

# Saratoga Senior Center

NEWSLETTER JUNE 2026

## Housing Crawl

Tuesday, June 9 | 8am-2:15pm | \$10 per person | Open to the Public

Are you curious about some of the local senior living options available to you? Join us for an exclusive, one-day Housing Crawl! This trip is designed to give you a unique opportunity to tour multiple facilities, meet their staff, and experience the environments of the various senior living communities. Hop on our vans to visit these fabulous living options in a relaxed group setting. Most stops will provide food and light refreshments to keep you energized throughout the day.

### Schedule

Leave the Center at 8am  
Home of the Good Shepherd Moreau - 8:30am  
The Wesley Community - 10am

Home of the Good Shepherd Malta - 11:30am  
Peregrine Senior Living - 12:45pm  
Arrive back at Center at approx. 2:15pm

Supported by 



## World Elder Abuse Awareness Day

Monday, June 15 | FREE & Open to the Public

Awareness is our best defense. Understanding the different forms of elder abuse and recognizing the warning signs empowers us to protect ourselves and the people we care about.

**9:30am-10:30am:** Protecting Seniors from Modern Scams presented by TKT Insurance Agency

Learn how to recognize common fraud tactics, including Medicare fraud, identity theft, phone, email, and text scams, and the psychological tricks scammers use to create urgency and fear. Walk away with practical safety tips, trusted resources, and the tools needed to protect your personal and financial information.

*Enjoy breakfast by 9 Miles East during this session.*

**1:30pm-2:30pm:** Protecting Seniors in Saratoga County: Scam Awareness & Prevention presented by Saratoga County District Attorney Brett Eby.

*Enjoy a light lunch by 9 Miles East during this session.*

*The Elder Abuse program is funded in part by Monroe County Office for the Aging, New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, and participant contributions.*

## June Fun at the Center

### Reach Out and Play Event

**Tuesday, June 2 | 12pm-2pm | Open to the Public**

Join us at the Center for the Reach Out and Play event, hosted in collaboration with the YMCA and NYS Office for the Aging. Come enjoy classic favorites and new games like The Game of Life, Scrabble, and more!

### Trivia Night

**Monday, June 8 | 5:30pm | \$8**

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

### Songs and Stories of Broadway's Best Composers

**Monday, June 22 | 4pm | \$5**

In this engaging lecture and performance program, you'll explore the fascinating lives and success stories of one of Broadway's most renowned composers - Rodgers and Hammerstein. Enjoy live vocal performances from some of their most iconic shows like: South Pacific, Oklahoma, Carousel and more! Education, entertainment and sing-a-long!



*Saratoga Arts made this program possible through the Community Arts Regrant Program, funded by the New York State Council on the Arts with the support of the office of the Governor and the New York State Legislature.*

### Dine in Dinner - Pennell's

**Tuesday, June 16 | 5:30pm | \$13**

Dinner includes chicken parm, penne vodka cream, salad, and bread with garlic butter.

### American Red Cross Blood Drive Open to the Public

*Please consider donating blood in memory of Ed Kelley*

**Friday, June 26 | 12pm-6pm**

Visit [redcrossblood.org/give](http://redcrossblood.org/give) and enter the sponsor code SARATOGASENIORCENTER to book an appointment. Or, call 1-800-redcross to book an appointment.

### Kick Off to Summer Party

**Tuesday, June 23 | 1:30pm | \$12**

Celebrate the start of the sunny season with a party featuring lively music, card games, and outdoor yard games (weather permitting, or we'll bring the fun inside!). Enjoy lunch catered by 9 Miles East, cool down at our refreshing lemonade bar, and enjoy ice cream courtesy of Centers Health Care.

Supported by



### SPAC Tickets

SPAC season is almost here and you're running out of time to take advantage of this fabulous member perk. Visit the Center M-F 9am-2pm to purchase your tickets. Ballet ticket sales end on 6/24 and Orchestra ticket sales end on 7/22.

Attending with friends? To help ensure your group is seated together, all names must be confirmed at the time of purchase. One person may purchase for the group, or your group may sign up together. We cannot guarantee group seating for tickets purchased separately.

## 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, June 9 @10am | Please sign-up** | Get set up in the IBM SkillsBuild platform and gain access to a wide variety 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 | Monday, June 29 @1:30pm | Please sign-up** | Each month, Rick will lead a class focused on a new tech topic to help you build practical, everyday skills. **Junes class topic: Cybersecurity Education course. Learn how to protect yourself from common online scams.** *Light lunch 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.

