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WELCOME TO OUR NEW CENTER

SEPTEMBER 2023

SEPTEMBER SENIOR SAMPLING

Thank you to the Dake family, Stewarts Shops, and our major sponsors who helped bring to the community your center for active older adults.

Please join us at our ribbon-cutting on Tuesday, September 12th at 10:30am.

CDPHP has sponsored Silver Sneakers members for the month of September. Show your Silver Sneakers card at the front desk to cover your monthly fee.



MUSIC AT THE CENTER

Garland Nelson, Return Engagement!

Thursday, September 14th, 1:00-2:00pm. \$10.00. *Includes lite fare*

Garland Nelson is an all-star talent whom the Saratoga community is fortunate to have. He can be found performing at various locations in the area. Every artist is driven by a burning passion. For Garland Nelson, that passion is service towards others. *Sponsored by MVP*



Love Compost Art Reception. *facilitated by Terri-Lynn Pellegri.* Sunday, Sept., 24th. 2:00-4:00pm.

Please join us to celebrate LOVE COMPOST Saratoga Collaborative, an art installation by photographer Terri-Lynn Pellegri. There will be live music and light refreshments. Come and meet the artist...we hope to see you there! *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.*

Drum in Joy! *presented by Saratoga Peace Week*

Sunday, September 24, 6:00 -7:15. \$5 *Please sign up, limited seating.*

Chelsie of Rural Soul Music Studio invites you to learn about an exuberant and thunderous path toward lifelong happiness... DRUMMING! West African hand drums will be provided and you will be shown how to get into a groove from the moment your hands meet the drums.



ART, ART AND MORE ART! *included in the \$15 monthly activity fee*

Beginning Handbuilding Clay Arts - New Class. *facilitated by Carol Glansberg*

Tuesdays, 1-3pm, beginning Sept. 5th. \$10 material fee. *Please sign up.* No experience necessary.

Hand building skills; slab building, pinch pots and coil pots will be taught. Students **must** complete the four week series before they move into the advance class.

Advanced/Intermediate Handbuilding Clay Arts - New Class. *facilitated by Randi Kish*

Monday, 9-12pm, beginning Sept. 11th. \$10 material fee. *Please sign up.* Must have advanced/intermediate clay experience - advanced level. This session's project is a sake set. A sake set consists of the flask and cups used to serve sake.

Watercolor Workshop *facilitated by Susan Peters.*

Tuesday, September, 19th. 10:30. \$5.00 material fee.

Why watercolor? It is versatile, unpredictable, wonderful, light-filled, colorful. Perfect for beginners and experienced alike. *Please sign up, seating is limited.*

Stamping Workshop. *facilitated by Helen Mastrion*

Thursday, September, 21st. 2-4. *Please sign up, seating is limited.* 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.

Zentangle Art Workshop *facilitated by Katie Long.*

Thursday, Sept., 28th. 1:00pm. \$5.00 material fee. *Please sign up, seating is limited.*

Katie will lead you in making nametags and bookmarks. Zentangle is an easy-to-learn and fun way to create beautiful images by drawing structured patterns.

Beading Workshop *facilitated by Jerry Matthews.*

Wednesday, September 20th. 1:00pm.

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



DONATE NOW

By scanning the QRcode with your phone camera, you will be directed to our website donation page.

With utmost thanks to our donors, members & community partners, The Saratoga Senior Center is able to provide our community with the many age-friendly services & resources we offer here in Saratoga Springs. Thank you for donating to the Center and supporting your local Seniors!



"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 \$11.00. 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.



Hours: Monday-Friday 8am-4pm.

290 West Avenue Suite 1, Saratoga Springs, NY • (518) 584-1621

• saratogaseniorcenter.org

EVENTS

Trivia Night!

Monday, September 11th. 5:00pm. New Time this month!! \$5.00. Please sign up, seating is limited. Pizza bites served. Bring your own beverage. Join us for fun, friendly competition! Prizes! *"Where all those useless facts you've been collecting can finally come in handy!"*



Herzog Law Firm presents: Wills vs. Trusts

Monday, Sept., 18th. 11:00-12:00. Free and Open to the Public.

