

Non Profit ,.  
U.S. POSTAGE PAID  
Permit No. 120

## Center Open Saturday, February 21st from 9am-1pm for our Cabin Fever Open House - In Collaboration with the Saratoga YMCA

9am-1pm: Tours of the Center and the YMCA, Refresh Kitchen open with a sampling table, Tarot Card Readings with Mary Shimp

9am-10am: Intro to our Spanish Class  
10am-11am: Zumba

11:30am-12:30pm: Resistance Bands with Amanda

11:30am-1pm: Stamping

10am-12pm: Live Music with Jeff Brisbin  
10am-1pm: Drop-In Tech Assistance, Stewarts Ice Cream

Join us, whether you're a current member of the Center or the YMCA, or a newcomer looking to explore both! Come out to tour our spaces, try out a few classes, and have a fun day. Check the schedule above for a preview of the day's events. For the final lineup, stay tuned to your email and/or follow us on social media so you don't miss a thing!

## Sipping for Seniors | Thursday, February 26 | 11am-9:30pm | Bailey's - 37 Phila St.



Support the Center at our "Sipping for Seniors" Fundraiser. 20% of food and drink sales all day and 100% of bartender tips from 5pm-9:30pm (tip big!) will be donated to the Center. Make sure you mention this fundraiser to your server!

Supported By



## February Fun at the Center

**We Are Now Open Monday Nights!**

**Every Monday (Except 2/16) | 4pm-7pm**

- **Game Night | \$5/week** - Enjoy snacks and beverages while playing games like Billiards, Poker, Mahjong, Board Games, or any of your favorite games!
  - **Evening Clay Arts | \$15/month** - see Arts section inside for details.
- **Golf Simulator Rentals | \$15 per person/week** - 2-hour rental blocks. The time slots are as follows: 3:00pm – 5:00pm or 5:00pm – 7:00pm. Each session accommodates up to 4 players. *Note: Please be advised that our current setup is configured for right-handed players only. We apologize for the inconvenience to our lefty golfers!*

**Dine in Dinner - Cardona's Market**  
**Tuesday, February 10 | 5:30pm | \$13**

Dinner includes lemon roasemary chicken, rostatod potatoes, roasted vegetables, and a caesar salad. This meal is gluten free.

**2026 Bus Trips Are Here!**

We will be traveling to Newport RI, New Haven CT, Turning Stone Casino and Resort, Lake Placid NY, Salem MA, & New York City NY. See inside for details.

**Trivia Night**  
**Monday, February 23 | 5:30pm | \$8**  
**Rescheduled from January - Limited Seats will be Available**  
Join us for fun, friendly competition! Prizes! Pizza bites served.

**Guitar Jam**  
**Wednesday, February 11 | 1:30pm | \$5 | RSVP**

Strum on over to the Center for a celebration of National Guitar Day! We're kicking things off with the incredible Rick Russo, who will set the stage with a 3-4 song set. Following Rick, our very own Center Guitar Workshop group will perform a couple of songs they've been mastering in class! Following their performances, the floor is yours—we're opening the mic so grab your guitar and share a song with us! Not a player? No problem! Come for the tunes, stay for the snacks and drinks.

**Friends Valentines Trivia**  
**Friday, February 13 | 9am | \$8 | RSVP**

Get ready to take a stroll down memory lane. Start your morning with a spark of nostalgia, light breakfast and coffee, & a whole lot of fun. Test your love song and movie knowledge from the 60s, 70s, 80s, and 90s. We will play 5-10 second "lightning clips" of different love songs and movies then, each team will work together to write down your guesses.

**Mardi Gras Party**  
**Tuesday, February 17 | 1:30pm | \$15 | RSVP**

Bring the spirit of New Orleans to the Center! Enjoy live jazz by Ken Blatt while you get make your own Mardi Gras mask. Play some Mardi Gras trivia and of course, enjoy a festive lunch! Enjoy Jambalaya prepared by Refresh Kitchen, paired with cornbread, and a dessert. We'll also be shaking up delicious Mocktail Hurricanes.

**FREE Wednesdays at the YMCA**

For February, any 2026 Senior Center Member can use the YMCA for FREE on Wednesdays. Wanted to try out the YMCA but haven't yet? Now is your time! All members must present a valid ID before entering the YMCA.

