will be Crow Mary by Kathleen Grissom.

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.

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.

Saratoga Senior Center Member Meeting | Due to low attendance, we will be moving to quarterly member meetings. Next member meeting date is to be determined. In the meantime, please utilize our suggestion box located at the front desk.

Apple Workshops facilitated by Stephen Ramirez | Friday, September 27, 10am-12pm | Must sign up

What Is New In iOS 18; This presentation will discuss some of the most popular new tweaks and illustrate a few of the major new features, for the iPhone and iPad. Improvements for the Mac, Watch and Apple TV will also be presented. The main focus of this presentation will be on the new and improved features that Apple is introducing, time permitting real time demonstrations on how to use new features specific to apps will be done. A digital file with links on all the upgrade features will be made available as a handout.

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. **Supported by the Alfred Z. Solomon Charitable Trust.**



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.

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

Beginner Handbuilding Clay Arts facilitated by Amejo Amoyt | **Thursdays 1pm-3pm** | \$10 material fee per month | No experience needed. Students **must** complete 8 classes before they move into the intermediate/advanced class. This months project will include pinch & coil pots. **Please sign up, seating is limited.**

Stamping Workshop facilitated by Helen Mastrion | **Monday September 23 | 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, September 10, 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.**

Zentangle Workshop presented by Saratoga Peace Week **Wednesday, September 25, 6pm** | **Open to the Public** | \$5 suggested donation to the Center. In celebration of Peace Week, join Katie Long and a mandala artist as we learn about and create mandalas and the Zentangle equivalent. **Must sign up, seating is limited.**

Intermediate Handbuilding Clay Arts facilitated by Carol Glansberg | **Tuesdays 12pm-3pm** | \$10 material fee per month | This months projects include learning how to make pinch, coil & slab pots. **Must** have intermediate clay experience and complete 16 classes before moving into Advanced class. **Please sign up, seating is limited.**


NEW! Fused Glass facilitated by Meryl Davis | **Wednesday September 11, 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! Micro Mosaic Jewelry facilitated by Meryl Davis | **Wednesday September 25, 1pm** | \$5 material fee* Micro Mosaics involves using small pieces of glass or beads and setting into a pendant frame. **Please sign up, seating is limited.**

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

More September 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** 

Poetry/Storytelling Open Mic | Friday September 13, 1pm | Please sign up | Open to the public | \$5 suggested donation

The program will begin with a reading by local poet Maggie Greaves 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.

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.**

Country Line Dancing facilitated by Kevin Richards | **Thursdays, 2:30pm** | **No class 9/5 or 9/26** | **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.

Senior Center Writers Circle facilitated by Joyce Rubin | Monday September 9, 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, September 17, 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, September 24, 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!

Wednesday September 11, 10:30am | Uganda, East Africa

This program was made possible by the NYS Office for the Aging.

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.

You're Invited

**Stand Tall, Don't Fall:
FREE Fall Risk Screening**

**Presented by Saratoga Hospital
Regional Therapy Center
Therapists**

**Saturday, October 19
9:00 am - 12:00 pm**

Join us for a free balance and falls risk assessment, using standardized testing and the most current research. You will be screened by our skilled, licensed physical and occupational therapists and learn tips to prevent falls.



**Scan
to register!**

**Follow Us on Social Media
@saratogahospital**



saratogahospital.org

News for Saratoga Senior Center Members

Dear Saratoga Senior Center Members,

As the excitement of the Saratoga summer winds down and the vibrant colors of fall begin to paint our picturesque community, we invite you to participate in one or all of the events that our dedicated staff at Saratoga Hospital have planned for you this fall.

Our talented team of clinicians have curated a variety of sessions around topics designed with your health and well-being in mind, offering opportunities to stay active, engage with others, and learn more about maintaining a healthy lifestyle.

From being aware of stroke and heart disease symptoms, to international travel tips and nutrition, fitness and preventive care, there's something for everyone.