Learn about Revocable & Irrevocable Trusts, Advance Directives, types of Wills and how to use them to benefit yourself and loved ones. Learn about protecting your home and assets and avoiding court & spend downs.

Citizens Emergency Preparedness presented by the MSGT. Lydia Gerardi, Air National Guard.

Tuesday Sept., 19th, 12:30 pm. Free and Open to the Public.

This training teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. Participants will be advised on how to properly prepare for any disaster, including developing an emergency plan and stocking up on emergency supplies.

Tarot Card Reading facilitated by Mary Shimp. Thursday, September 28th. 11-1pm. \$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.

NEW ADDITIONS included in the \$15 monthly activity fee

Reach Out and Play Game Day. Made possible by NY State Office of the Aging. Ice Cream Social \$4

Monday, September 11th. 1:00-3:00pm.

Join AARP, the proud sponsor for the Ageless Innovation's Reach out and Play initiative, for an evening of play with classic board games- reimagined. Have fun through the power of play with Joy for ALL games like Trivial Pursuit and The Game of Life.

Health Management For Seniors facilitated by Jon Gordon, MD, PhD

Mondays at 11:00 beginning September 11th

Join Jon in a discussion on how the systems in the body function in health and disease and how to approach management of health issues. Both conceptual and practical aspects of health will be discussed.

"The Song of the Guitar" Guitar workshop and lessons. facilitated by Dave Capano

Wednesdays, 1:00-3:00pm, beginning September 13th.

This is a workshop for guitar players from beginner to intermediate; to facilitate the exchange of ideas related to improving an individual's playing skills. This would include solo and group playing. To truly develop an individual should have his own guitar. Emphasis will be placed on the acoustic guitar, whether steel or nylon stringed.

Apple Workshops facilitated by Stephen Ramirez

September 18th 10:00 - 11:30 am. Please sign up

Wallet App and Apple Pay: This app can securely organize credit cards, debit cards and reward cards on your iPhone using Apple Pay at checkout. An explanation of the terminology, the various parts of the app, why you might want to use it and set up process will be discussed. Time will be available to actually set up a credit card or reward card in your digital wallet. More workshops in October and November.

Learn to Speak Spanish facilitated by Lorena Diaz Puratic

Beginning Tuesday, September 19th. Please sign up.

Beginner Class - 10:15-11:15. For those with no history of speaking Spanish who are learning from scratch.

Intermediate Class - 11:30-12:30. For learners with understanding of basic Spanish words and phrases, who want to work toward greater fluency in conversation as well as in reading and writing.

Qi-Gong/Tai Ji Moves made possible with the support of MVP

Thursdays, September 28-November 16 from 9:00-9:45am



Qi-Gong is an ancient health maintenance system developed in China and is comprised of simple movement exercises and meditation practices. When these simple exercises are combined in a specific sequence they comprise a Tai Ji "form", emphasizing good alignment and working on improving strength, flexibility, and balance. No previous experience is required. Wear loose, comfortable clothing with soft soled shoes.

FITNESS CLASSES

DID YOU NOW THAT ALL OUR FITNESS CLASSES MOVED TO THE NEW CENTER?

- Tai Chi
- Walking Club
- Healthy Bones
- Chair Yoga
- Golf
- Low Impact Cardio & Strength with Joyce
- Pool League
- Zumba
- Strength with Aidan
- Qi Gong/Tai Ji
- Strength & Conditioning with Jo Ann
- Gentle Yoga with Maria
- Belly Dancing

Thank you to our newsletter sponsors for their continued support!



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



StanleyP@aetna.com c 518-390-2582



STAY INFORMED AND CONNECTED!

DO YOU GET OUR EBLASTS?

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 address or if you don't have email, maybe you can use your son's or daughter's to keep you informed.



FOOD

Dine in Dinner - The Diamond Club at Embassy Suites

Tues., September 12th, 5:30pm. Dinner is held at the New Senior Center. \$12 per dinner.

Braised Lemon Caper Chicken Thighs, Mashed Potato, Baby Carrots Please sign up, must be a member.

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., Sept., 11th and Tues. Sept., 12th. Ziti with Grandma's Sunday Red Sauce with Meatballs

Mon., Sept., 18th and Tues. Sept. 19th. Chicken Breast simmered in a light red roasted pepper sauce, served with rice

Sponsored by Home of the Good Shepherd.



