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Saratoga Senior Center
NEWSLETTER
APRIL 2025

Spring Shops at the Center | Friday, April 4 | 2 pm - 6 pm | Open to the public

Shop local for Mother's Day, Father's Day, Graduation gifts, and more at our upcoming arts and crafts event! Explore a variety of unique items and support talented vendors, then treat yourself to a fantastic lunch at Refresh Kitchen! Vendor spaces are available; contact Hailey by April 1st to reserve yours.

April Solomon's 70

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

Spring Tea Party

Friday April 25 | 2pm | \$6 | Must RSVP

Celebrate the arrival of Spring with your friends and a cup of tea. Dress in your fanciest attire and enjoy a whimsical garden tea party with Saratoga Tea and Honey Co. to discuss the benefits of herbals. Tea party bites of finger sandwiches, scones and sweet treats will be served by our own Chef Matt of Refresh Kitchen.

Tales of the Adirondacks

Monday April 21 | 10am | Free | Please RSVP

Did you know that our understanding of "vacation" originated in the 1800's in the Adirondacks? Join us for an interactive presentation of the history of the Adirondacks and how our forests communicate as a family. Unlock your love of the outdoors! Presented by Laura Baker, NYS outdoor guide & owner of ADK Heartscape.

April Van Trips- See inside for more details

Chapman Museum - Friday April 11 | Baby Animal Day at Indian Ladder Farms - Monday April 21 | Olana State Historic Site- Friday April 25

Long Term Care Planning Expo

Tuesday April 22 | 2pm-4pm | Open to the Public

Plan for your future at our Long-Term Planning Expo! Hear about topics like estate planning, long-term care finances, and finding the right living community from our experts from Burke Funeral Home, Choice Connections, Herzog Law Firm, FIDIR, and the Alzheimer's Association. Gwen Rowland from the Alzheimer's Association will also discuss the importance of early detection for memory loss.

Live Stream Event: Finish Strong

Watch Party | Thursday April 10 | 12:30 pm - 3:45 pm

Come to the Center to watch a live streamed keynote address by author Barbara Coombs Lee in from California on her book *Finish Strong: Putting Your Priorities First at Life's End*, followed by a panel discussion featuring Corrine Carey of Compassion and Choices and Dr. Ayesha Sooriabalan, Director of Palliative Care Medicine at Saratoga Hospital Pending CEs.

April Dine-in Dinner | Provided by Old Bryan Inn Restaurant

Tuesday April 29 | 5:30pm | Must RSVP | \$13 per person

Dinner includes a Sicilian Roasted Chicken with a sundried tomato, mushroom, rosemary, marsala wine sauce, mashed potatoes and a vegetable du jour.

Sign up in person, on the phone or online starting on 4/1. Members can only sign up themselves & one other member.

April Fun at the Center

Easter Brunch

Friday April 18 | 10am | \$10 | Must RSVP

Hop on Over and join us for an Easter Brunch. Our wonderful Chef Matt will be serving a fun "Build Your Own Pancake" bar with lots of healthy and delicious toppings, home fries and parfait. Coffee and juice included.

Trivia Night

Monday April 21 | 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!"

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. 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.

Thank you to our newsletter sponsors for their continue support!



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April Educational Presentations- Free & Open to the Public

Managing your Medications presented by Barry Loffredo | **Monday April 14 | 1pm-2:30pm | Must sign up**
Side effects, interactions, analgesics (key to successful pain management, faster pain relief), antibiotics, advocacy, cost, disposing, dental health, and more.

The Grand Hotels of Saratoga Springs presented by Charlie Kuenzel | **Friday April 25 | 10am | Please sign up**
Saratoga was the number one tourist destination in the United States in the 1800's. The city was the playground of the rich and famous during the summer months. The Grand Hotels were the social apex for the rich and famous. This presentation will discuss the physical aspects of the hotels as well as the social enjoyment they provided during the Gilded Age.

Volunteer Fair

Monday April 28 | 2pm - 4pm | Open to the Public
Discover the many ways you can volunteer in Saratoga Springs at the Senior Center's upcoming Volunteer Fair! Whether you have a few hours a week or more, there are opportunities to fit your schedule and interests. Come explore the possibilities and find the perfect volunteer role for you.

Book Club

Tuesday April 29 | 3pm
Love to read and discuss books? Our book club is relaunching with "Good Dirt" by Charmaine Wilkerson and "James" by Percival Everett as our first selections. Join us prepared to share your thoughts!

