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Saratoga Senior Center
NEWSLETTER
FEBRUARY 2025

Join us in celebrating the 70th Anniversary of the Saratoga Senior Center!

MyActive Center Account & 70th Perks - Join the Party!

MyActive Center will allow you to register for Senior Center programs online with ease! 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. If you have any questions regarding setting up your MyActive Center account, Proctors discounts, or Hoffman Car Wash membership discounts, please contact the front desk at 518-584-1621.

February Solomon's 70

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

518 Reptile Show

Thursday February 20 | 2pm | \$3 | Must RSVP

Join us for a hands on educational reptile show provided by Mark from 518 Reptile. Spend time learning about snakes, scorpions, & more! As you see each animal come out learn the history of their habitat, what they eat and more. You will even have the chance to hold some of these animals if you wish.

Native New York

Monday February 24 | 1:30pm | \$3 | Must RSVP

Join staff from the Brookside Museum and learn about the history of the region's earliest residents through interaction with quality replicas and original artifacts. Discuss early gardening and farming techniques, the importance of local waterways and springs, and how natural materials were used to create useful tools.

February Van Trips- See inside for more details

Saratoga Automobile Museum -Friday February 7
Troy Savings Bank Music Hall- Tuesday February 11
New York State Museum - Friday February 28



Thank you to our newsletter sponsors for their continue support!

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February Dine in Dinner | Provided by Olde Bryan Inn

Tuesday February 11 | 5:30pm | Must RSVP | \$13 per person

Dinner includes roasted porkloin with a cider sage gravy, mashed potatoes, & side vegetable.

Dinner sign ups begin in person on Monday February 3 from 10am- 11am, phone sign ups begin at 1pm. Members can only sign up themselves & one other member.

February Fun at the Center | Supported by Wellcare

Valentines Day Social
Friday February 14 | 9:30am | \$5 | Must RSVP

Come spread the love at the Center. Spend time with friends and enjoy live music by Bill Gervasio. Make your own Valentines Day cards. Refreshments will be served.

Trivia Night
Monday February 24 | 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!"

SPAC 2025 Information Session | Friday February 21 | 1:30pm | Please sign up

Did you know that as a member of the senior center you can order discounted SPAC tickets through the Center? Join staff from SPAC and get a sneak peak about what is coming up at SPAC in the Spring & Summer 2025. Learn about group ticket benefits. Gain insight into SPAC opportunities that you may not already be aware of.

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 at 518-584-1621. Appointments fill up quickly.*



Save the Date - 70th Anniversary Party

Friday March 28 | Time & Location TBD

Stay tuned for more information about the 70th Anniversary Party!



Golf Simulator League- Members Only

\$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 contact the front desk at 518-584-1621 to sign up for a time slot and submit payment.

Senior Center Shuttle

The Saratoga Senior Center provides a shuttle to the Center from various housing locations. The shuttle runs on **Tuesday, Wednesday & Thursday**. For more information please contact Jordan at 518-584-1621 ext. 2010

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

NEW! Mod Podge Workshop facilitated by Anna Eiler | **Thursday February 20 | 1pm** | \$5 material fee* Decorate a mason jar with recycled book pages and colorful tissue paper to make a creative vase or stand-alone piece of art! **Must sign up, seating is limited.**

Introduction to Alcohol Ink facilitated by Xander Farmer | **Monday February 3, 10, & 24 | 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 February 27 | 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.**

Stamping Workshop facilitated by Helen Mastrion | **Wednesday February 19 | 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 February 26 | 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 month's project will include making animal bowls. **Must sign up, seating is limited.**

Glaze Workshop facilitated by Xander Farmer | **Thursday February 13 | 1:30 pm** | 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. **Must sign up, seating is limited.**

Beading Workshop facilitated by Jerry Matthews | **Thursday February 6 | 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** | **No Class 2/4** | \$10 material fee per month* This month's 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.**


Fused Glass facilitated by Meryl Davis | **Wednesday February 12 | 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. **Must sign up, seating is limited.**

Watercolor Workshop facilitated by Susan Peters | **Monday February 10 | 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.**

Senior Support Services - Here for You!

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

Our ongoing services include:

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

Call 518-584-1621, extension 2010

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 | No February group, next group March 17 | 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 month's 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 February 3 | 6pm-8pm

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

Thank You!

- CDPHP for covering the monthly activity fee for our members.
- Alfred Z. Solomon Charitable for supporting our historical programs & trips.
- Chelsie from EarthBeat Music for our Drum in Joy workshop.
- Brookside Museum for your informative presentation.
- ADK Flatline Players for your spooky Murder Mystery performance.
- Home of the Good Shepherd for sponsoring and providing the dinner for our Murder Mystery Dinner.
- Jeff Brisbin for performing for our members.
- MVP for providing Medicare Advantage Information
- Adirondack Trust Community Fund Lend A Hand Grant for your generous support.

