

Non Profit .,
U.S. POSTAGE PAID
Permit No. 120

Saratoga Senior Center
NEWSLETTER
FEBRUARY 2023

February Cultural Events!



Beatles Music with Jeff Brisbin
Thursday, February 9th. 3:00pm

February 9th will be the 59th anniversary of the Beatles appearance on the Ed Sullivan show! Jeff will perform your favorite Beatles songs interspersed with stories and fun facts.
Light fare served. Please sign up. \$10 (rescheduled from January). Come to Member Meeting prior to this event.



An Afternoon with Bob Kovachick
Wednesday, February 15th. 1:00pm

Bob Kovachick has had an illustrious career spanning more than 50 years of keeping families informed, prepared, and safe as WNYT NewsChannel 13's chief meteorologist.
Light fare served. Please sign up. \$10

Sponsored by CDPHP



Valentine's Day Party

Speed Friending: A Great Way to Make Friends
Friday, February 10th. 1:00pm

We're all familiar with the concept of speed dating. Speed friending is its' more innocent cousin; quick, short conversations where the goal is to meet new people. Valentine party favors for those who sign up.
Refreshments and party punch served!
Please sign up. \$5.00
Sponsored by Aetna



Beat the Winter Blues Party!
Thursday, February 16th. 2:00pm

If the winter blues has you feeling down, grab your favorite summer attire (optional) and warm up at the center. Let's heat up the dance floor with **Bobby Dick & Susie Q! Don't miss this fun band!**
Summer party food served! Please sign up. \$10.
Sponsored by MVP

Trivia Night!
Monday, February 27th. 5:15pm



"Where all those useless facts you've been collecting can finally come in handy!"
Pizza bites served. Bring your own beverage. Join us for fun, friendly competition!
Please sign up, seating is limited. \$5.00.

Free February Expos and Presentations

Long Term Planning Expo
Thursday, February 23rd. 10:00 - 12:00pm
Hear brief presentations and meet with representatives from Advisors Insurance Brokers, Burke Funeral Home, Herzog Law Firm, KeyBank, and more. Get updates on the latest in long term planning from estate planning, mortgages financial planning and more.

Sponsored by Highmark Northeastern New York



SilverSneakers and Renew Active Expo
Thursday, February 23rd. 1:30-3:30pm
How can you get free classes at the Senior Center and the YMCA? Meet with Medicare Advantage representatives about SilverSneaker and Renew Active eligibility. Meet with Aetna, CDPHP, Highmark, Humana and WellCare.

Sponsored by KeyBank

Member Meeting & Building Update with Lois Celeste, Executive Director
Thursday, February 9th. 1:30pm
There are a lot of rumors flying around about the building and our move. Come to the meeting for the latest news and get your questions answered. Call the front desk for the ZOOM link, if you cant attend.

Make it a day at the Center - sign up for Jeff Brisbin and the Beatles at 3pm.

Aetna Medicare Advantage Information Sessions
Aetna Medicare Advantage plans include extra benefits and services that focus on your total health. For information stop by the center and chat with an Aetna agent.

- **Presentation: Mon., Feb. 6th. 11:30am.**
"Let's Talk Medicare" Please join us for a free, no-obligation session where you'll learn how Medicare works and find out what coverage and benefit options are available.
- **Information Tables with Aetna Agent**
- Wed., Feb. 1st and Fri. Feb. 3rd, 10-12
- Wed., Feb. 15th, and Fri. Feb. 17th, 10-12



The Senior Center will be closed
Monday, February 20th for President's Day

WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.

Have a little time to give? Looking to get involved in the Center? We have volunteer opportunities! Senior Center volunteers are involved both in-house and out in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form. We look forward to having you involved!

"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.
- 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!
- 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 \$35 membership for a senior in need.



