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Hours: Monday-Friday 8am-4pm.
290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | saratogaseniorcenter.org

Saratoga Senior Center

NEWSLETTER

SEPTEMBER 2025

September is National Senior Center Month, Celebrate with Free Classes! Your \$15 Monthly Activity Fees are on Home of the Good Shepherd

This is your month to try something new for FREE.



September Solomon's 70

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

Historic Cherry Hill: The 1827 Cherry Hill Murder Presentation **Monday, September 15 | 1:30pm | \$3 | Must RSVP**

Historic Cherry Hill, a museum in Albany, NY, recounts the stories of five generations of the Van Rensselaer and Rankins families. This program will explore a notorious murder that took place on the Van Rensselaer farm in 1827. The crime, which led to Albany's last public hanging, uncovered complex social issues of the time, including women's rights, social class, law, and slavery. Hear the words of those involved in the crime and decide whom you think was guilty or innocent.

Songs & Stories of Broadway's Best Composers **Monday, September 29 | 1:30 pm | \$3 | Must RSVP**

In this engaging lecture and performance program, you'll explore the fascinating lives and success stories of one of Broadway's most renowned composers - Jerry Herman. Enjoy live vocal performances from some of his most iconic shows like: Mame, Hello Dolly and more! Education, entertainment and sing-a-long!

September Van Trips | See inside for more details

Lake George Steamboat Company: Elvis Tribute Luncheon Cruise - Wednesday, September 17

September Fun at the Center

Trivia Night

Monday, September 15 | 5:30pm | \$7 | Must RSVP

Pizza bites served. Join us for fun, friendly competition! "Where all those useless facts you've been collecting can finally come in handy!"

Fall Picnic @ YMCA Pavilion

Monday, September 22 | 1:30 pm | \$10 | Must RSVP

Get ready to kick off the fall season with a picnic! Enjoy pulled pork sandwiches, grilled chicken, coleslaw, roasted sweet potatoes, grilled asparagus and classic apple crisp provided by Home of the Good Shepherd. Enjoy live music and get into the fall spirit by wearing your favorite flannel or fall-themed shirt. A representative from Trinity Health Alerts will also be on site.

Supported by 

Dine-in Dinner with Diamond Club Restaurant

Tuesday, September 9 | 5:30 pm | \$13 per dinner

Dinner includes meatloaf with mushroom gravy, mashed potatoes, and green beans.

Interactive Cooking Experience with Chef Matt

Tuesday, September 16 | 3pm-5pm | \$15 | Must RSVP

Learn a new recipe in a fun, no-pressure class with Chef Matt from Refresh Kitchen! In this special "Mystery Cooking Class" class, the recipe is a secret until you start. Will it be Italian? Mexican? Mediterranean? Come find out! Chef Matt will guide you through the recipe, and you'll get to enjoy samples, take some home, and leave with the recipe to recreate it later.

Glenn Olsen Show/Sing-A-Long

Friday, September 26 | 1pm | FREE | Must RSVP

Join musician Glenn Lee Olson on a journey celebrating 100 years of popular songs. Enjoy classic tunes, heart-warming stories, and fascinating facts. This uplifting concert invites you to sing along with lyrics provided, creating happy memories and a sense of community.

Dine-in Dinner with Refresh Kitchen

Monday, September 29 | 5:30 pm | \$13 per dinner

Dinner includes chicken and vegetable kabobs, rice pilaf, cucumber salad, & pita bread.

Van Trip-House Crawl

Friday, September 19 | 8:30am-3pm | \$10 per person | Open to the Public | Must RSVP

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

8:30am: Start at the Saratoga Senior Center

8:45am: Home of the Good Shepherd Malta

10am: Carlton Hollow

12:30pm: The Wesley Community

1:45pm: Home of the Good Shepherd Wilton

3pm: Arrive back at the Center

Supported by



Housing Expo

Friday, September 12 | 1:30pm | Open to the Public | Must RSVP

Hear directly from top housing experts and service providers. This is your chance to learn about a range of housing options, ask questions, and discover what some of the various housing options are in Saratoga. Our featured presenters will each give a short introduction, giving you a quick look into what they do and what they can offer. Afterward, they'll be available at their tables for one-on-one conversations.

Presenters include: Home of the Good Shepherd, Choice Connections, Carlton Hollow, Saratoga Hospital, & Drabek Homes

September Educational Presentations- Free & Open to the Public

Lunch & Learn with Centers Health Care *presented by Centers Health Care Community Liaison, Kathleen Iwaneczko*
Tuesday, September 2 | 1:30 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. Centers will be providing lunch by Panera.