Pitney Meadows Pop-Up Fresh Pantry!

Mondays, 9:30am till gone at the Saratoga Senior Center.

Pitney Meadows farm is unique because "we don't grow to make money; we give. Our philosophy of farming means growing for the community." They are committed to provide fresh produce donations to food pantries, senior programs to feed the community. Sponsored by Wellcare.



Capital Region Food Bank

Thursdays at 11:00 till gone at the Saratoga Senior Center.

Pitney Meadows farm is unique because "we don't grow to make money; we grow to give. Our philosophy of farming means growing for the community." They are committed to provide fresh produce donations to food pantries, senior programs to feed the community. Sponsored by CDPHP.



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 produce for pick-up at the Center, or home delivery if homebound.

Sponsored by CDPHP



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: 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 -

SUPPORT AND PEER GROUPS

Parkinsons Support & Discussion Group *facilitated by Marie Thorne.*
Third Monday of the Month. 1:00-2:30.

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.*
Second & Fourth Tuesday of the Month. 2:00- 3:00pm.

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Coping with the loss of someone or something you love is one of life's biggest challenges. Any loss can cause grief, including: divorce or relationship breakup, loss of health, loss of financial stability, retirement, death of a pet, serious illness and more. The purpose of this group is to provide friendship, understanding, and hope.

Memory Cafe

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

The memory café offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or another dementia. We're excited to end 2023 with a special series! Opera Saratoga's **“Songs by Heart”** will bring a professional level singer to the café to lead an interactive sing-along. Program results in stress reduction, improved self-confidence and social interaction.

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. Our support group provides an opportunity for caregivers to share personal experiences and feelings, coping strategies, or firsthand information about this disease.

*Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.
Alzheimer's Support Group sponsored by Leon Goldberg's Charitable Trust.*



MEDICARE INFORMATION

Medicare Advantage Information. Medicare Advantage plans include extra benefits and services that focus on your total health. We want to help you get the coverage, resources and care you need. For information stop by the center and chat with a licensed Medicare Advantage Agent.

- MVP office hours: Wed., Sept. 6th & 20th. 9-1. Thurs., Sept. 7th, 14th, 21st & 28th. 9-1
- CDPHP: Mon., Sept. 11th. 9-12.
- Nascentia Health: *to be determined*
- HighMark: *to be determined*



VAN TRIPS

Lunch Bunch - The Mill on Round Lake

Friday, September 8th.

The Mill is an inviting Adirondack-themed tavern with great food, a cozy atmosphere and exceptional service. Locals and tourists alike consider The Mill their favorite spot to eat, drink, dance and relax. *Pay \$10 at sign up. Bring money for lunch. Leave the Center at 11:00am. Return about 1:30.*

Clark Museum

Tuesday, September 12th

Enjoy a guide tour of the Edward Munch: Trembling Earth exhibit. He is best known for his vivid depictions of love, anxiety, and death. This exhibit features brilliantly hued landscapes, stunning figure portraits, and an impressive selection of drawings and prints, including a lithograph of the artist's most celebrated work, The Scream. The exhibition includes thirty-five works from the Munchmuseet's world-renowned collection, and more than forty paintings and prints drawn from private collections and rarely exhibited publicly. Lunch on your own at the cafe. *Pay \$44 at sign up. Bring lunch money. Leave the Center at 10:00am. Return about 5:00pm. Sign up as soon as possible.*

The Wild Center

Friday, September 15th. Sign up by Sept. 11th

The Wild Center is an 115-acre hands-on place to get all kinds of new perspectives on the wild world of the Adirondacks. It includes the famous Wild Walk, a trail across the treetops. Lunch on your own at Waterside Cafe. *Pay \$30 at sign up. Bring lunch money. Leave Center at 8:30am. Return about 5:30pm.*

Fort Ticonderoga and Carillon Boat Cruise

Tuesday, September 26th. Sign up by September 15th.

