

# Saratoga Senior Center

NEWSLETTER MAY 2026

## May is Older Americans Month, Celebrate with FREE Classes! Your \$15 Monthly Activity Fee is on Home of the Good Shepherd

This is your month to try something new for FREE.

### Health & Wellness Fair | Wednesday, May 13 | 9am-12pm Open to the Public

Get valuable information and resources on all aspects of aging. Discover insights into housing options, health insurance, legal planning (wills and trusts), nutrition, self-care, financial planning, and so much more. Connect with local vendors and organizations offering various services and learn more about the support available to you. Visit our website at [saratogaseniorcenter.org](http://saratogaseniorcenter.org) to view the full schedule of exciting presentations for the day, including a special session by Historian Charlie Kuenzel from the Saratoga Springs History Museum, and a look at the interactive activities that will be available.

Enjoy FREE GO box salads for lunch provided by 9 Miles East from 12pm-1pm if you attend the fair.

Title Sponsor 

### May Fun at the Center

#### Memorial Day Picnic

Friday, May 22 | 1:30pm | \$12

It's a red, white & blue BBQ! Honor those who sacrificed their lives for our country this Memorial Day with an outdoor barbecue at the YMCA Pavilion. Live music from Bill Gervasio. Lunch by Home of the Good Shepherd including BBQ chicken, hot dogs, corn on the cob, macaroni salad, pasta salad, chips, water, and strawberry shortcake. Between bites be sure to visit with our sponsor tables. Home of the Good Shepherd, MVP, Nascentia, WellCare, and Trinity Health Alerts will be on site so pop over to their tables to say hello!

Supported By 

Center Closed on Monday, May 25 for Memorial Day

#### Trivia Night

Monday, May 18 | 5:30pm | \$8

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

#### Dine in Dinner - Elody

Wednesday, May 20 | 5:30pm | \$13

Dinner includes pork marsala, roasted potatoes, and Caesar salad.

#### Dine in Dinner - Olde Bryan Inn

Tuesday, May 26 | 5:30pm | \$13

Dinner includes Pork loin with a roasted garlic and leek gravy, mashed potatoes, and a vegetable.

### Kentucky Oaks Celebration

#### Handicapping Seminar | Kentucky Derby Preview

Thursday, April 30 | 1pm

Join National Museum of Racing Museum Historian Michael Veitch for a Kentucky Derby Handicapping session. He will give an overview on the topic and then take questions.

#### Kentucky Oaks Party

Friday, May 1 | 1pm-6pm | \$8

Celebrate Derby weekend at our Kentucky Oaks viewing party! Join us in your best pink attire for the 152nd running of America's premier race for 3-year-old fillies. Enjoy an afternoon of racing, refreshments, and delicious bites by 9 Miles East. **Plus, check inside for the launch of our special Belmont and Thoroughbred Ownership Raffles!**

### Cinco De Mayo Celebrations - Tuesday, May 5

#### History of Cinco De Mayo Presentation

Presented by retired Skidmore professor Patricia Rubio | 10am-11am

Join Patricia Rubio for a look into the history and cultural evolution of Cinco de Mayo. Explore how a minor holiday in Mexico transformed into a significant American celebration, examining its 19th-century roots and its shifting role in social and economic activism for the U.S. Latino community. Discover the fascinating story behind the festivities and why this date holds such unique importance north of the border.

#### Spanish Fun Class

Lead by instructor Mark Long | 11am-12:30pm

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.

#### Cinco De Mayo Party

1:30pm-3pm | \$12

It's fiesta time at the center! Join us for a celebration featuring vibrant Spanish music and a delicious lunch to go with the theme for the day, provided by 9 Miles East. Don't miss out on the music, food, and fun!

#### Discover Live: Puebla, Mexico - Cinco De Mayo Festival

2:30pm-3:30pm

Experience the true spirit of Cinco de Mayo with a live, virtual guided tour of Puebla, Mexico at the Center.