Importance of Mobility and Fall Risk Reduction - Part 1 *presented by Saratoga Hospital* | **Thursday, September 18 | 1:30 pm | Must RSVP** | Discover the vital link between mobility and independence as you age. Explore practical exercises, balance techniques, and lifestyle adjustments to mitigate falls and improve mobility with Randy Russon, PT, from Saratoga Hospital’s Regional Therapy Center,

Healthy Life, Happy Life (Lunch & Learn) *presented by Barry Loffredo* | **Thursday, September 25 | 11am | Must RSVP** | Well-being (happiness) is a three legged stool; mental health, physical health and emotional health. Barry will explore all three and include the following topics: use it or lose it, managing risks, socialization, purpose, gratitude, and others. There will be a slight break for lunch if you would like to pack a lunch or quickly order from the cafe you are more than welcome too.

Importance of Mobility and Fall Risk Reduction - Part 2 *presented by Saratoga Hospital* | **Thursday, September 25 | 1:30 pm | Must RSVP** | An overview of the health benefits of mobilization, fall and injury risks and how your medical care might be tailored to maximize mobility with Mallory Otto, MD, Geriatric Medicine at Saratoga Hospital.

Sellers Seminar *presented by The Scott Varley Team* | **Thursday, September 25 | 6:30pm | Must RSVP** | Fear of the unknown holding you back from selling? let’s fix that! Join us for a seller focused seminar to help you plan, prep & profit on your schedule. We will have speakers that specialize in home inspections, real estate law, lending and financing, home staging and presentation and handyman services. If registered by September 20, receive a FREE Custom equity analysis of your home. Food & light refreshments provided. To register please visit <http://bit.ly/3Hyi4jH>.

More September Happenings!

Kayak Club | Monday, September 8 | 9am | Please RSVP
Our new Kayak Club’s first month was a big success! We’re excited to paddle into September with all of you. Join us on Monday, September 8th, at 9 a.m., right here at the Center. We’ll spend the morning regrouping to discuss what worked well in August and how we can make our club even better. Then, we’ll chart our course for the rest of the month and decide which lakes to explore on the next three Mondays.

Senior Center Writers Circle *facilitated by Joyce Rubin* | **Monday, September 8 | 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, September 12 | 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. Light refreshments will be served.

Tarot Card Reading *facilitated by Mary Shimp*
Tuesday, September 16 | 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, September 8 | 1pm-3:30pm | Please RSVP | Enjoy a showing of the movie, *Big Fish*. Tim Burton’s delightful fantasy about a young man trying to understand his dying father whose life is defined by the tall stories he tells.He decides to find out the truth behind his fathers life.

Legal Tuesdays – Herzog in the House | Tuesday, September 23 | 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, September 30 | 3pm | Please sign-up | The book for September is The Rosie Project by Graeme Simsion.


Pet Therapy with Helayne & Grace | Tuesday, September 9 | 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.

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.



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.

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.

Saratoga Hospital Bariatric Support Group | Monday, September 8 | 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!

Parkinsons Support & Discussion Group *facilitated by Gordon Blyth & Marie Thorne* | No meeting in September

Thank You!

- Olde Bryan Inn for our delicious dine in dinners.
 - Centers Health Care for sponsoring our dine in dinner.
 - Alfred Z. Solomon Charitable for supporting our historical programs & trips.
 - Rick Russo for performing for our members.
 - Greg Veitch for your Gangsters of Saratoga presentation.
 - Core Restore Nutrition for their informative presentations.
 - Home Instead 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
 - Peregrine Senior Living for sponsoring our Interactive Cooking Class with Chef Matt
 - NYRA for our day at the track, MVP for being the lunch sponsor & Centers Health Care for being the shuttle sponsor.
 - Berkshire Bank Foundation; Saratoga County Capital Resource Corp; David Solomon; Tom Roohan, Leon J Goldberg Foundation, Saratoga Arts, Price Chopper’s Golub Foundation; Dttie Pepper and David Normoyle; Broadview FCU and MVP for grants supporting our programs and services
- Thank you to all our volunteers! You keep our world rockin’!**

Van Trips

****Based on member feedback both regular van trips and Proctors van trips will begin sign-ups on the second of the month for September.****

