

Saratoga Senior Center
5 Williams Street
Saratoga Springs, NY 12866

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“GIVE WHERE YOU LIVE” - Creative Ways to Give to the Center!

- Purchase our branded merchandise- They makes great gifts!
- Make a monetary donation through our website, by phone, or mail in a check.
- Amazon Smiles - Go to smile.amazon.com, select Senior Citizens Center of Saratoga Springs and a percentage of your purchase will be donated by Amazon!
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$10.00. Fifty percent of the sale goes to the Center! **PAPER TICKETS ARE BACK.**
- Clothing Bin - We have blue donation bins in our parking lot. We are paid per pound of clothes!
- Fundraisers - We have many fundraisers that benefit the Center. Watch our eblasts and newsletters.
- Annual Appeal - Look out for your annual appeal letter or make an online donation for the Center!
- Membership - We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. Or purchase a \$25 membership for a senior in need.



Saratoga Senior Center NEWSLETTER

APRIL 2022

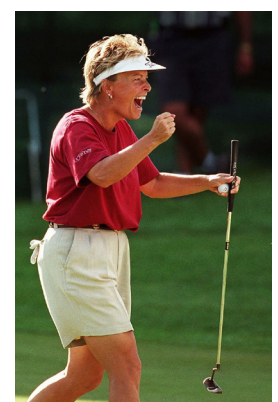


THURSDAY, APRIL, 7th, 10:00AM-12:00PM • FREE • OPEN TO THE PUBLIC.

Join us at the Center for our annual Health Fair! Meet with a variety of specialists and healthcare professionals.

Take part in a variety of our interactive activities : **Presentation Schedule :**

- Open 10-12.
- Smoothies with Siobhan
 - Tarot Card Reading with Mary Shimp
 - Reiki - Healthy Touch with Jean VanDer Muelen
 - 10:30-12:00: Fresh Produce
 - 9:30: Saratoga History with Charlie Kuenzel sponsored by Wellcare
 - 10:30: Saratoga Springs Fire Dept. - “Home Safety”
 - 11:30: “The Gift of Healing” with Pat Nugent
 - 12:30: “Senior Life Transitions” with Phil Disorbo



HAPPY HOUR WITH DOTTIE PEPPER!

Presentation - “Mentorship: a Cornerstone of Success”
Book Signing - “Letters To A Future Champion”

Friday, April 1st. 4:30pm. Open to the Public.
Wine Tasting with Saratoga Wine & Refreshments. Please RSVP. \$5.00.

Dottie's presentation “Mentorship: a Cornerstone of Success” is based on the lessons she has portrayed in her book and also her experiences as a network television analyst for the last 20 years. Enjoy a little Q&A time with Dottie, as the '22 golf season at CBS is in full swing and the Masters is just two days after her presentation with us! Dottie will have books available to sign and sell.

Dottie Pepper is a native Saratogian and is coming to visit us at the Senior Center. She is the lead walking reporter for CBS Sports' coverage of the PGA Tour, Masters, and PGA Championship. She played 17 years on the LPGA Tour, winning 17 times, including two major championships.



AN AFTERNOON WITH BENITA ZAHN!

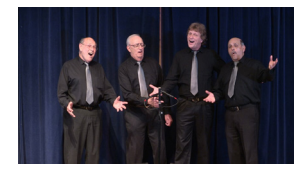
“Finding More Joy”

Tuesday, April 26th. 2:00pm. Refreshments. Please RSVP. \$5.00.

Sponsored by : The Albany Guardian Society



Who doesn't want more joy in their life? But too often we let the little things blow up, overtaking what should be delight. Or we don't value what we have. Or we worry about “what if”. We don't have to look outside to find what make us happy, rather, reorient how we see what's in front of us. So come ready to laugh!



THE FORGETTABLE FOUR QUARTET

an acapella quartet associated with the Electric City Chorus

Thursday, April 28th. 4:00pm. Lite Fare and Apps. Please RSVP. \$10.00.

You won't forget the Forgettable Four. The group sings renditions of songs from the 1950's through the 1980's, all loaded with tight, intricate harmonies. The Forgettable Four can and will deliver!

SARATOGA SENIOR CENTER

Hours: Monday-Friday 8am-4pm
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

WHAT'S NEW THIS MONTH! ... adding new programs all the time.

Good Food! Good Friends! Good Times!

Dinner & a Drink! Dinner prepared by Old Bryan Inn. Enjoy a rum punch tasting.