Staying active and connected is essential to maintaining your health as we age, and these informational sessions are a way to do just that, while giving you a chance to meet new friends and reconnect with familiar faces.

We are thrilled to continue our partnership with the Saratoga Senior Center in providing you with opportunities to expand your health knowledge and awareness. I encourage you to take full advantage of these offerings to help keep yourself and your loved ones energized and engaged this fall.

Have a wonderful and enjoyable season.

Warm Regards,

Vice President, Clinical Operations, Saratoga Hospital



Saratoga Hospital Senior Wellness Series:

Thriving Through Health and Harmony

All sessions will occur at the Saratoga Senior Center, in the Dining Room

To register, call: 518.584.1621

September

Celebrating

- Healthy Aging Month
- Sepsis Awareness Month
- National Rehabilitation Awareness Week - 15-21
- Falls Prevention Awareness Week - 17-23
- National Women's Health and Fitness Day - 25
- World Heart Day - 29

Self-Management Techniques for Arthritis: Mobility and Nutrition Considerations

Monday September 23, 10 a.m.

Sara Brown, PT, Saratoga Hospital Regional Therapy Center

Join us for an informative session focused on managing arthritis and enhancing your well-being through effective self-care strategies. This event will explore the crucial role of mobility and nutrition in alleviating symptoms and improving quality of life. Learn practical exercises to maintain joint flexibility, discover dietary choices that reduce inflammation, and gain insights into daily habits that can help you manage your arthritis more effectively.

Fall Reduction: What We Can Do to Stay Healthy As We Age

Tuesday, October 22, 10 a.m.

Cheryl Caimano, PT, Saratoga Hospital Regional Therapy Center

As we age, preventing falls becomes increasingly important for maintaining independence and quality of life. This session will focus on practical strategies to reduce fall risks and promote overall well-being. Learn about balance and strength exercises, and home safety tips, and discover how small changes can make a big difference in preventing falls and staying healthy as you age.

October

Celebrating

- National Physical Therapy Month
- National Breast Cancer Awareness Month
- Sudden Cardiac Arrest Awareness Month
- International Infection Prevention Week - 13-19
- National Healthcare Quality Week - 13-19
- National Check Your Meds Day - 21

Knowing the Signs - Stroke, Sepsis and Heart Attack Awareness - What Everyone Should Know

Wednesday, October 2, 1 p.m.

Kristy Bowers, BS RN, STEMI/Stroke Coordinator, Saratoga Hospital
Jan Severance, RN, Quality Support Specialist, Saratoga Hospital

Understanding the signs and symptoms of stroke, sepsis, and heart attacks can save lives. This session will equip you with the knowledge to recognize early warning signs, respond effectively, and seek prompt medical care. Learn about risk factors, prevention strategies, and the importance of swift action in emergencies. This event will provide essential information to help protect your health and ensure timely intervention when it matters most.



November

Celebrating

- National Alzheimer's Disease Awareness Month
- National Family Caregivers Month

Updates on Treatment of Parkinson's Disease

Tuesday, November 13, 1 p.m.

Dr. Kathrin LaFaver, Movement Disorder Specialist, Saratoga Hospital Medical Group - Neurology

Dr. LaFaver will review new developments in the treatment of Parkinson's disease and share updates from the International Congress of Parkinson's Disease and Movement Disorders held in Philadelphia in September 2024. Dr. LaFaver completed her neurology residency at Mayo Clinic in Rochester, MN, followed by fellowship training at Beth Israel Deaconess Medical Center in Boston and the National Institutes of Health in Bethesda, MD.

Traveling Safely - An Informative session presented by Travel Medicine, a service of Saratoga Hospital

Tuesday, October 29, 10 a.m.

Trudy Kelly, RN, Travel Medicine Service/Occupational Medicine, Saratoga Hospital

Travel to some areas of the world requires planning! You may find that in order to remain healthy on your upcoming trip, you may need specialized vaccines or preventative medications - which are not always available at your medical doctor's office. Learn how we can help you take care of your health before you take off!

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