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# Saratoga Senior Center NEWSLETTER

JULY 2025

## July Solomon's 70

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

### History of the Track | The Track to Change Thoroughbred Racing in the 20th Century Monday, July 14 | 10 am | FREE | Must RSVP

Come hear a presentation at the Center by the National Museum of Racing and Hall of Fame that explores how racing influenced -- and was influenced by -- the turbulent 1900s.

### The Prohibition Speakeasy Party Thursday, July 31 | 3 pm- 5 pm | \$5 | Must RSVP

Step back in time to an era of hidden pleasures and illicit delights as we create a secret Saratoga speakeasy! If you'd like wear your finest Roaring '20s attire. Enjoy hors d'oeuvres and forbidden tastings. The air will be filled with the intoxicating sounds of jazz music, inviting you to dance the night away. But remember, loose lips sink ships! This is a private affair, and entry requires discretion. So, when you arrive, be sure to whisper the secret password: Madcaps

### Talking Track & Kick Off to Racing Season Monday, July 7 | 1 pm-3:30 pm | Must RSVP

**1pm: FREE and Open to the Public** | Talking Track with West Point Thoroughbreds. Join Tom Durkin- voice of the track, Tom Bellhouse - Executive Vice President of West Point Thoroughbreds & Jason Blewitt- longtime racing broadcaster. Get some inside info, stories and history on our famous track.

**2:30pm: \$3 per person** | The Racing City Chorus, an a cappella musical group that is the local chapter of the Barbershop Harmony Society, will be performing while you enjoy lunch! Lunch by Refresh Kitchen including bourbon glazed meatball sliders, veggie platter, beer cheese dip & pretzels, cookies, and brownie bites.

**July Van Trips | See inside for more details**  
Albany Institute of Art and History - Friday, July 11  
Wiawaka - Friday, July 25

## July Fun at the Center

### Coney Island Carnival Monday, July 14 | 1 pm-3 pm | \$10 | Must RSVP

Prepare for a day of classic carnival fun right here at the Center! Indulge in delicious creations at the build your own hot dog bar by Refresh Kitchen. Cool down with scoops of Ben & Jerry's ice cream, and get ready for adorable encounters of baby goats, courtesy of Centers Health Care! Enjoy lively tunes all afternoon long from Jeff Walton, test your skills at carnival games and more to come!

Supported by  CENTERS  
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### "Not Too Old to be Funny" Comedy Show with Judi Clements

**Monday, July 28 | 5:30pm-7pm | \$10 | Must RSVP**  
Step into Judi's world of comedy & fun as she shares her observational slant on life with its ups & downs. Judi uses comedy to deal with the challenges of aging, living in the 21st century, dealing with technology, adult children, and more. Laugh along with Judi as she talks about some of the same struggles all of us have & turns them into Judi's jokes & funny stories. Refreshments and a small snack will be available.

## July Dine-in Dinners

### Dine-in Dinner with Home of the Good Shepherd | Tuesday, July 15 | 5:30 pm | \$13 per dinner | Must RSVP

Dinner includes huli-huli chicken, coconut rice, ginger-garlic green beans, hawaiian dinner roll, and a mini key lime pie.

### Dine-in Dinner with Refresh Kitchen | Monday, July 21 | 5:30 pm | \$13 per dinner | Must RSVP

Dinner includes chicken riggies, caesar salad, and garlic bread.

## Discounted SPAC Tickets for Members - Only Orchestra Left!

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 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 Orchestra will end July 21.**

## \*NEW\* Pitney Meadows Pop-Up Fresh Pantry Is Back at the Center!

**Every other Monday, 9am while supplies last | Starting 7/14**

Pitney Meadows farm is unique because "we don't grow to make money; we grow to give. Our philosophy of farming means growing for the community." They are committed to provide fresh produce donations to feed the community.

Supported by  MVP  
HEALTH CARE

## Farmers Market Coupons & Information Event at the Center | Wednesday July 30th | 3pm-5pm

*provided by Saratoga County Department of Aging & Youth Services*

You must be 60 years of age or older, one booklet per season per individual. Income at or below: \$2,413 per month, household of one. \$3,261 per month, household of two. For more information please contact (518)884-4100.

