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Saratoga Senior Center
NEWSLETTER
MAY 2025

May is Older Americans Month, Celebrate with Free Classes!
Your \$15 Monthly Activity Fees are on Home of the Good Shepherd
This is your month to try something new for FREE.



Health & Lifestyle Fair | Monday, May 5 | 9am-12pm | Open to the public

Join us for a morning dedicated to providing you valuable information and resources on all aspects of aging. Discover insights into housing options, health insurance, legal options (wills and trusts), nutrition, self-care/skincare, financial planning, and so much more. Connect with local vendors and organizations offering various services and learn more about the support available to you.

Supported by

Elder Abuse Awareness | Monday, May 5 | 12pm-2pm | Open to the public

Stay after the fair and participate in our crucial Elder Abuse Awareness presentations, including scams.

12pm: Live with Greg: Recognizing World Elder Abuse Day - NYS Office for the Aging Greg Olsen Video

1pm: NYS Division of Consumer Protection - Scam Prevention

Includes **FREE** lunch by Refresh Kitchen at 12:45pm if you attend both presentations - Must RSVP

This program is funded in part by Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, and participant contributions.

Van Trip Spring Housing Crawl

Friday, May 9 | 9:30am-2pm | \$5 | Must Register | Supported by

Join us for our house crawl filled with food, fun, and new friends. Get ahead of the game, check out senior housing sites, ask one-on-one questions.

9:30am: Start at the Saratoga Senior Center
9:50am: Home of the Good Shepherd Wilton - enjoy a light breakfast.
10:50am: Embury Apartments (Wesley) - enjoy light snacks and refreshments.
11:50am: Home of the Good Shepherd Saratoga - enjoy lunch.
12:50pm: Carlton Hollow Senior Apartments - enjoy a to-go snack on your way out.
2:00pm: Return back to the Saratoga Senior Center

May Solomon's 70

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

**Kentucky Oaks Watch Party
Friday, May 2 | 2pm | \$3 | Must RSVP**

It's Derby weekend! Come watch the Longines Kentucky Oaks, now celebrating its 151st running America's premier race for 3-year-old phillies. Wear your best pink and get ready to watch the races with friends at the Center! Mocktails and small bites will be served by Refresh Kitchen.

**Songs & Stories of Broadway's Best Composers
Monday, May 19 | 1:30pm | \$3 | Must RSVP**

In this engaging lecture and performance program, you'll explore the fascinating lives and success stories of one of Broadway's most renowned composers - Lerner & Lowe. Enjoy live vocal performances from some of their most iconic shows like: My Fair Lady, Camelot and more! Education, entertainment and sing-a-long!

May Van Trips- See inside for more details

Saratoga Battlefield - Friday, May 16 | "Oklahoma!" Home Made Theater at Pitney - Sunday, May 18 | Letterboxing - Bog Meadow Trail - Friday, May 23 | ADK Experience - Friday, May 30

May Fun at the Center

**Mother's Day Sweets, Sips & a Show
Monday, May 12 | 2pm | \$10 | Must RSVP**

Join us for a cozy and celebratory afternoon as we toast to the amazing moms in our lives! Sip on iced tea, indulge in small bites/desserts, and enjoy the heartwarming movie *Mothers Day* featuring Jennifer Aniston, Kate Hudson, and Julia Roberts. Bring a guest whether it be a daughter, mother, granddaughter or daughter-in-law. This is your time to relax, unwind, and feel appreciated.

Trivia Night

Monday, May 19 | 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!"
Maria and Aaron are on vacation! This months trivia will be run by Center staff!

May Dine-in Dinner - Provided by Rhea - Tuesday, May 27 | 5:30pm | Must RSVP | \$13 per person

Dinner includes steamed Pork Dumplings, Bulgogi Beef Meatballs, Chicken Lo Mein, Vegetable Fried Rice.

Supported by

Thank you to our newsletter sponsors for their continue support!

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HERZOG LAW FIRM

May Educational Presentations- Free & Open to the Public

“Thank You, Mom” Book Talk presented by the author, *Jerry Crouth* | **Tuesday May 6 | 10am | Please sign up**
A true story of a fatherless boy living on welfare throughout the 40s in Rome, NY with his remarkable mother and five older siblings. Within 43 concise chapters and 52 photo/illustrations, Crouth also details his family’s life during the Depression years including the heartbreak of his father’s permanent confinement to a mental institution one month before he was born. And, as the book’s finale, Crouth adds his mother’s own memoirs—written in her 80s—providing moving proof that love is a family’s true sustenance.