DID YOU RENEW YOUR 2023 MEMBERSHIP

See all that the Senior Center has to offer the Seniors in our community!
Your Senior Center Membership Gives You Access To:

- | | | | |
|-------------------------|--------------------------------|--------------------------------|-----------------|
| • Exercise Classes | • Support Groups | • Baked Goods | • Card Games |
| • Art Classes | • Discounted SPAC tickets | • Regional Food Bank Produce | • Pool Table |
| • Cultural Events | • Dinners - To Go & Dine In | • Pitney Meadows Fresh Produce | • Book Club |
| • Special Presentations | • Trips - local van, 1 day bus | • Friendships/Socialization | • Social Groups |
| • Live Music | • and excursions | • Senior Support Services | • and more... |



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.

FREE FUN

Happy Birthday Frankie!

Wednesday, February 8th. 12:30pm

Frankie turns one year old today! Celebrate with him and have some cake.



ART WORKSHOP SERIES included in the \$15 monthly activity fee

Zentangle Art Program facilitated by Katie Long.

Thursday, February 9th. 1:00pm. \$5.00 materials fee.

We will be making a Valentine's Day cards. Zentangle is an American method for drawing, which promotes concentration and creativity and increases personal well-being. *Please sign up.*

Beautiful Die Cut Handmade Cards facilitated by Lucy Paonessa.

Wednesday, February 22nd. 2:00pm. \$5.00 materials fee.

Make unique greeting cards using paper die cuts. Personalize your card by gluing the die cut sentiments and shapes. *Please sign up.*



Beading Workshop facilitated by Jerry Matthews.

Monday, February 27th. 1:30pm. \$10.00 materials fee.

Whether you are just beginning or an experienced beader, join Jerry to create beautiful and one of a kind jewelry. *Please sign up, seating is limited.*

CLASSES AND MORE included in the \$15 monthly activity fee

Women's Pool League facilitated by Rachel Baum

Tuesdays, 9:00 -11:00am. Beginning February 7th

Calling all women who want to get out of the house and have some fun! Join our new pool league. Must have some understanding of the game. There will not be any formal instruction.

Improv Games for Grown-ups. facilitated by Susie Kane-Kettlewell and Paula Jo Smith

Tuesdays, 1:00-3:00pm. *It's not to late to join in the fun!*

Let's Have Fun Together! Join two Silly Senior Ladies, experienced with playing Improv, who will introduce you to many Improv games for grownups. What are Improv games, you ask? Remember when you played pretend games with your friends when you were kids? Do YOU want to FEEL like a kid again?

NEW! Belly Dancing facilitated by Elaina Rudman, professional dance and choreographer

Thursdays, 1:00pm. Beginning February 2nd

A fun and inspiring introduction to the ancient art of belly dance. A perfect form of exercise taught in a non threatening way for all ages and body types. Learn basic steps and combinations to exciting world music. Wear loose comfortable clothing, no jeans. Bring water. Sorry gents, ladies only.



Pilates Updates

There will be no class on Wednesdays, February 15th and February 22nd.

FOOD

Dine in Dinner with Old Bryan Inn

Tuesday, February 28th. 5:30pm. *Please sign up.*

Chicken Marsala. Dinners are held at the Senior Center. \$12 per dinner.



PaL's Meals To Go \$12 per dinner. Prepared meals you just have to heat up.

Pick up any time Monday or Tuesday between 9:30-3:30pm. Order by noon the Friday before.

Mon., Feb. 6th and Tues. Feb.7th. Spiral Ham with Mashed Corn

Mon., Feb. 13th and Tues., Feb.14th. Stuffed Peppers with Side of Green Beans

Tues. Feb. 21st. only. Meat Lasagna (*we are closed Monday, February 20th*)

Mon., Feb. 27th and Tues. Feb. 28th. Meatloaf with Mashed Potatoes and Peas

SENIOR CENTER FUNDRAISERS

Sipping for Seniors at Bailey's

Thursday, February 9th. 6-9pm.

Enjoy drinks, friends, and networking all for a great cause - Saratoga Seniors! The evening will be full with a slate of guest bartenders. Come down to Baily's to cheer on your favorite bartenders and support the Saratoga Senior Center. All guest bartender tips and 20% of the food and beverage sales benefit the Center.