### 9 Miles East is Coming!

9 Miles East will be opening a full-service cafe in the Center in June serving breakfast, lunch and dinner seven days a week. For the month of May, 9 Miles East's cafe will be open 10 am to 2 pm Monday through Friday with a great selection of grab-and-go items, hot soup, sandwiches, pizza, and more.



## 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 throughout the year 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** | **Tuesday, May 5 @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. This time can also be used for those who already have accounts and would like to work on courses with Rick present or if you have questions.
- **Featured Monthly Classes** | **Tuesday, May 12 @10am** | **Please sign-up** | Each month, Rick will lead a class focused on a new tech topic to help you build practical, everyday skills. **Mays class topic: Introduction to Cloud Computing** course. *Snacks provided during this class.*
- **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.



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

### **Dying on Your Own Terms** presented by Barry Loffredo | **Monday May 11 @1:30pm** | **Must sign up**

Join Barry and special guest, Grace Thompson, Executive Director of Gateway House of Peace for this informative presentation. Passing with dignity requires intention and planning. Medical community goal vs. your goals. Hospice is the comfort squad.

**Navigating Rehabilitation Services Following a Hospital Stay Or Injury at Home.** presented by *The Wesley Community, Marc J. Walker, Administrator of the Wesley Health Care Center* | **Wednesday, May 13 @3pm** | **Must sign up** | Coming to a nursing home for rehabilitation means focusing on recovery in a supportive, structured environment. You can expect a care team to guide you through daily therapy, help manage medications, and assist with personal needs as you regain strength. Your schedule will likely include physical, occupational, or speech therapy, along with time to rest and recover. Progress may feel gradual, but each step is aimed at helping you return safely to your highest level of independence.

**Sellers Seminar** presented by *The Scott Varley Team* | **Thursday, May 14 @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!

**Stronger Minds, Stronger Connections Presentation** presented by *Mary Ferrara, LCSW-R, Clinical Director, MyRosalie and Brian Johnson, Director, MyRosalie* | **Tuesday, May 19 @9:30am** | **Must sign up** | Mental Health & Free Peer Support at the Saratoga Senior Center. 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.

**Vertigo Information Session** presented by *Saratoga Hospital, Nicole Piesnikowski, PT, DPT, Cert. MDT, Pete Plauch, PT, DPT, LSVT BIG Certified and Shelley Brahler, MSPT, CKTP, Cert. MDT* | **Tuesday, May 19 @3pm** | **RSVP** | If you experience sensations of unsteadiness, spinning, swaying, or tilting you may have vertigo. Our upcoming education presentation is designed to help you understand the possible underlying causes of these symptoms. Additionally, you will learn how physical therapists use vestibular rehabilitation to provide expert assessment and treatment of vertigo.

**Medicare 101 Seminar** presented by *OB1 Insurance, Kyle O'Brien, Independent Agent* | **Tuesday, May 19 @6pm** | **RSVP** | Join an Educational Medicare 101 Seminar here at the senior center hosted by Kyle O'Brien from OB1 Insurance Agency. Come learn about the basics of Medicare and how it pertains to your personal situation.

**Home, Safe, Home** presented by *Saratoga Hospital, Donna Sausville, MSPT and Mary Prostick MSOT and has CAPS (Certified Aging in Place Specialist)* | **Thursday, May 28 @1pm** | **RSVP** | This presentation will focus on tips for safe proofing the home as we age.

**Medicare 101 Information Session** presented by *Kate Barkley, Independent Medicare Agent* | **Friday, May 29 @10am** | **RSVP** | Kate is a local, licensed Medicare broker and a former educator and community based care manager. This Medicare 101 session will cover topics including the parts of Medicare, the difference between Medicare advantage plans and supplemental insurance, PPO vs HMO, part D drug coverage as well as income based assistance programs and the different times of the year when folks can enroll and change their health plans.

# Open Monday Nights and Saturday, May 9 in May

*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:

- **Drawing/Watercolor Technique Class** | \$10/month (See arts section for details)
- **Drop in Poker and Billiards**
- **History of Yaddo Presentation** presented by Kat Trippany, Director of Development for Yaddo | Monday, May 11 | 4pm

## Open Saturday May 9!

10am-12pm | Open for drop in hours.