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

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

Lunch Bunch - Saratoga Winery | Saratoga Springs, NY | Friday February 21 | Enjoy lunch at the Saratoga Winery. Cheese boards, woodfire pizza & more! **Pay \$5 at sign up. Bring lunch money. Leave Center at 12pm. Return about 2:30pm.**

Troy Savings Bank Music Hall- Music at Noon | Troy, NY | Tuesday February 11 | Enjoy a FREE concert by Thomas Piercy, Marina Iwao & Daniel Hass playing the clarinet, hichiriki, cello & piano. After, enjoy lunch at Alexis Diner. **Pay \$3 at sign up. Bring lunch money. Leave the Center at 11am. Return about 4pm. Discounted trip fee thanks to the Alfred Z. Solomon Charitable trust.**

New York Sate Museum | Albany, NY | Friday February 28 | The NYS Museum explores the cultural and natural history of New York State. The Museum features a variety of history, science and art exhibitions. The main exhibit halls have popular long-standing favorites, including Adirondack Wilderness, Birds of New York, Beneath the City: Albany Archeology, Black Capital: Harlem in the 20s, The Cohoes Mastodon, Fire Engine Hall, Native Peoples of New York, and The World Trade Center. After, enjoy lunch at one the various food locations at the Empire State Plaza Concourse. **Pay \$3 at sign up. Bring lunch money. Leave the Center at 8:45am. Return about 3pm. Discounted trip fee thanks to the Alfred Z. Solomon Charitable Trust.**

Saratoga Automobile Museum | Saratoga Springs, NY | Friday February 7 | Enjoy a visit to the Saratoga Automobile Museum. The Saratoga Automobile Museum opened its doors to the Upstate NY community in 2002. Their mission is to celebrate the rich history, innovation, and cultural impact of the automobile in New York State and beyond. Through engaging exhibits, dynamic events, and educational programs, they strive to ignite a passion for automotive heritage and inspire future generations. After enjoy lunch at the Olde Bryan Inn. **Pay \$2 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.*

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

Discover Canyon Country
September 12-19, 2025

Southern Charm
October 13-19, 2025

Discover Hawaiian Adventure
December 4-13, 2025

2025 Bus Trips- Sign up now- Open to the Public

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: \$82 per person
NY Botanical Garden Cost: \$79 per person

Burlington, VT | Thursday October 2 | Enjoy a guided tour of the Shelburne Museum. The Shelburne Museum is an unparalleled and unique experience of American history, art, and design. Designed to allow visitors the pleasure of discovery and exploration, the Museum includes thirty-nine distinct structures on forty-five acres, each filled with beautiful, fascinating, and whimsical objects. After the tour head up to Burlington, VT and enjoy a day on your own
Trip & Shelburne Museum Cost: \$65 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: \$62 per person

2025 Bus Trips Continued - Open to the Public

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

Salem, MA | Tuesday October 28 | Enjoy a spooky day on your own in Salem! Historic Salem is a city of layers—one historical era layered upon another. Salem offers a hop on/hop off trolley for folks to see all the sights. But don't forget to explore the witchy side of Salem too.
Trip Cost: \$70 per person

New York City | Wednesday December 10 | 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: \$51 per person



February 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.

Experienced Country Line Dancing facilitated by Kevin Richards | **Wednesdays, 2:30pm | No class 2/26 | 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***

Beginner Country Line Dancing facilitated by Kevin Richards | **Wednesdays, 3:30pm | No class 2/26 | 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***

Modern Line Dance Fusion facilitated by Mary Colby | **Tuesdays | 1:30pm | Must Sign Up** | Instructor, Mary Colby presents Modern Line Dance Fusion. This No Partner line dancing class incorporates a myriad of musical genres and dancing styles, including: Motown, Oldies, Swing, Disco, Latin, and Country. This is a no pressure, just for fun, music and dancing class.

More February Happenings!

NEW! Introduction to Chinese Mahjong facilitated by Mia Cohen | **Mondays (Starting 2/10) | 9:30am** | **Please sign up, no experience needed** | Have you ever wanted to learn how to play Chinese Mahjong? Now is the time! Join Mia in learning how to play Chinese Mahjong. Mahjong is a game that was developed in China and is played with 4 players utilizing tiles.

Tarot Card Reading facilitated by Mary Shimp | **Tuesday February 18 | 10am-2pm | \$5 donation** | Do you have some unanswered questions about your life? A tarot card reading provides insight into what the future holds. Call for a 15 minute appointment.

Embracing New Beginnings facilitated by Susan Peters & Jordan Rosecrans | **Wednesday February 26 | 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 February, we will discuss the topic of love and what it means through a poem or writing. **This is not a grief support or grief counseling.**

Legal Tuesdays – Herzog in the House | Tuesday February 25 | 9am-12pm | Must sign up | Herzog Law Firm will be onsite at the Center, 9am-12pm, the fourth 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! *This program was made possible by the NYS Office for the Aging*

- **Thursday February 20 | 10am | Norwich, England**
- **Thursday February 27 | 11am | Ravenna, Italy**

Monday Movie Night | Monday February 10 | 3pm | FREE Must RSVP | Enjoy a showing of the movie Enola Holmes 2. If you enjoyed the first Enola Holmes movie, you'll be sure to enjoy the sequel. In this sequel, Enola takes on her first official case as a detective, but to solve the mystery of a missing girl, she'll need help from friends — and brother Sherlock. Starring Millie Bobby Brown, Henry Cavill, & David Thewlis.

