

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

### Discounted SPAC Tickets for Members

SPAC tickets are back! Members get discounted NYC Ballet and Philadelphia Orchestra tickets. Ballet tickets on sale now, Monday-Friday, 9am-3pm. Check your emails for the announcement of Orchestra tickets. One ticket per member, per show. If you are planning on sitting with someone, please sign up together or send one member of your group to sign up for all.

## Announcing Expanded Hours for April Open Monday & Tuesday Nights and Saturday, April 11!

### Made possible by The Saratoga Foundation

These new times are designed to give all of our members extra time at the Center, especially those with busy daytime commitments. We're excited for our pilot program of expanded evening and weekend hours!

### Open Monday Nights! 4pm-7pm

Additional activities available:

- **Beginner Needle Felting | \$10/month** (See arts section for the Spring projects we will be working on!)
- **Inspirational Drawing | \$10/month** (See arts section for details - No class on 4/27)
- **Golf Simulator Rentals | \$15 per person/week** 2-hour rental blocks. Available: 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 to our lefty golfers!*

### Open Tuesday Nights! 4pm-7pm

Additional activities available:

- **Evening Clay Arts | \$15/month** (See arts section for details)
- **Golf Simulator Rentals | \$15 per person/week** - 2-hour rental blocks. Available: 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 to our lefty golfers!*

### Saturday Socials!

#### Second Saturday of the Month (April 11) | 10am-1pm

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

Additional activities available:

- **\*NEW\* Pancake Brunch | \$10 per person - kids 5 and under free | 10am-12:30pm | Open to the Public** | Join us for an all-you-can-eat pancake brunch. 50/50 raffle and basket prizes. Register at the front desk, by calling (518)584-1621 or at myactivecenter.com.
- **Billiards Open Play/Tournament | 10am-1pm**
- **Texas Hold 'Em & Open Play/Tournament | 10am-1pm**
- **Beginner Needle Felting | \$5 per person | 11am-12pm** (See arts section for 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.

## A Conversation with Greg Olsen

### Director of the New York State Office for the Aging Monday, April 27 | 9am | Open to the Public | Please RSVP

Join us for a special event with Greg Olsen, Director of the New York State Office for the Aging, as he visits the Center for an engaging conversation on the emerging trends and current issues impacting older adults across New York. Hear directly from one of the state's leading voices on aging. Greg brings a valuable insider perspective, along with practical guidance you can use in your day-to-day life.

**Topics include:**

- **Legal Cannabis in New York:** What's changed, what's safe, and what older adults should know.
- **Scam Protection & Fraud Awareness:** How to recognize scams and protect yourself with real-world tips.
- **Social Isolation & Healthy Aging:** Why staying connected matters—and simple ways to stay engaged and supported.

### Café Update

As we transition our café offerings this spring, we thank Chef Matt and the Refresh Kitchen team for their time with the Center and wish them the very best in their next chapter.

For April, 9 Miles East will be providing fresh, healthy grab-and-go options. Stay tuned for more cafe updates!

## 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)

## Senior Housing Expo Monday, April 27 | 2pm-4pm | Open to the Public | Please RSVP

Hear directly from top housing experts and service providers. Your chance to learn about a range of housing options, ask questions, and discover some of the various housing options in Saratoga. Featured presenters will each give a short introduction, giving you a quick look into what they do and offer. Afterward, they'll be available at their tables for conversations. Presenters include: Home of the Good Shepherd, Avila Retirement Community, Carlton Hollow, and Drabek Homes

## Monthly Technology Programs

**IBM SkillsBuild Learning Program** | *This program is supported by the National Council on Aging (NCOA) and IBM SkillsBuild.* The Center is expanding its technology offerings in 2026 with a new digital learning program, IBM SkillsBuild. Join tech expert Rick Cobello as we kick off this new initiative designed to help you build confidence with everyday technology in a supportive, hands-on environment.

