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March is National Nutrition Month

March is a time to focus on how the nutritional choices we make every day support our health, energy, and overall well-being. All month long, we're hosting a dynamic lineup of programs designed to make healthy living feel approachable, practical, and even fun. Join us for expert-led talks and a special day of featured programming.

Featured Day: Thursday, March 26

A full day of expert-led programming focused on nutrition, wellness, and healthy aging

Live with Greg: National Nutrition Month | 12pm | RSVP Encouraged

Join Greg Olsen, Director of the New York State Office for the Aging (NYSOFA) for a special livestream discussion. The Center will host the live stream featuring our Executive Director, Lois Celeste, joining Greg to discuss National Nutrition Month. New York State is home to the largest government nutrition program in the nation. This will be a lively and fun discussion about healthy eating! Join the audience at SSC in person by arriving early! This will be Live with Greg's first show on location. Live with Greg streams twice a month on YouTube. Greg and guests discuss aging innovations, issues facing older New Yorkers, and connect families with resources to help their loved ones.

Food is Medicine | 11am | RSVP Encouraged

Presented by Sara Brown, PT, DPT, MS, CNS (Core Restore Nutrition)

Discover how simple dietary shifts can reduce inflammation, boost energy, and support long-term health—paired with practical strategies you can begin using right away. This session explores the foundations of an anti-inflammatory diet, the connection to gut health, and real-life examples of food as medicine.

Nutrition for Seniors | 2:30pm | RSVP Encouraged

Presented by Jodi Tamburrino, RD, CDN (Saratoga Hospital)

Explore the vital role nutrition plays in maintaining optimal health and well-being for seniors and discover actionable steps you can take to support your overall nutritional needs throughout each stage of the aging journey.

More This Month

Wednesday 3/11 @3pm

Strong to the Bone: A Guide to Essential Nutrients
presented by Hannaford Dietitian, Kathy Sirianni-Blood, RDN, CDN

An informative session on the nutrients that support bone health and strength.

Friday 3/27 @9:30am

Healthy Ingredient Swaps Workshop
presented by Cornell Cooperative Extensions Brenna Kavakos, M.S. Community Nutrition Resource Educator
Simple, practical substitutions to make everyday meals healthier, without sacrificing flavor.

Thank you to our newsletter sponsors for their continued support!



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

Open Monday Nights and Saturday March 14!

You asked, we listened! We're trying out expanded open hours at the Center: giving you more opportunities to stop by, connect, and enjoy the space in a relaxed, welcoming environment. You're invited to participate at your own pace and come by to spend time with friends.

Open Monday Nights! 4pm-7pm

The Center is open for casual drop-ins and social play. Enjoy games and conversation in a relaxed setting.

Additional activities available:

- **Evening Clay Arts | \$15/month** (See arts section for details)
- **Beginner Needle Felting | \$10/month** (See arts section 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!*

Saturday Socials!

Second Saturday of the Month (March 14) | 10am-1pm

A casual, weekend opportunity to connect, unwind, and enjoy the space together.

Additional activities available:

- **Beginner Needle Felting | \$5 per person | 11am-12pm** (See arts section for the description of the class)
- **Spanish "Fun Festival" | 10am-11:30am** | Drop by to discuss and test drive online resources, listen to Spanish music, and play Spanish Scrabble and Bingo. Meet our students and teacher, browse books, links, and handouts. *This class is apart of the \$15 monthly activity fee.*

March Fun at the Center

Dine in Dinner - Home of the Good Shepherd
Tuesday, March 10 | 5:30pm | \$13
 Dinner includes Irish potato soup, corned beef with cabbage and carrots, Irish soda bread, and shamrock parfait cups.

Supported by



Dine in Dinner - Olde Bryan Inn
Tuesday, March 24 | 5:30pm | \$13
 Dinner includes Coq au Vin (Chicken breast braised in red wine with mushrooms and pearl onions), mashed potatoes, and vegetable.

Trivia Night
Monday, March 30 | 5:30pm | \$8

Join us for fun, friendly competition, prizes, and pizza bites.

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St. Patrick's Day Events
Tuesday, March 17

St. Patrick's Day Brunch
\$15 per person | 10am

Join us for a morning full of shamrocks and shenanigans! Eat, drink, and be lucky at our St. Patrick's Day Brunch! Feast on a delicious spread from Refresh Kitchen, featuring waffles, savory potato hash, bacon, and eggs. Sip on a classic Irish coffee or our leprechaun lemonade and enjoy festive Irish music to kick off the day. Don't forget to wear your green!



Wild Irish Acres Step Dancers
\$5 per person | 2pm

Join us for a lively performance by the Wild Irish Acres Step Dancers. Experience the rhythm, precision, and energy of Irish step dance: a joyful celebration of the arts and Ireland's unique culture.

