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Saratoga Senior Center
NEWSLETTER
JANUARY 2025



Happy New Year 2025- Join us in celebrating the 70th Anniversary of the Saratoga Senior Center!

70th Anniversary Exclusive Member Perks - Renew Today- Join the party!

See insert for more information regarding our 70th Anniversary exclusive member perks.

Please contact the front desk for more information regarding these perks!

CDPHP Kicks Off 70th Year with Free Classes - January \$15 Activity Fee is on CDPHP!

Solomon's 70

Thank you to the Alfred Z. Solomon Charitable Trust grant- enjoy free or significantly discounted historical programs & trips!

Drum in Joy!

Thursday January 9 | 2:30pm | \$3 | Must RSVP

Chelsie Henderson of EarthBeat Music invites you to learn about...DRUMMING! West African hand drums will be provided and you will be shown how to get into a groove from the moment your hands meet the drums.

Passing the Time in Victorian Saratoga County

Monday January 13 | 1:30pm | \$3 | Must RSVP

What did people do for fun around here in the Victorian era? Join staff from the Brookside Museum and learn about the many fraternal groups, soirees, fairs, church socials, casinos, and academies that offered entertainment and enrichment to Saratogians long ago.

January Van Trips- See inside for more details

Schuyler Mansion State Historic Site- Friday January 24
Albany Institute of History & Art- Friday January 31

Thank you to our newsletter sponsors for their continue support!

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My Active Center Account & 70th Perks Sign-Up Days- No Registration Needed

My Active Center will allow you to register for Senior Center programs online with ease! We're hosting special sign-up days at the Center to help you create a My Active Center account. Our friendly staff will assist you in setting up your account, understanding how to register for classes online, and answering any questions you may have. Assistance will be available beginning 1/2. We will also be available on these days to help sign up for the 70th perks such as the unlimited Hoffman Car Wash Pass and the discounted Proctors tickets.

Dates & Times:

- Monday 1/6: 1pm-3pm - *Proctors Staff on Site*
- Tuesday 1/7: 1pm-3pm
- Friday 1/10: 1pm-3pm
- Tuesday 1/14: 10am-12pm
- Thursday 1/16: 10-12pm
- Wednesday 1/22: 1pm-3pm
- Friday 1/24: 10am-12pm
- Monday 1/27: 10am-12pm
- Wednesday 1/29: 10am-12pm
- Thursday 1/30: 1pm-3pm

Murder Mystery Dinner- Sponsored by Home of the Good Shepherd

Wednesday January 22 | 5pm | Must RSVP | \$20 per person

Join us for dinner & a show! The ADK Flatline players are back at the Center with a new murder mystery, "Murder on the Set! The Final Curtain"

Dinner includes beef stroganoff served with egg noodle, side vegetable medley (peas, carrots, corn, & green beans), dinner roll & pineapple upside down cake.

Dinner sign ups begin in person on Monday January 13 from 10am- 11am, phone sign ups begin at 1pm. Members can only sign up themselves & one other member.



Hours: Monday-Friday 8am-4pm.

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

Kick off our 70th -Sipping for Seniors | The Bunker- Saratoga Springs | Sunday January 12 | 2pm-6pm

Join us for the ultimate Sunday Funday, it's game on in support of the Saratoga Senior Center with an afternoon of golf, playoff football, & dancing! We'll be teeing off in style with music from our very own silver foxes, Shades of Gray. Come for the sports, stay for the tunes & kick off 2025 by making a meaningful impact for the community.

More January Fun at the Center!

70's Flashback Party

Tuesday January 21 | 1:30pm | \$5 | Must RSVP

Break out your bell-bottoms and kick off our 70th year with a 70's themed party! Get groovy and enjoy some live music with Jeff Brisbin. Beverages will be provided.

Trivia Night

Monday January 27 | 5:30pm | \$7 | 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!"