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



**A plan for life.**

Capital District Physicians' Health Plan, Inc.



Assisted Living | Enhanced & Memory Care

- Private Suites, Daily Activities, Transportation
- 24 Hour Care, LPN's & RN's on Site
- Custom Care Plans for Every Resident

homeofthegoodshepherd.com

**HERZOG**  
**LAW FIRM**



**Hours:** Monday 8am-7pm | Tuesday-Friday 8am-4pm.  
290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | [saratogaseniorcenter.org](http://saratogaseniorcenter.org)

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

**Navigating the Digital World with Confidence** presented by Rick Cobello, former Chief Information Security Officer for a NY State Agency | **Monday, February 9 @9:30am | RSVP** | Digital technology for seniors has evolved from a convenience to a vital tool for improving quality of life, allowing older adults to remain independent, connected, and mentally sharp. While adaptation is rising, with a majority of seniors now using smartphones and the internet, barriers such as usability, fear of scams, and cost remain. Come and join us for a seminar on expanding your digital lifestyle .

**The Anti(Inflammatory) Lifestyle Plan** presented by Core Restore Nutrition, Sara Brown PT, DPT, MS, CNS | **Thursday, February 12 @2pm | RSVP** | Join Sara, a Certified Nutrition Specialist and Physical Therapist, who will be providing clarity on what it actually means to reduce and prevent inflammation, and most importantly, how to do it yourself! Her previous talk focused on anti-inflammatory nutrition basics, so she will review these, then dive deeper into other dietary and lifestyle factors that impact inflammation in the body such as: movement, sleep, stress, and more. With inflammation at the root of almost all annoying symptoms and diseases, there are many things within our daily control to reverse and avoid chronic, low-grade inflammation, in order to get rid of nagging symptoms such as pain, fatigue, low energy, digestive issues, and difficulty losing weight. Sara offers a structured step-by-step framework solution to reduce pain and symptoms, and get you feeling like yourself again!

**What's Bugging You As You Age?** presented by Barry Loffredo | **Friday, February 13 @1:30pm | RSVP** | Group brainstorming, solutions for the problems we face, and learn from others.

**Exercise Programming Session** presented by Saratoga Hospital, Donna Sausville, MSPT from Saratoga Hospital Regional Therapy Center | **Thursday February 19 @1:30pm | RSVP** | Exercise Programming: Using 4 components of fitness to design an individual exercise program that is safe, fun and effective!

**Cancer Prevention Event: Modfying Your Lifestyle to Reduce Your Risk** presented by Saratoga Hospital, Carly Muhlhahn and Melissa Jackson - both certified physical therapists | **Friday February 20 @3pm | RSVP** | It will go over modifiable risk factors and easy changes to help reduce risk of cancer.

**National Senior Independence Month Presentation/Panel** presented by Phil Di Sorbo, Lisa Perrone, Dr. David Pratt, & Dr. Barry Loffredo | **Monday February 23 @1:30pm | RSVP** | February is the month dedicated to fostering independence for our seniors. We'll have a special panel presentation and discussion. This presentation will highlight this topic with some seniors who are experienced in this field. They will address managing health concerns, the importance of exercise, mental preparation for improving independence and more. Panelists are Dr. David Pratt, a public health specialist; Dr. Barry Loffredo, dentist and aging trainer; and Phil Di Sorbo and Lisa Perrone, advocates in our Senior Life Transitions Program. Take advantage of their guidance, and share in the sure-to-be-lively discussions!

**Weatherization and Other Services for Seniors in Saratoga County** presented by LifeWorks Community Action, Ryan Hughes, Director of Impact Operations and Brett Baron, Assistant Director of Energy Services | **Tuesday February 24 @1:30pm | RSVP** | LifeWorks Community Action, formerly Saratoga County Economic Opportunity Council (EOC), provides access to programs that fulfill our neighbors' most immediate needs, while delivering the skills, tools and opportunities they require to establish economic security for themselves, their families, and their communities. Learn how LifeWorks can help you reduce your and your loved ones' expenses with programs like Weatherization, Food Programs, Family Services, and more!

**Sellers Seminar** presented by The Scott Varley Team | **Thursday, February 26 @3pm-4:30pm & @6pm-7:30pm | 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. Food & light refreshments provided!

