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Saratoga Senior Center NEWSLETTER

JUNE 2025

June Solomon's 70

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

Brushes & Bridles: Equine in Art

Tuesday, June 17 | 10 am | FREE | Must RSVP

Come hear a presentation at the Center by the National Museum of Racing and Hall of Fame on the history of horses in art, from the 1700s to today. They will be bringing unique items from the museums collection that are relevant to the presentation.

Learn to Bird with Wilton Wildlife

Wednesday, June 25 | 2 pm-4 pm | \$3 | Must RSVP

Are you interested in birding but don't know where to start? Learn about the different bird species in the area while also learning about ways to identify birds and their calls. This will be a two-part program as it will begin with an overview presentation and then will be moved outdoors to observe and listen for local bird species.

Interactive Cooking Experience with Chef Matt

Friday, June 20 | 1 pm | \$3 | Must RSVP

Celebrate Caribbean American Heritage Month with Chef Matt from Refresh Kitchen! Join him for a cooking demonstration where he'll share his expertise in making a delicious Caribbean dinner of jerk chicken, red beans and rice, and plantains. You'll get to enjoy a tasting of the finished dish and even create your own jerk rub to take home and enjoy the flavors yourself!

June Van Trips

See inside for more details

Fort William Henry Living History Tour - Monday, June 9 | Union Ave Walking Tour - Friday, June 20

June Fun at the Center

Kick Off To Summer Picnic

Monday, June 9 | 1 pm-3 pm | \$10 | Must RSVP

Get ready to soak up the sun and kick-off summer in style at our annual summer BBQ at the YMCA pavillion! Enjoy live music by Bill Gervasio, delicious food from Home of the Good Shepherd (including veggie burgers, hot dogs, sausage peppers & onions, ham/cheeseburgers, pasta salad, potato salad, chips, watermelon and water), fun games, and good times with friends. Let's get this summer started!

Supported by 

Belmont Stakes at the Center

Wednesday - Friday, June 4 - 6

And they're off! We'll be showing the races in the Center Wednesday through Friday, bringing the excitement of Belmont Week.

Trivia Night

Monday, June 2 | 5:30 pm | \$7 | Must RSVP

Pizza bites served. Join us for fun and friendly competition! Prizes!

"Where all those useless facts you've been collecting can finally come in handy!"

Saratoga Living Speed Dating at The Center

Thursday, June 12 | 1:30 pm | \$12 | Must RSVP

Join Saratoga Living magazine for speed dating at the Center. Speed dating is a social event where you meet a series of potential partners for a few minutes each, then rotate to the next person. At the end, maybe you will find your match and you'll be put in touch. There'll be two sessions: 1:30-2:30pm: for singles 50-70 | 2:30-3:30pm: for singles 60 and over. Each participant will receive a small single serve charcuterie box provided by Refresh Kitchen.

June Dine-in Dinners

Dine in Dinner with Refresh Kitchen | Monday, June 16 | 5:30 pm | \$13 per dinner | Must RSVP

Dinner includes pulled pork, ribs, corn bread, mac & cheese and collard greens.

Dine in Dinner with Olde Bryan Inn | Tuesday, June 24 | 5:30 pm | \$13 per dinner | Must RSVP

Dinner includes roasted porkloin with pineapple mango chutney, seasonal vegetable and a baked potato with sour cream.

Discounted SPAC Tickets for Members

Get your SPAC tickets before it's too late! 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.

American Red Cross Blood Drive Open to the Public

Please consider donating blood in memory of Ed Kelley

Friday, June 27 | 12pm-5pm

Please visit redcrossblood.org and type in sponsor keyword SARATOGASENIORCENTER in the *Find a Blood Drive* box in the top right of the page to book an appointment. Or, call 1-800-redcross to book an appointment.

Games on The Green

Friday, June 27 | 1 pm - 3 pm | FREE | Please RSVP

Join us for an afternoon of sun and fun with yard games (cornhole, bocce & more!), music, and good times. Bring your own lawn chair or blanket and relax on the lawn on the side of the building. Refresh Kitchen will be selling \$10 lunch boxes.