March Educational Presentations- Free & Open to the Public

The Essentials Of E-Payments presented by Rick Cobello | **Tuesday, March 10 @10am | RSVP** | How to use tools like Venmo for payments and bills.

Sellers Seminar presented by The Scott Varley Team | **Thursday, March 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!

Digital Independence hosted by Rick Cobello | **Monday, March 30 @10am | RSVP** | Free breakfast will be provided for this event. The Center is prioritizing technology education this year. We invite you to share your input at a special feedback session with Rick Cobello, our volunteer tech expert, as we shape upcoming offerings together. With new opportunities on the horizon, we're excited to build something that truly reflects what you want and need, helping you build confidence and explore the digital world in a whole new way!

March Happenings!

Poetry/Storytelling Open Mic | Friday, March 13 | 1pm
| Please sign up | Open to the public | \$5 suggested donation | This month's featured poet is David Graham. Participants are invited to share a poem, story, or personal reflection. Each open mic participant will have up to five minutes max to read, narrate, or perform their piece (one long poem, or two short). Come to share or simply to listen and enjoy.

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, March 17 at 11am | Dublin, Ireland
- Tuesday, March 24 at 1:30pm | Venice, Italy

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

Medicare & Insurance 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:** 2nd Wednesday, 3rd Thursday, and 4th Friday of every month from 8am-4pm.

***NEW* SPAC Tickets are Coming!** | Keep an eye out on your emails for more information on 2026 tickets. Thanks to our partnership with SPAC- if you are a member of the Center get up to a 50% discount for the NYC Ballet and Philadelphia Orchestra.

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!

Round-Up for the Saratoga Senior Center This March

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

Bi-Monthly 50/50

Stop by the front desk and purchase tickets for the Centers bi-monthly 50/50. Tickets will be \$1 for 2 or \$5 for 10. Winner will be picked on the last Friday bi-monthly. 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!

- Cardona's Market for our delicious dine-in dinner.
- Home of the Good Shepherd for sponsoring our Cabin Fever Open House.
- Bailey's Saratoga for hosting our Sipping for Seniors Fundraiser.
- Center's Health Care for sponsoring our Sipping for Seniors Fundraiser.
- All who attended and supported our Sipping for Seniors Fundraiser.
- All of our wonderful presenters for their informative presentations.
- Jeff Brisbin for performing at our February Open House.
- Rick Russo for performing at our Guitar Jam.
- Ken Blatt for performing at our Mardi Gras Party.
- 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 February.
- Franklin Square Market for our round-up campaign at the store all year round.
- Adirondack Trust Company Community Fund Lend-A-Hand Grant for making our bus trips possible.
- MVP for providing licensed Medicare agents to be available at the Center.

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. Prefer to skip the tour? Enjoy the day exploring Newport at your own pace. After the mansion tour concludes, participants will be brought over to join the rest of the group downtown for free time to explore together.

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 relax and explore — whether that means gaming, indulging in a luxury spa, hitting the golf course, or simply unwinding. Each traveler will receive their choice of \$25 in Freeplay or a Bingo credit, along with a \$5 meal credit to use at on-site dining venues. Once registered, our staff will follow up to collect the necessary details.

Trip Cost: \$35 per person

Lake Placid, NY | Thursday, October 1 | Spend the day exploring historic Main Street at your leisure, with opportunities for local shopping and lakeside dining surrounded by peak fall foliage. On the way home, we'll stop at the Olympic Jumping Complex for a Skyride experience, followed by a glass-enclosed elevator ride to the HS128-meter jump for panoramic views of the Adirondack Mountains. **Trip Cost:** \$52 per person

Salem, MA | Wednesday, October 28 | Spend a spooky day exploring Salem at your leisure! With its rich history spanning multiple eras, this iconic coastal city invites you to uncover everything from historic landmarks to its famously witchy side. Hop on the local trolley to take in the sights, then enjoy time to browse, explore, and soak in the festive atmosphere. **Trip Cost:** \$75 per person

New York City, NY | Wednesday, December 9 | There is no place quite like NYC during the holidays! 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. 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 March****

Troy Savings Bank Music Hall - Music @ Noon | Troy, NY | Tuesday, March 10 | Enjoy a FREE concert by The Oxalis Trio. The trio is a flute, oboe, and piano trio that performs music by a wide range of composers. The trio consists of Carl Gutowski, flute; Zachary Pulse, oboe; Alexandra Beliakovich, piano. After, enjoy lunch at The Whistling Kettle. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return around 3:15pm.**