Sponsored by Herzog Law Firm and Saratoga Life & Health

Round Up with Northshire Bookstore The Month of February

Do you have some book purchases ahead, for yourself, or as gifts? (Valentine's Day is coming!) When you shop at Northshire Bookstore in Saratoga, in the month of February, you can "round up" your purchase and support the programs and services of the Saratoga Senior Center.



Thank you to our newsletter sponsors for their continued support!

A plan for life.
Capital District Physicians' Health Plan, Inc.

Home of the **Good Shepherd** Choose a Place Where Excellence is the Standard.

Assisted Living • Enhanced Assisted Living
Memory Care Assisted Living

Saratoga: 584-3317 • Wilton: 580-0702 • Malta: 581-7600
Coming soon: Moreau!

- 24 Hour Care, LPN's & RN's on Site
- Private Suites, Daily Activities, Transportation
- Customized Care Plans for Each Resident

www.homeofthegoodshepherd.com

The Heart of Senior Home Care Services

Trusted, compassionate, quality care within the comfort and security of your own home.

THE WESLEY COMMUNITY
Senior Home Services

INDEPENDENT LIVING | ASSISTED LIVING | LONG TERM CARE
THERAPY AND REHABILITATION | HOME CARE

A non-profit organization | 131 Lawrence Street, Saratoga Springs, NY 12866
518.584.1200 | thewesleycommunity.org

Patricia Stanley
Community Development Coordinator
Capital District/Mid-Hudson Valley

medicare solutions

StanleyP@aetna.com c 518-390-2582

HIGHMARK.
NORTHEASTERN NEW YORK

WILLIAM J. BURKE & SONS
BUSSING & CUNIFF, INC.
FUNERAL HOMES

Locally owned and Operated Proudly Serving Veterans
Pre-Need Trust Planning Handicap Accessible
Financially Within the Means of All

Trusted since 1878
628 North Broadway, Saratoga Springs
(518) 584-5373

Mark T. Phillips · R. Thomas Armer · Daniel J. DeCelle
Nicholas D. DeCelle · Jeremiah J. Thompson · Anthony J. Morris

AND MORE.....

What to Do with your Food Bank Groceries?

Thursday, February 9th. 10:30am

Siobhan from Cornell Cooperative will be here with healthy food you can try before or after the food bank pick up. Siobhan will also give tips and ideas of what to make with produce you pick up.



Tarot Card Reading facilitated by Mary Shimp

Thursday, February 23rd. 10-2pm. \$5 donation.

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

Barber at the Center

Monday, February Date to be Determined 9:00-12pm.

Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment. \$5 haircuts for men.

One-on-One Tech Assistance

Did you receive a new phone, Ipad, laptop or smartwatch? Do you want to learn Facebook, Instagram, or something new? Let our savvy students help you. Call front desk to make your private appointment.

AARP Tax Preparation

Tuesdays, Beginning February 7th through April 11th.

AARP tax assistance is back in person. Please make your appointment early by calling the Front Desk. Appointments fill up quickly.

Sponsored by: MVP



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.

Monday shuttle to Price Chopper from area housing sites.

Food assistance: Thursday Regional Food Bank produce for pick-up at the Center, or home delivery

if homebound. *Sponsored by Highmark Northeastern New York*

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!

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

Alzheimer's Caregiver Support Group

11am-12:30pm, 2nd Friday of every month.

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

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

Saratoga County Department of Aging and Youth - "Gather & Dine" Lunch Program

Monday - Friday. 12:00pm. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call the kitchen at 518-584-1621 ext. 205.



CLUBS AND GROUPS included in the \$15 monthly activity fee

Chit Chat Social Group

Mondays from 1-2pm facilitated by Jamie, UAlbany, MSW Intern

Join us for a fun hour of chit chat, music, laughs and snacks.



The Hot Widows Club

Tuesday, February 7th & 21st. 2:30pm.

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.

New Member Social Hour facilitated by Jamie, UAlbany, MSW Intern

Tuesday, February 21st. 2-3pm.