## May Happenings!

**Garden Club Meeting | Wednesday, May 6 | 11am | Please sign up** | Come learn more about our Garden Club! The Center has a garden plot at Pitney Meadows Community Farm, conveniently located right across the street. This year, our garden is generously sponsored by Daughter for Hire, and we are ready to make 2026 our most vibrant season yet. Meet fellow gardeners and find out how you can help our community garden flourish this season.

**Kayak Club | Wednesdays & Thursdays | 10am start time | Please sign-up** | Join the Center's Kayak Club for our May excursions! Whether you are a seasoned paddler or looking to try something new, these outings offer a wonderful way to enjoy the local scenery from the water. All of our May destinations offer on-site rentals for your convenience. If you prefer to bring your own kayak, please keep in mind that a few locations do require a small launch fee. Check out the full schedule below to see where we will be meeting each week, and we look forward to seeing you out on the water!

### May Kayak Club Schedule:

**May 6 & 7:** Kayak Shak (251 Stafford Bridge Rd, Saratoga Springs)

**May 13 & 14:** Lake Lonely Water Sports (378 Crescent Ave, Saratoga Springs)

**May 20 & 21:** Moreau Lake State Park (605 Old Saratoga Rd, Gansevoort)

**May 27 & 28:** Round Lake (US-9 N, Round Lake) \*Limited rentals when pre-booked on Upstate Kayak Rentals\*

**Poetry/Storytelling Open Mic | Friday, May 8 | 1pm | Please sign up | Open to the public** | \$5 suggested donation | Write a poem about something life-changing that happened to you. 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.

**Senior Center Writers Circle** facilitated by Joyce Rubin | **Monday, May 11 | 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.

**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.

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

- **Tuesday, May 5 at 2:30pm | Puebla, Mexico - Cinco De Mayo Festival**

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

**Legal Monday - Herzog in the House | Monday, May 11 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.

**The Helayne & Grace Dog Therapy Team Present: Dog Therapy in Action | Tuesday, May 19 | 1pm-2pm | Drop-In**

This class will touch on the following:

1. Dog Temperament & Skills, 2. Navigating the Environment, 3. The Art of the Visit, 4. Human Interactions and Soft Skills, 5. Diverse Settings for Dog Therapy, 6. Memorable Visit Examples, 7. Q & A, 8. Petting Grace.

**Guitar Open Mic | Wednesday, May 20 | 1pm** | Join us for an open mic featuring our Guitar Workshop group. A showcase of what the workshop has been practicing, followed by an open invitation for other acoustic guitar players to perform. If you aren't part of the regular group but would like to play one or two songs, please email our instructor, Ray, at rgiguere@skidmore.edu to register. Whether you choose to take the stage for max 10 minutes or simply relax and listen, everyone is welcome to participate.

**Legal Tuesday - Herzog in the House | Tuesday, May 26 | 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, May 26 | 3pm | Please sign-up** | The book for May is *Sisters of the Southern Cross* by Jean Grange.

**Movie Day | Thursday, May 21 | 1:30pm | Please sign-up** | This month's feature: *Book Club*. Four women have participated in their monthly book club for 40 years, bonding over the suggested literature, and have become very good friends. One day, as they read *Fifty Shades of Grey*, they are intrigued by its content. The film stars Diane Keaton, Jane Fonda, Candice Bergen, and Mary Steenburgen.