## Thank you to our newsletter sponsors for their continued support!



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**Hours:** Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | [saratogaseniorcenter.org](http://saratogaseniorcenter.org)

## July Educational Presentations- Free & Open to the Public

**Navigating the Long-Term Care Continuum** *presented by Herzog Law Firm*

**Tuesday, July 15 | 1:30 pm | Must RSVP** | Resources for Caregivers Caring for a loved one comes with rewards and challenges, especially when navigating long-term care options. This interactive seminar provides essential tools to help caregivers confidently explore care levels—from in-home support to assisted living and skilled nursing. Learn key legal, financial, and medical considerations, discover valuable community resources, and gain strategies for self-care. Join us to make informed decisions and provide the best possible care for your loved one. *Renee Birnbaum, Choice Connections will also be presenting with Herzog.*

**\*RESCHEDULED FROM JUNE\* Cancer Survivor, Patient, and Partner Support** *presented by Saratoga Hospital* | **Friday, July 18 | 1:30 pm | Must RSVP** | Join Caitlin McNamee, LMHC, Mollie Wilmot Radiation Oncology Center at Saratoga Hospital 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

**Assisted Living at Home of the Good Shepherd** *presented by Home of the Good Shepherd* | **Monday, July 21 | 10 am | Must RSVP** Learn more about the services, amenities, and personalized care offered at Home of the Good Shepherd’s Assisted Living and Enhanced Assisted Living communities with Kate Smith, Marketing & Outreach Director. Discover how our private rooms, engaging activities, and warm, home-like environment help residents maintain independence and quality of life. We’ll also explain how Enhanced Assisted Living supports aging in place with added care options, including certain nursing tasks provided with a physician’s order.

**“Find Me In Saratoga” Interactive Book Talk** *presented by Author, Patrice Mastrianni* | **Tuesday, July 22 | 10 am | RSVP** | FIND ME IN SARATOGA, INSPIRED BY THE EARLY HISTORY, MYSTERY, AND FOLKLORE OF SARATOGA SPRINGS, NY Meet local author, Patrice Mastrianni who will be sharing her new book about the early history of Saratoga Springs. The book is written for children ages 10+, but it’s clear that adults are loving it just as much! A wise duck leads readers to local landmarks while a dramatic squirrel shares “tails” of Saratoga’s battles, ghosts, and graveyards. Show us what you know when she hosts a Saratoga History Trivia Game. Signed copies will be available for purchase.

**How to Plan Your Estate, Essential Documents and Strategies** *presented by Herzog Law Firm* | **Monday, July 28 | 10 am | Must RSVP** An estate plan is a roadmap that outlines your wishes for yourself, your dependents, and your assets if you’re unable to speak for yourself. Whether you are single, married, have children, significant assets, or own a business, an estate plan is essential. This session with Phil Vacchio will highlight the “must-have” documents you need to protect your future and ensure your wishes are followed.

## More July Happenings!

**\*NEW\* Helayne & Grace Dog Therapy Team | Tuesday, July 8 | 1pm-2:30pm | Drop-in**  
We’re excited to introduce Helayne O’Keiff and Grace a certified Dog Therapy Team from the Alliance of Therapy Dogs! Helayne, a retired Registered Nurse, and Grace, a calm and loving 25-pound Westie mix, recently moved to Saratoga Springs from Austin, Texas. Grace is a bundle of joy who loves to be petted and brings comfort and support wherever she goes. If you love dogs, or simply enjoy a soothing visit, come meet Helayne and Grace!

**Movie Day | Tuesday, July 8 | 2pm-4pm | Please RSVP** | Enjoy a showing of the movie, *Nonnas*. After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs.

**Poetry/Storytelling Open Mic | Friday, July 11 | 1pm | Please sign up | Open to the public** | \$5 suggested donation | This month’s featured poet will be Joe Bruchac, 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.

**Beginner Spanish Summer “Refresher” Class | Monday, July 14 | 9:30am | Please sign up**  
Spanish class is taking a break for the summer! Get ready for a refresher class in July to keep your skills sharp before weekly classes resume in September.

**Tarot Card Reading** *facilitated by Mary Shimp* | **Tuesday July 15 | 10am-2pm | Must RSVP** | \$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.

**Legal Tuesdays – Herzog in the House | Tuesday July 22 | 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.

**Book Club | Tuesday July 29 | 3pm | Please sign-up** | The book for July is The Book Club for Troublesome Women by Marie Bostwick

**Guitar Workshop | Wednesdays | 1pm-3pm | FREE | Please sign-up** *facilitated by Dave Capano*  
Join our guitar class! The first 90 minutes will be a workshop for all skill levels, perfect for those interested in learning guitar. The final 30 minutes is dedicated to extra practice time for anyone who wants it. Please bring your own guitar to participate.