## Support the Center All Year Long!

### Discounted Hoffman Car Wash Tickets



Beat the Winter Mess! Keep your car protected and shining all season long with discounted Hoffman Car Wash tickets for just \$12.00. It's the perfect way to defend your vehicle against slush, grime, and damaging road salt. A portion of every ticket sold goes directly to the Center. Pick up your tickets at the front desk today!

### Sipping for Seniors Fundraiser | Thursday, February 26 from 11am-9:30pm | Baileys Saratoga

See front page for more details.

### Round-Up for the Saratoga Senior Center This February

The Center has launched our Giving Round-Up Campaign! Swing by Franklin Square Market in February 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?

### Donation Request

On your next shopping trip... we are in need of brown paper lunch bags for our food bank. Please drop donations off at the front desk.

## 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.
- **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.
- **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.\***

## Thank You!

- Olde Bryan Inn for our delicious dine in dinner.
- Avila Senior Living for supporting our Olde Bryan Inn dinner.
- Rick Cobello for his informative presentation.
- Alzheimer's Association for there informative presentation.
- Barry Loffredo for his informative presentation.
- MyRosalie for there informative presentation.
- Scott Varley team for there informative seminar.
- Drabek Homes for her informative presentation.
- Herzog Law Firm for providing Legal Tuesdays.
- Saratoga Springs Rotary and Supporters of our SLT program for grants supporting our programs and services.
- YMCA for free Wednesdays in the month of January.
- Franklin Square Market for our round up campaign at the store all year round.
- Thank you to all who supported our 2025 Annual Appeal!

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

## 2026 Bus Trips - Open to the Public

**New Haven, CT | Wednesday, May 6** | Start the day with a visit to the Yale Peabody Museum! You'll have the chance to explore the legendary Great Hall of Dinosaurs and world-class exhibits featuring everything from Egyptian artifacts to wildlife dioramas. Afterward, the afternoon is yours to enjoy downtown New Haven.

**Trip Cost:** \$63 per person

**Newport, RI | Tuesday, July 21** | Start your day with an optional visit to The Breakers, the Vanderbilt family's iconic Italian Renaissance-style mansion and a true masterpiece of American architecture. For those who prefer to skip the tour, the entire day is yours to explore the city at your own pace. Once the mansion tour concludes, those participants will be brought to downtown Newport to join the rest of the group for a day on your own.

**Trip Cost:** \$83 per person

**Trip Cost w/ Breakers Mansion Tour:** \$103 per person

**Turning Stone Casino, NY | Wednesday, June 3** | Enjoy a day on your own to do whatever you'd like weather that be gaming, luxury spas, golf and so much more! Every traveler can choose between \$25 in Freeplay or a Bingo credit, plus a \$5 meal credit to use at their dining venues. Once you've signed up, our staff will reach out to collect the necessary details. **Trip Cost:** \$35 per person

**Lake Placid, NY | Thursday, October 1** | Spend the day on your own on historic Main Street, where you can enjoy local shopping and lakeside dining surrounded by peak fall foliage. On the way home we'll visit the Olympic Jumping Complex for a Skyride experience and at the top take a glass-enclosed elevator ride to the HS128-meter jump for panoramic vistas of the Adirondack Mountains.

**Trip Cost:** \$52 per person

**Salem, MA | Wednesday, October 28** | Enjoy a spooky day on your own in Salem! Historic Salem is a city of layers - one historical era layered upon another. Salem offers a hop on/hop off trolley for folks to see all the sights. But don't forget to explore the witchy side of Salem too.

**Trip Cost:** \$75 per person

**New York City, NY | Wednesday, December 9** | There is no place quite like NYC at Christmas time. Spend a day on your own shopping at the winter village in Bryant Park, visiting the tree at Rockefeller Center, or experience a magical performance by Radio City Rockettes. Whatever you choose, it is sure to be a wonderful day!