**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.

## 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 May\*\***

**Troy Savings Bank Music Hall - Music @ Noon | Troy, NY | Tuesday, April 12** | Enjoy a FREE concert. Acclaimed violinist Emil Altschuler is a Juilliard and Yale-trained soloist and educator known for his "top-notch" technique and old-school artistry reminiscent of Jascha Heifetz. Beyond his international performance career and extensive discography, he is a dedicated pedagogue who teaches at several prestigious institutions and founded the Altschuler Summer Music Institute in Italy. He currently maintains an active private studio and chamber ensemble while residing in Natick, Massachusetts. After, enjoy lunch at The Topsy Moose. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 10:45am. Return around 3:15pm.**

**Hildene, The Lincoln Family Home | Manchester, VT | Monday, May 18** | Step back in time at Hildene, the Lincoln Family's historic estate, beginning with a warm welcome at the restored carriage barn where staff are available to orient you for a self-guided exploration. Wander the majestic family home, the iconic Pullman Parlor Railcar, and the estate's vibrant working farms and gardens at your own pace, with knowledgeable staff on-site to answer questions throughout the grounds. Your visit includes full admission and a delicious sandwich buffet lunch, with plenty of time to browse the museum store. **Pay \$58 at sign up. Leave the Center at 8:30am. Return around 2:30pm.**

**Lunch Bunch: Max 410 at the Waters Edge | Glenville, NY | Tuesday, May 19** | Enjoy a scenic lunch along the historic Mohawk River at Max410 at the Waters Edge, where riverside charm meets a diverse delicious menu. **Pay \$10 at sign up. Bring lunch money. Leave the Center at 11:15am. Return around 2:15pm.**

**Grant Cottage | Wilton, NY | Friday, May 29** | Experience a part of American history with a guided tour of Grant Cottage, the final residence of General and President Ulysses S. Grant. You'll explore the preserved downstairs rooms, featuring original furnishings and beautiful floral arrangements that have remained since his 1885 funeral. It is a unique opportunity to walk through the very space where Grant spent his final days. After, enjoy lunch at the Olde Bryan Inn. **Pay \$20 at sign up. Bring lunch money. Leave the Center at 9:15am. Return around 2:15pm.**

### Proctors Van Trips

**\*NEW\* Menopause the Musical | Sunday, November 15 | 1:30 pm | \$70 per person** | Come join the sisterhood! Four women at a lingerie sale have nothing in common but a black lace bra AND memory loss, hot flashes, night sweats, not enough sex, too much sex and more! This hilarious musical parody set to classic tunes from the '60s, '70s and '80s will have you cheering and dancing in the aisles! See what millions of women worldwide have been laughing about for over 20 years! *\*This show will take place at the GE Theatre at Proctors, will need to climb a few steps to get to seats. Note, there will not be lunch prior to the show as we typically do for weekday Proctors shows.\**

Stay tuned as we are in the process of booking shows for the 2026-27 Proctors season. Get excited for shows like BOOP!, The Wiz, Mama Mia and many more!

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

## 2026 Trips

**\*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 Nether-  
lands, Belgium & France: Canals,  
Champagne & Culture**  
June 12-22, 2027

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

**\*NEW\* 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**

**\*\*NEW\*\* Collette Travel Information Session | Thursday, May 7 | 9:30am-10:30am** | facilitated by Hailey & Kyleigh of the Saratoga Senior Center | Please RSVP | Come learn about Sunny Portugal and ask your questions on this or any of our upcoming trips!

**\*\*NEW\*\* Collette Travel Information Session | Wednesday, May 12 | 11am-1pm** | facilitated by Matt of Collette Travel | Must RSVP | You're invited to a informational travel slideshow presentation and Q&A at the Center to learn more about Discover Hawaiian Adventure (Dec 3-12, 2026), Discover Australia's Outback to New Zealand's South Island (Jan 6-25, 2027), and The Northern Lights of Finland (Feb 21-28, 2027).

*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 May 6 | 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 May 6 | 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.

**Parkinsons Support & Discussion Group** facilitated by Gordon Blyth & Marie Thorne | **2:30pm | Monday, May 18** | 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, May 4 | 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!

**\*NEW\* Caregiver Support Group** facilitated by Elisebeth Garofalo | **2pm | Thursday, May 21** | Caregiving looks different for everyone. Whether you're supporting an aging parent, a partner, a neighbor, or a dear friend, you don't have to carry it alone. Join us for courageous conversations through peer support and empowerment, in a warm and welcoming space. All caregivers are welcome.