Thank you to our newsletter sponsors for their continued support!



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**HERZOG
LAW FIRM**



Hours: Monday-Friday 8am-4pm.

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

June Educational Presentations- Free & Open to the Public

Resilience *presented by Barry Loffredo* | **Tuesday June 10 | 1 pm | Must RSVP**
Life is burdensome a lot of the time. If you expect to be happy all the time, you will be sorely disappointed. Learn how to work up a resistance for the hard times.

Cancer Survivor, Patient, and Partner Support *presented by Caitlin McNamee, LMHC, Mollie Wilmot Radiation Oncology Center at Saratoga Hospital* | **Friday, June 13 | 1:30 pm | Must RSVP**
Join Caitlin as she offers a supportive environment and valuable resources for everyone to explore emotional well-being, share personal experiences, learn coping strategies, and build a community of support.

Elder Fraud Scams and Fraud Prevention *presented by U.S. Postal Inspector* | **Monday June 16 | 10 am | Must RSVP**
The presentation will cover elder fraud scams and fraud prevention. Come get practical tips to protect yourself and loved ones.

Centers Healthcare Lunch & Learn *presented by Centers Health Care* | **Wednesday June 18 | 2:30 pm | Must RSVP**
Learn about Centers Healthcare local skilled rehab facilities, and what they offer and the benefits of using there facilities along with a review of there assisted living facilities, what they offer, and the difference between them. Lunch included by Refresh Kitchen.

Strengthening and Stretching Exercises You Can Do While Seated *presented by Donna Sausville, BS, Saratoga Hospital Regional Therapy Center* | **Tuesday June 24 | 2:30pm | Must RSVP**
An overview of the exercises designed to enhance your strength and flexibility, all while comfortably seated in a chair. These exercises are designed to be simple yet effective, helping you maintain strength and flexibility without leaving your chair.

Social Security Seminar *presented by Equitable Financial Advisors/FIDIR & Brian Doherty* | **Wednesday June 25 | 2 pm | Must RSVP** | Join Equitable/FIDIR Financial experts with Social Security Expert and Author, Brian Doherty for a Social Security Seminar followed by Q&A.

Understanding Memory Care: Signs, Support, and Resources *presented by Kristen Cashman, Memory Care Administrator, Home of the Good Shepherd* | **Monday June 30 | 1:30 pm | Must RSVP** | The presentation will aim to provide a comprehensive overview of memory care, how to recognize the signs and when to consider a memory care facility, and the memory care services at Home of the Good Shepherd.

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

Beading Workshop *facilitated by Jerry Matthews* | **Thursday, June 5 | 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.**

Watercolor Workshop *facilitated by Susan Peters* | **Monday, June 9 | 10am** | *\$5 material fee** Why Watercol- or? It is versatile, unpredictable, wonderful, light-filled, & colorful. Perfect for beginners and experienced alike. **Must sign up, seating is limited.**

Collage Workshop *facilitated by Xander Farmer* | **Tuesday June 10 | 10am** | *\$5 material fee.* Use scrap paper materials to create unique collage compositions! Materials will be provided, but feel free to bring things of your own as well (magazines, newspapers, photos, thin fabric, etc) that you would like to collage. No experience necessary! **Must sign up, seating is limited.**

Tie Dye Workshop *facilitated by Meryl Davis* | **Wednesday, June 11 | 1pm** | *\$5 material fee** Join us for a fun afternoon of tie dye! Please bring up to two all cotton light color items (i.e. T-shirt, button down, etc.) Must be pre washed and slightly damp if possible. **Must sign up, seating is limited.**

Acrylic Pour Painting Workshop *facilitated by Xander Farmer* | **Tuesday, June 17 | 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.**

Stamping Workshop *facilitated by Helen Mastrion* | **Wednesday, June 18 | 2pm -4pm** | *\$5 material fee** Make an assort- ment 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, June 26 | 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* Beginner Pastel Drawing** *facilitated by Xander Farmer* | **Mondays | 10am** **NO CLASS 6/9** | *\$10 material fee per month.* Explore the medium of oil pastels! We will learn about the unique nature of this medium and fine-tune our color blending skills. No prior drawing or painting experience necessary. **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, seat- ing 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 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!
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**  **SARATOGA HOSPITAL**
- 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.**

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**

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.

