

Saratoga Senior Center

NEWSLETTER AUGUST 2026



Birthday Bash August 11 | 1pm | \$5

Our new Center is turning three! Join us for a Birthday Bash complete with live music by Garland Nelson, cake and ice cream, photo booth, and great company. Includes a toast. Share your favorite memories, and celebrate the incredible community that makes this place so special!

Dine in Dinner - Home of the Good Shepherd Tuesday, August 25 | 5:30pm | \$13

Step back into the 1950s with Home of the Good Shepherd's special dinner and a movie night featuring a classic screening of Grease in the dining room. Enjoy pulled pork sandwiches, baked beans, coleslaw, and root beer floats, and, of course its not a movie without popcorn for the show!

August Fun at the Center

Hawaiian Luau

Tuesday, August 18 | 1:30pm | \$10



Say aloha to paradise at our Hawaiian Luau! Enjoy Aloha salad and pizza, tropical drinks and dessert, and festive games. Then, settle in for *Oahu - The Heart and Soul of Hawaii*, a documentary exploring island traditions like lei-making and Kakau tattooing. Hawaiian shirts and leis encouraged!

Music Bingo

Monday, August 31 | 4:30pm | \$8

Grab a partner and join us for Music Bingo! Every round travels through a different decade of music. You don't need to know song names or artists to play, making it fun for everyone. Enjoy pizza bites and prizes!

Monday Evenings and Weekend Openings in August!

Made possible by The Saratoga Foundation

Make the most of your membership with more opportunities to enjoy the Center! Our expanded evening and weekend hours continue throughout August, giving you even more time to connect, try something new and take part in the programs you love.

Open Mondays 4pm-7pm

Additional activities available:

- **Drop in Poker and Billiards**
- **Legal Monday | August 10 | 3pm-6pm | See Inside for Details**
- **Songs and Stories of Broadway's Best Composers | August 17 | 4pm | \$5**
Welcome back for Rodgers and Hammerstein: Part 2! Join us for an exciting mix of Broadway history, live vocal performances, and sing-along fun celebrating the iconic duo!
- **Music Bingo | August 31 | 4:30pm | \$8 | See Description Above**

Tuesday Nights 4pm-6:30pm

Only open for those attending the following program:

- **Evening Clay Arts | See Arts Section Inside for Details**

Open Saturday, August 22! 10am-1pm

- **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.**
- **9 Miles East Open for Lunch**
- **Drop in Poker and Billiards**
- **National Museum of Racing Presentation | 10:30am | See Presentation Section for Details**
- **Daughter for Hire Presentation | 12pm | See Presentation Section for Details**



Senior Day at the Track - Sponsored by NYRA

Wednesday, September 2 | \$12 | Must sign up, tickets are limited



Spend the day at the Saratoga Race Track! Includes grandstand admission with seat, program, burger or breakfast sandwich & beverage from the Trackside Grill, & shuttle from the Center. The first 95 people to sign up will get either a Paddock or Winners Circle experience that day. If you would like to use the shuttle, please contact the front desk to sign up for a time slot, spots are limited. Shuttle will pick up at the YMCA pavilion parking lot.

Lunch Sponsor: MVP

Shuttle Sponsor: CENTERS HEALTH CARE



Sipping for Seniors Fundraiser Thursday, August 20 | 6pm-10pm

Horseshoe Inn Bar & Grill - 9 Gridley Ave

Kick off the weekend supporting the Saratoga Senior Center! Join local horse jockeys, trainers, and owners as they step behind the bar as guest bartenders, enjoy live music and stay for dinner. Twenty percent of all food and drink sales, plus 100% of guest bartender tips will be donated directly to the Center. Raise a glass and raise funds for our local seniors!

NEW 2026 Casino Bus Trip Announcement Inside

Pitney Meadows Produce Pop-Up Is Back at the Center!

Every Wednesday, starting at 9am while supplies last.

Come by and get your fill of nutritious produce! Committed to feeding our community, this community offering is made possible by Pitney Meadows Community Farm, a organization that doesn't grow to make money, but grows to give.



Monthly Technology Programs

Curious about technology but not sure where to start? Looking for help with the IBM SkillsBuild platform, interested in learning new skills, or simply want to feel more confident online?