Calling all new members! Join us for a fun, friendly social hour where you can meet other members. Conversation, fun and laughs. Please sign up!

Book Club At The Center New Members Welcome! Please sign up.

February Book: *The Sweetness of Water* by Nathan Harris. Tuesday, February 28th. 3:00

With candor and sympathy, debut novelist Nathan Harris creates an unforgettable cast of characters, depicting Georgia in the violent crucible of Reconstruction. Equal parts beauty and terror, as gripping as it is moving, *The Sweetness of Water* is an epic whose grandeur locates humanity and love amid the most harrowing circumstances.

March Book: *The Elephant of Belfast* by S. Kirk Walsh. Tuesday, March 28th. 3:00pm. Inspired by true events, this vivid and moving story of a young woman zookeeper and the elephant she's compelled to protect through the German blitz of Belfast during WWII speaks to not only the tragedy of the times, but also to the ongoing sectarian tensions that still exist in Northern Ireland today.

VAN TRIPS

BEING A VOLUNTEER VAN DRIVER HAS ITS 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.

Troy Savings Bank - Music at Noon

The Bleeker Consort, Medieval and Renaissance Music featuring Themes of Love

Tuesday, February 14th

An early music consort formed in 1988, specializing in medieval, renaissance, and baroque music. The consort plays a diverse set of instruments, including early strings, recorders, reeds, and percussion. Lunch 110 Grill, Latham. Pay \$10 at sign up, concert is free. Bring money for lunch. Leave the Center at 10:45. Return about 3pm.

Valentine's Day Show at The Little Vegas Theater in Rotterdam

Tuesday, February 14th

Spend your afternoon being entertained by Frank Sinatra and Elvis Presley (impersonators). Pastries and first mocktail or soft drink are included. Pay \$45 at sign up. Bring money for additional beverages. Leave the Center at 1:00pm. Doors open at 2:00, show starts at 2:30pm. Return about 5:00pm. **Please sign up by February 6th.**

Lunch Bunch at Druthers, Clifton Park

Tuesday, February 21st

A local favorite dedicated to making great beer and food. Enjoy their newest location. Pay \$10 at sign up. Bring money for lunch. Leave the Center at 11:00am. Return about 2:00pm.

The Clark Museum, Williamstown MA.

Friday, February 17th

Enjoy a guided tour of the Clark Museum. In 1950 Sterling and Francine Clark chartered the Sterling and Francine Clark Art Institute as a home for their extensive art collection. The Clark has built upon this extraordinary group of works to become one of the most beloved and respected art museums in the world, known for its intimate galleries and stunning natural environment. Lunch at the Purple Pub. Pay \$25 at sign up. Please bring additional money for lunch.

Adirondack Salt Cave, Glens Falls

Friday, February 24th

This man-made Himalayan Salt Environment is intended to reproduce the unique microclimate and the healing properties of the deep salt caves within the Himalayan Mountains that have been used for centuries for their incredible effects. This type of treatment is a safe and effective way of using salt's natural antibacterial, anti-inflammatory and super absorbent properties to provide relief for respiratory and skin conditions. Lunch at the Harvest Restaurant. Pay \$30 at sign up. Please bring additional money for lunch. Must sign up by February 17th. Leave the Center at 10:00am. Return about 2:00.

Empire State Youth Orchestra at Proctor's, Schenectady

Wednesday, March 8th

Empire State Youth Orchestra engages more than 600 youth from across New York's Capital Region and Western New England in the joyful pursuit of musical excellence. Guided by outstanding teaching artists, coaches and conductors, members explore their potential alongside like-minded peers in an environment that is musically daring and seriously fun! Lunch at Ambition Cafe prior to the concert. Pay \$10 van fee at sign up, concert is free. Bring money for lunch. Leave the Center at 10:15am. Return about 3:00pm.

Ice Hockey Game at Glens Falls - Adirondack Thunder vs Trois-Rivières Lions

Sunday, March 12th

Let's cheer on our local team as they square off against the Trois-Rivières Lions in this fast-paced, fluid and exciting sport. The Adirondack Thunder are affiliated with the NHL's New Jersey Devils. Pay \$26 at sign up. Bring money for snacks. Leave the Center at 1:45pm. Return about 6:00pm. **Sign up by March 1st.**

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 for our van trips are approximate. We do not guarantee a return time to the Center.