**\*NEW\* Summer Line Dancing** *facilitated by Joyce Sova-Gervais* | **Wednesdays | 2:30pm | Please RSVP**  
Come join Joyce for her summer line dancing class! **Open to members only, must sign up spots are limited.**


**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!

**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.

## 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 Gordon Blyth & Marie Thorne* | **2:30pm | Monday, July 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.

**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 July 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!

- Olde Bryan Inn and Refresh Kitchen for our delicious dine in dinners.
- Home of the Good Shepherd for sponsoring our Kick Off to Summer Picnic.
- MVP and Trinity Health Alert for tabling at our Kick Off to Summer Picnic.
- Berkshire Bank for volunteering at our Kick Off to Summer Picnic.
- Alfred Z. Solomon Charitable for supporting our historical programs & trips.
- Saratoga Living for Speed Dating at the Center.
- Barry Loffredo for your informative presentation.
- Saratoga Hospital for your informative presentation.
- Centers Health Care for your informative presentation.
- Equitable Financial Advisors/FIDIR & Brian Doherty for your informative presentation.

- Home of the Good Shepherd for your informative presentation.
- U.S. Postal Inspector for your informative presentation.
- Herzog Law Firm for providing Legal Tuesdays.
- MVP for providing Medicare Advantage Information
- Mary Shimp for Tarot Card Readings
- 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, Leon J Goldberg Foundation, Price Chopper’s Golub Foundation and MVP for grants supporting our programs and services

**Thank you to all our volunteers! You keep our world rockin’!**

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Van Trips **\*\*Based on member feedback both regular van trips and Proctors van trips will begin sign-ups on the first of the month.\*\***

**Lunch Bunch - The Mill on Round Lake | Round Lake, NY | Tuesday, July 8** | The Mill on Round Lake is an inviting Adirondack-themed tavern with great food, a cozy atmosphere, and exceptional service. **Pay \$5 at sign up. Bring lunch money. Leave Center at 11:30am. Return about 2pm.**

**Albany Institute of History & Art | Albany, NY | Friday, July 11** | Enjoy a guided tour of The Hudson River School: Landscape Paintings from the Albany Institute and On the Road to Cragsmoor with Charles Courtney Curran exhibitions. Prior to your tour you will have time to walk around the museum and explore the galleries. After the tour head to The Skinny Pancake for lunch. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 9:30am. Return about 3 pm.** Free admissions fee thanks to the Alfred Z. Solomon Charitable Trust. **\*ONLY 4 SPOTS LEFT (These are the last remaining seats for our rescheduled van trip, originally January).\***

**Olde Saratoga Mini Golf | Saratoga, NY | Tuesday, July 22** | Play a round of mini golf and get a small soft serve cone for just \$11 per person! After you play mini golf head inside to Rustic Pizza for lunch. **Pay \$5 at sign up. Bring lunch and ticket money. Leave the Center at 10:30am. Return about 2:15 pm.**

**VAN TRIP POLICIES**  
Van trips are for members only.

- 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.

**Wiawaka Center for Women | Lake George, NY | Friday, July 25** | Wiawaka’s mission is to enrich, inspire, and celebrate the growth of women through unique and relevant programming in a natural and peaceful setting. Enjoy a guided tour of the entire property. Learn the history of Wiawaka, plans for maintaining it for the future and much more. Prior to the tour, enjoy lunch at Wiawaka. All are welcome. **\*Must be able to walk independently during tour\* Sign up by 7/11.\*Wear sneakers/ comfortable shoes.\*Bring lunch money. Pay \$30 at sign up. Leave the Center at 11am. Return about 3:00pm.** Discounted tour fee thanks to the Alfred Z. Solomon Charitable Trust.

**Galway Rock Vineyard & Winery | Ballston Lake, NY | Monday, July 28** | Join us for a relaxing van trip to Galway Rock Winery, where you’ll enjoy a self-guided tasting of three award-winning wines paired with a delicious charcuterie board. Take in stunning views stretching all the way to Vermont from their beautiful tasting room or patio. Don’t forget some extra money if you’d like to purchase additional food, wine by the glass, wine-tails and more. **\*Pay \$25 at sign up. Tasting and charcuterie included in price. Leave the Center at 12:30pm. Return about 3:15 pm.**

**Pontoon Boat Ride on Saratoga Lake | Saratoga, NY | Tuesday, July 29** | Enjoy a scenic boat ride on one of New York’s most scenic lakes. This is a one-hour boat ride around Saratoga Lake. After, enjoy lunch at Lago by Druthers. **\*Pay \$30 at sign up. Leave the Center at 10:45am. Return about 2:30 pm. MUST SIGN UP IN PERSON TO SIGN WAIVER.**

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.