Join us for our new monthly IBM SkillsBuild Drop-In Sessions. These relaxed, hands-on sessions offer guidance in a welcoming environment. Our team can help you create a free account, navigate the platform, find courses that match your interests, and answer questions along the way.

Special August Incentive! Register for one of the sessions below, create your free SkillsBuild account, and start a learning activity to receive a \$10 gift card to 9 Miles East. Space is limited to 25 participants per session.

Friday, August 7 | 1:00 PM – 2:30 PM

Monday, August 17 | 4:00 PM – 5:30 PM

Tuesday, August 11 | 10:00 AM – 11:30 AM

Wednesday, August 26 | 9:30 AM – 11:00 AM

Please bring a laptop or tablet if you have one and headphones. A limited supply of devices will be available for use during the sessions for those who do not have their own.

August Educational Presentations- Free & Open to the Public

Cody's Wish: A Boy, a Racehorse and a Fight for Life Book Talk *presented by author Paul Halloran* | **Tuesday, August 4 @10am | Must sign up** | When Cody Dorman was introduced to a Thoroughbred through Make-A-Wish in 2018, there was an instant connection between the 12-year-old boy, who was born with the genetic disease Wolf-Hirschhorn Syndrome, and the 5-month-old foal – so impactful that Godolphin named the horse Cody's Wish. Cody traveled to racetracks around the country to watch Cody's Wish run, and each time they met, the bond between the 1,100-pound racehorse and 70-pound boy was obvious. Cody saw Cody's Wish win back-to-back Breeders' Cup Dirt Miles. *Cody's Wish: A Boy, a Racehorse and a Fight for Life*, written by 40-year journalist and Saratoga Special writer Paul K. Halloran Jr., is a story of resilience, triumph and love – of the inexplicable, yet undeniable bond between a courageous boy and the champion racehorse he considered his best friend. Q&A will follow the talk. Paul will have copies for purchase and to be signed.

Understanding Your Home Care Options *presented by Marquis Certified Home Care* | **Wednesday, August 12 @2pm | Must sign up** | Confused about the differences between Certified Home Health Care and Licensed Home Care? You're not alone! Join us for an informative presentation designed to help seniors, caregivers, and family members better understand their home care options. We'll explain the key differences between certified and licensed home care services, who qualifies for each, what services are available, and—most importantly—how each type of care is paid for, including Medicare, Medicaid, private insurance, and private pay options. Whether you're planning ahead or navigating care needs now, this presentation will provide valuable information to help you make informed decisions with confidence. Come with your questions and leave with a understanding of your options! **FREE Lunch will be provided courtesy of Marquis for anyone who RSVP for the presentation in advance.**

The Track to Change: Thoroughbred Racing in the 20th Century *presented by National Museum of Racing* | **Saturday, August 22 @10:30am | Must sign up** | Explore how racing shaped and was shaped by 20th century American culture.

More Than Just a Helping Hand: How Daughter for Hire Services Can Make Life Easier *presented by Laurie Abele, Owner of Daughter for Hire Saratoga* | **Saturday, August 22 @12pm | Must sign up** | Join us for a fun and informative program to learn how Daughter for Hire services can help older adults stay independent, connected, and confident while remaining in the comfort of home. We'll discuss the many ways these personalized services can simplify everyday life—from companionship and transportation to errands, meal preparation, medication reminders, and support after a hospital stay. Whether you're planning ahead for yourself or helping a loved one, you'll leave with practical information, helpful resources, and a better understanding of how a little extra support can make a big difference.

Wellspring Elder Abuse Presentation *presented by Brooke and Kathy Counsler/Outreach Managers* | **Thursday, August 27 @1:30pm | Must sign up** | Wellspring is the domestic violence and sexual assault service agency for Saratoga County. Come join Wellspring staff for informational conversation about the signs of elder abuse, red flags, and services available for support. **Lunch provided during this presentation for all who pre-register.** *This 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.*

Stay Steady and Independent *presented by TKT Insurance* | **Monday, August 31 @10am | Must sign up** | Our fall prevention presentation will provide valuable information and practical tips to help you reduce your risk of falls and enjoy greater peace of mind. Refreshments and giveaways will be provided! Bring a friend!