COLLETTE EXCURSIONS

We travel not to escape life, but for life not to escape us.

2023 TRIPS

Exploring Scotland & Ireland

April 30 – May 12, 2023

Discover the Spotlight on Nashville

April 30 – May 4, 2023

Discover National Parks of America

May 15-26, 2023

Alaska Discovery Land & Cruise

June 14-25, 2023

Maritimes Coastal Wonders featuring the Cabot Trail (Halifax & Nova Scotia)

August, 2023

Cruising the Danube to the Black Sea

September 11-23, 2023

Shades of Ireland

October 7-October 16, 2023

Spotlight on San Antonio Holiday

November 30 –December 4, 2023



COMING FOR 2024 Are any of these on your bucket list?

Antartica • Australia & New Zealand • Charleston • Greece • Hawaii • Iceland • Italy • Nashville • Scandinavia • South Africa • South Dakota • Spain & Portugal • Thailand

collette

2023 One Day Bus Trips Open to the Public

Corning Museum of Glass

Wednesday, April 19th.

Explore this amazing glass museum right in our own backyard. Optional sandblasting workshop available, must preregister. Lunch on your own at the museum cafe. After the museum, wander around the quaint town of Corning for the afternoon.

Member Price \$80. Non-member price \$105.

Optional sandblasting workshop- add \$14.

New York City - A Day on Your Own!

Wednesday, May 24th.

Enjoy a beautiful spring day Manhattan! Spring in New York is the best time of the year. It's warmer and everything is blooming.

Member Price \$60. Non-member price \$85.

Mystic, CT.

Tuesday, July 18th.

Mystic is a quintessential Connecticut coastal town that is historic, charming, and bustling with tourists. Step on the deck of the Charles Morgan, the last of the American mighty whaling fleet, check out what lives in the waters around Mystic at the Mystic Aquarium and more.

Member Price \$60. Non-member price \$85.

One day bus trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.

2023 Multi Day Bus Trips

Open to the Public. Includes bus, hotels, tours, some meals and gratuities.

Washington, DC.

June 9-13th, 2023. 5 days 4 nights. \$779 per person double occupancy.

You will be inspired with patriotism as you take in the majesty of our nation's capital. You will visit the iconic National Memorials on the National Mall, the Lincoln Memorial, the new World War II Memorial, and much more. There is a stop at the Arlington National Cemetery, site of the Tomb of the Unknown Soldier, the Kennedy graves, the Iwo Jima memorial, and more.

Montreal, Quebec City and Ottawa.

September 17-22nd, 2023. 6 days 5 nights. \$1095 per person double occupancy.

Discover the French inspired culture of Quebec's cosmopolitan cities on our bus tour to Montreal, Quebec City, and also Canada's capital - Ottawa! You will experience a guided tour of Montreal, a guided tour of Quebec City and last, but not least, a guided tour of Canada's stately capital, Ottawa, with its stunning architecture.

FEBRUARY PROGRAMMING

Welcome February! May your stay be short and sweet.

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs. Ask about how Silver Sneakers & ReNew Active work with the monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi 9:30: Walking Club 9:30-12:30: Clay Arts 10:00:Healthy Bones 10-11:Chair Yoga (center & zoom) 1-2: Chit Chat 1-4: Pool League 1-4: Bridge	9-9:45: SilverSneakers 9-11: Women's Pool League 10:00: Meditation (center & zoom) 1:00: Mat Yoga w/ Monica (advanced) 1-4: Pool League 1-3: Improv 1:00: Mahjong 2:30: Widows Club((see schedule) 3-4: Book Club (see schedule)	9:30: Mosaics 9:30-1:00: Rug Hooking 9:45: Senior Life Transitions Team Mtg. 10:00: Knit & Crochet 10-11: Zumba 1-1:45: Strength w/ Aidan (center & zoom) 1:00: Bingo 1-4: Canasta 1-4: Pool League 2:00: Pilates	10-10:45: SS Cardio & Strength (center & zoom) 10:00: Ukelele 10-2: Tarot Cards (see schedule) 11:00: Foodbank 11:00-11:45 Gentle Yoga (center & zoom) 1-4: Pool League 1:00: Mahjong 1:00: Belly Dancing 2:00: New Member Social (see schedule)	9-12: Poker 9:30: Clay Arts 10:00:Healthy Bones 10:00: Spanish 11:00: Caregiver Support Group (2nd Fri of month) in person. 1-4: Pool League