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

**Empowering Older Adults: Insights from New York's Aging Leadership** *presented by Greg Olsen and Becky Preve* | **Tuesday, June 2 @10am | Must sign up** | Join the Center for an informative presentation featuring Greg Olsen, Executive Director of the New York State Office for the Aging, and Becky Preve, Executive Director of the Association on Aging in New York. Becky will highlight vital advocacy efforts at both the state and federal levels, while Greg will discuss the essential resources his office provides to support older adults. In honor of Elder Abuse Awareness Month, Greg will also cover the types, signs, and critical tools available for identifying and combating elder abuse. Bring your questions for these two expert leaders, who offer a wealth of knowledge on navigating and securing the support you and your loved ones deserve.

**Did You Know? Adult Day Care Can Support Medical Needs Too!** *presented by Centers Health Care* | **Tuesday, June 9 @1pm | Must sign up** | Join Centers Health Care for refreshments and a brief presentation on Adult Day Care options and the medical services and support it can provide for participants and families.

**Honoring Choices: Advance Care Planning** *presented by The Community Hospice, Erica Connell, Community Liaison RN, BSN, CCM* | **Friday, June 12 @1:30pm | Must sign up** | Honoring Choices: Advance Care Planning™ is an educational program designed to help individuals and families understand their healthcare options and make decisions that reflect their values and wishes. The program offers guidance on advance directives—such as healthcare proxies and living wills—and provides clear, compassionate information about hospice care and when it may be appropriate. Through open conversation and expert insight, participants are empowered to plan ahead, reduce uncertainty, and ensure their care preferences are honored.

**Whats Bugging You As You Age?** *presented by Barry Loffredo* | **Friday, June 19 @1:30pm | Must sign up** | Join Barry for Group brainstorming, solutions for the problems we face, and learn from others.

**Medicare 101 Information Session** *presented by Kate Barkley, Independent Medicare Agent* | **Monday, June 22 @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.

**Maintaining Brain Health** *presented by Home Instead, Maria Spagnola, Client Care Manager* | **Tuesday, June 23 @10am | Must sign up** | Positive, everyday actions can make a big difference in brain health. Research shows that certain lifestyle habits can significantly reduce the risk of cognitive decline and Alzheimer's disease. Learn about the risk factors, and what you can do to take charge of your brain health today — it's never too early or too late to start.

**Supporting Brain Health in Our Community** *presented by Alzheimer's Association, Lindsay Stanislowsky* | **Thursday, June 25 @1pm | Must sign up** | Join us for a presentation on Supporting Brain Health in Our Community. Everyone deserves the opportunity to live with the healthiest brain possible, and there are steps we can all take to help protect and support our brain health. This presentation will highlight practical, brain-healthy habits that can be incorporated into everyday life, including key insights from the U.S. POINTER study and its recommended lifestyle approach. Participants will learn how factors such as physical activity, nutrition, cognitive stimulation and others, will help reduce the risk of cognitive decline.

# Starting in June 9 Miles East Cafe in the Center will be Open from 7am-8pm 7 Days a Week!

## Open Monday Nights and Saturday, June 27 in June

*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:

- **9 Miles East Cafe Open for Dinner**
- **Drop in Poker and Billiards**

### Open Saturday, June 27! 10:30am-1pm

Additional activities available:

- **9 Miles East Cafe Open for Breakfast & Lunch**
- **Drop in Poker and Billiards**
- **Spanish "Fun Festival" | 10:30am-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.

## June Happenings!

**Kayak Club | Wednesdays & Thursdays | 10am start time | Please sign-up** | Join the Center's Kayak Club for our June 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. Most of our June 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.

### June Kayak Club Schedule:

**June 3 & 4:** Kayak Shak (251 Stafford Bridge Rd, Saratoga Springs)

**June 10 & 11:** Lake Lonely Water Sports (378 Crescent Ave, Saratoga Springs)

**June 17 & 18:** Moreau Lake State Park (605 Old Saratoga Rd, Gansevoort)

**June 24 & 25:** Round Lake (US-9 N, Round Lake) *\*Limited rentals when pre-booked on Upstate Kayak Rentals\**

**Senior Center Writers Circle** *facilitated by Joyce Rubin*  
**Monday, June 1 & 22 | 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.