**Trip Cost:** \$69 per person

## Van Trips **\*\*Van trips will begin sign-ups on the second of the month for February\*\***

**Troy Savings Bank Music Hall - Music @ Noon | Troy, NY | Tuesday, February 10** | Enjoy a FREE concert by Pianist, Michael Century. After, enjoy lunch at The Whistling Kettle. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return about 3:15pm.**

**Circle B Ranch Sleigh Rides | Chestertown, NY | Tuesday, February 17 | \*Rescheduled Date Only 4 Spots Left\*** | Enjoy a group sleigh ride pulled by magnificent Belgian Draft Horses, Jack & Daniels, as they guide you through scenic snowy fields and woods. Following the ride, you'll warm up by making s'mores! The trip includes a boxed lunch from Refresh Kitchen (choose between turkey sandwich, chicken caesar wrap, or veggie wrap—each comes with chips and water). Feel free to bring a blanket for extra warmth on this winter adventure with friends! **Pay \$50 at sign up. Must be able to get in and out of the sleigh on your own. Leave the Center at 10:45am. Return about 3pm.**

**Titanic: An Immersive Voyage | Schenectady, NY | Monday, February 9 | Rescheduled Date Only 3 Spots Left \*** | This extraordinary expedition brings the "Ship of Dreams" to life through 100,000 square feet of life-size room recreations, over 200 authentic artifacts, and cutting-edge 3D projections. You'll wander through luxurious halls, watch the fateful iceberg appear, and witness the ship's final dramatic moments in a breathtaking immersive gallery. After, enjoy lunch at the Galleria 7 Market in Latham, an artisan food hall. **Pay \$40 at sign up. Bring lunch money. Leave the Center at 10am. Return about 3pm.**

**"Silver Foxes" Mens Lunch Outing | Saratoga Springs, NY | Monday, February 23** | The Silver Foxes mens lunch group is back! Head to the Skidmore Dining Hall for lunch, conversation, and laughs. **Pay \$5 at sign up. Bring lunch money. Leave the Center at 11:45am. Return about 1:45pm.**

**Rivers Casino | Wednesday February 25** | Let's hit Rivers Casino & Resort! Schenectady, New York's top spot for gaming thrills! Enjoy slots and table games, grab a quick bite at any of the fantastic dining options in the casino and soak in the vibrant atmosphere. Then, from 2 pm to 4 pm, get ready to groove at Van Slyck's in the casino with The Protones, for some live music and good times. It's the perfect blend of gaming and great tunes! **\*Pay \$10 at sign up. Leave the Center at 10:00am. Return about 4:30pm.**

**Lunch Bunch: Baileys Saratoga | Saratoga Springs, NY | Thursday, February 26** | Enjoy delicious pub fare at Baileys! This is a special lunch bunch as the Center will receive 20% of food and drink sales at Baileys the entire day on the 26th for our Sipping for Seniors Fundraiser (details on the front page). **Pay \$5 at sign up. Bring lunch money. Leave the Center at 12pm. Return about 2pm.**

### 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

All of our current Proctors van trips are sold out! If you were interested in any of the shows please call and add your name to the waiting list. Stay tuned for end of 2026 shows!

**2026 Trips**  
**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



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

**Journey through the Netherlands, Belgium & France: Canals, Champagne & Culture**  
June 12-22, 2027

### Stay tuned for more 2027 trips to

Want to book any of the above trips? Reach out to Kyleigh or Hailey at the Center, they can help you book the perfect trip! Haven't found the perfect trip yet? No problem! We have access to hundreds of other incredible Collette bookings. Give us a call to schedule a time to explore options and get you personalized quotes. Once you choose the right itinerary we'll take care of the rest - leaving you with nothing to do but pack!

**Kyleigh's Contact Information:** [kyleighc@saratogaseniorcenter.org](mailto:kyleighc@saratogaseniorcenter.org) or (518)584-1621 ext. 2003

**Hailey's Contact Information:** [haileyb@saratogaseniorcenter.org](mailto:haileyb@saratogaseniorcenter.org) or (518)584-1621 ext. 2007

*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 (No class on 2/18)**  
For anyone with experience and knowledge of all the basic beginner line dances.

**Beginner Country Line Dance** facilitated by Kevin Richards | **Wednesdays | 3:30pm | Must RSVP (No class on 2/18)**  
For first timers, newbies and beginners only.