Golf Simulator League- Members Only- Starting Wednesday January 8

\$60 per person per month - Sign up monthly- 4 players maximum per session

Available session times:

- Wednesdays 7:30am-9:30am & 2:30pm-4:30pm
- Thursdays 7:30am- 9:30am & 2:30pm - 4:30pm



If you are interested in joining the golf simulator league please join us for a meeting on Friday 1/3 at 2pm to learn more and submit payment!

New! Senior Center Shuttle - Starting Tuesday 1/14

Starting in January, the Center will be piloting a shuttle to the Center from various housing locations. The shuttle will run on **Tuesday, Wednesday & Thursday**. For more information please contact Jordan at 518-584-1621 ext. 2010

January Art Classes! (included in the \$15 monthly activity fee)

NEW! Introduction to Alcohol Ink facilitated by Xander Farmer | **Monday January 6, 13, & 27 | 2pm-3:30pm** | \$10 material fee for entire month* Learn to create vibrant, flowing designs on tiles using colorful alcohol inks! This class will guide you through easy techniques to create unique, beautiful artwork with just colored pigments and rubbing alcohol. **Must sign up, seating is limited.**

Zentangle Workshop facilitated by Kathy Larmon | **Thursday January 30 | 1pm** | \$5 material fee* Zentangle is an easy-to-learn and fun way to create beautiful images by drawing structured patterns. **Must sign up, seating is limited.**

Watercolor Workshop facilitated by Susan Peters | **Monday January 6 | 10am** | \$5 material fee* Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, & colorful. Perfect for beginners and experienced alike. **Must sign up, seating is limited.**

Stamping Workshop facilitated by Helen Mastrion | **Wednesday January 15 | 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. **Must sign up, seating is limited.**

Micro Mosaic Jewelry facilitated by Meryl Davis | **Wednesday January 22 | 1pm** | \$5 material fee* Micro Mosaics involves using small pieces of glass or beads and setting into a pendant frame. **Must sign up, seating is limited.**

Beginner Handbuilding Clay Arts facilitated by Xander Farmer | **Fridays 12:30pm-2:30pm** | \$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 making your own teapot. **Must sign up, seating is limited.**

NEW! Glaze Workshops facilitated by Xander Farmer | **Friday January 10 & January 24 | 11:30am** | No material fee* Open to all Senior Center clay students: This workshop will cover the basics of glazing techniques, with important technical information about glazing safely and successfully. All experience levels are welcome. If you are currently enrolled or interested in any clay classes at the Center this workshop is highly recommended. Feel free to attend either meeting, as the material covered will be the same during each session. **Must sign up, seating is limited.**

Beading Workshop facilitated by Jerry Matthews | **Thursday January 9 | 1pm** | \$5 material fee* Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. **Must sign up, seating is limited.**

Intermediate Hand building Clay Arts facilitated by Carol Glansberg | **Tuesdays 12pm-3pm** | \$10 material fee per month* This months projects include reviewing coil pot building and constructing a box from slabs. **Must** have intermediate clay experience and complete 16 classes before moving into Advanced class. **Must sign up, seating is limited.**

Beginning Needle Felting facilitated by Xander Farmer | **Tuesdays | 10am-11:30am** | \$10 material fee for entire month* Learn the basics of needle felting in our beginner-level felting class! We will begin with simple shapes to become familiar with the felting process, gradually advancing to more complex forms. We will cover safety, efficiency, and various useful techniques, like how to blend colors or create defined lines. Students will use these skills to craft felted objects of their choosing. **Must sign up, seating is limited.**

Senior Support Services - Here for You!

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

Call 518-584-1621, extension 2010

Our ongoing services include:

- Information and referral for local and national resources
- Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.
- Community Connections:Volunteers can assist with transportation to medical appointments, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- NEW! Shuttle to the Center.
- NEW ! 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.**

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 | Monday January 27 | 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. **This months group will feature Opera Saratoga's Songs By Heart.**

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 January 6 | 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!

