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Saratoga Senior Center NEWSLETTER AUGUST 2025

Renew your 2025 membership for your chance to win big! Don't miss out!

Haven't renewed your membership for 2025 yet? Renew by August 18 and you'll be automatically entered to win two premier seats at the exclusive Afternoon with Jim Nantz Luncheon! See below.

Already a valued member? Purchase your ticket to the Afternoon with Jim Nantz Luncheon by August 18 and you'll be entered to win an additional complimentary ticket for a guest, plus get upgraded to premier seating!

An Afternoon with Jim Nantz Luncheon & Fundraiser with moderator Dottie Pepper and special guest Max Adler Thursday, August 21 | Lunch 11 a.m. -12 p.m. Presentation 12 p.m. Hosted by Fasig-Tipton | \$70 per person



Mark your calendar and get ready for an unforgettable fundraiser for the Center! We're thrilled to invite you to our 70th Anniversary Luncheon. Join us as we honor the legendary Jim Nantz, CBS sportscaster and passionate Alzheimer's advocate, as our Man of the Year. Known as one of the greatest sports storytellers of all time, Jim will take the stage for a special fireside chat with his CBS colleague and golf icon, Dottie Pepper.

Sipping for Seniors Thursday August 14 | 6pm-10pm | Horseshoe Inn Bar & Grill - 9 Gridley Ave Support the Center at Sipping for Seniors at the Horseshoe Inn Bar & Grill. Kick off the weekend with owners, jockeys and trainers who will guest bartend and enjoy live music by Jukebox Rebellion.

The Horseshoe Inn is not just a bar, enjoy a delicious dinner too! 20% of food & drink sales and 100% of guest bartender tips will be donated to the Center.

Supported By KeyBank



August Solomon's 70

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

The Gangsters of Saratoga Tuesday, August 5 | 10 am | FREE | Must RSVP Open to the Public

Join retired Police Chief and author Greg Veitch for "The Gangsters of Saratoga." He'll share true stories from his books, All the Vour chance to find that missing gem. Refresh Kitchen is Law in the World Won't Stop Them and A Gangster's Paradise, dishing out 50s diner classics: cheeseburger sliders, fries, revealing Saratoga Springs' history of gambling, crime, and corruption. Learn about gentlemen gamblers, rum runners, and notorious figures who summered in the Spa City.

Rock Around the Clock Record Rumble Monday, August 11 | 1:30 pm | \$6 | Must RSVP

Celebrate Vinyl Record Day with us! Enjoy live music by Rick Russo and bring your records for our vinyl swap— Caesar salad, and deviled eggs, plus plenty of root beer floats. Fifties attire is welcome if you're feeling groovy!

August Van Trips | See inside for more details

Oklahoma Training Track Tour + National Racing Museum - Tuesday, August 5 Saratoga Corinth & Hudson Railway Scenic Train Ride- Tuesday, August 26

August Fun at the Center

End of Summer Bash Friday, August 29 | 1:30 pm | \$10 | Must RSVP

Enjoy beachy tunes, a tropical mocktail station, and delicious food from Refresh Kitchen, including chicken salad pinwheels, seashell pasta salad, fresh veggies, and sand dollar cookies. Wear your best Hawaiian shirt and lei (optional!) and join us for exciting rounds of summer-themed bingo. Play bocce ball, corn hole, and ladder ball. This event will be held outdoors, weather permitting.

International Mahjong Day Social Friday, August 1 | 1:30pm-3:30pm | FREE | Must RSVP Open to the Public

Calling all Mahjong players! Bring your sets, gather friends, and join our lively social to meet new players. Enjoy a friendly competitive spirit, ample room for multiple games, and drinks. It's the perfect chance to connect, strategize, and have a fantastic time!

Interactive Cooking Experience with Chef Matt Thursday, August 28 | 3pm-5pm | \$15 | Must **RSVP**

Master homemade gnocchi with Chef Matt of Refresh Kitchen! This hands-on class will teach you everything from dough to delicious dumplings. You'll knead, shape, and enjoy your creations during class, plus take home extra sauce. Perfect for all skill levels—no experience needed!

Supported by Peregrine



Dine-in Dinner with Olde Bryan Inn Tuesday, August 19 | 5:30 pm | \$13 per dinner

Dinner includes roasted chicken with a tarragon cream sauce, mashed potatoes, and a vegetable.

Supported by CARE



Senior Day at the Track- Sponsored by NYRA

Wednesday, August 27 | \$7 | Must sign up, tickets are limited

Spend the day at the Saratoga Race Track! Includes grandstand admission and seats, program, burger or breakfast sandwich & beverage from the Trackside Grill, & shuttle from the Center. May include a handicapping session at Trackside grill

prior to entry; more details to come. If you would like to use the shuttle, please contact the

front desk to sign up for a time slot, spots are limited. Shuttle will pick up at the YMCA pavilion parking lot.