### How the IBM SkillsBuild Program Works:

- **Start Here: IBM SkillsBuild Enrollment Session | Monday, April 13 @10am | Please sign-up** | Get set up in the IBM SkillsBuild platform and gain access to a plethora of technology learning courses. This session will walk you through sign-up and ensure you're ready to begin taking classes.
- **Featured Monthly Classes | Friday, April 17 @10am | Please sign-up** | Each month, Rick will lead a class focused on a new tech topic to help you build practical, everyday skills. Our first class: Introduction to AI for Seniors.
- **Ongoing Learning, Support + Office Hours** | Continue building your skills through self-paced modules, with guidance available during weekly office hours with Rick | *Tuesdays, 8:30-9:30am (call to schedule)*

This program is designed to support digital independence, confidence, and connection—whether you're just getting started or looking to expand your skills. Please sign up in advance. Bring a laptop or tablet if you have one. A limited supply will be available to those who do not have one.

### Beginner Technology Class taught by Southern Adirondack Independent Living | Wednesday, April 15 @10am | RSVP

A welcoming, hands-on introduction to basic technology skills for individuals of all experience levels. Participants will learn how to navigate their device, use common applications, and build confidence with everyday tech tasks. Please bring a laptop, tablet, or smartphone if you have one.

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

**Cancer Prevention Event: Modifying Your Lifestyle to Reduce Your Risk** *presented by Saratoga Hospital, Carly Muhlhahn and Melissa Jackson - both certified physical therapists* | **Friday, April 10 @2:30pm | RSVP** | Go over modifiable risk factors and easy changes to help reduce risk of cancer.

### Managing your Medications *presented by Barry Loffredo* | **Monday April 20 @1:30pm | Must sign up**

Side effects, interactions, analgesics (key to successful pain management, faster pain relief), antibiotics, advocacy, cost, disposing, dental health, and more.

**Sellers Seminar** *presented by The Scott Varley Team* | **Thursday, April 23 @3pm-4:30pm & @6pm-7:30pm | RSVP** | Join us for a seller focused seminar to help you plan, prep & profit on your schedule. We will have speakers that specialize in all aspects of selling your home. Food & light refreshments provided!

**Education on Assisted Living vs. Long-Term Care: What's the Difference?** *presented by Centers Health Care* | **Friday, April 24 @9am | Must sign up** | Panera coffee & continental breakfast will be provided. All attendees will be entered to win a Cozy Door Prize!

**Estate & Long-Term Care Planning** *presented by Amelia Scaglione, Esq. (Harris-Pero Law Firm, PLLC)* | **Friday, April 24 @1pm | Must sign up** | A friendly and informative conversation with Attorney Amelia Scaglione about estate planning and long-term care planning. Learn the basics, get your questions answered, and walk away with a better understanding of how to plan for the future—no prior knowledge needed!

### Help Shape the Future: Center for Successful Aging and Wellness *focus group with Saratoga Hospital* | **Tuesday, April 28 @12pm | Must sign up**

Participants will hear a brief introduction to the initiative and take part in a guided discussion to gather ideas, perspectives, and feedback that will help inform program development. Your voice will help shape services and resources that support healthy aging for our community. RSVP requested by Tuesday, April 21 to [currana@saratogahospital.org](mailto:currana@saratogahospital.org) or call (518)584-1621.

**Health Benefits of QiGong and Tai Chi Classes** *presented by Rob Bowe, Centers Qigong Instructor* | **Tuesday April 28 @1pm | Must sign up** | Learn how you can take charge of your health and well-being at any age! Try these ancient 'Moving Meditations' which enhance the flow of Qi (energy), which helps our immune system and our natural healing abilities. Benefits include improved balance, flexibility, sleep, and more!

**Stronger Bones for Life: What Women Need to Know About Strength Training After 40** *presented by Dr. Sarah Avery, DPT, PYT, RYT-200* | **Wednesday April 29 @9:30am | Must sign up** | Discover how to proactively maintain and improve bone density through evidence-based strength and impact training. Join Doctor of Physical Therapy Sarah Avery to debunk common osteoporosis myths and learn practical, safe strategies for protecting your skeletal health during perimenopause and beyond. Whether you're managing a diagnosis or simply aging intentionally, you'll walk away with a clear roadmap for training your bones to stay strong for life.

