

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

Saratoga Senior Center NEWSLETTER

MAY 2024

April Showers Bring May Flowers- Come Bloom into May at the Center!

Kentucky Derby Kickoff

Friday May 3 | 1pm | Please sign up

Stop by the Center and kick off Kentucky Derby week-end! Watch The Longines Kentucky Oaks in the community space. Enjoy the Centers version of an oak lily. Wear pink! Refreshments provided.

Memorial Day Picnic

Monday, May 20 | 2pm | \$5 | Must RSVP

It's a red, white & blue BBQ! Honor those who sacrificed their life for our country this Memorial Day with an outdoor barbecue at the YMCA Pavilion. Live music from Phil Drum, bocce, cornhole, & more. BBQ lunch by Home of the Good Shepherd including hamburgers, hot dogs, sausage & peppers, potato salad, pasta salad, corn on the cob, chips, watermelon & a patriotic dessert. *Sponsored by Good Shepherd*

Hawaiian Luau

Wednesday May 8 | 1:30pm | \$8 | Must RSVP

Let's celebrate the start of warm weather with a Hawaiian Luau! Wear your favorite Hawaiian shirt. Join us for live music by Rick Russo. Hula hooping, limbo & other fun. Hawaiian punch, pork, pasta and more!

Mother's Day Breakfast with Omelette King

Friday, May 10 | 9am | \$10 | Must RSVP

Let's celebrate all the moms at the Center! Breakfast will be provided by Omelette King Catering. Enjoy made to order omelettes, homefries, coffee and more. All are welcome.

Dine in Dinner | Olde Bryan Inn | Tuesday, May 28 | 5:30pm | Must RSVP | \$12 per dinner.

Roasted porkloin with mango chutney, baked potato and vegetable | Dinner sign ups begin in person on Monday 5/13 from 10am- 11am, phone sign ups begin at 12pm if spots remain. Members can only sign up themselves & one other member. Sells out quickly!

Discounted SPAC Tickets for Members!

SPAC tickets are back! Thanks to our partnership with SPAC- if you are a member of the Center get up to a 50% discount for the NYC Ballet and Philadelphia Orchestra. Ticket sales are Monday-Friday, 9am-2pm. One ticket per member per show. If you are planning on sitting with someone, please sign up at the same time.

Travel With Us? Thursday May 16 | 10am | Please sign up

Do you enjoy traveling? The Center has travel options for everyone. We offer local van trips, one day bus trips, and Collette excursions to domestic and international locations. The Center recently started offering virtual tours through Discover Live to a variety of destinations as well.

Where do you want to travel? Come tell us! Refreshments served.

Thank you to our newsletter sponsors for their continue 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

Home
Instead

To us, it's personal.

518.580.1042

www.HomeInstead.com/341

- Meal Preparation
- Medication Reminders
- Light Housekeeping
- Errands & Shopping
- Alzheimer's Care
- Respite Care
- Companionship

HIGHMARK.
NORTHEASTERN NEW YORK

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

aetna
medicare solutions

StanleyP@aetna.com c 518-390-2582

Medical Fire Police Caregiver
TRINITY HEALTH alert
Peace of mind at home and on the go.
Call us at (518) 833-1040



Hours: Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY | (518) 584-1621 | saratogaseniorcenter.org

Free Presentations- Open to the public

“Senior Issues” presented by Barry Loffredo | Friday May 3, 2pm & Tuesday May 7, 9:30am | Please sign up | Join Barry Loffredo for this two part presentation on issues faced by seniors. During his presentation Barry will discuss staying sharp, memory, living alone, loneliness, death of a spouse, when to move, adjusting to this phase, meaningful engagement, ageism, and more.

Roots Vita Lounge | Wednesday May 22 | 2pm | Please sign up | Come learn about Roots Vita Lounge IV treatment services! IV hydration therapy and Intramuscular injections use vitamins and minerals to target many conditions including gastrointestinal, inflammation, fatigue, depression and anxiety.

Importance of Mobility and Fall Risk Reduction – Part 1 presented by Mallory Otto, MD, Geriatric Medicine, Saratoga Hospital | Friday May 24 | 2pm | Please sign up | An overview of the health benefits of mobilization, fall and injury risks, and how your medical care might be tailored to maximize mobility.