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

Parkinsons Support & Discussion Group *facilitated by Gor- don Blyth & Marie Thorne* | **2:30pm | Monday June 16** | This is a community of people impacted by Parkinson’s designed to help you make meaningful connections, engage in im- portant dialogue, find useful resources and build long-last- ing relationships.

Embracing New Beginnings *facilitated by Susan Peters* | **Wednesday June 25 | 10 am-12:30 pm | 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’s topic is all about “Summer Fun!” Let’s share ideas, tips, and personal reflections on how to make the most of the upcoming season. We also would like to have lunch from Refresh Kitchen while dicussing so bring lunch money if you would like to participate in lunch. **This is not a grief support or grief counseling.**

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, un- derstanding, 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 differ- ent conversation topics are covered and discussed.

Saratoga Hospital Bariatric Support Group | Monday June 2 | 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!

- Rhea for our delicious dine in dinner.
 - Boston Scientific for sponsoring our Rhea dine in dinner.
 - Wellcare for sponsoring our Mother’s Day event and Trivia.
 - Alfred Z. Solomon Charitable for supporting our historical programs & trips.
 - Jerry Crouth for your book talk.
 - Sara Brown (Core Restore Nutrition) for your informative presentation.
 - Barry Loffredo for your informative presentation.
 - Matthew Veitch for your informative presentation
 - Refresh Kitchen for providing delicious food for all of our special events.
 - MVP for sponsoring a cooking class at the Center.
 - To all of the community partners that attended our Health and Lifestyle Fair.
- Home of the Good Shepherd for sponsoring the Health and Lifestyle Fair, our Housing Crawl and our May activity fees.
 - Jill Smith and Michael Clement for the Songs and Stories of Broadway program.
 - Herzog Law Firm for providing Legal Tuesdays.
 - MVP for providing Medicare Advantage Information
 - Franklin Square Market, Dark Horse, & Impressions for participating in our Round Up campaign.
 - Berkshire Bank Foundation; Saratoga County Capital Resource Corp; David Solomon; Tom Roohan and MVP for grants supporting our programs and services
- Thank you to all our volunteers! You keep our world rockin’!**

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

Lunch Bunch - The Ripe Tomato | Malta, NY | Tuesday June 3 | The Ripe Tomato serves simple, hearty Italian and American fare prepared to order using fresh, local ingredients. ***Pay \$5 at sign up. Bring lunch money. Leave Center at 11:30am. Return about 2pm.***

Fort William Henry Living History Tour | Monday June 9 | Immerse yourself in 18th-century history at Fort William Henry with their Uniform Guided History Presentation and Military Demonstrations highlighting colonial artifacts and the fort’s significance during the French and Indian War. Finish the experience by witnessing thrilling musket and cannon firings led by their expert staff. After, enjoy lunch at The Garrison. ***Wear comfortable shoes and dress for outside weather. Pay \$10 at sign up. Bring lunch money. Leave the Center at 9:15am. Return about 2:45 pm. Discounted admission fee thanks to the Alfred Z. Solomon Charitable Trust.***

Factory Outlets of Lake George | Lake George, NY | Friday June 13 | Spend a day at the outlets! Nestled in the heart of the region sits The Outlets at Lake George, an open-air outlet shopping destination. After shopping, enjoy lunch at The Log Jam at 1pm. ***Pay \$10 at sign up. Bring lunch and shopping money. Leave the Center at 9:15 am. Return about 3:15 pm.***

TRIP POLICIES
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.