## Take a Look at 2026 Member Perks & Renew Today!

- Up to 50% off select SPAC shows (ballet & orchestra)
- \*NEW\* \$10 off a senior membership to the Brookside Museum
- 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 Wednesdays at the Saratoga YMCA (must present a valid ID before entering the Y)
- Free internet and computer usage
- Free tech assistance
- Free legal advice

## Support the Center All Year Long!

### Discounted Hoffman Car Wash Tickets



Say goodbye to winter grime and hello to a fresh start! Shake off the last of the road salt and prep your car for the sunny days ahead with a Hoffman Car Wash ticket. For just \$12, you'll get a professional shine, and a portion of every sale goes directly to the Center. Pick up your tickets at the front desk today!

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

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

### 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. 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!

- Home of the Good Shepherd for our delicious dine-in dinner.
- Olde Bryan Inn for our delicious dine-in dinner.
- Boca Bistro for hosting Raising Dough Fundraiser.
- CDPHP for supporting Trivia Night.
- The Wild Irish Acres Step Dancers for their performance.
- All of our wonderful presenters for their informative presentations.
- Mary Shimp for Tarot Cards at the Center.
- Herzog Law Firm for providing Legal Mondays and Tuesdays.
- Supporters of our SLT program.
- YMCA for free Wednesdays in the month of March.
- Franklin Square Market for our round-up campaign at the store all year round.
- The Saratoga Springs Rotary for supporting programs at the Center.
- Saratoga Casino Hotel Foundation for supporting our van trips.
- NCOA/IBM for our Tech SkillsBuild Grant.
- 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\* Manhattan, NY | Wednesday, May 27** | Enjoy a day in Lower Manhattan! After a convenient drop-off at Chelsea Piers, you'll have the freedom to explore the city. With plenty of iconic landmarks, museums and shops like the 9/11 Memorial and Museum, Statue of Liberty, and Ellis Island your day is sure to be full.

**Trip Cost:** \$69 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

**Bus Trips Supported by ADK Trust Company Lend-A-Hand Grant.**

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

**New York State Capitol Tour | Albany, NY | Friday, April 10** | Experience the architectural wonder of Albany with a visit to the New York State Capitol, a hand-carved masonry masterpiece that took over 30 years to complete. Perched atop State Street hill, this 19th-century marvel offers a stunning look at the seat of New York government and its storied history. After exploring the building's grand halls and intricate stone carvings, take a short stroll through the concourse to the Empire State Plaza. This leads you directly to the plaza's food court, the perfect spot to relax and enjoy lunch **Pay \$10 at sign up. Leave the Center at 9:45am. Return around 2:30pm.**

**Troy Savings Bank Music Hall - Music @ Noon | Troy, NY | Tuesday, April 14** | Enjoy a FREE concert. Internationally renowned sitarist Veena Chandra, a long-time faculty member at Skidmore and Williams Colleges, brings the intricate beauty of North Indian classical music to life with her trademark skill and sensitivity. She is joined by her son, Devesh Chandra, a versatile and sought-after percussionist whose mastery of the tabla spans traditional Indian ragas and diverse global collaborations. After, enjoy lunch at The Whistling Kettle. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 10:45am. Return around 3pm.**

**Lunch Bunch: Halfmoon Diner | Halfmoon, NY | Monday, April 20** | Enjoy lunch at Halfmoon Diner! From classic diner staples to freshly baked goods, every meal is a reflection of the pride and passion behind this family-run establishment. **Pay \$5 at sign up. Bring lunch money. Leave the Center at 11am. Return around 1:30pm.**

### 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!

**Yarn Crawl | Greenwich, NY | Friday, April 24** | Join us for a "Yarn Crawl" through Greenwich! Start with a delicious brunch at Mama Bear's Diner. After, head to Battenkill Fibers for a behind-the-scenes tour of their carding and spinning mill, please note the mill tour is \$5 to be paid when you arrive, though the fee is waived with any purchase! You'll wrap up the afternoon with some shopping at Idlenot Yarn. **Pay \$20 at sign up. Bring lunch and shopping money. Leave the Center at 10:30am. Return around 4pm.**