Lunch Bunch: Katie O'Byrnes | Schenectady, NY | Monday, March 16 | Enjoy lunch at Katie O'Byrnes in Schenectady! They are known for their authentic Irish cuisine and the pub offers a cozy atmosphere. Pick from salads, pizza, entrees, sandwiches and more! **Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return around 2:30pm.**

"The First Saratogians" Exhibit at the Saratoga Springs History Museum | Saratoga Springs, NY | Friday, March 20 | Take an immersive journey into the deep history of our region. Visit the landmark exhibit, *First Saratogians: The Indigenous Peoples of the Saratoga Springs Region*. Our group will be personally greeted and guided through the gallery by Charlie Kuenzel, Director of Education and Programs, who will provide expert insight into over 10,000 years of Mohican, Mohawk, and Abenaki heritage. You will explore more than 300 artifacts and hear the long-overlooked stories of the healers, leaders, and culture-bearers who shaped this sacred land. **Pay \$18 at sign up. Leave the Center at 9:45am. Return around 11:45am.**

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.

Historian Tea Talks: Women of Schuyler Mansion at the Saratoga County History Center | Ballston Spa, NY | Thursday, March 19 | While the "Schuyler Sisters" are stars of the Broadway stage, the true history of this vigorous Albany family is even more complex. Join Maria Karasavidis, Lead Interpreter of the Schuyler Mansion State Historic Site, for an in-depth look at the five daughters of General Philip Schuyler and their mother, Catherine Van Rensselaer. This talk moves beyond the musical to explore the sisters' daily lives during the nation's formative years, navigating a social circle that included figures like George Washington, Alexander Hamilton, and Dolly Madison. Alongside stories of power and romance, we will examine the lives of the women enslaved by the Schuylers and the fascinating process of uncovering these long-hidden narratives. A donation of \$10 to the museum is suggested; please bring cash if you would like to contribute. **Pay \$5 at sign up. Leave the Center at 2:30pm. Return around 4:15pm.**

Flower and Garden Expo | Troy, NY | Friday, March 27 | Spend the day taking a look at immersive garden displays, themed floral exhibits and shopping in the bustling marketplace with over 190 vendors, including houseplants and garden decor. Enjoy educational seminars, wine tastings, and various food trucks throughout the event. This is an annual event held at Hudson Valley Community College. **Pay \$25 at sign up. Bring money for vendors and lunch. Leave the Center at 10am. Return around 3:15pm.**

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

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 come!

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!

Hailey's Contact Information: haileyb@saratogaseniorcenter.org or (518)584-1621 ext. 2007
Kyleigh's Contact Information: kyleighc@saratogaseniorcenter.org or (518)584-1621 ext. 2003

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 | **Wednesday March 4 | 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 | **Wednesday March 4 | 3:30pm | Must RSVP**
For first timers, newbies and beginners only.

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, March 9 & 23** | 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.

Cancer Support Group | 10:30am-11:30am | Wednesday, March 4 | 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, March 16** | 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, March 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. *This program is supported by Herzog Law Firm.*
- 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.

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	8am-12pm:Poker	8:45am: Senior Life Transitions Team Mtg. (1st Wednesday)	9am-11am: Women’s Billiards	8am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	8am-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 (1st Friday)
10am: Chair Yoga	12:15pm: SS Stability	10am-11am: Zumba	12:30 pm: Chinese & American Mahjong	11am: Caregiver Support Group (2nd Friday)
10:30am: Saratoga Library (Monday, Mar 9)	12:30pm: American Mahjong	12pm:Lunch*	12:30pm: Qi Gong	11:30am: Slow & Steady Yoga Flow
12pm: Lunch*	1pm-4pm: Billiards League	12pm-4pm: Canasta	1pm-4pm: Billiards League	12pm: Lunch*
12:30pm: Bridge	1pm: Canasta	1pm : Bingo	1pm: Belly Dance	1pm: SilverSneakers Circuit
1pm: Resistance Bands		1pm:Strength w/Aidan	1pm: Rummikub	1pm : Beginner Clay
1pm-2pm: Chit Chat		1pm-4pm: Billiards League		1pm-4pm: Billiards League
1pm-4pm: Billiards League				
2:30pm: Parkinsons Support Group (3rd Monday)				