SPECIAL EVENT SCHEDULE

- Every Monday. 1:00 Bridge
- Every Monday. 1:00 Chit Chat Social Group
- Every Tuesday. 9:00. Women's Pool League
- Every Tuesday. 1-3. Improv
- Every Wednesday. 1:00. Bingo
- Every Thursday. 11:00. Regional Food Bank
- **NEW!** Every Thursday. 1:00. Belly Dancing
- Every Thursday. 1:00. Mahjong
- Aetna Information Table. 2/1, 2/3, 2/6, 2/15, 2/17
- Wed., Feb. 1st. Senior Life Transitions Team Mtg.
- Mon., Feb. 6th. 9:30-3:30. To Go Meals
- Tues., Feb. 7th & 21st. 2:30. Widows Club
- Wed., Feb. 8th. 12:30. Frankie's Birthday Party
- Thurs., Feb. 9th. 10:30. Healthy Food w/ Siobhan
- Thurs., Feb. 9th. 1:00. Zentangle
- Thurs., Feb. 9th. 1:30. Member Meeting
- Thurs., Feb. 9th. 3:00. Beatles Music
- Fri., Feb. 10th. 1:00. Valentine's Fun
- Mon., Feb. 13th. 3:30. To Go Meals
- Wed., Feb. 15th. 1:00. Bob Kovachik
- Thurs., Feb. 16th. 2:00. Winter Blues Party
- Mon., Feb. 20th. Closed
- Tues., Feb. 21st. 9:30-3:30. To Go Meals
- Tues., Feb. 21st. 2:00. New Member Social
- Wed., Feb. 22nd. 2:00. Card Making
- Thurs., Feb. 23rd. 10:00-2:00. Tarot Cards
- Thurs., Feb. 23rd. 10:00. Educational Expos
- Mon., Feb. 27th. 9:30-3:30. To Go Meals
- Mon., Feb. 27th. 1:30. Beading
- Mon., Feb. 27th. 5:15. Trivia
- Tues., Feb. 28th. 3-4. Book Club
- Tues., Feb. 28th. 5:30. Old Bryan Inn Dinner
- Mon., Date TBD. 9:00. Barber

Thank You for Your Kindness and Support!

Thank you to Charlie Kuenzel for an amazing presentation on Saratoga History.
Thank you to Aetna for sponsoring Trivia night and Dinner.
Thank you to all the people who came out to the Volunteer Fair and signed up to volunteer at the Center.
Thank You Highmark for sponsoring the Volunteer Fair.
Thank you to Gwen Rowland for enlightening us on how to communicate with our loved ones with Alzheimer's.
Thank you to Choice Connections for presenting information on long term care options.
Thank you to Coach Jessica Turner and the Skidmore Women's Basketball team for coming to visit us at the Center.
Thank you to Bread Basket Bakery, Panera and Market 32 for all the delicious baked goods.
Thank you to the Regional Food Bank of NENY for our weekly food.
Thank you to Adirondack Trust Company Community Fund Lend-A-Hand Grant for their continued support.
Thank you to M&T Bank End of Year Holiday Gift. for their continued support.
Thank you to Regional Food Bank's Gratitude Grant.
Thank you to all our Annual Appeal donors for your continued support.

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

DO YOU GET OUR EBLASTS? STAY INFORMED AND CONNECTED!

Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email or if you dont have email, you can use your son's or daughter's to keep you informed.