

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

Saratoga Senior Center
NEWSLETTER
MARCH 2025



70th Anniversary Party



**Friday March 28 | Universal Preservation Hall | 10am - 12pm | \$7 per person
Open to the Public**

Join us for a special 70th anniversary celebration. Enjoy two presentations: a historic overview by Matt Veitch honoring the visionaries who shaped the center and its connection to our city's history, followed by a heartwarming video by filmmaker Amanda Bailly, highlighting the impact of the center on our members. A light lunch, provided by Home of the Good Shepherd, will follow. We look forward to celebrating with you!

Call 518-584-1621 or go to saratogaseniorcenter.org to purchase tickets.

Thank you to our event & location sponsors Alfred Z. Soloman Charitable Trust and Home of the Good Shepherd.

Your \$7 goes towards supporting programs and free services at the Center.

March Solomon's 70

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

Wild Irish Acres Step Dancers

Monday March 17 | 4pm | \$3 | Must RSVP

Join us for a return visit from these lively dancers. Irish step dance is a wonderful celebration of the arts and Ireland's unique culture.

History of Ireland

Monday March 10 | 1:30pm | \$3 | Must RSVP

We will examine the facts, legend, and impact of the life of St. Patrick on the Irish. From his early days as a captive, to his mission to convert Iris from paganism to Christianity. Presented by Robert W. Melia, Saratoga AOH Past President & Historian.

March Van Trips- See inside for more details

Troy Savings Bank Music Hall- Tuesday March 11
National Bottle Museum - Friday March 14
Irish American Heritage Museum- March 21

Thank you to our newsletter sponsors for their continue support!

A plan for life.
Capital District Physicians' Health Plan, Inc.

Choose a Place Where Excellence is the Standard.
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

MVP
HEALTH CARE

HIGHMARK.
NORTHEASTERN NEW YORK

VETECARE
Offered By ADVOCATE HEALTH ADVISORS
Carl Barlow Cell: 518-898-7501
Independent Broker barlowuscg@gmail.com
Here To Help With Your Medicare Needs For Veterans And Non-Veterans Alike!
By calling this number, you agree to speak with a licensed insurance agent about Medicare products. Neither Medicare nor Medicaid has reviewed or endorsed this information. Not affiliated with Medicare or any government agency. I do not offer every plan available in your area. Currently I represent 10 organizations which offers 72 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. This is an advertisement.

Medical Fire Police Caregiver
TRINITY HEALTH alert
Peace of mind at home and on the go.
Call us at (518) 833-1040

March Dine in Dinner | Provided by Pennell's Restaurant

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

Dinner includes chicken parm, vodka cream penne, bread with garlic butter and a salad.
No more signup days, sign up any time in person, on the phone or online starting on 3/1. Members can only sign up themselves & one other member.

March Fun at the Center

St. Patricks Day Party with Daytime Trivia
Thursday March 13 | 2pm | \$5 | Must RSVP

Celebrate the luck of the Irish with a St. Patricks Day party & daytime trivia. Enjoy live music by Rick Russo. Beverages included. Refresh Kitchen will be offering a \$10 Irish Lunch Special.

Trivia Night
Monday March 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!"

Supported by

Discounted SPAC Tickets for Members

SPAC tickets are back! Thanks to our partnership with SPAC- if you are a member of the Center get up to a 50% discount for the NYC Ballet and Philadelphia Orchestra. Tickets will go on sale on **Wednesday March 12 at 9am**. Ticket sales will be Monday-Friday, 9am-2pm. One ticket per member per show. If you are planning on sitting with someone, please sign up at the same time. **Must be a member.**

Ticket sales for the ballet will end June 23. Ticket sales for the orchestra will end July 21.

Save the Date - Spring Shops at the Center | Friday, April 5 | 2 pm - 6 pm



Hours: Monday-Friday 8am-4pm.

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

March Educational Presentations- Free & Open to the Public

“Lets Talk About it Now” | Tuesday March 18 | 10am-11am (Complimentary Breakfast from Refresh Kitchen at 9:30am) | Must sign up Join Kathleen Lowes, NYS Licensed Funeral Director and owner of Townley & Wheeler Funeral Home in Ballston Lake, NY. Kathleen & her team, will explain the different options available and the financial choices you can make. People who have their affairs in order feel empowered and relieved that they have lifted a considerable burden from their loved ones’ shoulders. They have the comfort of knowing their final wishes will be honored and they can feel good about making decisions without the pressure of emotions and time constraints.

Medical Aid in Dying | Tuesday March 25 | 10am | Please sign up

Medical Aid in Dying (MAID) is a possible option for terminally ill persons at the end stages of their illness. It is presently available in 10 states and the District of Columbia. Dr. David Pratt will offer a presentation on the status of a potential Medical Aid in Dying option for New York State.

Advances in Chronic Pain Relief for Seniors | Thursday March 27 | 2 pm | Please Sign Up

Join Albany and Saratoga Centers for Pain Management at this FREE Patient Education Event sponsored by Boston Scientific. Discover options for managing your chronic pain, and get back to living! Presented by Dr. Joey Levy D.O. and Dr. Martin Ferrillo, D.O.