- Prime at Saratoga National for our delicious dine in dinner.
- Carlton Hollow for sponsoring our dine in dinner.
- All our vendors who participated in our Holiday Shop & Taste at the Center.
- Home of the Good Shepherd for sponsoring our Member Holiday Party.
- Kenneth Blatt for performing for our members.
- Goldman Sachs Ayco for sponsoring our gift wrapping.
- Operation Gingerbread for providing our Gingerbread House Workshop
- Wellcare for sponsoring our Holiday Movie Day, Cookie Decorating & Hot Cocoa Bar
- Barry Loffredo, Choice Connections, Gerald B H Solomon Saratoga National Cemetery, Alzheimers Association, Saratoga County DOH, & William J. Burke & Son's Funeral Home for your informative presentation.
- MVP for sponsoring our Regional Foodbank.
- MVP for providing Medicare Advantage Information

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

January Van Trips- Sign Ups Begin on the 1st of the Month

Lunch Bunch - Druthers | Clifton Park, NY Friday January 17 | Enjoy lunch at Druthers Clifton Park. Order from their brewpub menu and enjoy lunch at Druthers largest location. **Pay \$5 at sign up. Bring lunch money. Leave Center at 11:30am. Return about 2pm.**

Troy Savings Bank Music Hall- Music at Noon | Troy, NY | Tuesday January 14 | Enjoy a FREE concert by pianist, accordionist and cultural historian Michael Century. After, enjoy lunch at 110 Grill Latham. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return about 4pm.**

Schuyler Mansion State Historic Site | Albany, NY | Friday January 24 | Enjoy a guided tour of the Schuyler Mansion State Historic Site, as well as an orientation exhibition in the Visitor Center focusing on the 18th century history of the site and its inhabitants. Schuyler Mansion was home to Philip J. Schuyler, the Revolutionary War Major General, US Senator, agrarian, and businessman. After, enjoy lunch at Common Roots Albany Outpost. ***If you are unable to visit the 2nd floor of Schuyler Mansion due to the stairs, visual materials will be made available. Pay \$10 at sign up. Bring lunch money. Leave the Center at 9am. Return about 3pm. Free entry thanks to the Alfred Z. Solomon Charitable Trust.**

Albany Institute of History & Art | Albany, NY | Friday January 31 | Enjoy a guided tour of the Albany Institute of History & Art. It is New York's oldest museum. Its collections document the Hudson Valley. With more than 35,000 objects in the collection and one million documents in the research library, it is an important resource for the region, giving our community a sense of the part the Hudson Valley played in the American story, and our own place in history. **Pay \$10 at sign up. Leave the Center at 11:45am. Return about 4pm. Free entry thanks to the Alfred Z. Solomon Charitable Trust.**

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.

collette Excursions

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

2025 Trips

Time to plan 2025 travel! *Are any of these on your bucket list? Already traveled to these spots? Talk to Logan about a travel destination you would love to see included.*

Sequoia & Kings Canyon National Parks
June 4-13, 2025

Southern Charm
October 13-19, 2025

London & Paris
May 7-15, 2025

Discover Switzerland, Austria & Bavaria
August 20-29, 2025

Discover Hawaiian Adventure
December 4-13, 2025

Alaska Discovery Land & Cruise
July 9- 20, 2025

2025 Bus Trips- Sign up now- More Trips to Come!

The following trips were made possible by an Adirondack Trust Company Community Fund Lend -A-Hand Grant.

NYC - Bronx Zoo & NY Botanical Garden | Thursday May 15 | Enjoy a day in NYC and visit either the Bronx Zoo or NY Botanical Garden. Its your choice! Lunch on your own. **If you would like to visit the NY Botanical Garden you must register by Friday 4/11 & if you would like to visit the Bronx Zoo you must register by 4/28.**

Bronx Zoo Cost: \$75 per person

NY Botanical Garden Cost: \$72 per person

Mystic, Connecticut | Thursday July 17

Enjoy a day on your own!Mystic is a quintessential Connecticut coastal town that is historic, charming, and bustling with tourists. Step on the deck of the Charles Morgan, the last of the American mighty whaling fleet, check out what lives in the waters around Mystic at the Mystic Aquarium and more. Lunch on your own.