**MiSci Museum of Innovation and Science | Schenectady, NY | Tuesday, April 28** | Embark on a journey through the history of innovation with a visit to this premier science and technology museum. Your experience includes an engaging 30-minute planetarium show and 90 minutes to freely explore a massive collection of over 15,000 artifacts. Since its 1997 merger with the General Electric Hall of Electrical History, the museum has become a treasure trove of two million photographs and thousands of rare films and recordings. It's a unique opportunity to witness firsthand the evolution of electricity and the profound impact of technological change on our world. After, enjoy lunch at Druthers in Schenectady. **Pay \$28 at sign up. Bring lunch money. Leave the Center at 9am. Return around 2:45pm.**

**Tulip Tour | Albany, NY | Tuesday, May 5** | Walk around Washington Park and learn about the vast variety of tulips planted for Tulip Festival with City Gardener Jena Commerford. After, enjoy lunch and shopping in Stuyvesant Plaza. **Pay \$15 at sign up. Bring lunch and shopping money. Leave the Center at 9:45am. Return around 3pm.**

**2026 Van Trips Supported by Saratoga Casino Hotel Foundation.**



## 2026 Trips

**Bluegrass Country & the Smoky Mountains**  
October 8-16, 2026

**\*NEW\* Sunny Portugal**  
November 10-19, 2026

**\*NEW\* Discover Hawaiian Adventure**  
December 3-12, 2026

## 2027 Trips

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

**\*NEW\* The Northern Lights of Finland**  
February 21-28, 2027

**\*NEW\* Gems of Greece: Athens, Naxos & Crete**  
April 17-30, 2027

**\*NEW\* Painted Canyons of the West**  
May 16-24, 2027

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

**\*NEW\* Colors of Morocco**  
October 14-27, 2027

**Christmas on the Danube**  
December 13-21, 2027

Want to book any of the above trips? Reach out to Hailey at the Center to 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**

*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 (No Class 4/1) | 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 (No Class 4/1) | 3:30pm | Must RSVP**  
For first timers, newbies and beginners only.

## Support and Peer Groups

**Memory Cafe | 11am-12:30pm | 1st Friday of every month** | A social engagement program for people living with dementia and their caregivers.

**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.*

**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! (formerly Chit Chat)** Come and engage in conversation with other members. Each week different conversation topics are covered and discussed.

**Cancer Support Group | 5:30pm-6:30pm | Monday, April 13** | *facilitated by Tami Cohan & Elisabeth Garofalo* | 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, April 20** | 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, April 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!

## 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. <b>(1st Wednesday)</b>	8:30-10:30am: Women’s Billiards	8am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	8am-12pm: Poker	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Advanced Clay
9am: Beginner Chinese Mahjong	9:30am: Mahjong	9am: Pinochle	10am-12pm: Ukulele	9am: Mexican Dominoes
9:30am: Walking Club	10am: Meditation	9:30am: Mosaics	11am: Foodbank	10am:Healthy Bones*
9:30am: Beginner Spanish	12pm: Lunch*	9:30am-12:45pm: Rug Hooking	12pm-1pm:Lunch*	11am: Scrabble
10am:Healthy Bones*	12pm-3pm: Intermediate Clay Arts	10am: Knit & Crochet	12:30 pm-3:30pm: Chinese & American Mahjong	11:30am: Slow & Steady Yoga Flow
10am: Chair Yoga	12:15pm: SS Stability	10am-11am: Zumba	12:30pm-1:30pm: Qi Gong	12pm: Lunch*
10:30am: Saratoga Library (Monday, Apr 13)	12:30pm: American Mahjong	12pm: Lunch*	1pm-4pm: Billiards League	1pm: SilverSneakers Circuit (No Class 4/10)
12pm: Lunch*	1pm-4pm: Billiards League	12pm-4pm: Canasta	1pm-2pm: Belly Dance	1pm : Beginner Clay
12:30pm: Bridge	1pm: Canasta	1pm : Bingo	1pm-4pm: Billiards League	1pm-4pm: Billiards League
1pm: Resistance Bands	4pm: Evening Clay Arts	1pm:Strength w/Aidan	1pm: Rummikub	
1pm-2pm: Chit Chat		1pm-4pm: Billiards League		
1pm-4pm: Billiards League				
4pm: Beginner Needle Felting				
4pm: Inspirational Drawing				

\*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.