**Modern Line Dance Fusion Farewell Class** facilitated by Mary Colby | **Tuesday, February 3 | 1:30pm | Must RSVP** | Join instructor Mary Colby for one final session of her signature Modern Line Dance Fusion! This high-energy, no-partner-needed class is all about the joy of movement, featuring a vibrant mix of Motown, Swing, Disco, Latin, and Country hits. After many wonderful years at the Center, Mary and Frank are moving on to their next chapter. Whether you're a regular dancer or haven't been in a while, please join us for this "just for fun" finale to dance, celebrate, and wish the Colbys a fond farewell. They will be greatly missed, and we hope to see them back as visitors soon!

## 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. 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.*

**Memory Cafe | 11am-12:30pm | 1st Friday of every month** | The memory café offers an interactive, supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or other dementia.

**Grief and Loss Support & Discussion Group** facilitated by Lois Streit | **Every 2nd & 4th Tuesday of the month 2pm -3pm** | Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Any loss can cause grief. The purpose of this group is to provide friendship, understanding, and hope.

**Aging Gracefully** facilitated by Avery Hebert | **2pm | Monday, February 9** | Aging comes with unique experiences that can challenge us. Join this group to discuss navigating life's transitions as you age.

**Let's Talk About It Peer Support Group | Mondays | 1pm | New members welcome! (formally Chit Chat)** | Come and engage in conversation with other members. Each week different conversation topics are covered and discussed. **For the group on 2/9** bring a photo from a favorite "date" or a photo of a lifelong friend. Each person will get time to share a story about the picture.

**Cancer Support Group | 10am-11am | Wednesday, February 11** | facilitated by Tami Cohan & Jenna Switzer | A diagnosis of cancer can be profoundly overwhelming for families. The cancer support group will connect people with shared cancer experiences to offer emotional and informational support. This group provides a safe space to share stories, gain different perspectives and reduce feelings of isolation. This group will also provide community thought leaders to offer educational opportunities throughout the year.

**Parkinsons Support & Discussion Group** facilitated by Gordon Blyth & Marie Thorne | **2:30pm | Monday, February 9** | 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.

**Saratoga Hospital Bariatric Support Group | Monday, February 2 | 6pm-8pm** | The Bariatric Support Group is for patients who have gone through bariatric surgery or are considering surgery. No need to register, just show up!

## 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.
- 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.
- Transportation: Volunteers 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.

# Weekly Programming

**MUST SIGN UP FOR PROGRAMS MONTHLY - \$15 monthly unlimited class fee. ReNew Active & Silver Sneakers member -swipe in to waive monthly fee.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi	9am-12pm:Poker	8:45am: Senior Life Transitions Team Mtg. <b>(1st Wednesday)</b>	9am-11am: Women’s Billiards	9am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	9am-12pm: Poker	9am: American Sign Language	9am: Advanced Clay
9am: Beginner Chinese Mahjong	9:30am: Mahjong	9am: Pinochle	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Mexican Dominoes
9:30am: Walking Club	10am: Meditation	9:30am: Mosaics	10am: Ukulele	10am:Healthy Bones*
9:30am: Beginner Spanish	11am: Gentle Yoga	9:30am-12:45pm: Rug Hooking	11am: Foodbank	11am: Scrabble
10am:Healthy Bones*	12pm-3pm: Intermediate Clay Arts	10am: Knit & Crochet	12pm:Lunch*	11am: Memory Cafe
10am: Chair Yoga	12:15pm: SS Stability	10am-11am: Zumba	12:30 pm: Chinese & American Mahjong	<b>(1st Friday)</b>
10:30am: Saratoga Library (Monday, Feb 9)	12:30pm: American Mahjong	12pm-4pm: Canasta	12:30pm: Qi Gong	11am: Caregiver Support Group <b>(2nd Friday)</b>
12pm: Lunch*	1pm-4pm: Billiards League	1pm : Bingo	1pm-4pm: Billiards League	11:30am: Slow & Steady Yoga Flow
12:30pm: Bridge	1pm: Canasta	1pm:Strength w/Aidan	1pm: Belly Dance	12pm: Lunch*
1pm: Resistance Bands		1pm-4pm: Billiards League	1pm: Rummikub	1pm: SilverSneakers Circuit
1pm-2pm: Chit Chat				1pm : Beginner Clay
1pm-4pm: Billiards League				1pm-4pm: Billiards League
2:30pm: Parkinsons Support Group <b>(3rd Monday - Group on 2nd Monday in Feb due to holiday)</b>				