Shuttle Supported By (Y)



August Educational Presentations- Free & Open to the Public

Lifestyle Impacts on Arthritis Symptoms: A Review of the Research presented by Dr. Sara Brown PT, DPT, MS, CNS (owner of Core Restore Nutrition and Wellness) | Tuesday, August 5 | 1:30 pm | Must RSVP | Certified Nutrition Specialist and Physical Therapist, Sara Brown PT, DPT, MS, CNS will be presenting for a second time on how lifestyle, specifically how dietary patterns- impact arthritis symptoms and outcomes. This will be a deeper dive into the research literature based on the available evidence, and attendees will leave with tips for where to start to make simple changes in diet and lifestyle to help manage arthritis symptoms. A specific focus will be on osteoarthritis and diet, however Rheumatoid Arthritis will be discussed, as will other lifestyle factors.

Aging in Place: Growing Older at Home presented by Home Instead, Maria Spagnola, Client Care Manager | Tuesday, August 12 | 10 am | Must RSVP | Living at home as you age requires careful consideration and planning. And the best time to think about it is before you need a lot of care. Learn tips and strategies involving home safety, home care and health as you age.

NEW Kayak Club

Get ready to hit the water! Our new Kayak Club is kicking off on Monday, August 4th, at 9 AM right here at the Center. This first meeting is all about getting to know your fellow paddlers and charting our course for August. We'll discuss which beautiful lakes we'll explore in the coming weeks and swap contact info to stay connected.

More August Happenings!

Senior Center Writers Circle facilitated by Joyce Rubin | Monday August 4 & 25 | 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.

Poetry/Storytelling Open Mic | Friday, August 8 | 1pm | Please sign up | Open to the public | \$5 suggested donation | This months featured poet will be David Graham, 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, August 11 | 9:30am | Please sign up

Spanish class is taking a break for the summer! Get ready for a refresher class in August to keep your skills sharp before weekly classes resume in September.

NEW Social Security Enrollment Session | Thursday, Augsut 14 | 11am-2pm | Please RSVP | Stop by for an in-person Social Security Enrollment session! Candy Flynn, RICP of FIDIR Financial Group and Fred Docous of Equitable Advisors will be available to answer your questions and assist with sign-ups; don't miss this opportunity to get the support you need.

Tarot Card Reading facilitated by Mary Shimp | **Tuesday, August 19** | **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.

Movie Day | Monday, Augsut 25 | 2pm-4pm | Please RSVP | Enjoy a showing of the movie, The Best Exotic Marigold Hotel. The Best Exotic Marigold Hotel is a British comedy-drama film that follows a group of British retirees who move to a retirement hotel in India, only to discover that the hotel is run by a young and enthusiastic manager who is not very skilled. The film explores the lives of these retirees as they navigate the cultural differences and unexpected changes in their lives while trying to make the best of their new situation.

Legal Tuesdays – Herzog in the House | Tuesday, August 26 | 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, August 26 | 3pm | Please sign-up The book for August is Killers of a Certain Age by Deanna Raybourn

Helayne & Grace Dog Therapy Team | Tuesday, August 26 | 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!

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

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.

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.

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 ALBANY MED Health System SADATOGA HOSDITAL
- 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

SALZHEIMER'S

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, August 18 | 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.

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.

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.

Grief and Loss Support & Discussion Group facilitated by Lois Streit | Every 2nd & 4th Tuesday of the month | 2pm -3pm | There will be no Grief and Loss for the month of August

Saratoga Hospital Bariatric Support Group | Monday, August 4 | 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!

- Home of the Good Shepherd and Refresh Kitchen for our delicious dine in dinners.
- Alfred Z. Solomon Charitable for supporting our historical programs & trips.
- Jeff Walton for performing for our members.
- Tom Bellhouse and Jason Blewitt from West Point Thoroughbreds for their Talking Track presentation.
- Herzog Law Firm for their informative presentations.
- Saratoga Hospital for your informative presentation.
- Home of the Good Shepherd for your informative presentation.
- Patrice Mastrianni for your informative presentation.
- Helayne and Grace Dog Therapy Team for providing your services at the Center.
- Herzog Law Firm for providing Legal Tuesdays.
- MVP for providing Medicare Advantage Information

- Mary Shimp for Tarot Card Readings
- Franklin Square Market for participating in our Round Up campaign.
- Pitney Meadows for providing fresh vegtables for our Pop-Up Fresh Pantry
- MVP for sponsoring Pitney Meadows Pop-Up Fresh Pantry
- Centers Health Care for sponsoring our Coney Island Carnival
- SPAC for our ticket discount collaboration
- Berkshire Bank Foundation; Saratoga County Capital Resource Corp; David Solomon; Tom Roohan, Leon J Goldberg Foundation, Saratoga Arts, 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'!