*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

March 4	10:30am: Cancer Support Group		
March 6	11am: Memory Cafe	March 18	1pm: Fused Glass
March 9	10am: Shamrock Suncatcher Workshop 2pm: Aging Gracefully 3pm: Legal Monday	March 20	1:30pm: Movie Day
March 10	10am: Watercolor Workshop 10am: The Essentials of E-Payments Presentation 2pm: Grief and Loss 5:30pm: Home of the Good Shepherd Dine in Dinner	March 23	1pm: Beading Workshop 2pm: Aging Gracefully
March 11	2pm: Stamping Workshop 3pm: Strong to the Bone: A Guide to Essential Nutrients Presentation	March 24	9am: Legal Tuesday 9:30am: Handbuilding Clay Keepsake Box Workshop 1:30pm: Discover Live: Venice, Italy 2pm: Grief and Loss 5:30pm: OBI Dine in Dinner
March 13	11am: Alzheimer’s Caregiver Support Group 1pm: Poetry/Storytelling Open Mic	March 26	11am: Food is Medicine Presentation 12pm: Live with Greg Olsen 2:30pm: Nutrition for Seniors Presentation 3pm-4:30pm: Sellers Seminar 1 6pm-7:30pm: Sellers Seminar 2
March 14	10am-1pm: Center Open	March 27	9:30am: Healthy Ingredient Swap Workshop
March 16	1pm: Beading Workshop 2:30pm: Parkinsons Support Group	March 30	10am: Digital Independence Talk 11:30am: Golf League Interest Meeting 5:30pm: Trivia Night
March 17	10am: Tarot Card Reader 10am: St. Patrick’s Day Brunch 11am: Discover Live: Dublin Ireland 2pm: Wild Irish Acres Step Dancers	March 31	9:30am: Handbuilding Clay Keepsake Box Workshop 3pm: Book Club

More March Happenings!

Legal Monday – Herzog in the House | Monday, March 9 3pm-6pm | FREE | Must sign-up

Herzog Law Firm will be onsite at the Center, 3pm-6pm, the second Monday 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.

Legal Tuesday – Herzog in the House | Tuesday, March 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.

Tarot Card Reading facilitated by Mary Shimp **Tuesday, March 17 | 10am-2pm | Must RSVP** | \$5 donation suggested. Curious about what the future may hold? Receive a personalized 15-minute reading and gain insight into life’s questions in a thoughtful, one-on-one setting. Call for a 15 minute appointment.

Movie Day | Friday, March 20 | 1:30pm | Please sign-up
This month’s feature: *Leap Year*. An American woman travels to Ireland with plans to propose to her boyfriend on Leap Day...but an unexpected journey leads to something entirely different. A charming romantic comedy about taking chances and finding love along the way.

***NEW* Golf League Interest Meeting | Monday, March 30 | 11:30am | Please sign-up**
It’s time to plan for the outdoor golf league! We will be hosting a planning/interest meeting at the Center. Bring friends! If you are planning to golf and cannot make the meeting please call the Center at (518)584-1621 ext. 2007 and provide your name and email.

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

***NEW* Shamrock Suncatchers** facilitated by Gillian Wilson **Monday, March 9 | 10am | \$5 material fee** | Light up your windows this March! Transform acrylic clovers into glowing masterpieces using semi-translucent pigments and beads. It’s the perfect way to get crafty and relax while creating a lucky charm that captures the spring sunlight. **Must sign up, seating limited.**

Watercolor Workshop facilitated by Bodo Storm **Tuesday, March 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, March 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.**

Fused Glass facilitated by Meryl Davis | **Wednesday, March 18 | 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.**

Beading Workshop facilitated by Jerry Matthews | **Monday, March 16 & 23 | 1pm | \$5 material fee per class** | 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.**

Advanced Handbuilding Clay Arts facilitated by Chris Knite | **Fridays, 9am-12pm | \$20 material fee per month.**

Board Meeting | Thursday, March 26 | 5:30pm

Book Club | Tuesday, March 31 | 3pm | Please sign-up
The book for March is *3 Minutes to Dooms Day* by Joe Navarro.

Billiards Tournament | Last Wednesday of Each Month Starting at Noon | Join our daily billiards group for a special monthly showdown held on the last Wednesday of every month starting at 12:00 PM. They are a friendly crew that welcomes players of all skill levels to step up to the table, meet new people, and enjoy some friendly competition. Whether you’re a regular or a first-timer, come join the fun!

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

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.

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

***NEW* Needle Felting** facilitated by Maggie Priest | **Mondays at 4pm and Thursdays at 12:30pm | \$10 material fee per series (Mondays or Thursdays) | Must sign up, seating limited.** Learn the basics of needle felting! Students will begin with simple shapes of their choice & advance to more complex forms and creations. The topics of safety, efficiency, & techniques will be explored and discussed. Let your creativity run free!

***NEW* Handbuilding Clay Keepsake Box Workshop** facilitated by Chris Knite | **Tuesday, March 24 & 31, 9:30am-11:30pm | \$15 material fee for the series** | Come make a pottery keepsake box with a fitted lid in this 2-week course with instructor Chris Knite! **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.**

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.**



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