Managing Arthritis: A Food-First Approach to Feeling Better presented by *Dr. Sara Brown PT, DPT, MS, CNS (owner of Core Restore Nutrition and Wellness)* | **Tuesday May 13 | 10am | Please sign up**
In honor of Arthritis Awareness Month this May, Certified Nutrition Specialist and Physical Therapist, Dr. Sara Brown will be highlighting alternative strategies to better manage arthritis symptoms, with a focus on osteoarthritis and rheumatoid arthritis. This presentation will delve into the evidence-based alternative approaches to better manage symptoms, with a focus on: anti-inflammatory foods to add into the diet, inflammatory foods to consider removing, as well as a review of research-backed supplements that can aid in better long-term management to help you feel your best.

Dying on Your Own Terms presented by *Barry Loffredo* | **Thursday May 15 | 1:30pm | Must sign up**
Join Barry for this informative presentation. Passing with dignity requires a little planning. Medical community goal vs. your goals. Hospice is the comfort squad.

70 Years of the Saratoga Senior Center presented by *Matthew Veitch* | **Thursday May 22 | 2:30pm | Please sign up**
Missed the magic of our 70th Anniversary party and the captivating historical presentation on the Center? You’re in luck! Matt will be presenting this fascinating journey through our history once more, and we’ll also be sharing our heartfelt anniversary video. It is a historic presentation honoring the visionaries who built our past homes and shaped the center we cherish today, while connecting our story to the history of our city and county.

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

Watercolor Workshop facilitated by *Susan Peters* | **Monday May 5 | 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.****

Micro Mosaic Jewellery facilitated by *Meryl Davis* | **Wednesday May 7 | 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.****

Beading Workshop facilitated by *Jerry Matthews* | **Thursday May 8 | 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.****

NEW* Acrylic Pour Painting** facilitated by *Xander Farmer* | **Tuesday May 13 | 10am | \$5 material fee* Using thinned acrylic paint in cups, colors can be poured onto the canvas to create vibrant, fluid designs! **Must sign up, seating is limited.*

Fused Glass facilitated by *Meryl Davis* | **Wednesday May 14 | 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.****

Stamping Workshop facilitated by *Helen Mastrion* | **Wednesday May 21 | 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.****

Zentangle Workshop facilitated by *Kathy Larmon* | **Thursday May 22 | 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.****

NEW* Tape Resist Workshop** facilitated by *Xander Farmer* | **Tuesday May 27 | 10am | \$5 material fee. Create geometric paintings using masking tape, which will be peeled off after painting to reveal the tape’s design. This is a great way to explore positive and negative space in painting! **Must sign up, seating is limited.*

NEW* Handbuilding Clay Arts Workshop** facilitated by *Xander Farmer* | **Mondays | 12 pm-2 pm | \$15 material fee for entire month* This class is for any current clay arts students. This is not a beginner workshop. **Must sign up, seating is limited.*

Intermediate Hand building Clay Arts facilitated by *Carol Glansberg* | **Tuesdays 12pm-3pm | \$15 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.****

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 | \$15 material fee per month* No experience needed. Students **must** complete 8 classes before they move into the intermediate/advanced class. This months project will be coil pots. Learn the technique of coil-building in pottery and explore the sculptural and functional capabilities of coiled clay 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 May 19 | This is a community of people impacted by Parkinson’s designed to help you make meaningful connections, engage in important dialogue, find useful resources and build long-lasting relationships.

Alzheimer’s Support Group supported by Leon Goldberg’s Charitable Trust.

Memory Cafe. 11am-12:30pm, 1st Friday of every month | The memory café offers an interactive, supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer’s or other dementia.

Grief and Loss Support & Discussion Group facilitated by Lois Streit | Every 2nd & 4th Tuesday of the month | 2pm -3pm | Whatever type of loss you’ve suffered, there’s no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Any loss can cause grief. The purpose of this group is to provide friendship, understanding, and hope.

Chit Chat | Mondays, 1pm | New members welcome! | Chit chat is a peer support group. Come and engage in conversation with other members. Each week different conversation topics are covered and discussed.

Saratoga Hospital Bariatric Support Group | Monday May 5 | 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!

