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Saratoga Senior Center

NEWSLETTER JANUARY 2026



Happy New Year!
Welcome 2026



Take a Look at What Is NEW In 2026

Monday Nights

Game Nights - Every Monday (No game night on 1/19) | \$5/week | 4pm-7pm

Savor popcorn, pizza bites, and refreshing beverages while you play. Whether your game is Billiards, Poker, Canasta, Bridge, Mahjong, Mexican Dominoes, Rummikub, Pinochle, or any of your favorite card or board games, bring your group for a night of fun!

**Monday Night Golf Simulator Rentals
\$15 per person/weekly (No rentals on 1/19)**

Beat the winter blues and keep your swing sharp! Starting this January, we are opening our golf simulator every Monday night for 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!

Monday Evening All Level Clay Arts - See inside for details

FREE Wednesdays at the YMCA

For January, 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.

Come to Refresh Kitchen and explore their new menu items in 2026! New year, new cravings.

Take a look at some of the member benefits for 2026 & Renew Now!

- Up to 50% off SPAC shows (ballet & orchestra)
- 10% off Proctors, UPH, & Repertory Theater shows (blue and yellow seats only) ask our staff about this benefit!
- \$7 per month off of the Unlimited Wash Club at Hoffmans Car Wash (Ask staff to sign up)

- Free internet and computer usage
- Free tech assistance
- Free legal advice
- Free pastries
- & so much more!



Visit www.saratogaseniorcenter.org, mail a check, visit the front desk or call our front desk at (518)584-1621 to renew!

Trivia Night

Monday, January 26 | 5:30pm | \$8

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

Dine in Dinner - Olde Bryan Inn

Tuesday, January 27 | 5:30pm | \$13

Dinner includes roasted pork with a cherry fig wine reduction, baked potato, and vegetable. This meal is gluten free.

Supported By *Avila*

January Fun at the Center

Golden Globes Party

Friday, January 9 | 1:30pm | \$5 | RSVP

Lights, Camera, Action! Join us for an interactive Golden Globes Pre-Show Celebration before the official awards air on January 11! For each category, we'll watch trailers and listen to nominated songs before you cast your vote in each category. We will tally the results to announce who you, the members, think should win the Golden Globe! Please bring your smartphone or tablet for voting; paper ballots will also be available. Enjoy snacks, drinks, and friendly competition as we crown our Senior Center favorites!

A Taste of History

Tuesday, January 20 | 1:30pm-3pm | \$5 | RSVP

Join us for National Cheese Lovers Day to enjoy a screening of *The Food That Built America: American Cheese*. Witness the captivating story of how giants like James Kraft and the Pabst brothers revolutionized the dairy industry at the turn of the 20th century—a story of innovation born from necessity and Prohibition. While you watch the documentary enjoy beverages and cheesy snacks.

**Interactive Cooking Experience with Chef Matt
Tuesday, January 20 | 3pm-5pm | \$15 | Must RSVP**

Join Chef Matt to learn how to make homemade pasta. You'll make, eat, and take home pasta to enjoy later!

January Educational Presentations- Free & Open to the Public

10 Warning Signs of Alzheimer’s *presented by Alzheimer’s Association of NENY, Lindsay Stanislawsky, Program Manager*
Thursday, January 8 @1:30pm | RSVP | Join us to learn about the difference between aging and Alzheimer’s, common warning signs, the importance of early detection and benefits of diagnosis, next steps and expectations for the diagnostic process, and Alzheimer’s Association resources.

What’s Bugging You As You Age? Part 2 *presented by Barry Loffredo* | **Tuesday, January 13 @1pm | RSVP** | Group brainstorming, solutions for the problems we face, and learn from others.

Email Could be the Problem....How Not to Get Scammed Using Email *presented by Rick Cobello, former Chief Information Security Officer for a NY State Agency* | **Thursday, January 15 @1:30pm | RSVP** | This seminar on avoiding email scams will demonstrate how to spot phishing attempts by analyzing sender addresses, grammar, and suspicious links/ attachments, using critical thinking (hovering over links, verifying requests), implementing strong passwords & multi-factor authentication, and knowing how to report suspected scams to protect your personal information and digital security, focusing on practical skills for identifying social engineering tactics.