Importance of Mobility and Fall Risk Reduction – Part 2 presented by Randy Russom, PT, Regional Therapy Center, Saratoga Hospital | Wednesday May 29 | 2pm | Please sign up | Discover the vital link between mobility and independence as you age. Explore practical exercises, balance techniques, and lifestyle adjustments to mitigate falls and improve mobility.

Managing Money: A Caregiver's guides to finances presented by Gwen Rowland, LMSW from Alzheimer's Association and Phillip Vacchio Esq. from Herzog Law Firm | Friday May 31 | 1pm | Please sign up | If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

Parking Problems? Our shuttle will run from 9am-Noon on Wednesdays. When the Center lot is full on Wednesday mornings, head to the east side of the YMCA pavilion to park and look for the black Senior Center van to deliver you to our front door.

Art, Art and More Art! (included in the \$15 monthly class fee)

NEW! Alcohol Ink on Tile Workshop facilitated by Deborah Bogosian | **Wednesday, May 15, 1pm** | \$5 material fee* Have fun exploring the difference between finished and unfinished tiles using alcohol inks. Come away with personal art worthy of a trivet or a wall mount. **Please sign up, seating is limited.**

NEW! Tie Dye Workshop facilitated by Meryl Davis | **Wednesday, May 22, 1pm** | \$5 material fee* Join us for a fun afternoon of tie dye! Please bring up to two all cotton light color items (i.e. T-shirt, button down, etc.) Must be pre washed and slightly damp if possible. **Please sign up, seating is limited.**

Intermediate/ Advanced Handbuilding Clay Arts | facilitated by Randi Kish | **Tuesdays 12pm-3pm** | \$10 material fee | This months projects include learning different techniques for handbuilding. Must have intermediate/advanced clay experience. **Please sign up, seating is limited**

Beginner/ Intermediate Handbuilding Clay Arts facilitated by Carol Glansberg | **Thursdays, 12pm-3pm** | \$10 material fee | This months project will include pinch pots, coil pots and slab pots. Students **must** complete the four week series before they move into the intermediate/advanced class **Please sign up, seating is limited.**

Saratoga Arts made these programs 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.



Fitness Additions! (included in the \$15 monthly class fee)

***New Date & Time* Slow & Steady Yoga Flow** facilitated by Leanne | **Fridays, 11:30am beginning 5/10** | **Please sign up** | Leanne is excited to return to the Center to offer her 60 minute Slow & Steady Flow practice. This practice is appropriate for all levels, since it is a very thorough stretching of the entire body. Beginning and ending with deep relaxation.

More Fitness Programs

Come to the Center and check out our fitness classes! Are you a Silver Sneakers or ReNew Active member? Swipe in to waive the monthly activity fee.

- Zumba
- Strength with Aidan
- Meditation
- Tai Chi
- Walking Club
- Chair Yoga
- SilverSneakers Classic
- Resistance Bands
- SilverSneakers Circuit
- SilverSneakers Stability
- Gentle Yoga
- Slow & Steady Yoga Flow



Golf League

Interested in joining our golf league? Contact the front desk for more information regarding dates & pricing.

Interested in teaching a fitness class at the Center? Please contact Logan to discuss.

We are grateful for Highmark's ongoing support of the Center's exercise and fitness programs.

Senior Support Services - Here for You!

Senior Support Services has staff members, volunteers, and student interns available to help you with things that you need. We can connect you to local resources, health organizations, social services, or advocate on your behalf. Our "Community Connections" volunteers can fill many gaps when other agencies are not able to.

Call 518-584-1621, extension 2010

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.
- Community Connections: Volunteers can assist with transportation, grocery shopping, light yardwork, friendly visiting/caregiver assistance & more.
- Partnerships with local organizations like Alzheimer's Association (regular office hours), Parkinsons, medical, and health insurance community.
- Transportation: Volunteers to 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. **One bag per household will be allotted.** Sponsored by

Support and Peer Groups

Memory Cafe. 11am-12:30pm, 1st Friday of every month.

The memory café offers an interactive, supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or other dementia.

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. Support groups bring together people who are going through or have gone through similar experiences. This support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

Parkinsons Support & Discussion Group facilitated by Gordon Blyth & Marie Thorne | 2:30pm | 3rd Monday of every month

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.