Tuesday, April 19th. 5:30pm. \$12 per dinner.

Coq au vin - rich and brimming with flavor, coq au vin is a classic French stew of chicken braised in red wine with mushrooms. **Please sign up, seating is limited. To go dinners may be available if sit down is not sold out.**

Simply Food by Maura. To Go dinner only. \$12 per dinner. 3:30-5:30 pick up.

- Tuesday, April 12th. Oven-Roasted Turkey with Mashed Potatoes, Stuffing, Green Beans, Cranberry & Gravy
- Tuesday, April 26th. Meatloaf with Seasoned Potato Wedges, Broccoli, and Corn Bread

These are the Good Times!

“Sipping For Seniors At Bailey’s Cafe” 37 Phila Street, Saratoga Springs.

Thursday, April 7th, 6:00pm - 10:00pm. *Sponsored by Saratoga Life.*

Stop in for dinner and drinks. Our guest bartenders are friends of the Center and Community members. All bartender tips and 20% of the food and beverage sales benefit the Center. Join us at Bailey’s as they serve up some drinks for a cause

Trivia Night “Where all those useless facts you’ve been collecting can finally come in handy!”

Monday, April 18th. 5:15pm. \$5.00 Pizza served. Bring your own beverage.

Trivia night is on the third Monday of the month. Join us for fun, friendly competition! **Please sign up, seating is limited.**



“Strolling for Seniors” - a fundraising 2 mile walk with local students. \$20 to register.

Saturday, April 30th. 9am registration. 10 am walk to the West Ave YMCA & back to the Center to celebrate.

10:00am-12:30pm. Garage Sale.

Sponsored by: The Albany Guardian Society



11:00am. Live Music with Bill Gervasio.

11:00am. Food and Snacks



Food for your Brain and your Soul!

We appreciate if you would sign up for the presentations.

CDPHP Medicare Advantage Sales

Monday, April 11th. 1pm.



This seminar will highlight CDPHP’s 5 Star rated plans and detail how you can enroll right away. Register by calling the Inside Sales Dept. at 518-641-3400 or through our website at <https://www.cdphp.com/medicare/seminars>

Town Hall Meeting with Minita Sanghvi, Commissioner of Finance, Saratoga Springs

Monday, April 11th. 2pm.

Please join Commissioner of Finance, Minita Sanghvi, as she introduces Participatory Budgeting to the greater community of Saratoga Springs. Participatory Budgeting allows city residents to identify, discuss, and prioritize public spending projects, and gives them the power to make decisions about how money is spent in their community. She will explain the concept, discuss the process and invite members to join the committee or give their ideas for projects to be put in the 2023 budget.

Prepping You and Your Garden for Spring

Thursday, April 14th. 1-3pm. *Sponsored by Highmark Northeastern NY. Facilitated by Capital Roots.*

This spring, let’s set ourselves up for success. Join the Capital Roots Educator for a class that will discuss ways to prepare your garden and yourself for the upcoming growing season. We’ll explore how to plan your plot, prep your soil, and warm up your mind and body for gardening. There will be a gift basket raffle.



Funding Options For Long Term Care:

Thursday, April 21st. 9:00am. *facilitated by Renee Birnbauam and Melonie Pratt of Choice Connections.*

What are some of the funding options available to help pay for care? How do I pay for home care? Assisted living? Nursing home care? What are the options? What do they offer? What is the criteria to become eligible?



Aging, Depression and Dementia: What’s Normal. *facilitated by Jennifer Harvey, Touching Hearts at Home*

Tuesday, April 26th. 1:00pm.

This interactive presentation will have you exploring personal and cultural ideas about aging. We will talk about depression, dementia, and aging misconceptions in the greater context of what’s “normal” and what’s not. Practical tools to help you with aging successfully will be provided and discussed.



Thank you to our newsletter sponsors for their continued support!

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Office for the Aging Dine In Lunches.

Monday - Friday. 12:00. Participants must be age 60 or older. You must have a reservation to be served a congregational meal. Call Office for the Aging at 518-884-4100 .

Office for the Aging Senior Annual Luncheon.

“The Wonderful Wizard of Oz”
Friday May 6th. 11:00-3:00pm. \$4.00 per ticket.

Music - Door Prizes and Raffles
Auntie Em’s Fried Chicken, Emerald City Green Beans, Scarecrow Coleslaw, Toto Potato Salad, and more.
Tickets on sale in April.