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-10am: Tai Chi (No Class in August)	8am-12pm: Poker	8:45am: Senior Life	8:30-10:30am: Women's	8am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: SS Classic - Joyce	Transitions Team Mtg.	Billiards	9am-12pm: Advanced Clay
9am-12pm: Beginner Chinese Mahjong	9:30am-12pm: Mahjong	(1st Wednesday)	9:45am-10:30am: SS	9am-12pm: Mexican Dominoes
9am: Walking Club	10am-11am: Meditation (No Class 8/4 & 8/11)	8am-12pm: Poker	Classic - Joyce (No class August 20 & 27)	10am: Healthy Bones*
9:30am: Beginner Spanish (No Class in August)	11am-12pm: Gentle Yoga	9am-12pm: Pinochle	10am-12pm: Ukulele	11am-1pm: Scrabble
10am: Healthy Bones*	12pm: Lunch*	9:30am-12pm: Mosaics	11am: Foodbank	11:30am: Slow & Steady Yoga Flow
10am: Chair Yoga (No Class 8/3 & 8/10)	12pm-3pm: Intermediate Clay Arts	9am-12:45pm: Rug Hooking (No group on 8/12)	12pm: Lunch*	12pm: Lunch*
10:30am: Saratoga Library (Monday, Aug 10)	12:15pm-1:15pm: SS Stability	10am-12pm: Knit & Crochet	12:30 pm-3:30pm: Chinese & American Mahjong	1pm-2pm: SS Circuit
12pm: Lunch*	12:30pm-3:30pm: American Mahjong	10am-11am: Zumba	12:30pm-1:30pm: Qi Gong	1pm-3:30pm: Beginner Clay
12:30pm-3:30pm: Bridge	1pm-4pm: Billiards League	12pm: Lunch*	1pm-4pm: Billiards League	1pm-4pm: Billiards League
1pm: Resistance Bands	1pm-4pm: Canasta	12pm-4pm: Canasta	1pm-3pm: Rummikub	
1pm-2pm: Let's Talk About It (FKA Chit Chat, No group on 8/24)	4pm-6:30pm: Evening Clay Arts	1pm-2pm: Bingo		
1pm-4pm: Billiards League		1pm-2pm: Strength w/ Aidan		
3pm-7pm: Poker		1pm-4pm: Billiards League		

*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.

Support and Peer Groups

Memory Cafe | 11am-12:30pm | 1st Friday of every month (Aug. 7) | 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 (Aug. 14) | 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.*

Death Cafe facilitated by Rita Fatula, DNP, RN (retired) **2pm-3:30pm | Tuesday, August 11 & 25** | Have you experienced the death of someone close to you? What was that like? What would a good death look like? How would you be of support to a dying friend? Buy something at the cafe in the Center or bring a lunch or snack to enjoy during the discussion.

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, August 17** | 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, August 3 | 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, August 13** | 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.

2026 Bus Trips - Open to the Public

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

***NEW* Turning Stone Casino, NY | Wednesday, November 4** | Enjoy a day on your own to do whatever you'd like weather that be gaming, luxury spas, enjoying the restaurants and more! Every traveler can choose between \$25 in Freeplay or a Bingo credit, plus a \$5 meal credit to use at their dining venues. Once you've signed up, our staff will reach out to collect the necessary details. **Trip Cost:** \$45 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 third of the month for August***

Rivers Casino | Schenectady, NY | Tuesday, August 11 | Let's hit Rivers Casino & Resort! Schenectady, New York's top spot for gaming thrills! Enjoy slots and table games, grab a quick bite at any of the fantastic dining options in the casino and soak in the vibrant atmosphere. **Pay \$15 at sign up. Bring lunch money & ID. Leave the Center at 9:30am. Return around 3pm.**

Canfield Casino Summer Ghost Tour | Saratoga Springs, NY | Monday, August 17 | Cool off from the summer heat with a spine-tingling trip to one of Saratoga's most legendary landmarks, the historic Canfield Casino. Enjoy a guided ghost tour through its mysterious halls, learn about the Gilded Age history, and famous paranormal lore. Step into the shadows, hear chilling tales of unexplained encounters, and see if you can feel the lingering of the past. Afterwards, we'll head over to Bailey's to shake off the chills for lunch! **Pay \$24 at sign up. Bring lunch money. Must be able to climb flights of stairs independently. No elevator. Leave the Center at 10:30am. Return around 2:30pm.**