Stronger Minds, Stronger Connections *presented by Mary Ferrara, LCSW-R, Clinical Director, MyRosalie & Brian Johnson, Director, MyRosalie* | **Tuesday, January 20 @9:30am | RSVP** | Mental and emotional well-being are essential at every stage of life. This educational session is exclusively for Saratoga Senior Center members and it focuses on building resilience, understanding common mental health concerns among older adults, and strengthening emotional wellness. Participants will also be introduced to a FREE peer support benefit through the NYS Office For the Aging and the Association on Aging in NY designed to connect seniors with trained peers who listen, share experiences, and provide encouragement in a respectful and confidential setting. This program highlights the power of connection and reinforces that support is available—right here in our community.

Sellers Seminar *presented by The Scott Varley Team* | **Thursday, January 22 @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!

Preparing for a Home Sale: From Decluttering to the Sale *presented by Drabek Homes, Kristin Drabek* | **Tuesday, January 27 @1:30pm | RSVP** | Learn home sale prep tips from Kirstin Drabek, a Real Estate Broker specializing in senior real estate (which means she works with clients primarily aged 55 and older) and probate real estate, and Sheilah Sable, owner of Call Sheilah! Move In/Move Out Specialists, who handles all moving logistics, downsizing, and estate clearing/sales.

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

Winter Scene Candle Holder *facilitated by Gillian Wilson*
Rescheduled from December | Monday, January 12 | 10am | \$8 material fee | Capture the beauty of a snowy day! You will learn how to paint serene winter scenes (trees, falling snow, gentle hills) onto glass candle holders. Perfect for adding a soft, festive glow to your home. No prior painting experience needed. **Must sign up, seating limited.**

Watercolor Workshop *facilitated by Susan Peters*
Tuesday, January 13, 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, January 14, 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.**

***NEW* Yarn Heart Wreath Workshop** *facilitated by Gillian Wilson*
Thursday, January 15 | 12:30pm | \$10 material fee | Craft a cozy piece of decor for your home. We’ll guide you through wrapping and embellishing a heart-shaped frame with soft yarns to create a charming, handmade wreath. **Must sign up, seating limited.**

Fused Glass *facilitated by Meryl Davis* | **Wednesday, January 21 | 1pm** | \$10 material fee | Fused glass involved melting different pieces of glass together in a kiln to create unique designs. We will be using two 4x4” tiles to make either jewelry or decorative glass pieces. **Please sign up, seating is limited.**

***NEW* Abstract Acrylic Painting: Color & Intuition** *facilitated by Gillian Wilson*
Monday, January 26 | 10am | \$5 material fee | Break free from traditional rules and explore the power of expression. Discover how to use bold brushwork and layering techniques to translate your emotions and ideas into a unique, non-representational masterpiece!. **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.**

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!

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 & fund-ing. 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!

- Prime & Olde Bryan Inn for our delicious dine in dinners.
 - Herzog Law Firm for supporting our Prime dinner.
 - Avila Senior Living for supporting our Olde Bryan Inn dinner.
 - Centers Health Care for supporting our Holiday Breakfast Social.
 - Operation Gingerbread for providing the Gingerbread House Workshop.
 - Chris Dollard and Tim Wechgelaer for performing at our Member Holiday Party.
 - Home of the Good Shepherd for supporting cookie decorating.
 - All vendors who participated in our Holiday Shops winter market.
 - Alfred Z. Solomon Charitable Trust for supporting our historical programs & trips for our 70th Anniversary year.
 - Home of the Good Shepherd for free \$15 monthly activity fees for the month of December.
 - Charlie Kuenzel for his informative presentation.
- Herzog Law Firm for providing Legal Tuesdays.
 - Pitney Meadows for providing Harvest Boxes for some of our members
 - Joan Dickens for supporting SLT.
 - Berkshire Bank Foundation; Saratoga County Capital Resource Corp; David Solomon; Tom Roohan, Leon J Goldberg Foundation, Saratoga Arts, Price Chopper’s Golub Foundation; Dottie Pepper and David Normoyle; Broadview FCU, Saratoga Casino Hotel Foundation and MVP for grants supporting our programs and services.
 - Hoffmans Car Wash, Proctors, Impressions, Dark Horse, Darling Doughnuts, and Saratoga Olive Oil for providing discounts to our members for our 70th Anniversary year!.
 - Franklin Square Market for our round up campaign at the store all year round.
- Thank you to all our volunteers! You keep our world rockin’!**

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.

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.

Aging Gracefully *facilitated by Avery Hebert* | **2pm | Monday, January 12 & 26** | Aging comes with unique experiences that can challenge us. Join this group to discuss navigating life’s transitions as you age.