Trip Cost: \$55 per person

Stayed tuned for more information regarding trips to Burlington, VT, Salem, MA, & NYC for the Holidays!

January Happenings

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.

New Date & Time!* Experienced Country Line Dancing facilitated by Kevin Richards | Wednesdays, 2:30pm | Must Sign Up** | Get ready to boot, scoot and boogie! Come by the Center and join CMA Winner Kevin Richards country line dance lessons. **This class is designed for those with country line dancing experience and those who have taken classes in the past

New Date & Time!* Beginner Country Line Dancing facilitated by Kevin Richards | Wednesdays, 3:30pm | Must Sign Up** | Get ready to boot, scoot and boogie! Come by the Center and join CMA Winner Kevin Richards country line dance lessons. **This class is designed for those with no country line dancing experience

More January Happenings!

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! *This program was made possible by the NYS Office for the Aging*

- **Thursday January 23 | 11am | Assisi, Italy**

Poetry/Storytelling Open Mic | Friday January 10 | 1pm | Please sign up | Open to the public | \$5 suggested donation | The program will begin with a reading by Kathleen McCoy, Ph.D. a local poet and organizer for Thousand Poets for Change and Writers Project at SUNY Adirondack where she teaches. She is the author of Ringing the Changes, Green and Burning and More Water Than Words followed. The reading will be 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 January 21 | 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.

Embracing New Beginnings facilitated by Susan Peters & Jordan Rosecrans | Wednesday January 15 | 10am-11:30am | Please sign up | A social group where widows, widowers, and those who have lost a significant other can come together and support one another on their journey to a different life. In January, we will be discussing how to manage attending social events and outings solo **This is not a grief support or grief counseling.**

NEW! Library Goes to Town at the Saratoga Senior Center | Friday January 31 | 10am | FREE | Must RSVP | Join Saratoga Library's Children's Librarian, Kristine, as she travels around Saratoga Springs with a super fun story time. Afterward, kids can do a craft and families will take a short tour of our beautiful new facility. Members of the Center are invited to participate. Story time is intended for children ages 2-5 but siblings are welcome with accompanying adult. Members are welcome to register and bring their grandchildren if they wish.

Monday Movie Night | Monday January 13 | 4pm | FREE Must RSVP | Enjoy a showing of the movie Enola Holmes. Enola Holmes follows the teenage sister of world-famous detective Sherlock Holmes as she attempts to strike out on her own and prove herself equally adept at solving mysteries. But what starts out as a search for her missing mother soon becomes a whole lot bigger as a plot that threatens the entire United Kingdom comes to light. Millie Bobby Brown, most well-known for her role in Stranger Things, stars in the eponymous role while Henry Cavill, Sam Claflin and Helena Bonham Carter are also featured.

Book Club | Tuesday January 28 | 3pm | Must sign up | The book for January will be The Lioness of Boston by Emily Franklin.

Senior Center Writers Circle facilitated by Joyce Rubin | Monday January 6 & January 27, 9am-11:30am 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.

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.


January Happenings Continued

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.

Coming in February- AARP Tax Preparation | Tuesdays February 4 - April 8 | AARP tax assistance is back in person. You must pick up a tax packet from the front desk before your appointment and bring the completed form to your appointment. *Please make your appointment early by calling the front desk starting Wednesday 1/8. Appointments fill up quickly.* 

Support the Center!

Cantina For A Cause | Wednesday January 15

Support the Center and enjoy a delicious meal from Cantina Restaurant in downtown Saratoga! On Wednesday January 15 from **12pm-9pm** dine in or order takeout from Cantina. 33% of all food and beverage sales will be donated to the Center. Mention the Center to your server or in the notes of your online order. 

Discounted Hoffman Car Wash Tickets




Everyone wants a clean car this winter! It's easy to keep your car clean and shiny this winter 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.

Franklin Square Market- Round up for the Saratoga Senior Center

The Center has launched our Giving Season Round-Up Campaign! Swing by Franklin Square Market to enjoy their delicious hot and cold bar, grab a tasty sandwich, or pick up your groceries. And remember, you can round up your total at checkout to support the Center. Your generosity makes a difference!


