

Saratoga Senior Center

NEWSLETTER SEPTEMBER

September is National Senior Center Month, Celebrate with Free Classes!
Your \$15 Monthly Activity Fees are on Home of the Good Shepherd 

September Fun at the Center

Songs of the Cinema, Melodies of the Movies Lecture with Ken Blatt

Thursday, September 24 | 1:30pm | \$5

Ken Blatt (PhD/MFA in Theater) traces the history of movie music starting from the 1927 release of "The Jazz Singer." This lecture explores how Hollywood musicals evolved to feature iconic songs, symphonic scores, and extravagant dance routines that rivaled Broadway.

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.



Scott Varley Seminar with a Wine Tasting Tuesday, September 29 | 3pm

Join The Scott Varley team for a wine tasting seminar and learn about all the prep needed when it comes to selling your home.

***New* Investment Club | Details Inside!**

Ice Cream Social with Centers Health Care

Tuesday, September 22 | 12pm-2pm

Celebrate National Ice Cream Cone Day! Grab a treat from the ice cream truck, courtesy of Centers Health Care. Spend time with friends in the Center. Pack a lunch or buy a bite to eat at the café.

Supported by 

Fall Picnic

Tuesday, September 29 | 1:30pm | \$12

Music by Bill Gervasio and lunch by Home of the Good Shepherd at the YMCA Pavillion! Herb roasted chicken, baked mac & cheese, garlic green beans, dinner roll, pumpkin mousse. Visit tables to connect with Nascentia, CDPHP, Home of the Good Shepherd, Trinity Health Alerts, Marquis Certified Home Care, Scott Varley!

Supported by 

Trivia Night

Monday, September 28 | 5:30pm | \$8

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

Dine in Dinner - Diamond Club Restaurant

Tuesday, September 15 | 5:30pm | \$13

Dinner includes roasted lemon herb and garlic chicken, potato gratin, and roasted asparagus.

Dine in Dinner - Olde Bryan Inn

Tuesday, September 22 | 5:30pm | \$13

Dinner includes roasted pork with an apple chutney, mashed potatoes, and a vegetable. **This meal is GF**

Evenings and Weekend Openings in September!

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 September, giving you more time to connect, try something new and take part in the programs you love.

Open Mondays | 4pm-7pm

- **Drop in Poker and Billiards**
- **Legal Monday | September 14 | 3pm-6pm | See Inside for Details**

Tuesday Nights | 4pm-6:30pm

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

Open Sunday, September 13 | 1pm-4pm NFL Kickoff & Grandparents Day!

- **Sunday Funday | \$5 | RSVP** | Cheer on your favorite team at the Center! We will be showing 1pm games. Come watch the Buffalo Bills, Jets and other teams. Hang out, grab some wings, snacks, and drinks, and enjoy the games.
- **Kitchen Science with The Childrens Museum | 1:30pm-2:30pm | RSVP** | Celebrate Grandparents Day at the Center with a hands-on Kitchen Science adventure for you and your grandchild (best for kids grades K-2)! Together, you'll explore the states of matter through exciting chemistry experiments, a fun movement activity, and making your own slime to take home. Join us for a memorable day of bonding, learning, and fun!
- **Spanish "Fun Festival" | 3pm-4pm** | 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.
- **Drop in Poker, Billiards, and Board Games**

Long Term Care Planning Expo

Monday, September 14 | 1:30pm-4:30pm | Open to the Public

Learn how to confidently plan for long-term care for yourself or a loved one. Hear from local experts during a moderated panel discussion covering care options, housing, legal planning, in-home support and other important considerations.

Bring your questions, then connect one-on-one with participating organizations during the resource fair.

Expert Panel Featuring:

Centers Health Care Choice Connections Nascentia Health
Avila Retirement Community Herzog Law Firm Drabek Homes

Supported by 

Center Closed Monday, September 7 in Observance of Labor Day

Get Empowered: Embrace Your Mental Well-Being

Mental well-being is an important part of aging well, and it is something we can strengthen at every stage of life. Join us for a free, three-part workshop series created especially for older adults. This series is designed to be experienced as a whole—the more sessions you attend, the more you'll take away.