Union Ave Walking Tour | Saratoga, NY | Friday June 20 | Join local author and historian Hollis Palmer for a walking tour of the great cottages along Union Avenue and Circular street that ushered in the Gilded Age in Saratoga Springs. This mile and a half walk will begin across from Congress Park in front of Empire State College. There are no bathrooms on this walk. After, enjoy lunch at the Thirsty Owl. ****Wear sneakers/ comfortable shoes.*Bring lunch money. Pay \$5 at sign up. Leave the Center at 9:30am. Return about 2:00pm. Discounted tour fee thanks to the Alfred Z. Solomon Charitable Trust.***

Rivers Casino | Wednesday June 25 | Let’s hit Rivers Casino & Resort! Schenectady, New York’s top spot for gaming thrills! Enjoy slots and table games, grab a quick bite at any of the fantastic dining options in the casino and soak in the vibrant atmosphere. Then, from 2 pm to 4 pm, get ready to groove at Van Slyck’s in the casino for the Roadhouse 60’s event! Catch the fantastic young at heart artist ‘Roadhouse 60’s’ for some live music and good times. It’s the perfect blend of gaming and great tunes! ****Pay \$10 at sign up. Leave the Center at 10:00am. Return about 5:00pm.***

Forest Bathing - Saratoga Spa State Park | Friday June 27 | Forest Bathing is a Japanese practice of spending time in nature, to promote relaxation and well-being. It involves engaging with the natural environment through all five senses, and being in the present moment. It helps to lower stress levels and blood pressure After, enjoy lunch at PJ’s Bar-B-QSA. ***Pay \$5 at sign up. Wear comfortable walking, hiking shoes. Plan for weather conditions. Bring lunch money. Leave the Center at 9:30am. Return about 1:30 pm.***

collette Excursions

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

2026 Trips
Time to plan 2026 travel! Are any of these on your bucket list? Already traveled to these spots? Talk to our Assistant Director about a travel destination you would love to see included.

Discover Hawaiian Adventure December 4-13, 2025	Tropical Costa Rica January 30 - February 7, 2026	Spectacular Scandinavia May 15-28, 2026	America’s Cowboy Country July 28 - August 4, 2026	Scotland Discovery August 22-31, 2026
Peru: Machu Picchu and Lake Titicaca September 17-26, 2026				
Want a Collette adventure that’s not listed? Reach out to Kyleigh! She can help you craft a personalized trip to your dream destination. Email her today to start planning! Email: Kyleighc@saratogaseniorcenter.org your suggestions.				


***NEW* Collette Travel Club | Tuesday June 10 | 10am-11am** | *facilitated by Kyleigh Cohan* | **Must RSVP** | Embark on new adventures with our Collette Travel Club! If you’re passionate about travel and seeking like-minded companions, this is the group for you. Perfect for solo travelers looking for roommates and friends to explore with. We'll delve into upcoming Collette trips and welcome your suggestions for future destinations. Join us to connect, plan, and share your travel experiences. Meetings with continue on a as needed basis.


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

***BUS ADDED* Mystic, Connecticut | Thursday July 17**
Enjoy a day on your own! Mystic is a quintessential Connecticut coastal town that is historic and charming. 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

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, visit the tree at Rockefeller Center, or experience a magical performance by Radio City Rockettes. Whatever you choose, it’s sure to be a wonderful day! Meals are not included. You will be dropped off at Bryant Park.
Trip Cost: \$51 per person **Supported by** 

Concert for One: A One-of-a-Kind Musical Experience
Tuesday June 24 | 10:30 am
Saratoga Arts made this program possible through the Community Arts Regrant Program, funded by the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature.
Step into a unique and heartfelt musical moment with Concert for One—an interactive one-minute pop-in concert series. Performed by professional musicians on clarinet, flute, cello, and trumpet. In this special event, one professional musician performs just for you—one audience member, one minute, one unforgettable connection. Choose a color that reflects your mood, and that color will guide the music selected just for you and enjoy a personal performance tailored just for you. After your private concert, stay for coffee, cookies, and conversation with fellow music lovers. Come curious, leave inspired! 