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.
- **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.**

January Weekly Programming

Please sign up for programs monthly- The \$15 monthly activity for January is waived for all members thanks to CDPHP 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi	9am-12pm: Poker	8:45am: Senior Life Transitions Team Mtg. (1st Wednesday)	9am-11am: Women's Pool	9am-12pm: Poker
9am-12pm: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	9am-12pm: Poker	10am-10:45am: Silver Sneakers Classic - Joanne (No class 1/2)	9am: Advanced Clay
9:30am: Walking Club	9:30am: Mahjong	9:30am: Mosaics	10am: Ukelele	9am: Mexican Dominoes
10am: Healthy Bones*	10am: Meditation	9:30am-12:45pm: Rug Hooking	11am: Foodbank	10am: Healthy Bones*
10:30am-11:30am: Saratoga Library (Monday January 13)	10am-2pm: Tarot Cards (see schedule)	10am-11am: Zumba	12pm: Lunch*	11:30am: Slow & Steady Yoga Flow
10am-11am: Chair Yoga	10am: Beginning Needle Felting	12pm: Lunch*	1pm-4pm: Pool League	11am: Memory Cafe (1st Friday)
10:15am: Beginner Spanish	11am: Gentle Kripalu Yoga	12:30pm-4pm: Canasta	12:30pm: Chinese & American Mahjong	11am: Caregiver Support Group (2nd Friday)
12pm: Lunch*	12pm: Lunch*	1pm: Bingo	12:30pm: Qi Gong	12pm: Lunch*
12pm-3pm: Bridge	12pm-3pm: Intermediate Clay Arts	1pm: Strength w/Aidan	1pm: Belly Dance	1pm: Silver Sneakers Circuit
1pm: Resistance Bands	12:15pm: SS Stability	1pm-3pm: Guitar Lessons	1pm: Spanish Review	12:30pm: Beginner Clay
1pm-2pm: Chit Chat	12:30pm: American Mahjong	1pm-4pm: Pool League		1pm-4pm: Pool League
1pm-4pm: Pool League	1pm-4pm: Pool League	2:30pm: Experienced Country Line Dancing		
2pm-3:30pm: Introduction to Alcohol Ink		3:30pm: Beginner Country Line Dancing		
2:30: Parkinson Support (Monday January 27)				

*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.

January Special Events

January 1	CLOSED- New Years Day	January 20	CLOSED- MLK Day
January 3	11am- Memory Cafe	January 21	10am-2pm- Tarot Cards 1:30pm- 70's Flashback Party
January 6	9am - Writers Circle 10am- Watercolor Workshop 1pm-3pm - MAC & 70th Perks Sign Up	January 22	1pm-3pm- MAC & 70th Perks Sign Up 1pm- Micro Mosaics Workshop 5:30pm- Murder Mystery Dinner
January 9	1pm- Beading Workshop 2:30pm - Drum In Joy!	January 23	11am- Discover Live- Assisi, Italy
January 10	11am- Caregiver Support Group 11:30am- Glazing Workshop 1pm-3pm- MAC & 70th Perks Sign Up 1pm- Poetry Open Mic	January 24	10am-12pm- MAC & 70th Perks Sign Up 11:30am- Glazing Workshop
January 13	1:30pm- Passing Time in Victorian Saratoga County 4pm- Monday Movie Night	January 27	9am- Writers Circle 10am-12pm- MAC & 70th Perks Sign Up 2:30pm- Parkinsons Support Group
January 14	10am-12pm- MAC & 70th Perks Sign Up 2pm- Grief & Loss	January 28	2pm- Grief & Loss 3pm- Book Cub
January 15	10am- Embracing New Beginnings 2pm- Stamping Workshop	January 29	10am-12pm- MAC & 70th Perks Sign Up
January 16	10am-12pm- MAC & 70th Perks Sign Up	January 30	1pm- MAC & 70th Perks Sign Up 1pm- Zentangle Workshop
		January 31	10am- Library Goes to Town