Lunch Bunch: Sunset at Saratoga | Ballston Spa, NY | Friday, August 21 | A family-owned gem nestled right at the Saratoga County Airport. Enjoy a scenic lunch featuring a fantastic menu of sandwiches, soups, salads, and shareables with a front-row view of the runway! **Pay \$5 at sign up. Bring lunch money. Leave the Center at 11:45am. Return around 2:15pm.**

2026 Van Trips Supported by Saratoga Casino Hotel

Ventfort Hall Gilded Age Mansion and Museum | Lenox, MA | Monday, August 24 | Step back into 1893 with a visit to Ventfort Hall, a stunning 28,000-square-foot Gilded Age mansion built for J.P. Morgan's sister, Sarah. We'll take a guided tour through its beautifully restored first and second floors to learn about the history, residents, and grand lifestyle of the era. Following our tour, we'll enjoy a full afternoon tea featuring hot tea, lemonade, classic finger sandwiches, including their famous cucumber sandwiches, fresh fruit, and a delicious array of cakes, cookies, and cream puffs. **Pay \$78 at sign up. Leave the Center at 8:45am. Return around 2:45pm.**

Tour & Tea at the Round Lake Auditorium | Round Lake, NY | Thursday, August 27 | Step into history at the Auditorium for a special guided tour, a soothing sip of tea, and a live demonstration of the famous Davis-Ferris Tracker Organ. This National Historic Landmark offers a fascinating look at its historic craftsmanship, including a special peek at the pipes! Afterwards, we'll head to The Mill on Round Lake for lunch. **Pay \$5 at sign up. Bring lunch money. Leave the Center at 10:30am. Return around 2pm.**

VAN TRIP POLICIES

Van trips are for members only.

- There are no refunds for van or bus trips unless canceled by the Center.
- All times for our van trips are approximate. We do not guarantee a return time to the Center.



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 show.

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.

Just In Time | Thursday, June 3, 2027 | 1:30 pm | \$100 per person | New jukebox musical set in 1960s-style nightclubs that brings to life the story of Bobby Darin, the legendary singer whose short but remarkable journey took him from teen idol to global sensation.

Phantom of the Opera | Thursday, June 24, 2027 | 1:30 pm | \$108 per person | A romantic melodrama set in the Paris Opera House in the late 19th century, the musical follows Christine Daaé, a gifted young soprano, who is both mentored and obsessively pursued by the mysterious Phantom, a disfigured, masked genius who lives in the underground labyrinth beneath the opera house. The Phantom, hiding his scars, manipulates the opera's affairs, sabotages rivals, and threatens Christine's love interest, Raoul, her childhood friend.

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

Irish Splendor
November 5-12, 2027

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

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, August 4 | 10am-12pm** | facilitated by Matt of Collette Travel Please RSVP | You're invited to a informational travel slideshow presentation and Q&A at the Center to learn more about A Journey through the Netherlands, Belgium & France (June 12-22, 2027), Discover Switzerland, Austria, & Bavaria (September 18-27, 2027), and Colors of Morocco (October 14-27, 2027).

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

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

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.

Beading Workshop facilitated by Jerry Matthews | **Monday, August 17 & 31 | 10am** | \$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.

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.

MicroMosaic Jewelry facilitated by Meryl Davis | **Wednesday, August 19 | 1pm** | \$5 material fee* Micro Mosaics involves using small pieces of glass or beads and setting into a pendant frame.

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

Soap Making Workshop facilitated by Kathy Henry **Thursday, August 20 | 9:30am** | \$5 material fee | Curious about how to make your own natural soap? Now's your chance to learn! Come spend a fun session blending skin-loving fats and fragrant essential oils into custom cold process soap bars. You'll leave with two bars of your own creation and an easy-to-follow recipe to keep the soap making going at home. No experience needed—just bring your enthusiasm!

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!

August Happenings!