Grief and Loss Support & Discussion Group facilitated by Lois Streit, MSW | 2pm -3pm | 2nd & 4th Tuesday of every month | Open to all. Come once, come often.

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Any loss can cause grief. The purpose of this group is to provide friendship, understanding, and hope.

Saratoga Hospital Bariatric Support Group | Monday, May 6, 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!

Chit Chat | Mondays, 1pm | New members welcome!

Chit chat is a peer support group. Come and engage in conversation with other members. Each week different conversation topics are covered and discussed.

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

Thank You!

- Chef Humble, Brandon Schatko, for the delicious meals
- Bill Gervasio for performing for our members
- Jeff Brisbin for performing for our members
- MVP for sponsoring our Volunteer Fair
- All of our vendors for Spring Shops
- The Wesley Community, Nascentia Health, Choice Connections, JT Cox, Herzog Law Firm, Burke Funeral Home & Trinity Health Alert for participating in our Long Term Planning Expo
- The Saratoga YMCA for partnering with us for the SilverSneakers & Renew Active Luncheon
- Dottie Pepper for attending our golf simulator ribbon cutting
- Capital Area Physical Therapy & Wellness, Herzog Law Firm, HomeInstead, Choice Connections, & JT Cox for your informative presentations
- MVP for sponsoring our Bokwa class
- MVP for Medicare Advantage information
- Price Chopper's Golub Foundation for your generous support
- Maine's Council on Aging for your generous support
- Saratoga County Department of Aging and Youth Services for your generous support.

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



collette Excursions

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

2024 Trips

Are any of these on your budget list? Already traveled to these spots? Talk to Logan about a travel destination

Southern Charm
December 2-8, 2024

2025 Trips

Treasures of Egypt
January 16-27, 2025

Shades of Ireland
March 13-25, 2025

London & Paris
May 7-15, 2025

Iceland's Magical Northern Lights
February 11-17, 2025

**Holland & Belgium
Springtime River Cruise**
April 22-30, 2025

Alaska Discovery Land & Cruise
July 9- 20, 2025

**Sequoia & Kings Canyon National
Parks**
June 4-13, 2025

**Discover Switzerland, Austria &
Bavaria**
August 20-29, 2025

Discover Hawaiian Adventure
December 4-13, 2025

2024 One Day Bus Trips - Open to the Public

Boston | Thursday June 13, 2024

Enjoy a day on your own in Boston! Lunch on your own. Visit Quincy Market, Faneuil Hall and more. Optional visit to the New England Aquarium **If you would like to go to the New England Aquarium please sign up with us by no later than May 13th.**

Trip Only Cost: \$70 per person

Trip & Aquarium (Senior 60+) Cost: \$95 per person

Trip & Aquarium (Adult under 60) Cost: \$97 per person

Skaneateles | Thursday July 18, 2024

Enjoy a day on your own in beautiful Skaneateles! Lunch on your own. On the way home enjoy a wine tasting at Anyela's Vineyards. Optional site seeing cruise on the Skaneateles lake. **If you would like register for the site seeing cruise please sign up with us no later than July 2nd.**

Trip Only Cost: \$82 per person

Trip & Cruise Cost: \$105 per person

Details and pricing TBD

Lake Placid | Thursday October 10, 2024

New York City | Wednesday December 4, 2024

Van Trips- Sign ups begin the first of the month

Troy Savings Bank Music Hall - Music @ Noon

Tuesday, May 14 | Enjoy a FREE concert by Findlay Cockrell- Pianoist . After, enjoy lunch at The Whistling Kettle. *Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return about 4pm*

Skene Manor | Whitehall, NY

Friday, May 10 | Enjoy lunch at Battle Hill Brewing Company in Fort Ann. After lunch, take a tour of Skene Manor, a Victorian Gothic-style mansion in Whitehall, New York. The manor has been restored and preserved by Whitehall Skene Manor Preservation, Inc. *Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return about 4pm.*