Saratoga Hospital Bariatric Support Group | Monday, January 6 | 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!

No Parkinsons Support & Discussion Group or Memory Cafe for the month of January.

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.
- 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.
- 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.

Van Trips ****Van trips will begin sign-ups on the first of the month for January****

Troy Savings Bank Music Hall - Music @ Noon | Troy, NY | Tuesday, January 13 | Enjoy a FREE concert by Acoustic Americana trio Lost Radio Rounders. After, enjoy lunch at Dinosaur BBQ. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 11:15am. Return about 3:15pm.**

New York State Museum | Albany, NY | Friday, January 16 | As the oldest and largest state museum in the country, this landmark at the Empire State Plaza offers 100,000 square feet of world-class art, science, and history. Beyond its massive collection of over 16 million specimens, you will have the chance to explore unique special exhibitions including Barbie: A Cultural Icon, which traces the doll’s 65-year impact on fashion and society, and Outcasts: Mary Banning’s World of Mushrooms, featuring stunning 19th-century scientific watercolors. It’s a perfect day to immerse yourself in the rich natural and human history of the Empire State! Before your trip to the Museum enjoy breakfast at Cafe Madison. **Pay \$15 at sign up. Bring breakfast money. Leave the Center at 8am. Return about 2:45pm.**

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.

Lunch Bunch: Olde Bryan Inn | Saratoga Springs, NY | Friday, January 23 | The Olde Bryan Inn is a historic restaurant located in Saratoga Springs, New York, known for its comfort food and cozy atmosphere. Established in 1979, it serves traditional American dishes and is steeped in local history, having been built on the site of Alexander Bryan’s original inn, which dates back to 1773. You will have a choice of food off of their limited lunch menu, all served in a warm, rustic setting that reflects its rich heritage **Pay \$5 at sign up. Bring lunch money. Leave the Center at 10:35am. Return about 1:15pm.**

Titanic: An Immersive Voyage | Schenectady, NY | Monday, January 26 | 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.**

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 Bus Trips

- Take a look at a sneak peek of our upcoming bus trips for 2026! Stay tuned for more information and dates
- **New Haven, CT** (Spring): Visit the Yale Peabody Museum followed by a day on your own in downtown New Haven.
 - **Turning Stone Casino** (Spring/Summer): Spend the day your way! Gamble, golf, enjoy fine dining, or relax at the spa.
 - **Newport, RI** (Summer): Tour the Breakers Mansion and enjoy free time in beautiful downtown Newport.
 - **Lake Placid, NY** (Fall): Enjoy a waterfall walk at High Falls Gorge, a gondola ride at the Olympic Jumping Complex, and free time on Main Street.
 - **Salem, MA** (Fall): Spend a day on your own exploring this “spooky” town right before Halloween.
 - **NYC at Holiday Time** (Winter): Spend a day on your own. Shop the winter markets, see the window displays, or catch a show.



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?

America’s Cowboy Country | July 28 - August 4, 2026: Giddy up for an unforgettable eight-day journey through the heart of the American West. This rugged adventure begins in Rapid City, South Dakota, where you’ll explore the dramatic landscapes of Badlands National Park and come face-to-face with history at Mount Rushmore and the Crazy Horse Memorial. After walking the legendary streets of Deadwood and crossing the Bighorn Mountains, you’ll marvel at the geothermal wonders of Yellowstone National Park, including the iconic Old Faithful. The trip concludes in spectacular Jackson, Wyoming, featuring a scenic tour of Grand Teton National Park and a festive, traditional chuckwagon farewell dinner under the big Western sky.

Scotland Discovery | August 22-31, 2026: Embark on an enchanting exploration of Scotland’s rugged landscapes and storied history. Your adventure begins in Glasgow with a private bagpiping lesson before heading deep into the Highlands to the misty shores of the Isle of Skye. From the legendary waters of Loch Ness and the ruins of Urquhart Castle to the remote, prehistoric wonders of the Orkney Islands, you will experience the wild beauty that defines the North Coast. After visiting majestic Dunrobin Castle and witnessing working sheepdogs in the Cairngorms, your journey concludes in the regal capital of Edinburgh. It’s a breathtaking immersion into a land of Viking strongholds, ancient standing stones, and timeless Gaelic culture.