### Legal Monday – Herzog in the House | Monday, June 8 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.

**Poetry/Storytelling Open Mic | Friday, June 12 | 1pm | Please sign up | Open to the public** | \$5 suggested donation | Write about poem about your best friend from grade school. 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.

**Tarot Card Reading** *facilitated by Mary Shimp*  
**Tuesday, June 16 | 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 | Tuesday, June 16 | 1:30pm | Please sign-up

This month's feature: *Remarkably Bright Creatures*. While working nights at a small-town aquarium, a widow bonds with a clever octopus and an adrift young man in this moving drama based on the bestseller.

**Legal Tuesday – Herzog in the House | Tuesday, June 23 | 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, June 30 | 3pm | Please sign-up**  
The book for June is *The Witching Tide* by Margaret Meyer.

**\*NEW\* AARP Safe Driving Course** *instructed by Suanne Pasquarella* | **Thursday, July 30 & Friday, July 31 | 1pm-4pm** | Driver Safety teaches safe driving techniques that make a difference in your life and community. \$30 per non-AARP participant. \$25 for AARP members. NY drivers are eligible for a discount on portions of their auto insurance for 3 years. Please make sure to bring your driver's license and AARP membership card. **Register online at [www.aarp.org/findacourse](http://www.aarp.org/findacourse) or call 518-290-0156. If you register for this course it is a 2-day course. You need to attend both days.**

**\*NEW\* Sports Talk at the Center** *facilitated by Skidmore Intern Stanley* | **Wednesdays | 11am-12pm** | Love sports? Join Stanley each week for friendly conversations about recent games, standout athletes, and the latest sports news. A perfect program for fans who enjoy talking sports and connecting with others.

**Real Estate Sessions with the Scott Varley Team**  
**Wednesday, June 17 | 11am-2pm** | The Scott Varley Team will be onsite to answer all of your real estate questions. Sign-up for a free half hour consultation.

**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:** Thursday, June 18 from 8am-11am.

**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

**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

**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 at Radio City Music Hall. 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 June\*\***

**Dakota Ridge Llama Farm | Ballston Spa, NY | Friday, June 12** | Visit a working farm home to 65 gentle llamas! You'll get an exclusive behind-the-scenes tour of the barns to learn about their care, plus the rare chance to pet, brush, feed, and walk your very own llama. It's an interactive, crowd-free experience, so don't forget your camera, because llama selfies are highly encouraged! After, enjoy lunch and ice cream at The Wind Chill Factory. **Pay \$25 at sign up. Bring lunch money. Leave the Center at 10:30am. Return around 2:15pm.**

**Yaddo Gardens: The Nature of Art - Gardens at Yaddo | Saratoga Springs, NY | Thursday, June 18** | Enjoy a trip to the historic Yaddo Gardens for a artist-led conversation filled with rich history and hidden stories. Led by Lesley Leduc, President of the Yaddo Garden Association and former Public Affairs Coordinator. For more than 100 years, the Yaddo Gardens have connected visitors to nature, offering inspiration, solace, and joy to people of all ages. But even seasoned garden guests may be surprised to learn some of the lesser-known stories the place yields. **Pay \$5 at sign up. Bring a lawn chair or blanket. Leave the Center at 5pm. Return around 6:45pm.**



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

**Lunch Bunch: Carsons Woodside Tavern | Malta, NY | Monday, June 22** | Enjoy a scenic lunch outing to Carson's Woodside Tavern, where spectacular views of Saratoga Lake and the Vermont Mountains await. You'll enjoy a comfy, casual atmosphere and a delicious menu where you can choose between soups, fresh salads, hearty sandwiches, char-grilled burgers, and entrées. It's the perfect outing to relax with great food, friends, and even better scenery! **Pay \$5 at sign up. Bring lunch money. Leave the Center at 11:30am. Return around 2pm.**

**Historic Cherry Hill | Albany, NY | Tuesday, June 30** | Start the day with a delicious lunch at Druthers Brewing Company before heading over to Historic Cherry Hill for a guided tour. Through, room-by-room artifacts, the program The Rankins of Cherry Hill explores how the estate's last generations fought to save their ancestral home amidst massive social and economic changes at the turn of the 20th century. This tour offers a compelling look at American identity, immigration, and women's suffrage. **Pay \$20 at sign up. Bring lunch money. Leave the Center at 11:15am. Return around 4pm.**