DID YOU RENEW YOUR 2022 MEMBERSHIP

Renew today - dont miss out on great programming! See all that the Senior Center has to offer the Seniors in our *Your Senior Center Membership Gives You Access To:*

- | | | | |
|--|-------------------------|--------------------------------|-----------------|
| • Support Groups | • Exercise Classes | • Baked Goods | • Outdoor Games |
| • Discounted SPAC tickets | • Art Classes | • Regional Food Bank Produce | • Card Games |
| • Special Academy of Lifelong Learning classes | • Cultural Events | • Pitney Meadows Fresh Produce | • Pool Table |
| • Dinners - To Go & Dine In | • Special Presentations | • Friendships/Socialization | • Book Club |
| • Trips - van, bus & excursions | • Live Music | • Senior Support Services | • Social Groups |
| | | | • and more... |

SENIOR SUPPORT SERVICES - HERE FOR YOU

Our staff, volunteers, and student interns are here to support you in meeting needs you have. Many times, getting you connected to the right resource is what works best. We collaborate with the health and social service agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. And our "Community Connections" volunteers can fill many gaps that other agencies may not be able to meet. For all Senior Support Services:

Call 518-584-1621, extension 206

Our ongoing services are information and referral, advocacy, and:

- Transportation: Rides to medical appointments, pharmacies, dentists, the Senior Center, and more. Wednesday shuttle to Price Chopper from area housing sites.
- Food Assistance: Thursday Regional Food Bank sponsored by MVP. produce for pick-up at the Center, or home delivery if homebound. Volunteers to do grocery shopping. Links to food pantries, and more.
- Senior Life Transitions: Coaching, navigation assistance, and advocacy for seniors with serious illness. Assistance with planning to AGE IN PLACE.
- Caregiver Support: Monthly Caregiver Support Group; Monday client drop-In program for caregivers who need a break; respite volunteers to come to your home.
- Volunteer Assistance: Rides, grocery shopping, light yard work, special needs and circumstances -our volunteers are ready!

Alzheimer's Caregiver Support Group 11am-12pm, 2nd Friday of every month.

Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance you need. **IN PERSON & ZOOM.**

Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.

Alzheimer's Support Group sponsored by Leon Golldberg's Charitable Trust.



COMING IN MAY!

Dinner Theater with Adirondack Flatline Players
Dinner Provided by Diamond Grille.
Tuesday, May 17th. 5:00pm. \$22.00



Sponsored by: The Albany Guardian Society



"Volunteer of the Year – Par for the Corpse" Written by Bob Myers - Produced by Lynn Gorham

A local volunteer recognition organization is holding its first Volunteer of the Year pageant at the monthly meeting of Your Organization, and five qualified and motivated candidates are in the running for the coveted SIDI (Sure – I'll Do It) Award. But one of the nominees won't be around to hear the results – due to that nominee's sudden and unplanned demise. It'll be the audience's job to unmask the killer and solve the case. **Please sign up! Seating is limited.**

Harness Your Inner Artist Through The 518 Monologues Writing Workshops - facilitated by The Orchard Project

Join us for a FREE 4-week series of monologue writing workshops. These writing sessions are designed for folks of all theatrical backgrounds: from those who have never seen a play before to those who regularly attend or create theater. By the end of four sessions, you will walk away with a fully formed monologue of your own creation that will be published in The Orchard Project's online forum, and possibly even performed live! **Sign up will be required.**

May Is Mental Health Awareness Month. facilitated by Courtney Barber, MHC.

Tuesday May 24th. Sponsored by MyRosalie.

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience. Come and learn strategies and resources that are available. More details to come.

SPAC DISCOUNTED TICKETS ARE ON SALE!

Are you a member of the Center? If not, this member benefit is a great reason to join!

Discounted seats for the NYC Ballet and Philadelphia Orchestra. One ticket per member per show. Purchase at the Senior Center Front Desk. For information call 518-584-1621. **Tickets will be sold Monday - Thursday 9-3.**



NEW CLASSES!

The Senior Center and the Academy for Lifelong Learning are joining forces to bring seniors in our community the best programming and experiences. Senior Center members may enroll in the classes at the Center only for just the \$50 class fee. See Front Desk for sign up instructions/registration is by mail. Below classes held at the Saratoga Senior Center are:

JOURNAL WRITING: A PATH TO UNDERSTANDING AND HEALING

Tuesdays, 12:45-2:15pm. 5 weeks beginning April 12th. Facilitated by Patricia A. Nugent

Journaling is an effective and therapeutic tool for better understanding ourselves and others, managing daily stress and anxiety, improving overall health, healing old wounds, and finding answers within. This class will review best practices in the art of journaling, as well as offer opportunities and reasons to "go deeper."