Golf Simulator Rental

Sign up monthly or by the session. 4 players maximum per session (Sorry no lefties)

If you are interested in renting the golf simulator please contact the front desk at 518-584-1621 for more information.

Don't forget you can sign up for classes online at myactivecenter.com

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

Introduction to Alcohol Ink facilitated by Xander Farmer | **Mondays | 2pm-3:30pm** | \$10 material fee for entire month* Learn to create vibrant, flowing designs on tiles using colorful alcohol inks! **Must sign up, seating is limited.**

Zentangle Workshop facilitated by Kathy Larmon | **Thursday March 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.**

Print Making Workshop facilitated by Xander Farmer | **Thursday March 6 | 1pm** | \$5 material fee* Come make one-of-a-kind prints using natural materials, stencils, cut-out shapes! Feel free to bring any leaves, flowers, or other natural materials that can be painted. **Must sign up, seating is limited.**

Stamping Workshop facilitated by Helen Mastrion | **Wednesday March 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 March 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.**

Beading Workshop facilitated by Jerry Matthews | **Thursday March 20 | 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 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.**

Textured Acrylic Painting facilitated by Xander Farmer | **Tuesdays | 10am-11:30am** | \$10 material fee for entire month*. Explore textural painting with sand and acrylic paints! We will explore the influence of sand's texture through landscape painting and abstract exploration. **Must sign up, seating is limited.**

Vegetable Stamp Workshop facilitated by Xander Farmer | **Thursday March 13 | 1pm** | \$5 material fee*. We will cut and paint vegetables and then press them onto paper to create unique and colorful prints! **Must sign up, seating is limited.**

Watercolor Workshop facilitated by Susan Peters | **Monday March 3 | 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.**

Lifting Color: Stencil Art on Fabric Workshop facilitated by Meryl Davis | **Wednesday March 5 | 1pm** | \$5 material fee* Using stencils & decolourant paste on 100% cotton clothing to create unique and artistic designs. Using heat to remove the color of the fabric without the damage of bleach. Bring of 100% cotton clothing, either tshirts (not white), flannel shirts, etc. and your imagination. **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

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

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** 

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 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 March 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!

- Olde Bryan Inn for our delicious dine in dinner.
 - Alfred Z. Solomon Charitable for supporting our historical programs & trips.
 - Brookside Museum for your informative presentation.
 - 518 Reptile for your informative and interactive presentation.
 - Bill Gervasio for performing for our members.
 - Wellcare for sponsoring our Valentines Day Social & Trivia Night.
 - SPAC for your informative presentation.
 - AARP for providing tax preparation services.
 - Herzog Law Firm for providing Legal Tuesdays.
 - CDPHP for sponsoring our regional foodbank.
 - MVP for providing Medicare Advantage Information
- Thank you to all our volunteers! You keep our world rockin'!**

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

Lunch Bunch - The Hideaway | Saratoga Springs, NY | Monday March 24 | Enjoy scenic views, craft beers, and a variety of dishes at The Hideaway, located at Saratoga Lake Golf Club. **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 March 11 | Enjoy a FREE concert by Toss the Feathers. Enjoy Irish traditional music & song. After, enjoy lunch at the Whistling Kettle. **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.**

National Bottle Museum | Ballston Spa, NY | Friday March 14 | Enjoy a visit to the National Bottle Museum. The National Bottle Museum was created to preserve, research, and exhibit bottles and objects related to bottle making. Visitors can view displays of bottles and glassmaking tools, learn about the local bottle history, and the history of bottle production. ***Must be able to navigate stairs independently, the museum is two stories*** After enjoy lunch at Ribbon Cafe. ***Prior to signing up, please look at Ribbon Cafe lunch menu online. Inform front desk of lunch choice when signing up* Pay \$3 at sign up. Bring lunch money. Leave the Center at 11:30am. Return about 4pm. Free admission thanks to the Alfred Z. Solomon Charitable Trust.**

Irish American Heritage Museum | Albany, NY | Friday March 21 | Enjoy a visit to the Irish American Heritage Museum. The museum explores the contributions, history, and culture of Irish people in America, and fosters dialogue and exchange between America and Ireland today. After, enjoy lunch at Common Roots Brewing Company Albany Outpost. **Pay \$3 at sign up. Leave the Center at 11:45am. Return about 4pm. Discounted trip fee 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 our Program Director 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

Planning 2026 excursions! Possible trips include Costa Rica, Australia, Thailand, French Riviera, Italy, Egypt, Domestic National Parks and Music Cities. **Whats on your bucket list?**

Email: Kyleighc@saratogaseniorcenter.org your suggestions.

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.

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**



March 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 | 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 | 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***

Experienced Line Dance Social | Friday March 14 2:30pm-3:30pm and Thursday March 27 4pm-5pm | Facilitated by Kevin Richards

Beginner Line Dance Social | Friday March 14 3:30pm-4:30pm and Thursday March 27 5pm-6pm | Facilitated by Kevin Richards

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 March Happenings!