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

Watercolor Workshop facilitated by Susan Peters | **Monday April 7 | 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.**

Fused Glass facilitated by Meryl Davis | **Wednesday April 9 | 1pm | \$5 material fee*** Fused glass involved 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.**

Beading Workshop facilitated by Jerry Matthews | **Thursday April 10 | 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.**

Print Making Workshop facilitated by Xander Farmer | **Monday April 14 | 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 April 16 | 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.**

NEW* Paper Making Workshop** facilitated by Xander Farmer | **Wednesday April 23 | 1pm | \$5 material fee. Repurpose recycled paper scrap into handmade paper! Make a simple sheet of paper or explore multi-colored/textured paper art! **Must sign up, seating is limited.**

Zentangle Workshop facilitated by Kathy Larmon | **Thursday April 24 | 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.**

Lifting Color: Stencil Art on Fabric Workshop facilitated by Meryl Davis | **Wednesday April 30 | 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.**

Needle Felting facilitated by Xander Farmer | **Monday April 14, 21, 28 | 11:30 am-1 pm | \$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. **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.**

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.**

NEW* Still Life Sketching** facilitated by Xander Farmer | **Thursdays | 9am | \$10 material fee Practice observational sketching in a calm, small-group environment where the whole class will study one still-life subject, with each person sketching their unique perspective. Open to all experience levels. **Must sign up, seating is limited.**

Beginner Handbuilding Clay Arts facilitated by Xander Farmer | **Fridays 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 making animal bowls. **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. **Supported by** 
- 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 April 21 | 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 April 7 | 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!

- Pennells for our delicious dine in dinner.
 - Alfred Z. Solomon Charitable for supporting our historical programs & trips.
 - AOH for your informative presentation.
 - Wild Irish Step Dancers for your performance.
 - Rick Russo for performing for our members.
 - Wellcare for sponsoring our Trivia Night.
 - Dr. David Pratt informative presentation.
 - Townley & Wheeler Funeral Home informative presentation.
 - Boston Scientific for sponsoring a presentation.
 - Dr. Joey Levy D.O. & Dr. Martin Ferrillo D.O. 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'!**

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

Lunch Bunch - Lakeside Restaurant & Lounge at Fort William Henry | Lake George, NY | Friday April 4 | Combine awe-inspiring natural beauty with a vibrant culinary scene. Framed by legendary peaks, pristine lakes, and world-renowned foliage, this destination redefines al fresco dining. In the Adirondacks, every bite is elevated by spectacular scenery! **Pay \$10 at sign up. Bring lunch money. Leave Center at 11:15am. Return about 2pm.**

Chapman Museum "Dining out" Exhibit | Glens Falls, NY | Friday April 11 | Learn about the history of local communities in Warren County by taking a look at the businesses which are owned and employed by local residents. After, enjoy lunch at the Silo. **Pay \$3 at sign up. Bring lunch money and book sale money if interested. Leave the Center at 10:30am. Return about 3pm. Discounted trip fee thanks to the Alfred Z. Solomon Charitable Trust.**

Olana State Historic Site| Hudson, NY | Friday April 25 | Voted "Best Historic Site" in the TU's "Best of the Valley" poll. Take a tour of the Artists House and take in the 250 acre masterwork of American landscape design. After, enjoy lunch at the Creekside Restaurant & Bar. Relax indoors or outdoors on the patio overlooking a marina and water. ***Must sign up by April 11.*Wear sneakers/ comfortable shoes.*Bring lunch money Pay \$10 at sign up. Leave the Center at 9:30am. Return about 3:30pm. Free admission thanks to the Alfred Z. Solomon Charitable Trust.**

Indian Ladder Farms Baby Animals Days | Altamont, NY | Monday April 21 | Come see, pet, name and learn about baby farm animals in the Baby Animal Barn. Hang out with the hens at the ChickenCafe. Watch goat kids and their mamas frolic and visit lamb land. DeFazio's Pizzeria will be open for lunch. ***Pay \$3 at sign up. Bring lunch money. Leave the Center at 10:30am. Return about 2:30pm. Free admission 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

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

Supported by 

April 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***

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.

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

Did you know you can register for all our exciting programs – arts, fitness, dinners, and more – from the comfort of your home? Visit myactivecenter.com and use your scan tag number to create an account. You'll have access to a personalized calendar of your registered activities and can easily add or remove yourself from programs at any time. (van trips and bus trips are not eligible for sign up on this platform).

More April Happenings!

Beginner American Sign Language facilitated by Stephen Finkin | **Fridays | 9am | Must sign up** | American sign language (ASL) is the 4th most widely used language in the United States, much of it is universally comprehended. Simple, easily memorizable, visual vocabulary and sentence development will be offered. This course will follow the basic outline in "Learn to Sign The Fun Way" by Penny Warner. Participants should purchase this text as a reference and to practice new skills, this book can be purchased online through Amazon.