\*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

February 6	11am: Memory Cafe		
February 9	9:30am: Navigating the Digital World with Confidence Presentation 1pm: Beading Workshop 2pm: Aging Gracefully 2:30pm: Parkinsons Support Group	February 18	11am: Discover Live 1pm Micro Mosaic Jewelry Workshop
February 10	10am: Watercolor Workshop 2pm: Grief and Loss Support Group 2:30pm: Discover Live 5:30pm: Dine-in Dinner	February 19	1:30pm: Exercise Programming Session
February 11	10am: Cancer Support Group 1:30pm: Guitar Jam 2pm: Stamping Workshop	February 20	3pm: Cancer Prevention Presentation
February 12	2pm: The Anti-Inflammatory Lifestyle Plan Presentation	February 21	9am-1pm: Cabin Fever Open House
February 13	9am: Friends Valentines Trivia 11am: Alzheimers Caregiver Support Group 1pm: Poetry/Storytelling Open Mic 1:30pm: What’s Bugging you as You Age Discussion Group	February 23	9am: Acrylic Still Life Flower Painting Workshop 1:30pm: National Senior Independence Month Presentation/Panel 5:30pm: Trivia Night
February 16	Closed - Presidents Day	February 24	9am: Legal Tuesday - Herzog 1:30pm: Weatherization and Other Services for Seniors in Saratoga County Presentation 2pm: Grief and Loss Support Group 3pm: Book Club
February 17	10am: Tarot Card Reader 1:30pm: Mardi Gras Party	February 26	11am--9:30pm: Sipping for Seniors Fundraiser 3pm-4:30pm: Sellers Seminar 1 6pm-7:30pm: Sellers Seminar 2
		February 27	1:30pm: Movie Day

## Art Classes! (All art classes included in the \$15 monthly activity fee)

**Sculpting Workshop** facilitated by Bodo Storm and Chris Knite | **Thursday, February 5 & 12 | 1:30pm** | \$15 material fee for the series | We’ll learn body shape and proportions to create pleasing sculpted pieces. Also covered will be critical clay handling techniques to ensure success. **Must sign up, seating limited.**

**Beading Workshop** facilitated by Jerry Matthews | **Monday, February 9 | 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.**

**Watercolor Workshop** facilitated by Susan Peters **Tuesday, February 10, 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.**

**Stamping Workshop** facilitated by Helen Mastrion **Wednesday, February 11, 2pm** | \$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. **Please sign up, seating is limited.**

**Micro Mosaic Jewelry** facilitated by Meryl Davis | **Wednesday, February 18 | 1pm** | \$5 material fee | Micro Mosaics involves using small pieces of glass or beads and setting them into a pendant frame. **Must sign up, seating limited.**

**\*NEW\* Acrylic Still Life Flower Painting** facilitated by Gillian Wilson **Monday, February 23 | 9am** | \$5 material fee | Capture the vibrant beauty of nature in our Acrylic Floral Still Life workshop. Whether you are a complete beginner or a seasoned painter, this class offers a relaxing space to explore color, texture, and light. **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. **Must sign up, seating 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.**

**Advanced Handbuilding Clay Arts** facilitated by Chris Knite | **Fridays, 9am-12pm** | \$20 material fee per month | This class is for those capable of working on pieces primarily independently. **Must sign up, seating limited.**

**\*NEW\* Evening All Level Handbuilding Clay Arts** facilitated by Chris Knite | **Mondays, 4pm-6:30pm** | \$15 material fee per month | Whether you’re a beginner starting your first project or an experienced student looking to finish pieces from your daytime classes, this session offers the perfect space to create. New participants are always welcome. Join us to explore handbuilding techniques. **Must sign up, seating limited.**

## More February Happenings!

**Poetry/Storytelling Open Mic | Friday, February 13 | 1pm** | **Please sign up** | **Open to the public** | \$5 suggested donation | This month bring a poem using the prompt “heartbreak”. 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.

**Discover Live** | Travel the world with a live virtual guided tour at the Center with “Discover Live”! Escape to new and exciting destinations and learn about different cultures, food, and traditions.

