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

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.



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 Law in the World Won't Stop Them and A Gangster's Paradise, 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—your chance to find that missing gem. Refresh Kitchen is dishing out 50s diner classics: cheeseburger sliders, fries, 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
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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 CENTERS
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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 Tracksides Grill, & shuttle from the Center. May include a handicapping session at Tracksides 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.



Lunch Supported By



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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 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**  
- 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, 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 vegetables 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’!



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.**



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 guarantee 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.*

Special Events

August 1	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 6pm - Saratoga Hospital Bariatric Support Group	August 18	2:30pm- Parkinsons Support Group
August 5	10am - The Gangsters of Saratoga Presentation 10am - Oil Pastel Landscape Drawing Workshop 1:30pm - Core Restore Nutrition and Wellness Presentation	August 19	10am - Tarot Card Reader 10am - Watercolor Workshop 5:30pm- Dine in Dinner - OBI
August 7	1pm - Beading Workshop	August 21	11am - An Afternoon with Jim Nantz
August 8	11am - Alzheimer's Caregiver Support Group 1pm - Poetry/Storytelling Open Mic	August 25	9am - Writers Circle 2pm - Movie Day
August 11	9:30am - Beginner Spanish Refresher Class 1:30pm - Rock Around the Clock Record Rumble	August 26	9am - Herzog Legal Tuesday 10am - Photography Workshop 1pm - Dog Therapy Team 3pm - Book Club
August 12	9:30am - Mandala Painting Workshop 10am - Home Instead Presentation	August 27	1pm - Tie Dye Workshop
August 13	1pm - Fused Glass	August 28	11am - Collette Travel Info Session 3pm - Interactive Cooking Exprience with Chef Matt
		August 29	1:30pm - End of Summer Bash

SKIDMORE ENCORE

Fall Lecture Series

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**Online registration opens
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Event Details:



**Tuesdays from
Sept. 30-Nov. 11**



9:15 AM - 12:20 PM



**Zankel Music
Center @
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for Skidmore
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**For more information:
www.skidmore.edu/encore**



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For more information:
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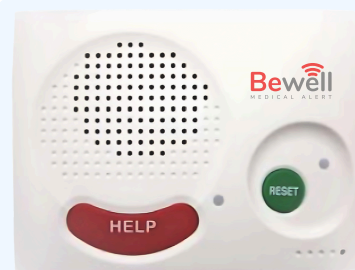
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