Session 1: Mental Well-Being: What You Need to Know (Tuesday, September 15 @10am)

Session 2: Tips and Strategies to Effectively Communicate About Mental Well-Being (Tuesday, September 22 @10am)

Session 3: Utilizing Self-Care Strategies to Empower Your Mental Well-Being (Tuesday, September 29 @10am)

We'll separate myths from facts, learn how to recognize when support may be helpful, practice ways to talk about mental well-being and explore realistic self-care strategies you can use in everyday life. **Space is limited; must register. Sign ups are in-person only.**

This project is supported by a Grant of the Mother Cabrini Health Foundation

Monthly Technology Program

Thursday, September 17 | 11pm-12pm

IBM SkillsBuild Drop-In Session, supported by the National Council on Aging. Build digital confidence and explore free online courses. Create a free account, navigate the platform, and find courses tailored to your personal or professional goals. Bring a laptop/tablet and headphones, and note that these sessions focus on interactive online learning rather than general device troubleshooting.

9/11 25th Anniversary Events

Remembering 9/11 25th Anniversary presented by Barbara Floryshak | **Tuesday, September 8 @1:30pm | Please sign up** | 2026 marks the 25th Anniversary of 9/11. Come join member Barbara Floryshak as she shares her experience working as a first responder in New York City during 9/11. Questions welcome.

Discover Live: Ground Zero Memorial and Museum Tour | **Tuesday, September 8 @2:30pm | Please sign up** | Take a live, virtual guided tour through Lower Manhattan to honor the 25th anniversary of September 11, 2001. Experience spaces of quiet courage and renewal, from St. Paul's Chapel and the 9/11 Memorial Reflecting Pools to the soaring One World Trade Center. This tour is about memory, heroism, and the quiet courage it takes to rebuild.

9/11 Commemoration and Remembrance Ceremony at High Rock Park | **Friday, September 11 @8:15am**

Call the Center if you need transportation.

September Educational Presentations- Free & Open to the Public

Handicapping Session presented by Fellow Track Enthusiast and Members Barry Loffredo and Bill Robeson | **Wednesday, September 2 @9:45am | Must sign up** | Insights from Bill Robeson and Barry Loffredo. They will break down their personal handicapping process for the afternoon's races. This interactive session will help you understand the odds, evaluate contenders, and make smarter wagers. Join us before the Center's Senior Day at the Track to refine your strategy, ask questions, and make your picks with confidence!

Longevity Habits in 5 Minutes or Less presented by Emily Horstman, Registered Dietitian | **Monday, September 14 @9:30am | Please sign up** | Join Emily Horstman, Registered Dietitian, for an interactive and delicious session (snacks included!) on the simple, quick, and often free habits that support long-term health - especially the ones that might not be on your radar yet.

Snacking Healthy with Cornell Cooperative Extension presented by Brenna Kavakos, M.S. Community Nutrition Resource Educator | **Tuesday, September 15 @10am | Please sign up** | Join Brenna for a lesson on healthy snacking and incorporating fiber into your diet.

The Shady Side of Saratoga Fiction Book Talk presented by Rick Cobello | **Thursday, September 17 @1:30pm | Please sign up** | After decades in tech and cybersecurity, Richard Cobello turned his investigative instincts and understanding of human behavior toward writing. His debut suspense novel, *The Shady Side of Saratoga*, marks the next chapter in a career spent questioning the world around him. Join us for an engaging author talk and Q&A to dive deeper into his story!

What's Next? Turning Hard Conversations into Helpful Ones presented by Home Instead | **Friday, September 18 @10am | Please sign up** | Growing older brings changes—some expected, some not. But one thing remains the same: the desire to stay in control of your life and your choices. This presentation focuses on the importance of discussing care preferences, support needs, when to seek help, and future planning before a crisis occurs. Through open and respectful conversations, families can better understand one another's wishes and explore solutions that help preserve independence, dignity, and quality of life.