***SPECIAL* Farmer's Market Coupons & Information Event at the Center | Wednesday, August 5 | 12pm-1pm** | provided by Saratoga County Department of Aging & Youth Services You must be 60 years old or older, with a monthly income of no more than \$2461.00 per month for a one-person household or no more than \$3337.00 per month for a two-person household. One coupon booklet is available per eligible individual. No change can be given for any unused amount on a coupon. For more information please contact (518)884-4100.

***NEW* Film Viewing & Discussion | Friday, August 7 | 1:30pm | Please sign-up** | Join us for a special screening of the movie *Moving On!* Following the film, Film Studies student Victoria Hines will lead a lively discussion exploring the screen chemistry between Jane Fonda and Lily Tomlin, the nuance of modern dark comedy, and how director Paul Weitz balances tone between tragedy and wit.

Legal Monday – Herzog in the House | Monday, August 10 | 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.

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.

- Wednesday, August 12 at 10:30am | Hong Kong, China
- Tuesday, August 25 at 1:30pm | Ennistymon, Co Clare, Ireland

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

Tarot Card Reading facilitated by Mary Shimp
Tuesday, August 18 | 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 | Thursday, August 20 | 1:30pm | Please sign-up

This month's feature: *The Last Laugh*. After moving to a retirement home, restless talent manager Al reconnects with long-ago client Buddy and coaxes him back out on the comedy circuit. Starring: Chevy Chase, Richard Dreyfuss, Andie MacDowell.

Book Club | Tuesday, August 25 | 3pm | Please sign-up
The book for August is *A Year of Wonders* by Geraldine Brooks.

Summer Beginner/Intermediate Guitar Workshop | Wednesdays | Instructed by Joe Urkevich | 1pm-2:30pm | Whether you are picking up the instrument for the very first time, looking to tune up your existing skills, or eager to jam alongside fellow musicians, this class adapts to your unique pace. Come strum, relax, and connect with great music and even better company! Please note: Participants must bring their own acoustic guitar.

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

August Kayak Club Schedule:

August 5 & 6: Kayak Shak (251 Stafford Bridge Rd, Saratoga Springs)

August 12 & 13: Lake Lonely Water Sports (378 Crescent Ave, Saratoga Springs)

August 19 & 20: Moreau Lake State Park (605 Old Saratoga Rd, Gansevoort)

August 26 & 27: Round Lake (US-9 N, Round Lake)
**Limited rentals when pre-booked on Upstate Kayak*

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!

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, August 20 from 8am-11am.

One-on-One Tech Assistance

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

Save the Date

We have a lineup of exciting expos and events coming to the Center! Check out the upcoming dates below and mark your calendars so you don't miss these opportunities to gain valuable insights from local experts. Be sure to check your monthly newsletter for full details on each event!

- Long Term Care Planning Expo: Monday, September 14
- Medicare Insurance Expo: Friday, October 9
- Senior Center Open House: Saturday, October 24
- Veterans Day Celebration Breakfast & Expo: Monday, November 9



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!

Donation Request

On your next shopping trip...we are in need of **new** brown paper lunch bags and plastic gallon for our food bank. Please drop donations off at the front desk.

Looking for a Meaningful Way to Give Back?

Do you know a grandchild, neighbor, college student, high school student home for the summer, or anyone looking to make a difference in just a few hours each month? The Saratoga Senior Center is always looking for caring volunteers to help our community thrive. Whether it's:

- Providing one-on-one technology assistance
- Visiting with members and offering friendly companionship
- Helping with transportation or driving
- Assisting at special events and programs

There's a volunteer opportunity for every interest and schedule, and every hour makes a meaningful impact.

Interested? Contact Danielle LaBelle, Volunteer Coordinator, at Ext. 2008 or DanielleL@saratogaseniorcenter.org.

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!

- Olde Bryan Inn for our delicious dine-in dinner.
- All of our wonderful presenters for their informative presentations.
- Rick Russo for performing at our Summer Songs & Sips event.
- AARP for providing a safe driving course at the Center.
- Pitney Meadows for the free vegetable pop-up.
- Herzog Law Firm for providing Legal Mondays and Tuesdays.
- Scott Varley team for 30 minute consultations.
- SPAC for our ticket discount for members.
- Supporters of our SLT program.
- YMCA for free Wednesdays in 2026.
- 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.
- Dottie Pepper & David Normoyle.
- National Council on Aging's Mental Wellbeing Grant.
- 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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