## 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 (No Class on 5/11)	8am-12pm:Poker	8:45am: Senior Life	8:30-10:30am:	8am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: Silver	Transitions Team Mtg.	Women's Billiards	9am: Advanced Clay
9am: Beginner Chinese Mahjong	Sneakers Classic - Joyce (No class 5/5)	<b>(1st Wednesday)</b>	10am-10:45am: Silver	9am: Mexican Dominoes
9:30am: Walking Club	9:30am: Mahjong	8am-12pm: Poker	Sneakers Classic - Joanne	10am:Healthy Bones*
9:30am: Beginner Spanish	10am: Meditation	9am: Pinochle	10am-12pm: Ukulele	11am: Scrabble
10am:Healthy Bones*	11am: Gentle Yoga	9:30am: Mosaics	11am: Foodbank	11:30am: Slow & Steady Yoga Flow
10am: Chair Yoga	12pm: Lunch*	9:30am-12:45pm: Rug Hooking (No group on 5/13)	12pm-1pm:Lunch*	12pm: Lunch*
10:30am: Saratoga Library (Monday, May 11)	12pm-3pm: Intermediate Clay Arts	10am: Knit & Crochet	12:30 pm-3:30pm: Chinese & American Mahjong	1pm: SilverSneakers Circuit
12pm: Lunch*	12:15pm: SS Stability	10am-11am: Zumba	12:30pm-1:30pm: Qi Gong	1pm : Beginner Clay
12:30pm: Bridge	12:30pm: American Mahjong	12pm: Lunch*	1pm-4pm: Billiards League	1pm-4pm: Billiards League
1pm: Resistance Bands	1pm-4pm: Billiards League	1pm: Bingo	1pm-2pm: Belly Dance	
1pm-2pm: Let's Talk About It (FKA Chit Chat)	1pm: Canasta	1pm:Strength w/Aidan	1pm: Rummikub	
1pm-4pm: Billiards League	4pm: Evening Clay Arts	1pm-4pm: Billiards League		
4pm: Drawing Class				

\*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, May 4, 10am** | \$5 material fee | Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike.

**Fused Glass** facilitated by Meryl Davis | **Wednesday, May 13 | 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.

**Beading Workshop** facilitated by Jerry Matthews | **Monday, May 11 & 18 | 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.

**Pastel Workshop** facilitated by Bodo Storm | **Thursday May 14 & 21 | 10am** | \$10 material fee for the series | Hands-on workshop where you will explore the vibrant world of pastels and learn essential techniques.

**\*NEW\* Still Life Oil Painting Workshop** facilitated by Gillian Wilson **Monday, May 18 | 10am** | \$8 material fee | Master the classic techniques of light, shadow, and texture in this focused workshop. You will learn to build depth using oil paints working from a curated arrangement to capture the timeless beauty of everyday objects on canvas.

**Stamping Workshop** facilitated by Helen Mastrion **Wednesday, May 20, 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.

**Drawing/Watercolor Technique Class** facilitated by Corinne Hayden **Mondays, 4pm & Tuesdays 9:30am** | \$10 material fee per each series | Learn functional drawing techniques. Explore watercolor skills and enhance your piece with colorful dimension. Learn the use of various brushes for special effects.

**Lifting Color: Stencil Art on Fabric Workshop** facilitated by Meryl Davis | **Wednesday, May 27 | 1pm** | \$5 material fee | Using stencils & decolourant paste on 100% cotton clothing to create unique and artistic designs. Using heat to remove the color of the fabric without the damage of bleach. Bring of 100% cotton clothing, either tshirts (not white), flannel shirts, etc. and your imagination. **Must sign up, seating limited**

**\*NEW\* CD Suncatchers/Windchimes** facilitated by Gillian Wilson **Thursday, May 28 | 10am** | \$8 material fee | Transform CDs into shimmering decor. In this creative session, you'll learn how to cut, arrange, and embellish old CDs to create vibrant wind chimes or sun catchers that cast a brilliant spectrum of color.