End of 2025 Proctors Van Trips

For each show we will leave the Center at 11am. Bring lunch money for lunch at the Backstage Pub at noon prior to each show.

A Beautiful Noise: A Neil Diamond Musical | Thursday September 25, 2025 | 1:30pm | \$98 per person | A Beautiful Noise is the uplifting true story of how a kid from Brooklyn became a chart-busting, show-stopping American rock icon. An inspiring, exhilarating, energy-filled musical memoir, that tells the untold true story of how America’s greatest hitmaker became a star, set to the songs that defined his career.

Wicked | Thursday November 6, 2025 | 1:30pm | \$112 per person | Wicked the musical looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one “good,” and the other one “wicked.”

More June Happenings!

Senior Center Writers Circle *facilitated by Joyce Rubin* | **Monday June 2 & 23 | 9am | Please RSVP**
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.

Aging Gracefully | Wednesday June 11 | 10am-11am | Must RSVP
Aging comes with unique experiences that can challenge us. Join this group to discuss navigating life’s transitions as you age.

***NEW* Tech Fair | Wednesday June 11 | 12pm-2pm | FREE | Must sign up for a 30 minute appointment**
Need tech help? Students from Saratoga High School are here to assist! Bring your laptops, phones, tablets, and other electronic devices for troubleshooting and guidance. Our talented students will do their best to help.

Tarot Card Reading *facilitated by Mary Shimp* | **Tuesday June 17 | 10am-2pm** | \$5 donation suggested
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.

Poetry/Storytelling Open Mic | Friday June 13 | 1pm | Please sign up | Open to the public | \$5 suggested donation | This months featured poet will be Barbara Ungar, 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.

Legal Tuesdays – Herzog in the House | Tuesday June 24 | 9am-12pm | FREE | 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.

Movie Day | Thursday June 26 | 2:30pm-4:30pm | FREE Must RSVP | Enjoy a showing of the movie, *Conclave*. When Cardinal Lawrence is tasked with leading one of the world’s most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue that could shake the very foundation of the Catholic Church. Rated 93% on Rotteen Tomatoes.

Scrabble | Fridays | 10am
Get ready for some thrilling tile-laying action at the Center’s Scrabble gatherings. Challenge your brain, expand your vocabulary, and enjoy some friendly competition. All levels welcome! Join the wordy fun!

The following class is 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.
Modern Line Dance Fusion *facilitated by Mary Colby* | **Tuesdays | 1:30pm | Must RSVP** | 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, Old-ies, Swing, Disco, Latin, and Country. This is a no pressure, just for fun, music and dancing class.

June 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.

Book Club | Tuesday June 24 | 3pm | Must sign up | The book for June is James by Percival Everett.

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.

Summer Fitness Classes on the Side Yard

For a refreshing summer twist, several of our regular fitness classes will be moving outside to the side yard, weather permitting. Join us for some sunshine and fresh air during the following sessions:

- Tuesdays from 11am-12pm for Gentle Kripalu Yoga
- Wednesdays from 1pm-2pm for Strength with Aidan
- Thursdays from 12:30pm-1:30pm for Qi Gong
- Fridays from 11:30am-12:30pm for Slow and Steady Yoga Flow

Support the Center!



Discounted Hoffman Car Wash Tickets

Tired of all that stubborn pollen covering your car? Everyone wants a clean car this spring! It’s easy to keep your car clean and shiny with discounted Hoffman Car Wash Tickets for \$12.00. A portion of the proceeds goes to the Center! Tickets can be purchased at the front desk.

Round-Up for the Saratoga Senior Center This June

The Center has launched our Giving Season Round-Up Campaign! Swing by Franklin Square Market, Impressions, or Dark Horse in June and you can round up your total at checkout to support the Center. Your generosity makes a difference!

Weekly 50/50

Stop by the front desk and purchase tickets for the Centers weekly 50/50. Tickets will be \$1 for 2 or \$5 for 10. Winner will be picked every Friday at 2 pm. Did you grab your ticket yet?