INTRODUCTION TO CLASSICAL MUSIC

Wednesdays, 1:00 – 2:30pm. 5 weeks beginning April 13th. Facilitated by Patricia Brady.

From someone who has loved classical music her entire life, owing to her father being a professional musician, Patricia is inviting you to come and learn more about classical music, or catch the classical music bug. Media such as slides, videos, and recordings will be used to listen to compositions from Strauss to Stravinsky.

New Classes

Arts:

MIXED ART STUDIO WITH MATTIE. Mondays 2-3:30pm. Mattie is a junior at Skidmore college.

Mattie majors in Social Work & minors in Art and Art History. Mattie will do several art workshops through April. April 4 - Paper Mache.

WATERCOLOR WORKSHOP. facilitated by Susan Peters. Tuesday, April 19, 10-12:30.

Please sign up, seating is limited. More dates to come. \$5 material fee.

No experience necessary. Paint this sweet flamingo. Perfect for beginners and experienced alike.



ASIAN CALLIGRAPHY. facilitated by Mitch Mitscherlich.

6 week workshop beginning Tuesday April 26th. 10-12. \$10 material fee for the 6 week session.

Chinese calligraphy can be enjoyed for its visual artistry. Calligraphy is in fact a dance in which the artist has three partners: the brush, the paper (or silk), and the ink. Join Mitch and create a symbol/word in this ancient tradition.

Saratoga Arts made this program possible through the Community Arts Regrant Program.

Social Groups:

"THE HOT YOUNG WIDOWS CLUB" Have you read the book?

We will be starting our own version of the Hot Young Widows Club. Our goal is to help women and men restart life after the death of a loved one. It's a way to connect with others and learn ways to move forward and live. This is not grief support or grief counseling. The class will be facilitated by Colleen Kelley & Helen Kyle.

Brief get together Tues., April 26 @ 3:30 right after Benti Zahn's talk on "Finding More Joy". 1st full meeting May 31 @ 2:30. Suggestion- attend Benita Zahn's talk on "Finding More Joy." We need a name for the group- something upbeat and fun.

LIVE A HEALTHY LIFE CHAT GROUP. facilitated by Jileen, RN. Mondays at 11am.

Join Jileen, a RN, to chat, learn, and discover ideas and ways to age healthy - physically, mentally and emotionally.

POETRY NOTEBOOK MAKING. facilitated by Sofia, Skidmore student. Tuesdays at 2:30.

Are you someone who loves expressing yourself creatively through writing? Are you looking for a community of people to connect with through a passion for poetry? Come write poetry weekly with Sofia! Class will be held through April.

JAPAN AND ITS CULTURE. facilitated by Liam. Thursdays at 9:15am.

Liam is a Skidmore student, born in Japan and is currently studying Asian culture, his passion. He plans to become a professor in Asian studies. Join Liam in these interactive chat groups and immerse yourself in everything that is Japan.

BEGINNING GENEALOGY. facilitated by Ruth Ann Messick. Thursdays at 1pm.

Genealogy is tracing the lines of your ancestors and their descendants. It's the history of your family. It is the untold stories of your ancestors you've always wanted to know. It adds details and color to your family tree offering insights into your ancestor's daily lives. And most importantly, it's the history that makes you, you.

CHESS. facilitated by Josh Kuperman. Wednesdays beginning April 20th. 1:30.

Love to play chess and don't have a partner? Come to the Center and play with other members. New to chess? Josh will show you the basics and give you resources to help you learn the game.

LIFE SKILLS - to provide education to supporting community members to live a better and important life.

facilitated by Saratoga Hospital in collaboration with the Saratoga Senior Center. Tues., April 5th. 2:30-3:30.

Our first session is nutrition, healthy cooking and eating.

TRIPS & EXCURSIONS! LET'S GET AWAY!