- Old Bryan Inn for our delicious dine in dinner.
 - Alfred Z. Solomon Charitable for supporting our historical programs & trips.
 - Barry Loffredo for your informative presentation.
 - Saratoga Tea and Honey for your informative presentation and tasty tea.
 - Bill Gervasio for performing for our members.
 - Charlie Kuenzel for your informative presentation.
 - Refresh Kitchen for providing delicious food for all of our special events.
 - MVP for sponsoring our Strength and Cardio class.
 - To all of the experts at our Long Term Care Planning Expo.
 - Laura Baker, ADK Heartscape for you 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’!**

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

Saratoga Battlefield Van Tour | Friday May 16
Tour the battlefield from the comfort of our van. A private Office Battlefield Guide will lead our group through the story and setting of one of America's most important battlefields. After, enjoy lunch at Carson's Woodside Tavern. **Pay \$3 at sign up. Bring lunch money. Leave the Center at 9:00 am. Return about 1:30 pm. Discounted trip and admission fee thanks to the Alfred Z. Solomon Charitable Trust.**

Oklahoma - Home Made Theater | Saratoga, NY | Sunday May 18 | 2pm | Drive yourself to "Oklahoma!" Enjoy Home Made Theater's production of "Oklahoma!" at Pitney Meadows (across from the Center). This is a NO VAN trip – meet fellow attendees there for a delightful musical experience filled with charming characters and catchy songs. **Pay \$10 at sign up. Discounted admission fee thanks to the Alfred Z. Solomon Charitable Trust.**

Lunch Bunch - Uncle Mario's Garage | Queensbury, NY | Monday May 19 | Uncle Mario's Garage serves delicious food in an exciting antique car-themed environment. They also have unique gifts, one-of-a-kind furniture and sculptures. **Pay \$10 at sign up. Bring lunch money. Leave Center at 10:45am. Return about 2pm.**

Letterboxing - Bog Meadow Trail | Saratoga, NY | Friday May 23 | Letterboxing is an old English tradition dating back to 1854. We have adapted this tradition and put it to use on one of our local preserves (approx. 1 mile - easy walk). When you find the letterbox, use the stamp inside to mark your passport and then leave a note in the notebook to tell others about your adventure!. After, enjoy lunch at the Farmer's Daughter. ***Wear sneakers/ comfortable shoes.*Bring lunch money. Pay \$3 at sign up. Leave the Center at 10:00am. Return about 2:00pm. Discounted trip fee thanks to the Alfred Z. Solomon Charitable Trust.**

ADK Experience - The Museum on Blue Mountain Lake | Friday, May 30 | Come visit the museum in the heart of the Adirondacks for a truly unique experience. More than 120 acres overlooking Blue Mtn Lake, 20 buildings and exhibits. Have lunch onsite at Lake View Cafe. ***Pay \$20 at sign up. Bring lunch money. Leave the Center at 8:30am. Return about 3:00pm. 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**

New York City | Wednesday December 10 | There is no place quite like NYC at Christmas time. Spend a day on your own shopping at the winter village in Bryant Park, visiting the tree at Rockefeller Center, or experience a magical performance by Radio City Rockettes. Whatever you choose, it is sure to be a wonderful day! Meals are not included. You will be dropped off at Bryant Park.

Supported by 

May 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 5/28) | 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 5/28) | 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 May Happenings!

Poetry/Storytelling Open Mic | Friday May 9 | 1pm | Please sign up | Open to the public | \$5 suggested donation | This month's featured poet will be Rhonda Rosenheck, 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.

Senior Center Writers Circle facilitated by Joyce Rubin | **Monday May 12 | 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.

Foods that Support Digestive Health Cooking Demonstration | Tuesday May 13 | 4pm-5:30pm
Join Deb from Planted Platter for a free plant-based cooking class compliments of MVP Health Care. In this class you will learn why healthy, plant-based meals support your digestive health. Join in preparing three low-fat, plant-based recipes and taste how delicious they are! Watch an easy-to-understand video with medical experts discussing key concepts of plant-based nutrition related to digestive health. Take home the recipes and other useful resources to help you incorporate more plant foods in your daily meals. Register at the following link: <https://www.mvphealthcare.com/about/events/living-well/foods-that-support-digestive-health-cooking-demonstration-9494>

Aging Gracefully | Wednesday May 14 | 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.

***New* Scrabble | Fridays | 10am**
Come play scrabble at the Center!

May Board Meeting | Tuesday May 20 | 8:30am

All members are welcome to join us for our May board meeting. No registration needed.

Movie Night | Thursday May 8 | 2:30pm-5pm | FREE Must RSVP | Enjoy a showing of the movie, *Wicked*. Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. Glinda's unflinching desire for popularity sees her seduced by power, while Elphaba's determination to remain true to herself, and to those around her, will have unexpected and shocking consequences on her future. Their extraordinary adventures in Oz will ultimately see them fulfill their destinies as Glinda the Good and the Wicked Witch of the West. Rated 87% on Rotten Tomatoes.