Admission includes 10:15 tour “Key to the Continent” and 11:30 tour “Fort Ticonderoga Museum”. Also includes 1pm boat cruise. Must be able to navigate stairs getting to dock and into boat. Lunch on your own at the cafe. *Pay \$59 at sign up. Bring lunch money. Leave the Center at 8:30am. Return about 4:15pm.*

Pastime Pinball, Manchester, VT.

Friday, September 22nd

Pastime Pinball is a hands-on museum featuring 66 pinball machines set to FREE PLAY. Take a shot at one of the gun games from the 1950s & 1960s. Or test your skills on a 70-year-old Shuffle Bowler and Skee Alley. Play a 1960s baseball game, a 1970s basketball game and an Atari driving game from the early 1980s. Retro gamers can enjoy Ms. Pacman, Galaga, Frogger, Street Fighter and hundreds more. *Pay \$42 at sign up. Bring snack money. Leave the Center at 10:30am. Return about 4:30pm.*

Proctor's Van Trips

- **SIX** - May 9, 2024. Matinee. \$103.00 per person. Purchase tickets by March 1st, 2024. Six is a British musical comedy, a modern retelling of the lives of the six wives of Henry VIII, presented in the form of a pop concert. In the show, each of the wives take turns telling their story, to see who suffered the most from Henry VIII.
- **BEETLEJUICE** - June 20th, 2024. Matinee. \$86 per person. Purchase tickets by April 1st, 2024. It's showtime! Based on Tim Burton's dearly beloved film, this hilarious musical tells the story of Lydia Deetz, a strange and unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes.

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.



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.

Spotlight on San Antonio Holiday
November 30 –December 4, 2023

collette

2024 TRIPS *Are any of these on your bucket list?*

Journey to Antarctica
January 16-29, 2024

Hawaiian Adventure
January 18-27, 2024

Discover South Pacific Wonders
February 21-March 6th, 2024

Spectacular South Africa
March 7-20, 2024

Discover Nashville
April 28-May 2, 2024

Spectacular Scandinavia
May 16-29, 2024

Discover South Dakota
June 7-13, 2024

Iceland: Land of Fire & Ice
July 21-30, 2024

Spotlight on Tuscany
August 1-22, 2024

Greece Island Hopper
September 28-Oct. 8, 2024.

Spains Classics & Portugal
October 12-26, 2024

Southern Charm
December 2024. Details coing.

2023 One Day Bus Trips Open to the Public

Salem, MA
Thursday, October 19th.

Historic Salem is a city of layers—one historical era layered upon another. But don't forget to explore the witchy side of Salem too! Information coming on possible hop on/hop off trolley. \$18* (price to be confirmed). Member \$60. Non-member price \$85.

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

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.

New York City Holidays
Wednesday, December 6th.

There is no other place quite like New York City at Christmastime; from its world-class museums and art galleries to the theater and beautiful decorated windows. Spend the day on your own. You will be dropped off at Bryant Park *Member Price \$60. Non-member price \$85.*

MORE SEPTEMBER HAPPENINGS

Barber at the Center
Monday, Sept., 18th. 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.

Tarot Card Reading *facilitated by Mary Shimp*
Thursday, September 28th. 11-1pm. \$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.

One-on-One Tech Assistance

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

BENEFITS OF BEING A SARATOGA SENIOR CENTER MEMBER

Fun and socialization for adults age 50 and up!

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

SEPTEMBER PROGRAMMING

"And then the sun took a step back, the leaves lulled themselves to sleep, and Autumn was awaked." — Raquel Franco
\$35 year membership. \$15 monthly unlimited class fee. ReNew Active member - swipe in to waive monthly fee.

For now, we are no longer a Silver Sneakers location.