2022 TRIPS

Netherlands, Belgium & France
with Optional 3-Night London Post Tour Extension
June 11 – 22, 2022

Western Canada's Rockies, Lakes & Wine Country
July 30-August 7, 2022

California Dreaming feat. Monterey, Yosemite & Napa
September 19-26, 2022

Tropical Costa Rica
with Optional 3-Night Jungle Adventure Extension
November 2 – 10, 2022

America's Music Cities Holiday
December 4-11, 2022

2023 TRIPS

South Pacific Wonders
with Optional 3-Night Fiji Post Tour Extension
February 5 – 22, 2023

Sunny Portugal
with Optional Pre and Post Tour Extensions
March 21 – 30, 2023

Exploring Scotland & Ireland
April 30 – May 12, 2023

Discover the Spotlight on Nashville
April 30 – May 4, 2023

ONE DAY BUS TRIPS

- **PHILADELPHIA \$58**
Friday, May 13th
sponsored by BlueShield
- **NEWPORT, RHODE ISLAND \$58**
Wednesday, June 29th
sponsored by CDPHP
- **HOLIDAYS IN NEW YORK CITY \$50**
Wednesday, December 7th.
- **Pending:** Fall Foliage Trip

.....
Trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.

Multi Day Bus Trip

Charleston, South Carolina, November 6-12, 2022

Charleston is defined by its cobblestone streets, horse-drawn carriages and pastel antebellum houses. Come and visit this historic city. \$899. *Open to the public.*

TRIP POLICY

Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. Multi-day bus trips and excursions are open to anyone regardless of age or residence.

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

VAN TRIPS

Arnell Museum, Canajoharie. Friday, April 8

The Arnell Museum collects, preserves, researches and presents American Art and Mohawk Valley History. Enjoy a guided tour of their current exhibits including portraits from the Arnell Museum Collection featuring visitor favorites and rarely exhibited pieces, New York State Grange Photographs by Andrew Bagnat, and Lalique Glass, Small Sculpture, and Garden Statuary. Lunch at the Village Restaurant. *Pay \$27 at sign up. Please bring additional money for lunch. Leave the center at 9:15am. Return approximately 3:30.*

Hyde Museum, Glens Falls. Thursday, April 14.

Robert Blackburn (1920-2003) was a key artist in the development of printmaking in the twentieth century. His innovative, masterful expertise with the medium helped define the overall aesthetic of the American "graphics boom." This new exhibition examines Blackburn's life and work, and includes prints by artists with whom he collaborated. Lunch at Kelly's Roots Cafe. *Pay \$18 at sign up. Please bring additional money for lunch. Leave the center at 9:30am. Return approximately 2:30.*

Lunch Bunch - Sweet Lou's, Schuylerville. Thursday, April 21st.

A delicious bistro in quaint Schuylerville. The food is homemade with love and integrity. *Pay \$10 at sign up. Bring money for lunch. Leave the Center at 11:00am.*

Lunch Bunch - Vermont Country Store Monday, April 25th.

Shop and have lunch at the iconic Vermont Country Store. "It's everything you could want in a country store and more." Lunch at Mildred's Grille. *Pay \$20 at sign up. Bring money for shopping and lunch. Leave the Center at 9am.*

Due to the increasing gas prices, we have had to institute a temporary increase in our van fees.

BEING A VOLUNTEER DRIVER HAS IT'S PERKS

Do you like to go on multiple trips, but have a tight budget? Become a volunteer driver! As a driver, you will receive \$10 towards lunch and up to \$20 for admission.



APRIL PROGRAMMING

"Spring is nature's way of saying 'Let's Party!'" Robin Williams

In House & ZOOM Classes, Presentations, Food and More!

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi	9-9:45: Silver Sneakers Classic (<i>center & zoom</i>)	9:30: Mosaics	9:15: Japan culture	9:30: Clay Arts
9:30: Walking Club	10:00: Meditation (<i>center & zoom</i>)	9:30-1:00: Rug Hooking	10-10:45: SS Cardio & Strength (<i>center & zoom</i>)	9-12: Poker
9:30-12:30: Clay Arts	10-12: Asian Calligraphy	10:00: Knit & Crochet	10:00: Ukelele	10:00: Healthy Bones
10:00: Blood Pressure	11:30-12:30: Gentle Yoga (<i>center & zoom</i>)	10:-11: Zumba (<i>center & zoom</i>)	10-2: Tarot Cards	10:15: Spanish
10:00: Healthy Bones	1-4: Pool League	1:00: Bingo	11:00: Foodbank	11:00: Caregiver Support Group (<i>2nd Fri of month</i>) in person.
10-11: Chair Yoga (<i>center & zoom</i>)	2:30: Poetry with Sophia	1:30: Chess	11:00-11:45 Gentle Yoga (<i>center & zoom</i>)	12:15: Ener Chi (<i>center & zoom</i>)
11:00: Healthy Life Chat Group	3-4: Book Club (<i>see calendar</i>)	1-4: Canasta	1-1:45: Strength w/ Aidan (<i>center & zoom</i>)	1-4: Pool League
1-2: Chit Chat		1-4: Pool League	1:00: Genealogy	
1-4: Pool League			1-4: Pool League	
2:00: Art with Mattie			2:00 Chair Yoga	

Thank you CDPHP for sponsoring our Health and Wellness classes.