New Skete Monasteries | Cambridge, NY

Thursday, May 23 | A visit to New Skete includes a tour of the churches, a question-and-answer session, a visit to the Meditation Garden, a visit to the monks' gift shop and a stop at the nuns' monastery to purchase cheesecake for home. You may even catch a glimpse of the famed New Skete German Shepherd dog. After, enjoy lunch at Sweeneys in Schuylerville, NY. *Pay \$15 at sign up. Bring lunch & donation money. Leave Center at 8:45am. Return about 2pm.*

Lunch Bunch- 550 Waterfront by Druthers

Wednesday, May 29 | Enjoy lunch on Saratoga Lake at 550 Waterfront by Druthers! *Pay \$2 at sign up. Bring lunch money. Leave Center at 12:15pm. Return about 2:30 pm.*

Tang Teaching Museum & Art at Skidmore College

Friday, May 3 | Take a tour of the Tang Museum at Skidmore College. After a tour, enjoy lunch at the Skidmore Dining Hall. *Pay \$2 at sign up. Bring lunch money (card only, no cash accepted) Leave Center at 10:30am. Return about 2pm.*

Proctors Van Trips

Some Like It Hot- Thursday September 19, 1:30pm | \$96 per person | Please sign up by July 29 | Set in Chicago when Prohibition has everyone thirsty for a little excitement, Some Like It Hot is the "glorious, big, high-kicking story of two musicians forced to flee the Windy City after witnessing a mob hit. With gangsters hot on their heels, they catch a cross-country train for the life-chasing, life-changing trip of a lifetime.

Funny Girl- Thursday April 3, 2025 | 1:30pm | \$86 per person | Please sign up by February 10 | This bittersweet comedy is the story of the indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage. Everyone told her she'd never be a star, but then something funny happened—she became one of the most beloved performers in history, shining brighter than the brightest lights of Broadway.

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.

More May Happenings

NEW! Atlantic Magazine Discussion Group *facilitated by Piper Lutbak* | **Thursday May 16, 2:15pm | Please sign up** | The Atlantic Monthly Magazine has been around for over 165 years. The articles range from cultural to political. Each month, we will be discussing articles from the previous month's Atlantic Magazine.

NEW! Afternoon Poker | Thursdays, 1pm-4pm | Please sign up

We are now offering poker in the afternoon! Come to the Center to play a friendly game of poker and make some new friends.

Discover Live | FREE | Please sign up.

Want to travel without having to leave the Center? Travel the world with live guided tours. Escape to new & exciting destinations. Learn about different cultures, food and more!

• **Wednesday May 8, 10:30am | Discover Stockholm, Sweden**

• **Thursday May 16, 11am | Discover Milan, Italy**

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

The Power of Sharing Stories *facilitated by Joyce Rubin* **Tuesdays, 10am (Last Class May 14) | Please sign up**

There is power in sharing our stories. They tell who we are and what life was like during our time on earth. They are a gift to the folks we love. As time goes by, our memories of people and places are coaxed out through various sensory experiences. In this five week workshop, through activities that encourage observation, mindfulness, and reflection you will be guided to tell and write your stories.

The following classes are open to City of Saratoga Springs and Saratoga County residents ages 60+. 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.

Country Line Dancing *facilitated by Kevin Richards* | **Thursdays, 2:30pm | Must Sign Up**

Get ready to boot, scoot and boogie! Come by the Center and join CMA Winner Kevin Richards for basic beginner country line dance lessons. No experience needed.

Soul Line Dancing *facilitated by Mary & Frank Colby* | **Tuesdays, 1:30pm | Must Sign Up**

Soul Line Dancing can be done by all. It is no pressure, fun dancing and you don't need a partner. Mary and Frank will have you dancing some familiar dances but they also add their personal touch and bring in oldies, latin and more.

Poetry/Storytelling Open Mic | Friday, May 10, 1pm
Please sign up | Open to the public | \$ 5 suggested donation | The program will begin with a reading by local poet Jackie Craven followed by the open mic. Each open mic participant has five minutes to read two short poems or one long one. Storytellers have five minutes to tell, narrate or perform their piece. Please be respectful of your fellow writers by reading for five minutes or less. Lite refreshments will be served.