**The Outlets at Lake George | Lake George, NY | Monday, June 29** | Join us for a fun-filled day in Lake George! We'll start with a morning of shopping at the outlets, followed by a wonderful group lunch at The Log Jam. After a bit more afternoon shopping, we will wrap up our day with a delicious stop for ice cream at Martha's Dandee Cream on the ride home. **Pay \$10 at sign up. Bring lunch and shopping money. Leave the Center at 9:30am. Return around 4pm.**

### Proctors Van Trips

For each show we will leave the Center at 11am. Bring lunch money for lunch at the Backstage Pub at noon prior to each

**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.\**

**BOOP! the Musical | Thursday, October 15, 2026 | 1:30 pm | \$97 per person** | Betty Boop longs for an ordinary day off from fame in her black-and-white world. What she finds is an extraordinary adventure of color, music, and love in New York City!

**Hell's Kitchen | Thursday, December 31, 2026 | 1:30 pm | \$100 per person** | A hit musical inspired by the life, music, and community of 17-time Grammy® Award-winning Alicia Keys. The story follows Ali, a 17-year-old full of fire, as she searches for freedom, passion, and her place in the world. Along the way, she meets a transformative mentor, her dynamic family, and the neighborhood that helps her grow.

## Proctors Van Trips Continued

**The Wiz | Thursday, February 25, 2027 | 1:30 pm | \$97 per person** | Based on L. Frank Baum's The Wonderful Wizard of Oz, The Wiz reimagines Dorothy's journey in a contemporary African-American context, blending soul, gospel, rock, and 70s funk into its iconic score.

**Mama Mia | Thursday, April 8, 2027 | 1:30 pm | \$100 per person** | Mamma Mia! is a feel-good, ABBA-powered musical set on a Greek island paradise, following a bride-to-be's quest to discover her father before her wedding.

## 2027 Trips

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

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

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

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

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

**\*NEW\* Irish Splendor**  
November 5-12, 2027

**\*NEW\* Americas Music Cities**  
March 18-25, 2027

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

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

**\*NEW\* Discover Switzerland, Austria and Bavaria**  
September 18-27, 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 | Tuesday, June 16 | 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 Journey through the Netherlands, Belgium & France: Canals, Champagne & Culture (June 12-22, 2027), Painted Canyons of the West (May 16-24, 2027), and Gems of Greece (April 17-30, 2027).

## 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, June 15** | 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, June 1 | 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!

**Caregiver Support Group** *facilitated by Elisebeth Garofalo* | **2pm | Thursday, June 25** | 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 Transitions Team Mtg.	8:30-10:30am: Women's Billiards	8am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce (No class 5/5)	<b>(1st Wednesday)</b>	10am-10:45am: Silver Sneakers Classic - Joanne	9am: Advanced Clay
9am: Beginner Chinese Mahjong	9:30am: Mahjong	8am-12pm: Poker	10am-12pm: Ukulele	9am: Mexican Dominoes
9am: Walking Club	10am: Meditation	9am: Pinochle	11am: Foodbank	10am:Healthy Bones*
9:30am: Beginner Spanish	11am: Gentle Yoga (No class on 6/23 or 6/30)	9:30am-12:45pm: Rug Hooking	12pm-1pm:Lunch*	11am: Scrabble
10am:Healthy Bones*	12pm: Lunch*	10am: Knit & Crochet	12:30 pm-3:30pm: Chinese & American Mahjong	11:30am: Slow & Steady Yoga Flow
10am: Chair Yoga	12pm-3pm: Intermediate Clay Arts	10am-11am: Zumba	12:30pm-1:30pm: Qi Gong	12pm: Lunch* (No lunch on 6/26)
10:30am: Saratoga Library (Monday, June 8)	12:15pm: SS Stability	12pm-4pm: Canasta	1pm-4pm: Billiards League	1pm: SilverSneakers Circuit
12pm: Lunch*	12:30pm: American Mahjong	1pm: Bingo	1pm-2pm: Belly Dance	1pm : Beginner Clay
12:30pm: Bridge	1pm-4pm: Billiards League	1pm-4pm: Billiards League	1pm-2pm: Belly Dance	1pm-4pm: Billiards League
1pm: Resistance Bands	1pm: Canasta		1pm: Rummikub	
1pm-2pm: Let's Talk About It (FKA Chit Chat)	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, June 8, 10am** | \$5 material fee | Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike.