Peru: Machu Picchu and Lake Titicaca | September 17-26, 2026: Journey into the heart of the Inca Empire on an expedition that blends ancient wonders with vibrant modern culture. Starting in the “City of Kings,” Lima, you’ll travel into the Andes to explore the Sacred Valley’s colorful markets and the monumental ruins of Ollantaytambo. The highlight of your adventure awaits as you board a panoramic train to the “Lost City of the Incas,” Machu Picchu, for an unforgettable guided exploration of the mountain citadel. Your path continues to the high-altitude shores of Lake Titicaca, where you’ll meet the Uros people on their floating reed islands and enjoy home-hosted meals with local families. From the colonial charm of Cuzco to a grand farewell dinner at Lima’s Larco Museum, this trip offers a profound connection to the spirit of South America.

Bluegrass Country & the Smoky Mountains | October 8-16, 2026: Discover the soulful charm of the American South. Your adventure begins in Louisville, the “Bourbon Capital of the World,” where you’ll stand on the legendary tracks of Churchill Downs and explore the historic Bourbon Trail. Journey through the rolling bluegrass hills of Lexington to meet champion Thoroughbreds before heading into the heart of Appalachia. After enjoying live bluegrass music and a hearty Southern lunch, you’ll explore the misty peaks of Great Smoky Mountains National Park and sample traditional moonshine in Gatlinburg. The tour reaches a grand finale in Asheville, North Carolina, with a visit to the opulent Biltmore Estate, George Vanderbilt’s “mountain escape,” offering a perfect blend of natural beauty and spirited history.

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 come!

Want to book any of the above trips? Reach out to Kyleigh, she 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!

Kyleighs Contact Information: kyleighc@saratogaseniorcenter.org or (518)584-1621 ext. 2003

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

Weekly Programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi	9am-12pm:Poker 9am-9:45am: Silver Sneakers Classic - Joyce 9:30am: Mahjong 10am: Meditation (Not on 1/6) 11am: Gentle Yoga 12pm: Lunch* 12pm-3pm: Intermediate Clay Arts 12:15pm: SS Stability 12:30pm: American Mahjong 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	9am-11am: Women’s Billiards 10am-10:45am: Silver Sneakers Classic - Joanne 10am: Ukulele 11am: Foodbank 12pm:Lunch* 12:30 pm: Chinese & American Mahjong 12:30pm: Qi Gong 1pm-4pm: Billiards League 1pm: Belly Dance 1pm: Rummikub	9am-12pm: Poker 9am: Advanced Clay 9am: Mexican Dominoes 10am:Healthy Bones* 11am: Scrabble 11am: Memory Cafe (1st Friday - No group in January) 11am: Caregiver Support Group (2nd Friday) 11:30am: Slow & Steady Yoga Flow 12pm: Lunch* 1pm: SilverSneakers Circuit (Not on 1/2) 1pm : Beginner Clay 1pm-4pm: Billiards League
9am: Open Ping Pong				
9am: Beginner Chinese Mahjong				
9:30am: Walking Club				
9:30am: Beginner Spanish				
10am:Healthy Bones*				
10am: Chair Yoga (Not on 1/5)				
10:30am: Saratoga Library (Monday, Jan 12)				
12pm: Lunch*				
12:30pm: Bridge				
1pm: Resistance Bands				
1pm-2pm: Chit Chat				
1pm-4pm: Billiards League				
2:30pm: Parkinsons Support Group (3rd Monday - No group in January)				

*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

January 1	Closed - New Years Day		
January 8	1:30pm: 10 Warning Signs of Alzheimers Presentation	January 21	1pm: Fused Glass
January 9	11am: Alzheimers Caregiver Support Group 1pm: Poetry/Storytelling Open Mic 1:30pm: Golden Globes Party	January 22	3pm: Sellers Seminar 1 6pm: Sellers Seminar 2
January 12	10am: Winter Scene Candle Holder Workshop 2pm: Aging Gracefully	January 26	10am: Abstract Acrylic Painting 2pm: Aging Gracefully 5:30pm - Trivia Night
January 13	10am: Watercolor Workshop 1pm: Whats Bugging You As You Age Presentation 2pm: Grief and Loss 2:30pm: Discover Live	January 27	10am: Legal Tuesday 1:30pm: Preparing for a Home Sale: From Decluttering to the Sale Presentation 2pm: Grief and Loss 3pm: Book Club 5:30pm: Dine in Dinner
January 14	1pm: Movie Day 2pm: Stamping Workshop		
January 15	12:30pm: Yarn Heart Workshop		
January 19	Closed - MLK Day		
January 20	9:30am: Stronger Minds, Stronger Connections Presentation 10am: Tarot Cards 1pm: What is Dog Therapy? 1:30pm: A Taste of History 3pm: Interactive Cooking Class with Matt		

More January Happenings!