**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!**

## Support the Center!



### Discounted Hoffman Car Wash Tickets

Give your car the refresh it deserves this spring season. Grab a Ultimate Hoffman Car Wash ticket for just \$15 and drive into spring with a crystal-clear shine. Every ticket purchased supports the Center's programs. Stop by the front desk to get yours!

### Mother's Day Raffle

Celebrate the season with two thoughtfully curated raffle baskets, perfect for Mother's Day and springtime enjoyment. Win either a self care basket or a gardening basket. Tickets are \$10 per ticket and the winners will be picked on 5/7. Visit the front desk to purchase tickets.

### Belmont Stakes Ticket Raffle

We're raffling off sets of 4 tickets to the 2026 Belmont Stakes right here in Saratoga. Tickets are \$10 each, and 5 winners will be announced. This is a rare chance to attend the final Belmont Stakes in Saratoga. Don't wait, stop by the front desk to grab your tickets! *Member Exclusive, made possible by NYRA*

### West Point Thoroughbred Ownership Experience Raffle

Ever dreamed of owning a racehorse? The Saratoga Senior Center is raffling off The West Point Thoroughbreds Ownership Experience — your chance to be part of one of racing's most celebrated partnerships, right here in Saratoga Springs. \$100/ticket | Members get 2 for \$100. Winner drawn this August at Sipping for Seniors. *Sales start May 1 at the Kentucky Oaks Party.*

### 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?

## 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 CarWash (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

### 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!

- 9 Miles East for our delicious dine-in dinner.
- Neighborhood Kitchen for our delicious dine-in dinner.
- All of our wonderful presenters for their informative presentations.
- Jeff Brisbin for Performing at our Spring Fling Party.
- Those who participated in our Senior Housing Expo
- Mary Shimp for Tarot Cards at the Center.
- Herzog Law Firm for providing Legal Mondays and Tuesdays.
- SPAC for our ticket discount for members.
- Supporters of our SLT program.
- YMCA for free Wednesdays in the month of April.
- 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.
- Saratoga Foundation for supporting our evening and weekend programming.
- MVP for providing licensed Medicare agents to be available at the Center.

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

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## THE WESLEY COMMUNITY

### **Understanding Your Options: Planning Ahead with The Wesley Community**

As we grow older, maintaining independence, comfort, and peace of mind becomes increasingly important. One of the best ways to ensure this is by understanding the full range of care options available—and planning ahead.

For seniors and families in our region, The Wesley Community in Saratoga Springs offers a comprehensive continuum of care designed to meet evolving needs over time—all within one supportive, connected campus.

### **What Is a Continuum of Care?**

A continuum of care means having access to different levels of housing and health services in one place. Rather than facing a sudden move during a health crisis, residents can transition smoothly to the level of care they need—while remaining in a familiar environment surrounded by friends, neighbors, and trusted caregivers.



### **Woodlawn Commons: Independent & Assisted Living**

Woodlawn Commons offers both independent and assisted living options in a welcoming, community-centered setting.

Independent Living is perfect for active seniors who want to enjoy retirement without the responsibilities of home maintenance. Residents benefit from dining options, housekeeping, social programs, and transportation—while maintaining their independence.

Assisted Living provides additional support with daily activities such as bathing, dressing, and medication reminders. It allows residents to remain as independent as possible, with help available when needed.

### **Embury Apartments: Market Rate Living**

Embury Apartments provide a comfortable, maintenance-free lifestyle that respects the financial realities of many seniors today.



### **Wesley Health Care Center:**

### **Skilled Nursing Care/Short Term Rehabilitation**

Wesley Health Care Center provides comprehensive skilled nursing services for individuals with more complex medical needs. This includes 24/7 nursing care, supervision, and assistance for chronic conditions or recovery following illness or hospitalization.