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

Old Friends at Cabin Creek | Greenfield Center, NY | Tuesday, **August 5** Old Friends at Cabin Creek is a Thoroughbred retirement farm and one of the few that accepts Thoroughbred stallions. Their purpose is to provide dignified retirement for all racehorses and provide a natural, nurturing forever home for the horses. It is a living museum of horse racing. When visitors look into the faces of their amazing horses, hear their stories and achievements, and watch them frolic in their spacious pastures, they realize that these horses deserve to live out the retirement years in peace. After, enjoy lunch at Shirley's Diner. Pay \$5 at sign up. Bring lunch and donation money. Leave the Center at 8:30am. Return about 1pm.

Oklahoma Training Track Tour + National Racing Museum | Saratoga, NY | Tuesday, August 12 | Find out why this beautiful and historic site, located across the street from Saratoga Race Course, is a favorite base for leading trainers. The Oklahoma Training Track walking tour covers approximately 1.5 miles and lasts for 90 minutes. After, the tour head over to the National Racing Museum for a tour through the sports history, from colonial times through present day. After both tours head to Baileys for lunch. *Pay* \$15 at sign up. Wear comfortable shoes. Bring lunch money. Leave the Center at 8:30am. Return about 2:15 pm. Discounted admission fee thanks to the Alfred Z. Solomon Charitable Trust.

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.

Ballston Spa Beyond the Springs Walking Tour | Ballston Spa, NY | Wednesday, August 20 | This unique tour of Ballston Spa will take you from Brookside Museum along the Railroad Abutment to The Factory on Kayderosseras Creek to experience the industrial history of the village. Assistant County Historian Anne Clothier and Brookside Museum Assistant Connor Murphy will describe the mills and factories that dominated the economy of the village after the era of the springs and resort hotels had passed. After climbing the stairs to the abutment, the tour is an easy 1 mile walk. After, enjoy lunch at the Milton Tavern. Pay \$5 at sign up. Wear comfortable shoes. Bring lunch money and suggested donation money of \$5-\$10 for the Brookside Museum. Leave the Center at 9:30am. Return about 2:15 pm.

Lunch Bunch - The Docksider & Martha's Dandee Creme | Lake George, NY | Monday, August 25 | The Docksider is a year round restaurant and bar situated on the scenic shores of Glen Lake. Their restaurant features casual dining menu items including burgers, sandwiches, pizzas, soups, steaks and seafood. After lunch head to Martha's Dandee Creme for a delicious treat. **Pay \$10 at sign up. Bring** lunch and ice cream money. Leave Center at 10:30am. Return about 3pm.

Saratoga Corinth & Hudson Railway Scenic Train Ride | Corinth, NY | Tuesday, August 26 | Climb aboard their vintage train on a 1.5 hour ride from Corinth to Greenfield and return. Sit back and enjoy scenic views, wildlife and enjoy the ride. After, enjoy lunch at The Brick at 2 West. Pay \$25 at sign up. Leave the Center at 10:15am. Return **about 2:45pm.** Discounted admission fee thanks to the Alfred Z. Solomon Charitable Trust.

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 emeraldgreen 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 thirtynine 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 Good Shepherd

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?

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

NEW Collette Travel Information Session

facilitated by Ryan of Collette Travel | Must RSVP

You're invited to a informational travel slideshow presentation and Q&A at the Center. Come learn more about the following trips on 8/28/25 @11am-12:30pm:

- Cowboy Country | July 28- August 4, 2026
 - Scotland | August 22-31, 2026
 - Peru | September 17-26, 2026

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



Oil Pastel Landscape Drawing Workshop facilitated by Gillian Wilson Tuesday, August 5, 10am | \$5 material fee* Explore the vibrant world of oil pastels and learn to create landscape drawings. Discover techniques for composition, color blending, and adding detail to capture nature's beauty. Please sign up, seating is limited.

Beading Workshop facilitated by Jerry Matthews | Thursday, August 7 | 1pm | \$5 material fee | Whether you are Photography Workshop facilitated by Gillian Wilson just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. Must sign up, seating limited.

Mandala Painting Workshop facilitated by Gillian Wilson Tuesday, August 12, 9:30am | \$5 material fee* Embark on a calming and creative journey with Mandala Painting. Learn to create intricate, colorful mandalas using acrylic paint. Please sign up, seating is limited.

Fused Glass facilitated by Meryl Davis | Wednesday, **August 13, 1pm** | \$5 material fee* Fused glass involves melting different pieces of glass together in a kiln to creat unique designs. We will be using two 4x4" tiles to make either jewelry or decorative glass pieces. *Please* sign up, seating is limited.