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, Renew Active, or Fit On Health 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.
- **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 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.****

Weekly Programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi	9am-12pm:Poker	8:45am: Senior Life	9am-11am: Women’s	9am-12pm: Poker
9am-12pm: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	Transitions Team Mtg. (1st Wednesday)	Billiards	9am: Advanced Clay
9am: Beginner Chinese Mahjong	9:30am: Mahjong	9am-12pm: Poker	9am: Still Life Sketching	9am: Mexican Dominoes
9:30am: Walking Club	10am: Meditation	9am: Pinochle	10am-10:45am: Silver Sneakers Classic - Joanne	10am:Healthy Bones*
9:30am: Beginner Spanish	11am: Gentle Kripalu Yoga	9:30am: Mosaics	10am: Ukulele	10am: Scrabble
10am: Beginner Pastel Drawing (No class on 6/9)	12pm: Lunch*	9:30am-12:45pm: Rug Hooking	11am: Foodbank (No foodbank on 6/19)	11am: Memory Cafe (1st Friday)
10am:Healthy Bones*	12pm-3pm: Intermediate Clay Arts	10am: Knit & Crochet	12pm:Lunch*	11am: Caregiver Support Group (2nd Friday)
10am-11am: Chair Yoga	12:15pm: SS Stability	10am-11am: Zumba	12:30 pm: Chinese & American Mahjong	11:30am: Slow & Steady Yoga Flow
10:30am-11:30am: Saratoga Library (Monday June 9)	12:30pm: American Mahjong	12pm: Lunch*	12:30pm: Qi Gong	12pm: Lunch*(No lunch on 6/27)
12pm: Lunch*	1pm-4pm: Billiards League	1pm :Bingo	1pm-4pm: Billiards League	1pm: SilverSneakers Circuit
12:30pm-3:30pm: Bridge	1pm: Canasta	1pm:Strength w/Aidan	1pm-4pm: Billiards League	1pm : Beginner Clay
1pm: Resistance Bands	1:30pm: Modern Line Dance Fusion	1pm-4pm: Billiards League	1pm: Belly Dance	1pm-4pm: Billiards League
1pm-2pm: Chit Chat				
1pm-4pm: Billiards League				

**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

June 2	9am - Writers Circle 5:30pm - Trivia Night 6pm- Bariatric Support Group	June 17	10am - Tarot Card Reading 10am - Acrylic Pour Painting Workshop 10am - Brushed & Bridles: Equine in Art
June 5	1pm - Beading	June 18	2pm - Stamping Workshop 2:30pm - Centers Health Care Lunch & Learn
June 6	11am - Memory Cafe	June 20	1pm - Interactive Cooking Experience
June 9	10am - Watercolor Workshop 10:30am - Saratoga Library 1pm - Kick Off to Summer Picnic	June 23	9am - Writers Circle
June 10	10am - Collette Travel Club 10am - Collage Workshop 1pm - Resilience Presentation 2pm - Grief and Loss	June 24	9am - Herzog Legal Tuesday 2pm - Grief and Loss 2:30pm - Stremgth and Stretching Exercises Presentation 3pm - Book Club 5:30 pm - Dine in Dinner - OBI
June 11	10am - Aging Gracefully 12pm - Tech Fair 1pm - Tie Dye Workshop	June 25	10am - Embracing New Beginings 2pm - Learn to Bird 2pm - Social Security Seminar
June 12	1:30pm - Speed Dating	June 26	1pm - Zentangle Workshop 2:30pm - Movie Day
June 13	11am - Alzheimer’s Caregiver Support Group 1pm - Poetry & Storytelling Open Mic 1:30pm - Cancer Survivor and Partner Support Presentation	June 27	12pm - American Red Cross Blood Drive 1pm - Games on the Green
June 16	10am - Elder Fraud Presentation 2:30pm - Parkinsons Support Group 5:30pm - Dine in Dinner - Refresh Kitchen	June 30	1:30pm - Understanding Memory Care: Signs, Support and Resources