**Beading Workshop** facilitated by Jerry Matthews | **Monday, June 8 | 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.

**Micro Mosaic Jewelry** facilitated by Meryl Davis | **Wednesday, June 17 | 1pm** | \$5 material fee | Micro Mosaics involves using small pieces of glass or beads and setting into a pendant frame.

**Pastel Workshop** facilitated by Bodo Storm | **Thursday June 11 & 18 | 10am** | \$10 material fee for the series Hands-on workshop where you will explore the vibrant world of pastels and learn essential techniques.

**Stamping Workshop** facilitated by Helen Mastrion **Wednesday, June 24, 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.

**Clay Gnome Making Workshop** facilitated by Sue Briddell **Thursday, June 25, 2pm** | \$10 material fee | Come join us and have fun creating whimsical shelf sitting gnomes.

**Minds in Motion: Clay Painting** facilitated by Chris Knite | **Thursday, June 25, 11am** | \$5 material fee | Come experience the benefits of painting at our special Alzheimer's Awareness Month clay painting class, hosted in partnership with the Alzheimer's Association. This inclusive class invites individuals with memory loss, their caregivers, and the community to enjoy a shared creative experience. No artistic background is needed. Come enjoy a supportive, creative atmosphere where you can relax, connect, and paint together!

**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!**

## Juneteenth Celebration

**Friday June 19 | 11am-4pm | Hosted by Our Lodge Foundation at the Saratoga Regional YMCA & Saratoga Senior Center**  
 Visit [www.ourlodgefoundation.org/juneteenth](http://www.ourlodgefoundation.org/juneteenth) for the scheudle of events.

## 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!

### West Point Thoroughbred Ownership Experience Raffle

Win the thrill of owning a race horse with zero out of pocket costs! Just the fun, access and excitement of being a part of the journey. \$100/ticket | Members get 2 for \$100. Ticket sales support the programs and services that keep Saratoga's seniors active, connected, and thriving — all year long.

### 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?

### 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.

## 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!

- Elody for our delicious dine-in dinner.
- OBI for our delicious dine-in dinner.
- All of our wonderful presenters for their informative presentations.
- Bill Gervasio for performing at our Memorial Day Picnic.
- Home of the Good Shepherd for supporting our Memorial Day Picnic.
- Beacon Bank for sending volunteers to help at our Memorial Day Picnic.
- Michael Veitch for your informative presentation.
- Those who participated in our Health and Wellness Fair.
- 9 Miles East for providing lunch at our Health and Wellness Fair.
- 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 May.
- 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'!**

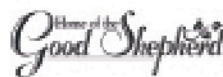
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290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | [saratogaseniorcenter.org](http://saratogaseniorcenter.org)

## A MESSAGE FROM PRESIDENT AND CEO Jill Johnson VanKuren



Dear Friends,

As we welcome the summer season, many of us are looking forward to spending more time outdoors, gathering with family and friends, and enjoying the longer days and warmer weather. Summer offers so many opportunities to stay active and connected, both important parts of maintaining good health and wellness at every age.

At the same time, warmer temperatures can present health considerations, especially for older adults. Staying hydrated, limiting time outdoors during peak heat, wearing lightweight clothing, and taking breaks in air conditioning when needed can go a long way in preventing heat-related illness. It's also important to stay on top of routine checkups, screenings, and managing chronic conditions, even during the busy summer months.

Summer is also a wonderful reminder of the importance of movement and social connection. Whether it's taking a walk, spending time with loved ones, attending community events, or simply enjoying fresh air, small daily activities can have excellent benefits for both physical and emotional well-being.

Recently, we were pleased to host a wonderful community focus group discussion about Saratoga Hospital's future Center for Successful Aging and Wellness (CSAW). The thoughtful feedback and conversations shared were incredibly valuable, and we look forward to continuing these important discussions as we work to support healthy, active aging in our community. During these sessions, we also heard that navigating and understanding medical records can sometimes feel overwhelming or confusing. In response, we are working to bring an informational session to the senior center to help community members better understand and access their health information and available resources.

At Saratoga Hospital, we are proud to provide the best-in-class care our community deserves, close to home. From primary and specialty care to rehabilitation, wellness services, and advanced technology, our nationally recognized team is here to support your health at every stage of life.

We wish you and your family a safe, healthy, and enjoyable summer season ahead.

**Jill J. VanKuren**

President and CEO, Saratoga Hospital