**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.”

**Water for Elephants | Thursday April 9, 2026 | 1:30pm | \$94 per person** | Water for Elephants follows the journey of Jacob Jankowski, a young man who joins a traveling circus after his parents’ tragic deaths. As Jacob’s story unfolds, he becomes the circus vet, falls in love with a married performer named Marlena, and forms a deep bond with Rosie the elephant.


**The Sound of Music | Thursday March 19, 2026 | 1:30pm | \$98 per person** | The Sound of Music is a beloved musical based on the true story of the Von Trapp Family Singers. Set in Austria during the years leading up to World War II, the musical captures themes of love, family, and resistance in the face of adversity.

**The Outsiders | Thursday May 21, 2026 | 1:30pm | \$98 per person** | The Outsiders is a musical set in 1967 Tulsa, Oklahoma that focuses on Ponyboy Curtis, a 14-year-old orphan caught in a battle between rival adolescent gangs: the working-class Greasers and privileged Socs (socialites, from the richer side of town).

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, 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** 

colletteExcursions

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

**\*\*NEW\*\* Collette Travel Information Sessions** | *facilitated by Ryan of Collette Travel* | **Must RSVP** | You’re invited to informational travel slideshow presentations and Q&A at the Center. Come learn more about the following trips!

**Presentations on:**  
**7/21/25 @4:30pm:** Rome and the Amalfi Coast | June 2026  
**7/29/25 @1:00pm:** Tropical Costa Rica | Jan 30-Feb 7, 2026 & Spectacular Scandinavia | May 15 - May 29, 2026

2026 Trips  
Time to plan 2026 travel! Are any of these on your bucket list?

**Tropical Costa Rica**  
January 30 - February 7, 2026

**Spectacular Scandinavia**  
May 15-29, 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

**Discover Australia’s Outback to New Zealand’s South Island**  
January 6-25, 2027

Want to book any of the above trips or 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](mailto:Kyleighc@saratogaseniorcenter.org)

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

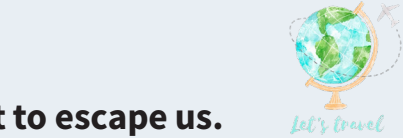


**Horse Racing Art Making Workshop** *facilitated by Xander Farmer* | **Monday, July 7 | 10am** | \$5 material fee. Stop by our racetrack themed art workshop to create drawings and paintings inspired by Saratoga’s historic racing season, focusing on the track and horses that make it all possible. All materials provided. No prior art experience necessary! **Must sign up, seating limited.**

**Micro Mosaic Jewelry** *facilitated by Meryl Davis* | **Wednesday, July 9 | 1pm** | \$5 material fee | Micro Mosaics involves using small pieces of glass or beads and setting them into a pendant frame. **Must sign up, seating limited.**

**Still Life Sketching Workshop** *facilitated by Xander Farmer* | **Thursday, July 10 | 9am** | \$5 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 limited.**

**Beginner Pastel Drawing Workshop** *facilitated by Xander Farmer* | **Thursday, July 17 | 9am** | \$5 material fee. 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 limited.**



**Beading Workshop** *facilitated by Jerry Matthews* | **Thursday, July 24 | 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 limited.**

**Needle Felting** *facilitated by Xander Farmer* | **Tuesday, July 8 & 15 | 9am-10:30am | \$10 material fee for both classes** | Learn the basics of needle felting! We will begin with simple shapes to become familiar with the felting process, gradually advancing to more complex forms. We will cover safety, efficiency, and various useful techniques, like how to blend colors or create defined lines. Students will use these skills to craft felted objects of their choosing. **Must sign up, seating is limited.**

**Lifting Color: Stencil Art on Fabric Workshop** *facilitated by Meryl Davis* | **Wednesday, July 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 limited**

**Intermediate Handbuilding Clay Arts** *facilitated by Xander Farmer (first 3 weeks) & Carol Glansberg (last 2 weeks)* | **Tuesdays, 1pm-3:30pm** | \$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 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 month’s project will be small ceramic planters. Learn to make small ceramic planters for your houseplants by creating and decorating your own handmade pinch-pot! **Must sign up, seating limited.**



**Concert for One: A One-of-a-Kind Musical Experience**  
**Tuesday July 15 & 29 | 10:30 am**



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! *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.*