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

**Watercolor Workshop** facilitated by Sue Peters **Monday, April 6, 10am** | \$5 material fee | Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike.

**\*NEW\* Oil Painting Still Life Drawing** facilitated by Gillian Wilson **Monday, April 13 | 10am** | \$8 material fee | Master the beauty of light and form in this focused oil painting course. You will learn to compose compelling arrangements, mix realistic colors, and use professional brushwork to create depth. This workshop provides a supportive environment for artists of all levels to develop their unique painterly voice.

**Beading Workshop** facilitated by Jerry Matthews | **Monday, April 13 & 27 | 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.

**Needle Felting** facilitated by Maggie Priest | **Mondays at 4pm** | \$10 material fee per month | Learn the basics of needle felting! For the month of April we will be focusing on Spring themed project like flowers. Make shapes of your choosing. The topics of safety, efficiency, & techniques will be explored and discussed. Let your creativity run free!

**Stamping Workshop** facilitated by Helen Mastrion **Wednesday, April 22, 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.

**Inspirational Drawing** facilitated by Corinne Hayden **Mondays, 4pm (No class on 4/27)** | \$10 material fee per month We will observe the art work of inspiring artists and then apply their use of line, technique and themes to create our own unique drawings. Bring your phone and images you want to use. Handouts will also be provided.

**Micro Mosaic Jewelry** facilitated by Meryl Davis | **Wednesday, April 15 | 1pm** | \$5 material fee\* Micro Mosaics involves using small pieces of glass or beads and setting into a pendant frame.

**Tie Dye Workshop** facilitated by Meryl Davis | **Wednesday, April 29 | 1pm** | \$5 material fee\* Join us for a fun afternoon of tie dye! Please bring up to two all cotton light color items (i.e. T-shirt, button down, etc.) Must be pre washed and slightly damp if possible.

**Sculpting Workshop** facilitated by Bodo Storm | **Thursday, April 16 & 23 | 1pm** | \$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.

**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.

**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.

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

**Evening All Level Handbuilding Clay Arts** facilitated by Kristina Kline | **Tuesdays, 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 for all art classes as setting in our art room is limited. Thank you!**

# April Fun at the Center

## National Beer Day - Beer Tasting Event

**Tuesday, April 7 | 12pm-2pm | \$8**

Celebrate our incredible local brewing scene with tastings from Whitman Brewing, Artisanal Brew Works, and more. Enjoy a slice of pizza from 9 Miles East while you sample, and grab cans of your favorite finds to take home. Raise a glass in celebration of great beer and our vibrant local brewing community.

## Dine in Dinner - 9 Miles East

**Tuesday, April 14 | 5:30pm | \$13**

A taste of more to come from 9 Miles East at the Center. Menu TBA.

## Dine in Dinner - Neighborhood Kitchen

**Tuesday, April 28 | 5:30pm | \$13**

Dinner includes chicken marsala with rigatoni and salad.

## Trivia Night

**Monday, April 27 | 5:30pm | \$8**

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

## Spring Fling: Live Music with Jeff Brisbin

**Tuesday, April 21 | 1pm-2:30pm | \$5**

Enjoy a lively afternoon featuring live music from Jeff Brisbin, seasonal snacks by 9 Miles East, and time with friends. We can’t wait to celebrate brighter days ahead with you!

## Volunteer Fair

**Thursday, April 30 | 10am-12pm | Open to the Public**

Discover the many ways you can volunteer in Saratoga Springs at the Senior Center’s upcoming Volunteer Fair! Whether you have a few hours a week or more, there are opportunities to fit your schedule and interests. Come explore the possibilities and find the perfect volunteer role for you.