Senior Scams and Fraud Presentation presented by Better Business Bureau Community Programs Coordinator, Bret Dewhurst | **Monday, September 21 @1:30pm | Must sign up** | Protect yourself and your loved ones from today's most common fraud schemes with an interactive workshop presented by the Better Business Bureau of Upstate New York. Discover critical red flags, practice recognizing hidden tactics like phishing or identity theft, and learn practical steps to freeze your credit and report suspicious activity using BBB's Scam Tracker. Join us to build your confidence, ask questions, and keep your personal information secure. **Lunch provided during this presentation for all who pre-register.** This program is funded in part by New York State Office for the Aging, US Administration on Aging, Lifespan of Greater Rochester, and participant contributions.

September Happenings!

****NEW** Salsa/Bachata Dance Class** facilitated by Qwin Pisacane | **Tuesdays (No class 9/1) | 10am-11am | Please RSVP** | This class will teach the basic steps to salsa and bachata dancing. Traditionally social partner dances popular in Latin America, these styles are perfect for beginners. No experience or partner are required for this class.

****NEW** Investment Club** facilitated by Christopher VanBuren CFP CPWA LNW Advisors | **2nd Wednesday of every month (Sept 9) | 10:30am-11:30am | Please RSVP** | Curious about investing or wondering what today's market headlines really mean? Join us for a relaxed, interactive discussion where we'll cover topics that matter most—from current market trends and retirement income strategies to investment management and personal finance. No experience is necessary, just bring your curiosity and questions.

Poetry/Storytelling Open Mic | **Friday, September 11 | 1pm | Please sign up | Open to the public** | \$5 suggested donation | Write a poem about where you were on September 11, 2001. Participants are invited to share a poem, story, or personal reflection. Each open mic participant will have up to five minutes max to read, narrate, or perform their piece (one long poem, or two short). Come to share or simply to listen and enjoy.

Legal Monday – Herzog in the House | **Monday, September 14 | 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.

****NEW** Shifa Pharmacy Flu Shot Clinic** | **Monday, September 14 | 10am-4pm | Please sign-up** | Come and get your flu shot at the Center. Sign up for a 15 minute appointment to get your flu shot at the Center!

Discover Live | Travel the world with a live virtual guided tour at the Center with "Discover Live"! Escape to new and exciting destinations and learn about different cultures, food, and traditions.

- **Tuesday, September 8 at 2:30pm | New York City 9/11 Tour**
- **Wednesday, September 16 at 11am | Heidelberg, Germany**
- **Monday, September 21 at 10am | Valcea County, Romania**
These programs were made possible by the NYS Office for the Aging.

Tarot Card Reading facilitated by Mary Shimp
Tuesday, September 15 | 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.

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

The Helayne & Grace Dog Therapy Team Present: Dog Therapy in Action | **Tuesday, September 22 | 12:30pm-1:30pm | Drop-In** Discover what it takes to bring comfort and joy through therapy dog work. This class covers essential visiting skills, dog temperaments, navigating diverse environments, and key human interactions, complete with real-world examples, a Q&A, and a special visit with Grace!

Legal Tuesday – Herzog in the House | **Tuesday, September 22 | 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.

Beginner/Intermediate Guitar Workshop | **Thursdays | 2pm - 4pm** | facilitated by Joe Urkevich | Ready to strum your favorite classics? This beginner and intermediate group learn timeless hits from the '60s, '70s, and '80s while exploring individual chords and the "why" behind every song structure. Because each class begins with a quick review of previous material, new members are welcome to join at any point!

Intermediate/Advanced Guitar Workshop | **Wednesdays | 1:30pm - 3pm | Starting on September 23 running through December 9** | facilitated by Ray Giguere | Further develop your blues and folk guitarist skills in this workshop. Enjoy instructor-guided finger style lessons designed for intermediate players – no formal music theory is needed. Attend this event within the first two weeks to join the class.