**Support the Center!**

**Discounted Hoffman Car Wash Tickets**



Everyone wants a clean car this summer! 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 July**

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

**Monthly 50/50**

Stop by the front desk and purchase tickets for the Centers monthly 50/50. Tickets will be \$1 for 2 or \$5 for 10. Winner will be picked on the last Friday of the month at 2 pm. Did you grab your tickets 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. ***Do you want to keep the free table? Are you able to volunteer to help keep it organized? Come to our Free Table volunteer meeting on Tuesday, July 22nd at 1pm.***
- **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: Open Ping Pong 9am: Beginner Chinese Mahjong 9am: Walking Club 10am:Healthy Bones* 10am-11am: Chair Yoga (Only on 7/28 for July) 10:30am-11:30am: Saratoga Library <b>(Monday July 14)</b> 12pm: Lunch* 12:30pm-3:30pm: Bridge 1pm: Resistance Bands (No class 7/21) 1pm-2pm: Chit Chat 1pm-4pm: Billiards League	9am-12pm:Poker 9am-9:45am: Silver Sneakers Classic - Joyce 9:30am: Mahjong 10am: Meditation (Only on 7/29 for July) 11am: Gentle Yoga (Sub instructor for July) 12pm: Lunch* 12:15pm: SS Stability 12:30pm: American Mahjong 1pm-3:30pm: Intermediate Clay Arts 1pm-4pm: Billiards League 1pm: Canasta	8:45am: Senior Life Transitions Team Mtg. <b>(1st Wednesday)</b> 9am-12pm: Poker 9am: Pinochle 9:30am: Mosaics 9:30am-12:45pm: Rug Hooking 10am: Knit & Crochet 10am-11am: Zumba 12pm: Lunch* 12pm-4pm: Canasta 1pm : Bingo 1pm:Strength w/Aidan 1pm-4pm: Billiards League 1pm: Guitar Workshop/ Lessons	9am-11am: Women’s Billiards 10am-10:45am: Silver Sneakers Classic - Joanne 10am: Ukulele 11am: Foodbank 12pm:Lunch* 12:30 pm: Chinese & American Mahjong 12:30pm: Qi Gong 1pm-4pm: Billiards League 1pm: Belly Dance	9am-12pm: Poker 9am: Advanced Clay 9am: Mexican Dominoes 10am:Healthy Bones* 10am: Scrabble 11am: Memory Cafe <b>(1st Friday)</b> 11am: Caregiver Support Group <b>(2nd Friday)</b> 11:30am: Slow & Steady Yoga Flow 12pm: Lunch* 1pm: SilverSneakers Circuit 1pm : Beginner Clay 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**

July 4	Center Closed	July 17	9am- Beginner Pastel Drawing Workshop
July 7	10am - Horse Racing Art Making Workshop 1pm- Talking Track and Kick Off to Racing Season 6pm: Saratoga Bariatric Support Group	July 18	1:30pm- Cancer Survivor, Patient, and Partner Support Presentation
July 8	9am- Needle Felting 1pm- Therapy Dog 2pm- Movie Day	July 21	10am- Assisted Living at HOGS Presentation 2:30pm- PArkinsons Support Group 4:30pm-Collette Travel Info on Rome and the Amalfi Coast 5:30pm- Dine in Dinner - Refresh Kitchen
July 9	1pm - Micro Mosaic Jewelry	July 22	9am -Herzog Legal Tuesday 10am- “Find Me In Saratoga” Book Talk
July 10	9am- Still Life Sketching Workshop 2pm- Grief and Loss	July 24	1pm- Beading Workshop 2pm- Grief and Loss
July 11	11am- Alzheimer’s Caregiver Support Group 1pm- Poetry/Storytelling Open Mic	July 28	10am- How to Plan Your Estate, Essential Documents and Strategies Presentation 5:30pm- Comedy Show
July 14	9:30am- Beginner Spanish Refresher Class 10am- History of the Track Presentation 1pm- Coney Island Carnival	July 29	1pm- Collette Travel Info on Tropical Costa Rica and Spectacular Scandinavia 3pm - Book Club
July 15	9am- Needle Felting 10am- Tarot Card Reading 1:30pm- Navigating Long Term Care Presentation 5:30pm- Dine in Dinner - HOGS	July 30	1pm- Lifting Color: Stencil Art on Fabric Workshop 3pm - Farmers Market Coupons
		July 31	3pm- Prohibition Speakeasy Party