Embracing New Beginnings facilitated by Susan Peters & Jordan Rosecrans | **Wednesday April 23 | 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 April 22 | 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.

Aging Gracefully | Wednesday April 16 | 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.

Guitar Workshop | Wednesdays | 1:30pm - 3pm | Must sign up at beginning of the month | Unleash your inner folk and blues guitarist in our 7-week workshop! Enjoy instructor-guided lessons perfect for intermediate players – no music theory needed. Sign up within the first two weeks to join the jam.

Tarot Card Reading facilitated by Mary Shimp | **Tuesday April 15 | 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.

Movie Night | Thursday April 24 | 3pm | FREE Must RSVP | Enjoy a showing of the movie, The Meyerowitz Stories. Grudges and rivalries abound as three adult siblings converge in New York contend with their prickly artist father -- and his fading legacy. Rated 92% on rotten tomatoes.

Senior Center Writers Circle facilitated by Joyce Rubin | **Monday April 21 | 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 April 11 | 1pm | Please sign up | Open to the public | \$5 suggested donation | This months featured poet will be Jackie Craven, 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.

April 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.

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!

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

- **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. Please make sure to hit **finish** when checking in.
- **Handicap Parking Spots:** Please be sure not to park in the handicap blue-lined spaces. These are designated to provide extra clearance for individuals using wheelchairs and other mobility devices. Parking in these spaces without a permit, even if you are a senior, is prohibited. Handicap parking spots are reserved for vehicles displaying a valid handicap parking permit or placard.
- **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.
- **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.**

April 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	9am: Still Life Sketching	9am: Advanced Clay
9:30am: Walking Club	9:30am: Mahjong	9:30am: Mosaics	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Mexican Dominoes
9:30am: Introduction to Chinese Mahjong	10am: Meditation	9:30am-12:45pm: Rug Hooking	10am: Ukelele	9am-10am: Beginner ASL
10am: Healthy Bones*	10am-2pm: Tarot Cards (see schedule)	9am: Pinochle	11am: Foodbank	10am: Healthy Bones*
10:30am-11:30am: Saratoga Library (Monday April 14)	10am: Textured Painting	10am: Knit & Crochet	12pm: Lunch*	11:30am: Slow & Steady Yoga Flow
10am-11am: Chair Yoga	11am: Gentle Kripalu Yoga	10am-11am: Zumba	1pm-4pm: Pool League	11am: Memory Cafe (1st Friday)
9:30am: Beginner Spanish	12pm: Lunch*	12pm: Lunch*	12:30 pm: Chinese & American Mahjong	11am: Caregiver Support Group (2nd Friday)
12pm: Lunch*	12pm-3pm: Intermediate Clay Arts	12:30pm-4pm: Canasta	12:30pm: Qi Gong	12pm: Lunch*
12:30pm-3:30pm: Bridge	12:15pm: SS Stability	1pm: Bingo	1pm: Belly Dance	1pm: SilverSneakers Circuit
1pm: Resistance Bands	12:30pm: American Mahjong	1pm: Strength w/Aidan		1pm : Beginner Clay
1pm-2pm: Chit Chat	1pm-4pm: Pool League	1:30pm-3pm: Guitar Workshop		1pm-4pm: Pool League
1pm-4pm: Pool League	1:30pm: Modern Line Dance Fusion	1pm-4pm: Pool League		
		2:30pm: Experienced Country Line Dancing		
		3:30pm: Beginner Country Line Dancing		

*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.

April Special Events

April 4	11am - Memory Cafe 1pm- Spring Shops	April 22	2pm- Long Term Planning Expo 2pm- Grief & Loss
April 7	10am - Watercolor Workshop	April 23	10am- Embracing New Beginnings 1pm- Paper Making Workshop
April 8	2pm - Grief & Loss	April 24	1pm - Zentangle 3pm- Movie Night
April 9	1pm- Fused Glass	April 25	10am- The Grand Hotel Presentation 2pm- Spring Tea Party
April 10	12:30pm - Live Stream: Finish Strong 1pm - Beading Workshop	April 28	2pm-4pm - Volunteer Fair
April 11	11am - Caregiver Support Group 1pm- Poetry Open Mic	April 29	3pm- Book Club Meeting 5:30pm- OBI Dine-In Dinner
April 14	10:30am- Saratoga Library 1pm- Managing your Medication 1pm- Print Making	April 30	1pm- Lifting Color Workshop
April 15	10am - Tarot Cards		
April 16	10am - Aging Gracefully 2pm- Stamping Workshop		
April 18	10am - Easter Brunch		
April 21	9am - Writers Circle 2:30pm- Parkinsons Support Group 5:30pm- Trivia Night		