49th Annual Greek Festival | Schenectady, NY | Friday, September 5 | The St. George Greek Orthodox Church will hold its 49th Annual Greek Festival at the Hellenic Center in Schenectady. The event is free to attend and will feature live Greek music, folk dancing, and church tours. Attendees can enjoy a variety of authentic Greek food, beverages, and pastries, including Moussaka, Lamb Shanks Yiovetsi, Souvlaki, and Baklava. The festival will also include an Agora Marketplace for arts and crafts, a bookstore and more. **Pay \$15 at sign up. Bring lunch and shopping money. Leave the Center at 10:15am. Return about 2:45pm.**

Lake George Steamboat Company - Mohican Lakefront Cruise | Lake George, NY | Monday, September 8 | Cruise aboard the Mohican and take a tour of Lake George’s Southern Basin. Enjoy beautiful views of the Adirondack Mountains and see stately homes along the water’s edge. Available on your Cruise: Captain Narration, Snack Bar/Grill, Cocktail Bar, Photo Purchase. After, enjoy lunch at the Algonquin. **Pay \$40 at sign up. Bring lunch money. Leave the Center at 10:15am. Return about 3pm.**

Lake George Steamboat Company - Elvis Tribute Luncheon Cruise | Lake George, NY | Wednesday, September 17 | From noon to 2:00 pm, enjoy a buffet featuring a salad bar, soup, three hot entrees (chicken, fish, and vegetarian), and a carving station with beef, ham, and turkey. The cruise takes place in a climate-controlled dining room and stars Elvis impersonator Drew Polsun performing all the classics. The buffet also includes, non-alcoholic beverages and dessert. Once the cruise concludes at 2pm and you depart the boat you will be able to walk over to Canada Street and do some shopping or walk along the shoreline of Lake George. **Pay \$60 at sign up. Bring shopping money. Leave the Center at 10:30am. Return about 4:45pm.** Discounted admission fee thanks to the Alfred Z. Solomon Charitable Trust.

Yaddo Gardens - Nature of Art: Once Upon a Time | Saratoga Springs, NY | Thursday, September 18 | Elizabeth Beller is a writer and journalist specializing in culture, art, and travel with more than 15 years of experience as a book and story editor. For The Nature of Art, she will be discussing her bestselling biography, Once Upon a Time: The Captivating Life of Carolyn Bessette-Kennedy. **Pay \$5 at sign up. Bring a lawn chair or blanket to sit on. Leave the Center at 5pm. Return about 7pm.**

Lunch Bunch: Tree House Brewing | Saratoga Springs, NY | Tuesday, September 23 | Enjoy a variety of delicious pizzas, including classic pepperoni and specialty options like the Vodka Pie, along with House Garlic Knots. Tree House, which started as a small local brewer in Massachusetts, is known for its high-quality beer and offers a wide selection of choices. If beer isn’t your preference, they also have a range of classic cocktails, canned cocktails, non-alcoholic sodas and seltzers, and cold brew coffee. **Pay \$5 at sign up. Bring lunch money. Leave the Center at 11:15am. Return about 1:45 pm.**

Howe Caverns | Howes Cave, NY | Monday, September 29 | You will begin your tour of Howe Caverns with a 156-foot descent underground. The 1.25-mile walking tour includes 139 stairs, a serene boat ride on a subterranean river, and winding through limestone corridors. The temperature in the cave is 52°F (11°C), so a jacket and comfortable, closed-toed shoes are recommended. The cave is not wheelchair accessible. Lunch will be at Grapevine Farms after the tour. **Pay \$55 at sign up. Bring lunch money. Leave the Center at 8:30am. Return about 3:15pm.**

- 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.

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.

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).

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.

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

Home of the Good Shepherd

colletteExcursions

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	Discover Rome, Sorrento & the Amalfi Coast June 11-19, 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	Bluegrass Country & the Smoky Mountains October 8-16, 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 9/15/25 @11am-12:30pm:
- Blue Grass Country | October 8-16, 2026
- Australia’s Outback and New Zealand’s South Island | January 6-25, 2027

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

Watercolor Workshop facilitated by Susan Peters
Tuesday, September 2, 10am | \$5 material fee*
Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike. **Please sign up, seating is limited.**

Mosaic Magic: Planter Edition facilitated by Meryl Davis |
Wednesday, September 3, 10, & 24 | 1pm | \$10 material fee* Turn a simple terracotta pot into a colorful mosaic masterpiece using glass, tiles and broken dishes. No experience needed - just bring your creativity! **Please sign up, seating is limited.**

Fall Landscape Pastel Workshop facilitated by Gillian Wilson | **Thursday, September 11, 1pm** | \$5 material fee* Learn to capture the stunning colors of fall in this hands-on pastel class! We’ll cover essential techniques like layering and blending to create a beautiful autumn landscape with vibrant golds, deep reds, and soft skies. **Please sign up, seating is limited.**