Movie Day | **Friday, September 25 | 1:30pm | Please sign-up** | This month's feature: *Roofman*. Based on a true story, Army veteran Jeffrey Manchester (Channing Tatum) turns to robbing McDonald's by dropping through their roofs. After a prison break, he secretly lives inside a Toys "R" Us for six months, until falling for Leigh (Kirsten Dunst), a divorced mom whose connection threatens to unravel his hidden life.

Book Club | **Tuesday, September 29 | 3pm | Please sign-up** | The book for September is *Shelterwood* by Lisa Wingate.

Board Meeting | **Wednesday, September 30 | 5:30pm**

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.

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!

Pitney Meadows Produce Pop-Up

Available every Wednesday starting at 9am while supplies last, thanks to Pitney Meadows Community Farm. **On September 23, enjoy 10-to-15 minute cooking demonstrations alongside the pickup spot, where a chef will share fast, delicious recipes using the fresh produce you're taking home. Stop by to pick up your free healthy harvest, grab a tasty recipe idea, and learn how to make the most of your fresh ingredients!**
Please note: Distribution may continue into the first few weeks of October, depending on produce availability.



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.

Improver Country Line Dance Lessons with Kevin Richards | **Wednesday, September 23 & 30 | 2:30pm | Must RSVP**
Line Dance Lessons for anyone with experience who has previously attended a Beginner Program.

Beginner Country Line Dance Lessons with Kevin Richards | **Wednesday, September 23 & 30 | 3:30pm | Must RSVP**
Basic lessons for First Timers and Beginners only, learn from the first step!

2026 Bus Trips - Open to the Public

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

***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

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



Van ****Van trips will begin sign-ups on the first Trips of the month for September at 12pm****

Fort Ticonderoga | Ticonderoga, NY | Friday, September 25
A 2,000-acre historic landscape nestled on the shores of Lake Champlain between the Adirondack and Green Mountains. Get immersed in living history with daily 11am musket and 2pm cannon firing demonstrations as soldiers recreate the pivotal moments of 1776. You will also get up-close looks at traditional military life through hands-on trades like shoemaking, tailoring, and artillery preparation, alongside sights of Red Devon oxen working the grounds. It's a day packed with rich heritage, stunning mountain vistas, and unforgettable history. **Pay \$41 at sign up. Bring lunch money or a packed lunch. Leave the Center at 8:15am. Return around 4pm.**

The Wild Center | Tupper Lake, NY | Monday, September 21
Embark on an unforgettable trip to The Wild Center in the Adirondacks, where 115 acres of nature, art, and immersive play await. Stroll along the elevated treetops of Wild Walk, marvel at Patrick Dougherty's massive Stickwork sculpture, and meet giant guardian trolls from TROLLS: Save the Humans. Indoors, dive into interactive exhibits, dynamic planet displays, and live animal encounters, and if you get hungry on your visit, enjoy lunch at the Waterside Cafe. **Pay \$42 at sign up. Bring lunch money. Wear sneakers this trip requires lots of walking and stairs. Leave the Center at 8am. Return around 5:30pm.**

Lunch Bunch: Dock Brown's | Saratoga Springs, NY | Tuesday, September 15 | Casual lakeside dining and views of Saratoga Lake! Upscale pub fare and modern twists on classic comfort foods. Enjoy great food and seasonal drinks right by the water. After, enjoy ice cream at Ugly Ice Cream. **Pay \$5 at sign up. Bring lunch & ice cream money. Leave the Center at 11:30am. Return around 3pm.**

Heart of Dublin Walking Tour by Brookside Museum | Saratoga Springs, NY | Wednesday, September 30 | Mary Ann Fitzgerald, retired Saratoga Springs City Historian and co-founder of the West Side Oral Narrative Project, will lead this journey back in time. The tour will begin at the Putnam Burial Ground on South Franklin Street then over to Grand Avenue for traces of the early Irish Community including family businesses, fraternal organizations and festivals that radiate out from the intersection of Beekman & Oak Street in the heart of Dublin. **Pay \$2 at sign up. Suggested donation of \$10 to Brookside Museum, donations can be made upon arrival. Walking tour, wear sneakers. Leave the Center at 12:45pm. Return around 2:45pm.**