Apple Workshops *facilitated by Stephen Ramirez* | **Tuesday May 7, 1pm-2:30pm | Please sign up**

This presentation will demonstrate some of the ways you can organize your photos using the iOS Photos app on your iPad and iPhone. Learn the difference between creating Folders and Albums to help organize your photos according to subject, themes, dates, people and additional categories. Time will be set aside to also discuss a few tips and tricks for the iPhone, iPad and Apple Watch. Time permitting Q&A will also be available

Tarot Card Reading *Facilitated by Mary Shimp* | **Tuesday, May 21, 10am-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.

Saratoga Senior Center Member Meeting

Tuesday, May 21 | 1pm for new members, 2pm for returning members | Join us for our monthly member meeting! Bring your questions, concerns and suggestions for Senior Center staff, and a board member or two. No registration needed.

Legal Tuesdays – Herzog in the House

Tuesday, May 28, 9am-12pm | Must sign up

Herzog Law Firm will be onsite at the Center, 9am-12pm, the last Tuesday of each month. Sign up for a free, half-hour consultation and bring your legal questions and concerns, from designating a Power of Attorney or Healthcare Proxy to more detailed long-term planning.

Book Club. *New Members Welcome!* | **Must sign up**

Tuesday May 28, 3pm

This month bring your own book to share with the group.

Kindermusik Class *facilitated by Rosie Spring* | **Monday**

May 6, 10am & Tuesday May 14, 10am | Please sign up | Saratoga Sings! will be offering Kindermusik with Grandfriends classes for Saratoga YMCA pre-K children and members of the Senior Center to attend together. Join us in these heart-warming and heart-healthy (!) 30 minute music and movement.

.....
OUR MISSION: Since 1955 the mission of the Saratoga Senior Center is to empower seniors to achieve and maintain personal independence and individual well-being by providing the program structure and support services necessary for healthy recreation, companionship, social involvement, and problem solving.

May Happenings Continued

One-on-One Tech Assistance

Did you receive a new phone, iPad, laptop or smartwatch? Let our savvy students help you. Appointments available Monday-Friday. Call front desk to make your private appointment.

Pool Pointers

Want to improve your pool game? Lessons free of charge with Jon Gordon are available. Contact the front desk to schedule a 30 minute instructional session. Lesson times are Tuesday, Wednesday, and Friday between 9am and 12pm.

Thinning Out Your Flower Beds?

Our gardening club is looking for donations of perennials and annuals to enhance the entrance of the Center. We are also in need of vegetable donations for our garden. If you have any extra flowers or vegetable plants please feel free to donate them to the Center. Volunteers are also needed to assist in maintaining the flower beds. If you are interested in volunteering please contact Barbara at 518-584-1621 ext. 2008 or barbarad@saratogaseniorcenter.org. Garden club meeting will be held on Thursday May 2, at 9am.

Support the Center

Branded Merchandise

Support the Center by purchasing some merch! Koozy coolers, tote bags and blankets are still available for purchase.

Target Circle

Vote from April 1 - June 30 for the Saratoga Senior Center on the Target app. Each time you shop at Target and use Target Circle you get a vote. Every vote provides dollars to us!

Donate Old Clothes

The blue clothing donation box at the old Center (5 Williams Street) still benefits us! Please consider dropping your used apparel items there.

Medicare Information

Medicare Advantage 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: Mondays, Wednesdays & Thursdays from 9am-1pm.

Need Your Car Washed?- Discounted Hoffman Car Wash Tickets



It's easy to keep your car clean and shiny with discounted Hoffman Car Wash Tickets for \$12.00. Portion of the proceeds go to the Center! Tickets can be purchased at the front desk.

Announcements / Reminders

- **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.
- **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 or Renew Active please swipe in. This impacts many things including safety & funding.
- **Free Table:** The free table is back at the Center! The free table is run by volunteers. Please see rules and parameters posted at the free table.
- **Parking:** For van trips, if you drive here please park by the YMCA pavilion and the van will pick you up. If you have any questions please contact the front desk. **YMCA entrance:** If you are a Silver Sneakers, Renew Active, YMCA member, or have a valid drivers license (to be screened), you can enter the Center through the YMCA entrance. Shuttle on Wednesday while demand lasts. Carpooling to the Center is encouraged if possible.
- **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.

May Weekly Programming

Please sign up for programs monthly- \$15 monthly unlimited class fee. ReNew Active & Silver Sneakers member -swipe in to waive monthly fee.