Tarot Card Reading facilitated by Mary Shimp | **Tuesday March 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 March 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. This months theme will focus on Spring and what it means to us. Flowers, birds, new life, etc. **This is not a grief support or grief counseling.**

Legal Tuesdays - Herzog in the House | **Tuesday March 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.

***NEW* Aging Gracefully** | **Wednesdays | 10am-11am | Must sign up**
Aging comes with unique experiences that can challenge us. Join this group to discuss navigating life's transitions as you age.

Monday Movie Night | Monday March 31 | 3pm | FREE Must RSVP | Enjoy a showing of the movie, Tick, Tick... BOOM! "On the brink of turning 30, a promising theater composer navigates love, friendship and the pressure to create something great before time runs out." Rated 88 on Rotten Tomatoes- "Tick Tick Boom is a film that should be watch by more people due to its incredible performance and story. It tells the story of real-life theater music writer Jonathan Larson, and the journey as he prepares to share his first musical Broadway in New York City."

Senior Center Writers Circle facilitated by Joyce Rubin | **Monday March 10 & March 31 | 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 March 14 | 1pm | Please sign up | Open to the public | \$5 suggested donation** | This months featured poet will be Dan Wilcox, 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.

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.

March 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 March 25 | 3pm | Must sign up | The book for March is Greenwood by Michael Christie.

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.**

March Weekly Programming

MUST 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	10am: Meditation	9:30am-12:45pm: Rug Hooking	11am: Foodbank	10am:Healthy Bones*
10am:Healthy Bones*	10am-2pm: Tarot Cards (see schedule)	9am: Pinochle	12pm:Lunch*	11:30am: Slow & Steady Yoga Flow
10:30am-11:30am: Saratoga Library (Monday March 10)	10am: Textured Painting	10am: Knit & Crochet	1pm-4pm: Pool League	11am: Memory Cafe (1st Friday)
10am-11am:Chair Yoga	11am: Gentle Kripalu Yoga	10am-11am: Zumba	12:30 pm: Chinese & American Mahjong	11am: Caregiver Support Group (2nd Friday)
9:30am: Beginner Spanish	12pm-3pm: Intermediate Clay Arts	10am: Aging Gracefully (no group 3/26)	12:30pm: Qi Gong	12pm: Lunch*
12pm: Lunch*	12:15pm: SS Stability	12pm: Lunch*	1pm: Belly Dance	1pm: SilverSneakers Circuit
12:30pm-3:30pm: Bridge	12:30pm: American Mahjong	12:30pm-4pm: Canasta		1pm : Beginner Clay
1pm: Resistance Bands	1pm-4pm: Pool League	1pm:Bingo		1pm-4pm: Pool League
1pm-2pm: Chit Chat	1:30pm: Modern Line Dance Fusion	1pm:Strength w/Aidan (no class 3/6)		
1pm-4pm: Pool League		1pm-3pm:Guitar Lessons		
2pm-3:30pm: Introduction to Alcohol Ink		1pm-4pm: Pool League		
		2:30pm: Experienced Country Line Dancing		
		3:30pm: Beginner		

*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.

March Special Events

March 3	10am- Watercolor Workshop	March 20	1pm - Beading Workshop 3pm - PomPom Workshop
March 5	1pm- Lifting Color: Stencil Art On Fabric Workshop	March 24	5:30pm - Trivia Night
March 6	2:30pm-4pm - Print Making Workshop	March 25	9am-12pm - Legal Tuesdays 10 am - Medical Aid In Dying 2pm - Grief & Loss 3pm - Book Club
March 7	11am - Memory Cafe	March 26	10am - Embracing New Beginnings 1pm- Micro Mosaics
March 10	9am - Writers Circle 10:30am - Saratoga Library 1:30pm - History of Ireland	March 27	1 pm - Zentangle Workshop
March 11	2pm- Grief & Loss	March 28	10am - 70th Anniversary Party
March 13	1pm- Vegetable Stamp Making Workshop 2pm - St. Patricks Day Party	March 31	9am - Writers Circle 3pm - Monday Movie Night
March 14	11am - Caregiver Support Group 1pm - Poetry Open Mic		
March 17	2:30pm - Parkinsons Support Group 4pm - Wild Irish Acres Steps Dancing Performance		
March 18	10am - "Lets Talk About It Now" 10 am - 2pm - Tarot Cards		
March 19	2pm- Stamping Workshop		

Get Back to Living!



Discover Options for Managing your Chronic Pain

Join Albany and Saratoga Centers for
Pain Management at this FREE Patient
Education Event!

Dr. Joey Levy, D.O.
Dr. Martin Ferrillo, D.O.

March 27, 2025
2:30PM to 3:30PM

Saratoga Senior Center
290 West Ave, STE 1
Saratoga Springs, NY, 12866

518-569-5470 (Call for RSVP Help)

This is an in-person event!

To attend this event register online at:

BSNevents.com/2306a

or use your smartphone camera to register.



We welcome family, friends and care providers to attend.

Refreshments will be provided.