June Farms | West Sand Lake, NY | Date & Timing TBD
Keep an Eye on Our Emails | Enjoy a guided tour where you can meet, feed, and pet the friendly farm animals, followed by a craft session where you'll paint clay pots and plant something from the farm to take home. Pack a lunch to enjoy with the group under the scenic event tent. **Pay \$35 at sign up. Bring a packed lunch and a drink with you. Wear Sneakers.**

Olde Saratoga Mini Golf | Saratoga Springs, NY | Friday, September 18 | Enjoy a friendly game on a 18-hole course. Afterwards, enjoy lunch at Rustic Pizza & Eats. **Pay \$5 at sign up. Bring \$9 for golf and lunch money with you. Leave the Center at 10:45am. 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 return times for our van trips are approximate. We do not guarantee a return time to the Center.

2026 Van Trips Supported by Saratoga Casino Hotel



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.

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.

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.

Proctors Van Trips Continued

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.

Americas Music Cities

March 18-25, 2027
 Book Now Save By 9/18/2026

Gems of Greece: Athens, Naxos & Crete

April 17-30, 2027
 Book Now Save By 9/18/2026

Painted Canyons of the West

May 16-24, 2027
 Book Now Save By 11/16/2026

collette 2027 Trips

Journey through the Netherlands, Belgium & France: Canals, Champagne & Culture
 June 12-22, 2027
 Book Now Save By 11/13/2026

Discover Switzerland, Austria and Bavaria

September 18-27, 2027
 Book Now Save By 3/19/27

Colors of Morocco

October 14-27, 2027
 Book Now Save By 3/15/2027

Irish Splendor

November 5-12, 2027
 Book Now Save By 5/6/2027

Christmas on the Danube

December 13-21, 2027
 Book Now Save By 12/14/2026

Ready to book your next adventure? Reach out to Hailey at (518) 584-1621 ext. 2007 or haileyb@saratogaseniorcenter.org. We'll handle all the details so you can focus on packing!

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

Pastel Workshop facilitated by Bodo Storm | **Tuesday, September 8 | 9:30am** | \$5 material fee | Hands-on workshop where you will explore the vibrant world of pastels and learn essential techniques.

Fused Glass facilitated by Meryl Davis | **Wednesday, September 9 | 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.

Watercolor Workshop facilitated by Bodo Storm & Sue Peters | **Monday, September 14, 10am** | \$5 material fee | Why Watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike.

Stamping Workshop facilitated by Helen Mastrion | **Wednesday, September 16, 1pm** | \$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.

Sculpting Workshop facilitated by Bodo Storm | **Thursday, September 17 & 24, 1:30pm** | \$15 material fee for the series | We'll learn body shape and proportions to create pleasing sculpted pieces. Also covered will be critical clay handling techniques to ensure success.

Beading Workshop facilitated by Jerry Matthews | **Thursday, September 17 & Monday, September 28 | 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.

Lifting Color: Stencil Art on Fabric Workshop facilitated by Meryl Davis | **Wednesday, September 23 | 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.

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!

Funded in part by Saratoga Arts 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.