Beading Workshop facilitated by Jerry Matthews | **Monday, September 15 | 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.**

Stamping Workshop facilitated by Helen Mastrion | **Wednesday, September 17 | 2pm-4pm** | \$5 material fee* Make an assortment of greeting cards: birthday, thank you, congratulations, etc. You may choose Helen’s design or create your own! Be creative. No experience necessary. **Must sign up, seating is limited.**

Wooden Pumpkin Painting facilitated by Gillian Wilson | **Thursday, September 18, 1pm** | \$8 material fee* Create your own festive fall decor! This class will using a variety of colors and techniques. You’ll leave with a unique, handmade decoration perfect for the season. No experience is necessary. **Please sign up, seating is limited.**

Button Pumpkin Workshop facilitated by Gillian Wilson | **Thursday, September 25, 1pm** | \$10 material fee* Get crafty and create your own pumpkin art! In this fun class, you’ll learn how to transform a simple canvas and a collection of colorful buttons into a unique and textured pumpkin masterpiece. No experience is needed, just a desire to create something beautiful for fall. **Please sign up, seating is limited.**

Intermediate Handbuilding Clay Arts facilitated by Carol Glansberg | **Tuesdays, 12pm-3pm** | \$15 material fee per month* To be in the intermediate level class you must understand these three handbuilding techniques: pinch, coil and slab. **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 Chris Knite | **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 fashion accessories, such as buttons, earrings, and more! **Must sign up, seating limited.**

There is no charge for these programs. You do not need to be a member of the Saratoga Senior Center to participate. These classes were made possible by the New York State Office for the Aging and Saratoga County Department of Aging and Youth Services. Must sign up- spots are limited



Experienced Country Line Dance *facilitated by Kevin Richards* | **Wednesdays | 2:30pm | Must RSVP** | For anyone with experience and knowledge of all the basic beginner line dances. (No class 9/3)

Beginner Country Line Dance *facilitated by Kevin Richards* | **Wednesdays | 3:30pm | Must RSVP** | For first timers, newbies and beginners only. (No class 9/3)

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, Oldies, Swing, Disco, Latin, and Country. This is a no pressure, just for fun, music and dancing class.

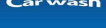
***New* Strength & Cardio | Courtesy of MVP | Mondays | 11:30am-12:15pm, September 8 - November 10**
Feel more energized, stronger, and more confident in this nine-week full-body workout class! Perfect for all fitness levels, this program combines low-impact cardio with muscle-strengthening exercises using light weights, resistance bands, and a chair for support. No class on October 13. To register please scan the QR code.

Registration will begin on 8/26.



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 September
The Center has launched our Giving Season Round-Up Campaign! Swing by Franklin Square Market in September 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 classes, van trips, or bus trips unless canceled by the Center. All times for our 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	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Mexican Dominoes
9:30am: Walking Club	10am: Meditation	9am: Pinochle	10am: Ukulele	10am:Healthy Bones*
9:30am: Beginner Spanish	11am: Gentle Yoga	9:30am: Mosaics	11am: Foodbank	10am: Scrabble
10am:Healthy Bones*	12pm: Lunch*	9:30am-12:45pm: Rug Hooking	12pm:Lunch*	11am: Memory Cafe
10am-11am: Chair Yoga	12pm-3pm: Intermediate Clay Arts	10am: Knit & Crochet	12:30 pm: Chinese & American Mahjong	(1st Friday)
10:30am-11:30am: Saratoga Library (Monday Sept. 8)	12:15pm: SS Stability	10am-11am: Zumba	12:30pm: Qi Gong	11am: Caregiver Support Group (2nd Friday)
12pm: Lunch*	12:30pm: American Mahjong	12pm: Lunch*	1pm-4pm: Billiards League	11:30am: Slow & Steady Yoga Flow
12:30pm-3:30pm: Bridge	1pm-4pm: Billiards League	12pm-4pm: Canasta	1pm: Bingo	12pm: Lunch*
1pm: Resistance Bands	1pm: Canasta	1pm:Strength w/Aidan	1pm-4pm: Billiards League	1pm: SilverSneakers Circuit
1pm-2pm: Chit Chat	1:30pm: Modern Line Dance Fusion			1pm : Beginner Clay
1pm-4pm: Billiards League		1pm: Guitar Workshop/ Lessons		1pm-4pm: Billiards League
		2:30pm: Experinced Country Line Dancing (No Class 9/3)		
		3:30pm: Beginner Country Line Dancing (No Class 9/3)		