Gourd Art Birdhouse Workshop facilitated by Tim Sauter | Thursday, August 14 | 12:30pm-3:30pm | \$30 material into a birdhouse. You'll learn everything from prep to - perfect for your garden or as a unique gift! Need a full sign up, seating limited

Watercolor Workshop facilitated by Gillian Wilson Tuesday, August 19, 10am | \$5 material fee* Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike. This will be a landscape/mountain watercolor class Please sign up, seating is limited.

Tuesday, August 26, 10am | \$5 class fee* Master your camera, whether it's an iPhone or traditional camera! Learn fundamental photography principles like lighting, composition, and focus to take captivating photos. Bring your device! Please sign up, seating is limited.

Tie Dye Workshop *facilitated by Meryl Davis* | **Wednesday, August 27** | **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

Intermediate Handbuilding Clay Arts facilitated by Carol Glansberg | 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.

fee | Join our special Birdhouse Gourd Workshop with a Beginner Handbuilding Clay Arts facilitated by Chris Knite | local gourd art expert! You'll transform ordinary gourds **Fridays, 1pm-3pm** | \$15 material fee per month | No experience needed. Students **must** complete 8 classes before they move decoration. Leave with a beautiful, custom birdhouse into the Intermediate class. This month's project will be small ceramic planters. Learn to make small ceramic planters for your class of 12 participants for this class to take place. **Must** houseplants by creating and decorating your own handmade pinch-pot! Must sign up, seating limited.



Multi-Day Trip Offered by Coyaba Travel (Not a Senior Center Trip)

Adirondack Fall Foliage Experience Tour Featuring Lake Placid, Saranac Lake, and Raquette Lake With Optional Saratoga Springs Add-Ons Sunday, October 5th to Wednesday, October 8, 2025 | Book by August 8th Price Per Person: \$2,299 Single and \$1,999 Double

To learn more about this trip visit www.coyabatravel.com. Questions or to book email coyabatravel@gmail.com or call (518)290-6818

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 August

The Center has launched our Giving Season Round-Up Campaign! Swing by Franklin Square Market in August 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. **≥**MVP

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. Please do not bring in large collections as there is not much room on the table for them. 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 quarantee a return time to the Center.*

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 fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi (No class on 8/18 or 8/25) 9am-12pm: Open Ping Pong 9am: Beginner Chinese Mahjong 9am: Walking Club 10am:Healthy Bones* 10am-11am: Chair Yoga 10:30am-11:30am: Saratoga Library (Monday August 11) 12pm: Lunch* 12:30pm-3:30pm: Bridge 1pm: Resistance Bands (No class 8/18) 1pm-2pm: Chit Chat 1pm-4pm: Billiards League	9am-12pm:Poker 9am-9:45am: Silver Sneakers Classic - Joyce 9:30am: Mahjong 9:30am: Gentle Yoga (Sub instructor for August; No class 8/19) 10am: Meditation 12pm: Lunch* 12:15pm: SS Stability (No class on 8/19) 12:30pm: American Mahjong 1pm-3:30pm: Intermediate Clay Arts 1pm-4pm: Billiards League 1pm: Canasta	8:45am: Senior Life Transitions Team Mtg. (1st Wednesday) 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 (No foodbank on 8/7) 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 (1st Friday) 11am: Caregiver Support Group (2nd Friday) 11:30am: Slow & Steady Yoga Flow 12pm: Lunch* 1pm: SilverSneakers Circuit (No class on 8/22) 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.

005-4020.			
Special August 1	Events 11am - Memory Cafe 1:30pm - International Mahjong Day Social	August 14	11am - Social Security Enrollment Session 12:30pm - Gourd Art Birdhouse Workshop 6pm - Sipping for Seniors
August 4	9am - Writers Circle	August 18	2:30pm- Parkinsons Support Group
August 5	6pm - Saratoga Hospital Bariatric Support Group 10am - The Gangsters of Saratoga	August 19	10am - Tarot Card Reader 10am - Watercolor Workshop 5:30pm- Dine in Dinner - OBI
	Presentation 10am - Oil Pastel Landscape Drawing Workshop 1:30pm - Core Restore Nutrition and Wellness Presentation	August 21	11am - An Afternoon with Jim Nantz
		August 25	9am - Writers Circle 2pm - Movie Day
August 7			9am - Herzog Legal Tuesday 10am - Photography Workshop
August 8	11am - Alzheimer's Caregiver Support Group		1pm - Dog Therapy Team 3pm - Book Club
August 11	1pm - Poetry/Storytelling Open Mic 9:30am - Beginner Spanish Refresher	August 27	1pm - Tie Dye Workshop
nugust 11	Class 1:30pm - Rock Around the Clock Record Rumble		11am - Collette Travel Info Session 3pm - Interactive Cooking Exprience with Chef Matt
August 12	9:30am - Mandala Painting Workshop 10am - Home Instead Presentation	August 29	1:30pm - End of Summer Bash
August 13	1pm - Fused Glass		

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