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	8am-12pm: Poker	8:45am: Senior Life	8:30-10:30am:	8am-12pm: Poker
9am: Open Ping Pong	9am-9:45am: SS Classic - Joyce	Transitions Team Mtg. (1st Wednesday)	Women's Billiards	9am-12pm: Advanced Clay
9am-12pm: Beginner Chinese Mahjong	9:30am-12pm: Mahjong	8am-12pm: Poker	10am-10:45am SS Classic (Class will start at 9:45am on 9/3 & 9/10)	9am-12pm: Mexican Dominoes
9:30am: Walking Club	10am-11am: Meditation	9am-12pm: Pinochle	10am-12pm: Ukulele	10am: Healthy Bones*
9:30am: Beginner Spanish	10am: Salsa/Bachata Dance Class	9:30am-12pm: Mosaics	11am: Foodbank	11am-1pm: Scrabble
10am: Healthy Bones*	11am-12pm: Gentle Yoga	9am-12:45pm: Rug Hooking	12pm: Lunch*	11:30am: Slow & Steady Yoga Flow
10am: Chair Yoga	12pm: Lunch*	10am-12pm: Knit & Crochet	12:30 pm-3:30pm: Chinese & American Mahjong	12pm: Lunch*
10:30am: Saratoga Library (Monday, Sept. 14)	12pm-3pm: Intermediate Clay Arts	10am-11am: Zumba	12:30pm-1:30pm: Qi Gong	1pm-2pm: SS Circuit (No Class 9/4)
12pm: Lunch*	12:15pm-1:15pm: SS Stability	12pm: Lunch*	1pm-4pm: Billiards League	1pm-3:30pm: Beginner Clay
12:30pm-3:30pm: Bridge	12:30pm-3:30pm: American Mahjong	12pm-4pm: Canasta	1pm-3pm: Rummikub	1pm-4pm: Billiards League
1pm: Resistance Bands	1pm-4pm: Billiards League	1pm-2pm: Bingo		
1pm-2pm: Let's Talk About It Peer Support Group	1pm-4pm: Canasta	1pm-2pm: Strength w/ Aidan		
1pm-4pm: Billiards League	4pm-6:30pm: Evening Clay Arts	1pm-4pm: Billiards League		
3pm-7pm: Poker				

*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 (Sept. 4) | 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 (Sept. 11)
 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, September 22 & 29 | 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 Thorpe* | **2:30pm | Monday, September 21** | 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, September 14 | 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, September 17 | 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.
- Food Assistance: Regional Food Bank for pick-up or delivery at the Center, Thursdays from 11:00 AM-12:00 PM.

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!

- \$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:** A friendly reminder to please be sure that all donations contain all their parts/pieces, are in good working order, & clean. If you bring in a unique item please label it. If your donation has a manual or packaging with instructions please leave it with the donation. Please do not bring in large collections as there is not much room on the table for them. For those shopping at the Free Table, please leave the table organized the way you found it.
- **Scholarships:** Saratoga Senior Center offers scholarships for membership and monthly activity fee. If you're in need of assistance please contact the front desk at 518-584-1621. Money shouldn't be an issue to participate.
- **Storage:** Lockers and coat racks are available for members to store their belongings while at the Center. If you would like to use a locker, please stop by the front desk to receive a key.
- **Trip Policy:** Van trips are for members only. One day bus trips and excursions are open to anyone regardless of age or residence.
- ***There are no refunds for classes, van trips, or bus trips unless canceled by the Center. All times for our trips are approximate. We do not guarantee a return time to the Center.***

Thank You!

- Home of the Good Shepherd for our delicious dine-in dinner.
 - All of our wonderful presenters for their informative presentations.
 - NYRA, MVP, Centers Health Care, & Trakside Grill for supporting our Senior Day at the Track.
 - Garland Nelson for performing at our Birthday Bash.
 - Pitney Meadows for the free vegetable pop-up.
 - Horseshoe for supporting our Sipping for Seniors Fundraiser.
 - 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 2026.
 - The Saratoga Rotary for supporting programs at the Center.
 - Saratoga Casino Hotel Foundation for supporting our van trips.
 - National Council on Aging/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.
 - Price Chopper, Golub Foundation, Saratoga County Capital Resource Corp., Braodview, Berkshire Bank Foundation, and Soraptimist for grants to help support the Center.
 - MVP for providing licensed Medicare agents to be available at the Center.
- Thank you to all our volunteers & instructors! You keep our world rockin'!**

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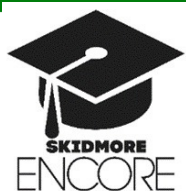
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