**- Tuesday, February 10 at 2:30 pm | New Orleans, Louisiana**

**- Wednesday, February 18 at 11am | London England-Centre**

*These programs were made possible by the NYS Office for the Aging.*

**Tarot Card Reading** facilitated by Mary Shimp **Tuesday, February 17| 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.

**Pinochle | Wednesdays | 9am-12pm** | Partner single deck, double deck, six hand double deck. Join the fun!

**One-on-One Tech Assistance**  
Do you have a new phone, iPad, laptop or smartwatch? Let our savvy students help you. Appointments available Monday- Friday. Call front desk (518)584-1621 to make your private appointment.

**Legal Tuesdays – Herzog in the House | Tuesday, February 24 | 9am-12pm | FREE | Must sign-up**

Herzog Law Firm will be onsite at the Center, 9am-12pm, the fourth Tuesday of each month. Sign up for a free, half-hour consultation and bring your legal questions and concerns, from designating a Power of Attorney or Healthcare Proxy to more detailed long-term planning.

**Book Club | Tuesday, February 24 | 3pm | Please sign-up**  
The book for February is *God of the Woods* by Liz Moore.

**Movie Day | Friday, February 27 | 1:30pm | Please sign-up**  
This months movie will be *The Long Game*. “The Long Game” is based on the inspiring real story of five high school golfers who overcame segregation in the 1950s to win a state championship. Rejected by a Texas country club for his Mexican heritage, a veteran forms a team of underdog golfers to compete in the sport that excluded them. Determined to play, they built themselves a makeshift golf course and, with no formal training, formed their own team, the San Felipe Mustangs.

**Beginner American Sign Language facilitated by Steve Finkin | Thursdays | 9am | Please RSVP** | Join Steve Finkin, a CODA (child of deaf adults), for a easy to learn skill that can change your relationship with friends, seniors and the deaf community! You will learn the necessary vocabulary and finger spelling in order to communicate effectively with your hands. Once mastered you will be able to advance into signing ASL. This class will focus on using Signed English in a Total Communication environment that makes use of effective communication with hand signs, oralism and bodily expression. Each participant should purchase the text *Learn To Sign The Fun Way*, by Penny Warner available on Amazon (\$17) as we learn to talk with our hands.



Thank you for being part of the Saratoga Senior Center! To renew your membership for 2026, please complete and return the form below by January 1. The regular membership fee is \$45. We also invite you to consider joining the President’s Club for additional benefits (see below).

We offer scholarships for both membership and monthly fees. This is your senior center, and we do not want your ability to pay to keep you from daily programs and services. Please contact Cheryl at [cherylw@saratogaseniorcenter.org](mailto:cherylw@saratogaseniorcenter.org) for more information.

We look forward to a fun and engaging year ahead!  
Saratoga Senior Center Staff

2026 MEMBERSHIP RENEWAL	Amount	Total
<b>2026 Regular Membership per person</b> (January – December 2026)	<b>\$45</b>	
<b>2026 President’s Club Membership</b> President’s Club members provide additional support to the vital programs and services provided by the Center. <ul style="list-style-type: none"> <li>• Annual membership for you and another member of your household</li> <li>• Annual Presidents Club appreciation event</li> <li>• \$110 of your membership is tax-deductible as a charitable contribution</li> </ul>	<b>\$200</b>	

**Yes, I would like to renew my membership at the Saratoga Senior Center.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_

Please complete the below information for grant and funding purposes:

County, Town or City of residence: \_\_\_\_\_

Health Insurance Provider: \_\_\_\_\_

If your emergency contact has changed, please contact [cherylw@saratogaseniorcenter.org](mailto:cherylw@saratogaseniorcenter.org) to update.

Enclosed is a check payable to the *Saratoga Senior Center*.

Please charge my credit card. Card# \_\_\_\_\_ Exp. \_\_\_\_\_ CVC \_\_\_\_\_

Signature \_\_\_\_\_

*If you have already renewed your membership for 2026, thank you! Please disregard this invoice.*

Return by mail or in person to –

Saratoga Senior Center | 290 West Avenue, Suite 1 | Saratoga Springs, NY 12866  
(518) 584-1621 | [saratogaseniorcenter.org](http://saratogaseniorcenter.org)