SPECIAL EVENT SCHEDULE

- Monday - Friday. 12:00. Office for the Aging Lunch.
- Monday 9-12. (*2nd Mon. of month*). Men's Haircuts.
- Mondays 11am. Healthy Life Chat Group.
- Mondays 2-3:30. Art with Mattie.
- Tuesdays. 2:30pm. Poetry with Sophia.
- Wednesdays. 1:00. Bingo.
- Wednesday. 1:30. Chess.
- Thursdays. 9:15am. Japan & It's Culture.
- Thursdays (*last Thurs of month*). 10-2. Tarot Cards.
- 2nd Fri of Month. 11:00. Caregiver Support.
- Fri., Apr. 1st. 4:30pm. Dottie Pepper.
- Thurs., Apr. 7th. Health Fair.
- Thurs., Apr. 7th. 6-10pm. Sipping for Seniors.
- Mon., Apr. 11th. 1:00. CDPHP Medicare.
- Mon., Apr. 11th. 2:00. Town Hall Meeting.
- Tues., Apr. 12th. 3:30-5:30. To Go Dinner.
- Thurs., Apr. 14th. 1:00pm. Getting ready to Garden.
- Mon., Apr. 18th. 5:15pm. Trivia Night.
- Tues., April 19th. 10-12. Watercolor Workshop.
- Tues., Apr. 19th. 5:30pm. In House Dining.
- Thurs., Apr. 21st. 9am. Funding for Long Term Care.
- Tues. Apr. 26th. 1pm. Aging, Depression, Dementia.
- April 26th. 10-12. Asian Calligraphy.
- Tues., Apr. 26th. 2pm. Benita Zahn.
- Tues., Apr. 26th. 3pm. Book Club.
- Tues., Apr. 26th. 3:30-5:30. To Go Dinner.
- Tues., Apr. 26th. 3:30-4. Widows Club.
- Thurs., Apr. 28th. 10-2. Tarot Card Readings.
- Thurs., Apr. 28th. 4pm. The Forgettable Four.
- Sat., Apr. 30th. 9am. Stroll for Seniors.
- Sat., Apr. 30th. 10:00. Garage Sale and Music.

BOOK CLUB AT THE CENTER

Tuesday, April 26th. 3pm.
"Lady in the Lake" by Laura Lippman

In 1966, Baltimore is a city of secrets that everyone seems to know—except Maddie Schwartz. Drawing on her own secrets, she helps police find a murdered girl. This leads to a job at the city's newspaper. Working at the Star, Maddie has found just the story to do it: Cleo Sherwood, a missing woman whose body was discovered in the fountain of a city park lake.

TAROT CARD READINGS *facilitated by Mary Shimp*
Thursday, April 28th. 10-2pm. \$5 donation.

Do you have some unanswered questions about your life? A tarot card reading provides guidance to gain an insight into what the future holds. Call to make a 15 minute appointment.

Thank You for Your Kindness and Support!

Thank you to Bobby Dick & Susie Q for a fun "summer" party. Thank you to Maria and Aaron for hosting Trivia Night. Thank you to Manik Jassal for the cybersecurity presentation. Thank you to Terri Hughes and the Wild Irish Acres Step Dancers for our St. Patrick's Day festivities. Thank you to Highmark BlueCrossBlueShield for sponsoring the Brooks BBQ. Thank you to SPAC for the discounted tickets to the ballet and orchestra. Thank you to Janney for sponsoring Irish Music with Tim Wechelaer and Chris Carey. Thank you to TRIMEDX for the Tech Assistance Fair. Thank you to Kym Hance of Herzog Law for the presentation on Financial tricks and scams. Thank you to the Waldorf School students for visiting us at the center. Thank you to Saratoga Arts: Community Arts grants for our art classes and lunchtime concerts. Thank you to Hortense and Louis Rubin Community Health Care Fund for our healthy programs and services. Thank you to CapCom Infrastructure Grant for new van purchase. Thank you to David and Sandra Lee, David Solomon and Community/Land Preservation and Planning Fund for Senior Life Transitions. A huge thank you to all our volunteers, you keep our world rockin'!