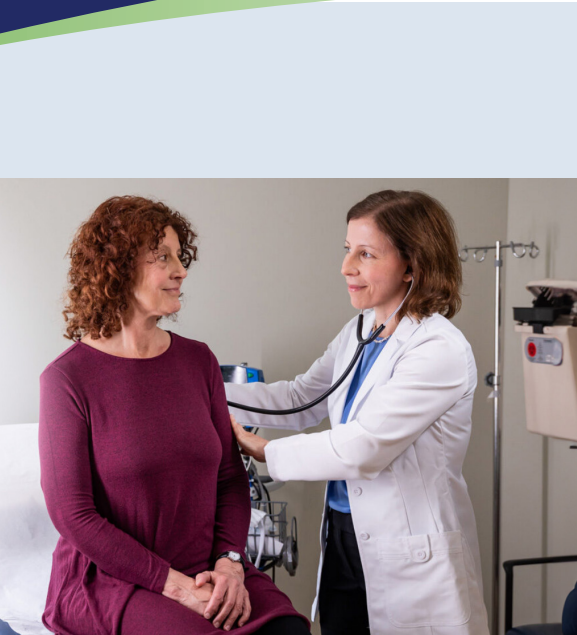
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am: Tai Chi	9am: Golf League	8:45am: Senior Life	9:05am: Bokwa	9am-12pm: Poker
9am-12pm: Open Ping Pong	9am-12pm: Poker	Transitions Team Mtg. (1st Wednesday)	9am-11am: Women's Pool	9am-12pm: Advanced Clay Arts
9:30am: Walking Club	9am-9:45am: Silver Sneakers Classic - Joyce	9am-12pm: Poker	10am-10:45am: Silver Sneakers Classic - Joanne	10am: Healthy Bones*
10am: Healthy Bones* 10:30am-11:30am Saratoga Library (Monday May 20)	9:30am: Mahjong	9:30am: Mosaics	10am: Ukelele	11:30am: Slow & Steady Yoga Flow (Starting 5/10)
10am-11am: Chair Yoga	10am: Meditation	9:30am-12:45pm: Rug Hooking	11am: Foodbank	11am: Memory Cafe (1st Friday of month)
10:15am: Pre-Intermediate Spanish	10am-2pm: Tarot Cards (see schedule)	9am: Pinochle	12pm: Lunch*	11am: Caregiver Support Group (2nd Friday of month)
11:30am: Intermediate Spanish	11am: Gentle Yoga	10am: Knit & Crochet	12pm-3pm: Beginner/Intermediate Clay Arts	12pm: Lunch*
12:35pm: Beginner Spanish	12pm: Lunch*	10am-11am: Zumba	1pm-4pm: Pool League	1pm: Silver Sneakers Circuit
12pm: Lunch*	12:15pm: SS Stability	12pm: Lunch*	1pm-4pm: Pool League	1pm-4pm: Pool League
12pm-3pm: Bridge	12:30pm: American Mahjong	12:30pm-4pm: Canasta	1pm: Strength w/Aidan	
1pm: Resistance Bands	1pm-4pm: Pool League	1pm: Bingo	1pm: Spanish Review	
1pm-2pm: Chit Chat	12pm-3pm: Intermediate/Advanced Clay Arts	1pm: Strength w/Aidan	1pm: Spanish Review	
1pm-4pm: Pool League	1:30pm: Soul Line Dancing	1pm-3pm: Guitar Lessons	1pm-4pm: Poker	
2:30: Parkinson Support (3rd Monday)	2pm: Grief & Loss (2nd & 4th Tuesday)	1pm-4pm: Pool League	2:30pm: Country Line Dancing	

*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.