***NEW* AARP Tax Preparation | Tuesdays, Beginning February 3 - April 14** | AARP tax assistance is back in person. You must pick up a tax packet from the front desk before your appointment and bring the completed form to your appointment, Appointment **sign-ups begin on January 2nd** - Please make your appointment early by calling the Front Desk. Appointments fill up quickly.

Poetry/Storytelling Open Mic | Friday, January 9 | 1pm | Please sign up | Open to the public | \$5 suggested donation | This months featured poet will be Carol Graser, 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.

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, January 13 at 2:30 pm | Buenos Aires, Argentina
These programs were made possible by the NYS Office for the Aging.

Movie Day | Wednesday, January 14 | 1pm | Please sign- up
This months movie will be *Casablanca*. An American nightclub owner in Mocco is drawn into WW2 when his lost love turns up.

The Helayne & Grace Dog Therapy Team Present: What is Dog Therapy? | Tuesday, January 20 | 1pm-2pm | Drop-In | This class is designed to help you understand the world of animal-assisted therapy. You will learn the key differences between therapy dogs, service dogs, and emotional support dogs, discuss the physical and psychological benefits of dog therapy, and explore its history. Conclude the session by meeting and petting Grace, a certified therapy dog who works weekly at Saratoga Hospital, to experience the enjoyment of dog therapy firsthand!

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

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.

Beginner Country Line Dance *facilitated by Kevin Richards* | **Wednesdays | 3:30pm | Must RSVP**
For first timers, newbies and beginners only.

NO Modern Line Dancing in January

Tarot Card Reading *facilitated by Mary Shimp*
Tuesday, January 20| 10am-2pm | Must RSVP | \$5 donation suggested. Do you have some unanswered questions about your life? A tarot card reading provides insight into what the future holds. Call for a 15 minute appointment.

Legal Tuesdays – Herzog in the House | Tuesday, January 27 | 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, January 27 | 3pm | Please sign-up
The book for January is Mrs. Lincoln’s Dressmaker by Jennifer Chiaverini.

Guitar Workshop | Wednesdays | 1:30pm - 3pm starting on January 21 through April 1. Further develop your blues and folk guitarist skills via our 8-week workshop! Enjoy instructor-guided finger style lessons designed for intermediate players – no formal music theory is needed. Attend this event within the first two weeks to join the class.

Beginner American Sign Language facilitated by Steve Finkin | Thursdays (Starting 1/8) | 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.

Senior Center Writers Circle *facilitated by Joyce Rubin*
No class until April stay tuned for April newsletter for more information.

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.

January Ways to Support the Center

Annual Appeal

Please consider donating to our 2026 Annual Appeal. Your generosity makes it possible for us to continue all our work to ensure that no senior is forgotten. Donations can be made online, by calling our front desk at (518)584-1621, mailing in a check, or by scanning the QR Code



Round-Up for the Saratoga Senior Center This January

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

Hannaford Bloomin’ 4 Good

For every specially marked Bloomin’ 4 Good bouquet purchased at the 95 Weibel Avenue Hannaford in January, our center receives a \$1 donation. Stop by, grab some flowers, and help us grow in the new year!



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 for more information.

We look forward to a fun and engaging year ahead!

Saratoga Senior Center Staff

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

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 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



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*Seven days a week, 8 am–8 pm Eastern Time

MVP Health Plan, Inc. is an HMO-POS/PPO organization with a Medicare contract. Enrollment in MVP Health Plan depends on contract renewal. Out-of-network/non-contracted providers are under no obligation to treat MVP Health Plan members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

For accommodations of persons with special needs at meetings, call **1-800-324-3899** (TTY 711). Select virtual care services through *Gia* are available at no cost share. Additional specialty providers in *Gia*, in-person visits, and referrals are subject to the applicable plan co-pay/cost-share. An estimated cost for these services will be listed in *Gia* at the time of service. For serious and life-threatening emergencies, please dial 911. SilverSneakers is a registered trademark of Tivity Health, Inc. ©2025 Tivity Health, Inc. All rights reserved.

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