Senior Center Writers Circle facilitated by Joyce Rubin | **Friday February 14 | 9am | Please sign up** | 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 hosting 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.

Poetry/Storytelling Open Mic | Friday February 14 | 1pm | Please sign up | Open to the public | \$5 suggested donation | In celebration of Valentine's Day, this month's poetry mic theme will be love poems. 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.

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.

February 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.

Book Club | Tuesday February 25 | 3pm | Must sign up | The book for February will be The Dictionary of Lost Words by Pip Williams.

Support the Center!

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!

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.**

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

- **Free Table:** The Free Table has been quite a success. Just a friendly reminder to please be sure that all donations contain all their parts/pieces, are in good working order, & clean. If you bring in a unique item please label it. If your donation has a manual or packaging with instructions please leave it with the donation. For those shopping at the Free Table, please leave the table organized the way you found it.
- **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.**

February Weekly Programming

Please sign up for programs monthly- \$15 monthly unlimited class fee. ReNew Active, FitOn Health, & Silver Sneakers member -swipe in to waive monthly

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	9am: Advanced Clay
9:30am: Walking Club	9:30am: Mahjong	9:30am: Mosaics	10am: Ukelele	9am: Mexican Dominoes
9:30am: Introduction to Chinese Mahjong (Starting 2/10)	10am-2pm: Tarot Cards (see schedule)	9:30am-12:45pm: Rug Hooking	11am: Foodbank	10am: Healthy Bones*
10am: Healthy Bones*	10am: Beginning Needle Felting	9am: Pinochle	12pm: Lunch*	11:30am: Slow & Steady Yoga Flow
10:30am-11:30am: Saratoga Library (Monday February 10)	11am: Gentle Kripalu Yoga	10am: Knit & Crochet	1pm-4pm: Pool League	11am: Memory Cafe (1st Friday)
10am-11am: Chair Yoga	12pm: Lunch*	10am-11am: Zumba	12:30 pm: Chinese & American Mahjong	11am: Caregiver Support Group (2nd Friday)
10:15am: Beginner Spanish	12pm-3pm: Intermediate Clay Arts (No Class 2/4)	12:30pm-4pm: Canasta	12:30pm: Qi Gong	12pm: Lunch*
12pm: Lunch*	12:15pm: SS Stability	1pm: Bingo	1pm: Belly Dance	1pm: SilverSneakers Circuit
12pm-3pm: Bridge	12:30pm: American Mahjong	1pm: Strength w/Aidan	1pm: Spanish Review	12:30pm : Beginner Clay
1pm: Resistance Bands	1pm-4pm: Pool League	1pm-3pm: Guitar Lessons		1pm-4pm: Pool League
1pm-2pm: Chit Chat	1:30pm: Modern Line Dance Fusion	1pm-4pm: Pool League		2:30pm: Experienced Country Line Dancing (No class 2/26)
1pm-4pm: Pool League		2:30pm: Experienced Country Line Dancing (No class 2/26)		3:30pm: Beginner Country Line Dancing (No Class 2/26)
2pm-3:30pm: Introduction to Alcohol Ink		3:30pm: Beginner Country Line Dancing (No Class 2/26)		

*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.

February Special Events

February 4	9am-2pm- AARP Tax Preparation	February 19	2pm- Stamping Workshop
February 6	1pm- Beading Workshop	February 20	10am- Discover Live- Norwich, England 1pm- Mod Podge Workshop 2pm- 518 Reptiles
February 7	11am- Memory Cafe	February 21	1:30pm- SPAC Information Session
February 10	10am- Watercolor Workshop 10:30am- Saratoga Library 3pm- Monday Movie Night	February 24	1:30pm- Native New York 5:30pm- Trivia Night
February 11	9am-2pm- AARP Tax Preparation 2pm- Grief & Loss 5:30pm- Dine in Dinner	February 25	9am-12pm- Legal Tuesday 9am-2pm- AARP Tax Preparation 2pm- Grief & Loss 3pm- Book Club
February 12	1pm- Fused Glass Workshop	February 26	10am- Embracing New Beginnings 1pm- Micro Mosaic Workshop
February 13	1:30pm- Glaze Workshop	February 27	11am- Discover Live- Ravenna, Italy 1pm- Zentangle Workshop
February 14	9am- Writers Circle 9am- Valentines Day Social 11am- Caregiver Support Group 1pm- Poetry Open Mic		
February 17	CLOSED- Presidents Day		
February 18	9am-2pm- AARP Tax Preparation 10am- 2pm- Tarot Cards		