May Special Events

May 1	1pm- Fused Glass	May 21	10am-2pm - Tarot Cards
May 2	4pm - Cooking Foods For a Healthy Heart with Planted Platter		10am- Watercolor Workshop
May 3	11am - Memory Cafe		1pm- New Member Meeting
	1pm- Kentucky Derby Kick Off		2pm- Returning Member Meeting
	2pm- "Senior Issues" Presentation Part 1	May 22	1pm- Tie Dye Workshop
May 6	10am- Kindermusik		2pm- Roots Vita Lounge Presentation
May 7	9:30am- "Senior Issues" Presentation Part 2	May 24	1pm- Zentangle Workshop
	1pm- Apple Workshop		2pm- Importance of Mobility and Fall Risk Reduction- Part 1
May 8	10:30am- Discover Live: Stockholm, Sweden	May 27	CLOSED- Memorial Day
	2pm- Stamping Workshop	May 28	9am-12pm - Legal Tuesdays
	1:30pm- Hawaiian Luau		2pm- Grief & Loss
May 10	9am - Mothers Day Breakfast		3pm- Book Club
	11am- Caregiver Support Group		5:30pm- Dine in Dinner
	1pm- Poetry Open Mic	May 29	2pm- Importance of Mobility and Fall Risk Reduction- Part 2
	1pm- Beading Workshop	May 31	1pm- Managing Money: A caregivers guide to finances
May 14	10am- Kindermusik		
May 15	1pm- Alcohol Ink Workshop		
May 16	10am- Travel With Us?		
	11am- Discover Live: Milan, Italy		
	2:15pm- Atlantic Magazine Discussion Group		
May 20	10:30am- Saratoga Library		
	2pm- Memorial Day Party		
	2:30pm- Parkinson Support Group		



A MESSAGE FROM PRESIDENT AND CEO

Jill Johnson VanKuren



Dear Saratoga Senior Center Members:

I am thrilled to announce a special and renewed collaboration between Saratoga Hospital and the Saratoga Senior Center aimed at enhancing the well-being and health of our cherished senior community – the Saratoga Hospital Senior Wellness Series.

Starting this month and over the course of this year, we will be hosting a series of events exclusively for you as Senior Center members. These events will feature our healthcare professionals providing informative sessions, workshops and activities designed to promote healthy habits to help you as a senior member of the Saratoga community.

We hope you join us for the inaugural series events in May and June, which you can read more about on the back of this sheet. Be on the lookout for more information on upcoming events! We look forward to partnering with the Senior Center to empower our community with the knowledge and resources we can provide needed to live healthier, happier lives.

Sincerely,

Jill J. VanKuren
President and CEO, Saratoga Hospital

Follow us on social media:

@saratogahospital



saratogahospital.org

Introducing the Saratoga Hospital Senior Wellness Series:

Thriving Through Health and Harmony



Join our dedicated team of healthcare professionals as they provide valuable insights, practical tips, and advice to help you and your loved ones maintain optimal health and vitality.

Upcoming Events: May and June

All sessions will occur at the Saratoga Senior Center, in the Dining Room

To register, call: 518.584.1621



Importance of Mobility and Fall Risk Reduction – Part 1

Friday, May 24,
2:00 - 3:00 p.m.

An overview of the health benefits of mobilization, fall and injury risks, and how your medical care might be tailored to maximize mobility with **Mallory Otto, MD**, Geriatric Medicine at Saratoga Hospital.



Importance of Mobility and Fall Risk Reduction – Part 2

Wednesday, May 29,
2:00 - 3:00 p.m.

Discover the vital link between mobility and independence as you age. Explore practical exercises, balance techniques, and lifestyle adjustments to mitigate falls and improve mobility with **Randy Russom, PT**, from Saratoga Hospital's Regional Therapy Center.



Joint Replacement Prehab and Home Prep

Tuesday, June 11,
10:00 - 11:00 a.m.

Gain essential guidance for mentally and physically preparing for joint replacement surgery. **Randy Russom, PT**, from Saratoga Hospital's Regional Therapy Center, will cover exercises, mobility aids, and home modifications to enhance your recovery and ease your return to daily activities.



Nutrition for Seniors: Small Changes Add Up to Help You Feel Your Best! **Tuesday, June 18,**
10:00 - 11:00 a.m.

Join **Jodi Tamburrino, RD, CDN**, from Saratoga Hospital's Outpatient Nutrition team, to discover:

- The essence of a balanced meal
- Utilizing readily available foods for balanced meals and snacks

Explore essential nutrients needed for seniors ages 65 & older, including:

- Macronutrients like protein, fiber, and fluids
- Micronutrients such as Vitamin D, Vitamin B12, Calcium, and sodium.