However, Silver Sneakers members will be covered by CDPHP for the month of September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Pitney Farm 9:00: Tai Chi 9:00-12: Barber (<i>see schedule</i>) 9:00: Walking Club 9-12: Advanced Clay 10:00:Healthy Bones 10-11:Chair Yoga (<i>center & zoom</i>) 1-2: Chit Chat 11:00:Health Mgmt. 1-2:Parkinson Support (<i>3rd monday of month</i>) 1-4: Pool League 1-4: Bridge	9:00: Golf League 9:00:Poker 9-9:45:Low Impact Cardio/ Strength - Joyce 9-11: Women's Pool 10:00: Meditation 10:15: Beginning Spanish 10:30: Intermediate Spanish 12:30: Mahjong 1-4: Pool League 1-3: Beginning Clay Arts 2:00: Grief & Loss Support	8:45: Senior Life Transitions Team Mtg. 9:30: Mosaics 9:30-1: Rug Hooking 10:00: Knit & Crochet 10-11: Zumba 12:30-4: Canasta 1:00: Bingo 1:00:Strength w/Aidan (<i>center & zoom</i>) 1-3:Guitar Lessons 1-4: Pool League	9-9:45: Qi Gong/Tai Ji 10-10:45: Strength & Conditioning - Joanne (<i>center & zoom</i>) 10:00: Ukelele 10-2: Tarot Cards (<i>see schedule</i>) 11:00: Foodbank 11:00-11:45 Gentle Yoga (<i>center & zoom</i>) 1-4: Pool League 1:00: Mahjong 1:00:Belly Dancing	9-12: Poker 9-12: Advanced Clay Arts 10:00:Healthy Bones 10:00: Spanish Review 11:00: Memory Cafe - (<i>1st Friday of month</i>) 11:00: Caregiver Support Group (<i>2nd Fri of month</i>) 1-4: Pool League

SPECIAL EVENT SCHEDULE

- *Every Monday.* 9:00 Pitney Farms Pop up Market
- *Every Monday.* 11:00. Health Management Peer Group
- *Every Monday.* 1:00 Chit Chat Social Group
- *Every Tuesday.* 9:00. Women's Pool League
- *Every Wednesday.* 1:00. Bingo
- *Every Thursday.* 11:00. Regional Food Bank
- Fri., Sept. 1st. 11:00. Memory Cafe by Azheimers
- Mon., Sept. 4th. CLOSED
- Fri., Sept. 8th. 11:00. Alzheimers Support
- Mon., Sept. 11th. 1-3: Game day/ice cream social
- Mon., Sept. 11th.. 9:30-3:30. PaL's Meals
- Mon., Sept. 11th. 5:00 Trivia
- Tues., Sept. 12th. 10:30. Ribbon Cutting
- Tues., Sept. 12th. 5:30. Dine In Dinner
- Wed., Sept. 14th. 1:00. Garland Nelson - Music
- Mon., Sept. 18th.. 9:30-3:30. PaL's Meals
- Mon., Sept. 18th.. 9-12: Barber
- Mon., Sept. 18th.. 10-11:30. Apple Workshop
- Mon., Sept. 18th.. 11-12: Herzog Presentation
- Mon., Sept. 18th. 1-2:30: Parkinsons Support Group
- Tues., Sept., 19th. 10:30. Watercolor Workshop
- Tues., Sept., 19th. Spanish Begins
- Tues., Sept., 19th. 12:30. Emergency Preparedness
- Wed., Sept. 20th. 1:30. Beading Workshop
- Thurs., Sept. 21st. 2pm. Stamping
- Thurs., Sept. 28th. 1pm. Zentangle
- Mon., Sept. 24th. 2pm. Love Compost Reception
- Mon., Sept. 24th. 6pm. Drumming Circle
- Mon., Sept. 25th.9:30-3:30. PaL's Meals

Thank You for Your Kindness and Support!

Thank you to Herzog Law, Highmark and Home of the Good Shpeherd for sponsoring our first Senior Expo. Thank you to all the vendors that participated in the Senior Expo.

Thank you to CDPHP for sponsoring Brooks BBQ, Thank you toCDPHP for sponsoring our 4th of July Celebration.

Thank you to Old Bryan Inn for our scrumptious dinner.

Thank you to AETNA,CDPHP, Highmark, and Nascentia for Medicare Advantage Information. Thank you to NYRA for our Senior Track Day. Thank you to MVP for sponsoring Senior Track Day. Thank you to Pitney Meadows for our cooking class with Planted Platter.

Thank you to Attentive Care for Sponsoring the cooking class with Planted Platter.

Thank you to Walmart, Glens Falls Foundation, Emergency Food & Shelter Program and United Way for supporting our Center.

Thank you to all the volunteers who helped us with the big move!

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