# April Happenings!

## Poetry/Storytelling Open Mic | Friday, April 10| 1pm

**| Please sign up | Open to the public | \$5 suggested donation | Bring a poem using the prompt “rain”.** 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.

## Legal Monday - Herzog in the House | Monday, April 13

**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.

## Movie Day | Friday, April 17 | 1:30pm | Please sign-up

This month’s feature: *The Greatest Showman*. In the early 1800s, P.T. Barnum rose from selling lottery tickets as a child to revolutionizing show business with his boundless imagination. By blending catchy music, exotic performers, and daring acrobatics, he created the legendary Barnum & Bailey circus—a global sensation famously known as “The Greatest Show on Earth.”

## Senior Center Writers Circle facilitated by Joyce Rubin | Monday, April 20 | 9am | RSVP

Do you enjoy writing stories or poems? Would you like to meet with others who share your interest in a supportive and creative setting? We are hosting a Writer’s Circle that will meet once a month, for 2 hours to share our writing efforts. It’s a great opportunity to cultivate new friendships with other authors.

## Book Club | Tuesday, April 28 | 3pm | Please sign-up

The book for April is *Heartwood* by Amity Gaige.

## Kayak Club Interest Meeting | Monday, April 13 | 12pm

**| Please sign-up |** Help shape our upcoming season on the water! We will be discussing preferred paddling locations for the year, determining a weekly meeting schedule that works for the majority, and identifying a few representatives to help with attendance. Bring questions and ideas!

## Tarot Card Reading facilitated by Mary Shimp

**Tuesday, April 21 | 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.

**Legal Tuesday - Herzog in the House | Tuesday, April 28 | 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.

**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, April 14 at 12pm | Keukenhof, Netherlands**

**- Thursday, April 23 at 11am | Athens, Greece**

**- Friday, May 1 at 12pm | Rio De Janeiro Brazil**

*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.

**Billiards Tournament | Last Wednesday of Each Month Starting at Noon |** Held on the last Wednesday of every month. 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!

## One-on-One Tech Assistance

Appointments available Monday- Friday. Call front desk (518)584-1621 to make your private appointment.



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)



## Help Shape the Future: Center for Successful Aging & Wellness

Saratoga Hospital is working to develop a **Center for Successful Aging and Wellness (CSAW)**, a new initiative designed to support the health, independence, and well-being of older adults in our community.

We invite you to participate in a Focus Group to share your insights and experiences as we begin planning this exciting effort.

**Focus Group Session**  
Saratoga Senior Center – Conference Room  
April 28 | 12:00 – 2:30 p.m.

Participants will hear a brief introduction to the initiative and take part in a guided discussion designed to gather ideas, perspectives, and feedback that will help inform program development.

Your voice will help shape services and resources that support healthy aging for our community.

**RSVP requested by Tuesday, April 21.**

To RSVP, email [currana@saratogahospital.org](mailto:currana@saratogahospital.org) or call 518-584-1621



Dear Friends,

At Saratoga Hospital, we are always looking ahead to how we can better serve our community at every stage of life. One exciting area of focus is supporting the health, independence, and well-being of older adults in our region.

We are currently developing plans to create the **Center for Successful Aging and Wellness (CSAW)** at Saratoga Hospital, a state-of-the-art center designed to meet the evolving needs of adults as they age. The vision is to create a coordinated approach to care that connects medical services, wellness programs, and community partnerships to better support healthy aging.

As we begin shaping this initiative, the voices of our community are incredibly important. We invite you to participate in a focus group on April 28 from 12:00 – 2:30pm at the Saratoga Senior Center Conference Room. During this session, we will share an overview of the vision for CSAW and gather feedback through a guided discussion.

Your experiences and perspectives will help inform how programs and services are developed to best serve older adults in our region.

Thank you for helping us shape the future of healthy aging in our community.

Sincerely,

**Jill VanKuren**

President and CEO, Saratoga Hospital