**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		September 17	2pm - Stamping Workshop
September 1	Closed - Labor Day	September 18	1pm - Wooden Pumpkin Painting Workshop 1:30pm - Importance of Mobility and Fall Risk Reduction - Part 1
September 2	10am - Watercolor Workshop 1:30pm - Lunch and Learn Presentation with Centers Health Care	September 19	8:30am - House Crawl
September 5	11am - Memory Cafe	September 22	1:30pm - Fall Picnic
September 8	9am - Kayak Club Meeting 9am - Writers Circle 1pm - Movie Day 6pm - Saratoga Hospital Bariatric Support Group	September 23	9am - Herzog Legal Tuesday 2pm - Grief and Loss
Septemebr 9	1pm - Pet Therapy 2pm - Grief and Loss 5:30pm - Diamond Club Restaurant Dine in Dinner	September 25	11am - Healthy Life, Happy Life (Lunch & Learn) 1pm - Button Pumpkin Workshop 1:30pm - Importance of Mobility and Fall Risk Reduction - Part 2 6:30pm - Sellers Seminar
September 11	1pm - Fall Landscape Pastel Workshop	September 26	1pm - Glenn Olsen Show/Sing-A-Long
September 12	11am - Alzheimer’s Caregiver Support Group	September 29	1:30pm - Songs and Stories of Broadway’s Best Composers 5:30pm - Refresh Kitchen Dine in Dinner
September 15	1pm - Beading Workshop 1:30pm - Historic Cherry Hill: The 1827 Cherry Hill Murder Presentation 5:30pm - Trivia Night	September 30	3pm - Book CLub
September 16	1pm - Tarot Card Reader 3pm - Cooking Class with Chef Matt		

A MESSAGE FROM PRESIDENT AND CEO Jill Johnson VanKuren



Dear Saratoga Senior Center Members,

At Saratoga Hospital, we are proud to have an exceptional team of geriatricians and family medicine providers dedicated to supporting the health, independence, and quality of life of older adults in the community. We encourage you to take advantage of the many classes and programs offered to help you learn more about your health and stay active. These classes are a great opportunity to connect with our experts and gain valuable tools for healthy living.

As we move through the summer months, we want to remind you to take extra care in the heat, stay hydrated, avoid prolonged sun exposure, and listen to your body. Your health and well-being are our top priority, and our providers are always here to offer guidance, answer questions, and help you stay healthy.

We look forward to continuing to partner together to continue providing access to resources and care you need to live your best life.

Sincerely,
Jill J. VanKuren
President and CEO, Saratoga Hospital

Saratoga Hospital Senior Wellness Series

All sessions will occur at the Saratoga Senior Center, in the Dining Room
To register, call 518-584-1621



Importance of Mobility and Fall Risk Reduction – Part 1

Thursday, September 18, 2025
1:30 - 2:30 p.m.

Discover the vital link between mobility and independence as you age. Explore practical exercises, balance techniques, and lifestyle adjustments to mitigate falls and improve mobility with **Randy Russom, PT**, from Saratoga Hospital's Regional Therapy Center.



Importance of Mobility and Fall Risk Reduction – Part 2

Thursday, September 25, 2025
1:30 - 2:30 p.m.

An overview of the health benefits of mobilization, fall and injury risks, and how your medical care might be tailored to maximize mobility with **Mallory Otto, MD**, Geriatric Medicine at Saratoga Hospital.

Additional Upcoming Events:

Presented by the Regional Therapy Center

To register, call 518-583-8383

Ready, Set, Run!

Date & Time: September 13, 2025 | 9 a.m. - 12 p.m.

Location: Regional Therapy Center at Malta: 8 Medical Park Dr., Malta, NY 12020

Join us for a free flexibility and strength assessment by licensed therapists from the Regional Therapy Center to prepare for outdoor walking season. Receive a personalized foot and stride analysis, exercise tips, and sneaker recommendations. Fleet Feet experts will also showcase the latest running footwear.

Stand Tall, Don't Fall: Fall Risk Screening

Date & Time: October 11, 2025 | 9 a.m. - 12 p.m.

Location: YMCA in Malta: 8 Medical Park Dr., Malta, NY 12020

Join us for a free balance and falls risk assessment, using standardized testing and the most current research. You will be screened by our skilled, licensed, Physical and Occupational Therapists from the Regional Therapy Center and learn tips to help prevent falls.

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2025 at 9:00 AM**

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**Registration open
to those 55+**

Event Details:



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



9:15 AM - 12:20 PM



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**For more information:
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