Book Club | Tuesday May 27 | 3pm | Must sign up | The book for May is *Standing on the Corner of Lost and Found* by Jan Marin Tramontano

Legal Tuesdays - Herzog in the House | Tuesday May 27 | 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.

Embracing New Beginnings facilitated by Susan Peters & Jordan Rosecrans | **Wednesday May 28 | 10am-11am | 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 month, we will be hosting a "show & tell" where participants can bring in something meaningful to share with the group. Any items that hold meaning are welcome, however, group participants are encouraged to bring in items that they have created themselves. **This is not a grief support or grief counseling.**

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.

May 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!

NEW Weekly 50/50

Stop by the front desk and purchase tickets for the Centers weekly 50/50. Tickets will be 2 tickets for \$1 and 10 tickets for \$5. Winner will be picked at 2pm on Fridays.

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.**
- **All times for our van trips are approximate. We do not guarantee a return time to the Center.**

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

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	9am-11am: Women's Pool	9am-12pm: Poker
9am-12pm: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	Transitions Team Mtg. (1st Wednesday)	9am: Still Life Sketching	9am: Advanced Clay
9:30am: Walking Club	9:30am: Mahjong	9am-12pm: Poker	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Mexican Dominoes
9:30am: Beginner Chinese Mahjong	10am: Meditation	9:30am: Mosaics	10am-11am: Zumba	9am-10am: Beginner ASL
9:30am: Beginner Spanish	10am-2pm: Tarot Cards (see schedule)	9:30am-12:45pm: Rug Hooking	12pm:Lunch*	10am:Healthy Bones*
10am:Healthy Bones*	10am: Textured Painting	9am: Pinochle	12:30 pm: Chinese & American Mahjong	10am: Scrabble
10am-11am:Chair Yoga	11am: Gentle Kripalu Yoga	10am: Knit & Crochet	12:30pm: Qi Gong	11am: Memory Cafe (1st Friday)
10:30am-11:30am: Saratoga Library (Monday May 12)	12pm: Lunch*	10am-11am: Zumba	1pm-4pm: Billiards League	11am: Caregiver Support Group (2nd Friday)
12pm: Lunch*	12pm-3pm: Intermediate Clay Arts	12pm: Lunch*	1pm: Bingo	11:30am: Slow & Steady Yoga Flow
12:30pm-3:30pm: Bridge	12:15pm: SS Stability	12:30pm-4pm: Canasta	1pm:Strength w/Aidan	12pm: Lunch*
1pm: Resistance Bands	12:30pm: American Mahjong	1pm:Bingo	1:30pm-3pm:Guitar Workshop	1pm: SilverSneakers Circuit
1pm-2pm: Chit Chat	1pm-4pm: Billiards League	1pm:Strength w/Aidan	1:30pm-3pm:Guitar Workshop	1pm : Beginner Clay
1pm-4pm: Billiards League	1:30pm: Modern Line Dance Fusion	1:30pm-3pm:Guitar Workshop	2:30pm: Experienced Country Line Dancing (No class 5/28)	1pm-4pm: Billiards League
		1pm-4pm: Billiards League	3:30pm: Beginner Country Line Dancing (No class 5/28)	

*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.

Special Events

May 2	11am - Memory Cafe 2pm- Kentucky Oaks Watch Party	May 14	10am - Aging Gracefully 1pm - Fused Glass
May 5	9am - Health and Lifestyle Fair 10am - Watercolor Workshop 12pm - World Elder Abuse Awareness Presentations 6pm - Saratoga Hospital Bariatric Support Group	May 15	1:30pm - Dying on Your Own Terms
May 6	10am - "Thank you, Mom" Book Talk	May 19	1:30pm - Songs and Stories of Broadway's Best Composers 2:30pm - Parkinsons Support Group 5:30pm - Trivia Night
May 7	1pm- Micro Mosaic Jewelry	May 20	8:30am - Board Meeting
May 8	1pm - Beading Workshop 2:30pm - Movie Night	May 21	2pm - Stamping
May 9	9:30am - Spring Housing Crawl 11am - Alzheimer's Caregiver Support Group 1pm - Poetry/Storytelling Open Mic	May 22	1pm - Zentangle 2:30pm - 70 Years of the Saratoga Senior Center Presentation
May 12	9am - Writers Circle 10:30am - Saratoga Library 2pm - Mother's Day Party	May 27	9am - Herzog Legal Tuesday 10am - Tape Resist Workshop 2pm - Grief and Loss 3pm - Book Club 5:30pm - Rhea Dine in Dinner
May 13	10am - Managing Athritis Presentation 10am - Acrylic Pour Painting 2pm - Grief and Loss 4pm - MVP Cooking Class		