## Understanding How Skilled Nursing Is Paid For

Financing skilled nursing care is an important part of planning ahead, and it's often misunderstood. Here's a simple breakdown:

- **Private Pay:** Many individuals initially pay out-of-pocket for skilled nursing care. This can include personal savings, retirement income, or long-term care insurance.
- **Medicare:** Medicare may cover short-term rehabilitation in a skilled nursing facility following a qualifying hospital stay. However, this coverage is limited (typically up to 100 days) and only applies if the individual is making progress with therapy. It does not cover long-term custodial care.
- **Private Insurance / Long-Term Care Insurance:** Some long-term care insurance policies help cover the cost of skilled nursing care, but benefits vary widely. Policies often have daily limits, waiting periods, and eligibility requirements. Traditional health insurance plans generally do not cover long-term skilled nursing stays.
- **Medicaid:** Medicaid is a government program that can cover long-term skilled nursing care for individuals who meet financial and medical eligibility requirements. This often requires individuals to "spend down" their assets to qualify. Once eligible, Medicaid can provide ongoing coverage for necessary care in a skilled nursing facility like Wesley Health Care Center.

Understanding these distinctions is essential. Many families are surprised to learn that Medicare and standard health insurance do not cover long-term nursing care—making early planning especially important.

## Why Planning Ahead Matters

Too often, decisions about senior care are made during times of crisis. Planning ahead gives you time to explore your options, understand the financial aspects, and make informed choices that reflect your goals and values.

By choosing a community that offers a full continuum of care—from Woodlawn Commons to Embury Apartments to Wesley Health Care Center—you are creating a plan for the future. You gain peace of mind knowing that if your needs change, you won't have to leave the community you already call home.

## A Community Designed for Peace of Mind

The Wesley Community provides more than just housing and healthcare—it offers stability, connection, and reassurance. Whether you're fully independent or need advanced care, having all services in one place makes life's transitions easier for you and your loved ones.

If you're starting to think about the future, now is the perfect time to learn more, ask questions, and take the first step. Planning ahead isn't just a good idea—it's one of the most important gifts you can give yourself and your family.



## Short-Term Rehabilitation

### Getting Back on Your Feet

For those recovering from surgery, illness, or injury, short-term rehabilitation services help restore strength and independence. Physical, occupational, and speech therapies are tailored to each individual's needs, with the goal of returning home safely.



## Outpatient Therapies

### Staying Strong & Independent

Even for those living independently, outpatient therapy services are available to maintain mobility, improve balance, and support overall wellness—helping residents stay active and engaged longer.

## For more information:

- [thewesleycommunity.org](http://thewesleycommunity.org)
- (518) 587-3600
- [info@thewesleycommunity.org](mailto:info@thewesleycommunity.org)

131 Lawrence St. Saratoga Springs, NY 12866



ALBANY MED Health System

SARATOGA HOSPITAL

## A MESSAGE FROM PRESIDENT AND CEO Jill Johnson VanKuren



Dear Friends,

As we welcome the arrival of spring, many of us are eager to spend more time outdoors, enjoy the fresh air, and reconnect with friends and neighbors. This time of year brings a renewed sense of energy, but it's also a good opportunity to refresh a few important health habits.

As temperatures rise, staying well-hydrated is key. Our sense of thirst can decrease with age, so it's important to drink water regularly throughout the day, especially if you're spending time outdoors. Spring can also bring seasonal allergies, so if you're experiencing symptoms like congestion or itchy eyes, consider speaking with your healthcare provider about simple ways to manage them.

It's also a good time to ease back into activity. Whether you're walking, gardening, or participating in programs at the Senior Center, starting slowly can help prevent injury and keep you feeling your best.

In April, we were grateful to partner with the Senior Center to host a Center for Successful Aging focus group. We truly appreciated the thoughtful feedback shared and the opportunity to hear directly from you. Your insights will help shape future programs and services to better support healthy aging in our community. Stay tuned for more details as the program continues to move forward.

Thank you for allowing Saratoga Hospital to be part of your community. I wish you a healthy and enjoyable spring.

Warm Regards,

**Jill J. VanKuren**

President and CEO, Saratoga Hospital