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MARCH 2024

SARATOGA SENIOR CENTER

ANNOUNCING EVENING HOURS FOR MARCH!


- **New In March- Wednesday Evening Hours- Drop in until 7pm or try an art class**
- **Beginner Wool Felting facilitated by Sofia |Wednesdays, 5:30pm| No class 3/13| \$5 material fee| Please sign up, seating is limited.** Do you enjoy creating and crafting with your hands? Are you looking for a new easy to learn hobby? Join us for a needle felting workshop! All skill levels are welcome, and it will be especially great for beginner. Together we will start and finish an entire project, chat, and hopefully develop a love for the art of felting.
 - **NEW Golf Simulator Coming 3/13! Stay tuned for more details.**

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. Tickets will go on sale on **Tuesday March 12 at 9am**. Ticket sales will be 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. **Must be a member.**
Ticket sales for the ballet will end June 25. Ticket sales for the orchestra will end July 17.

MARCH FOOD & FUN

Guest Chef Dinner | Olde Bryan Inn | Tuesday, March 12, 5:30pm | Must RSVP | \$12 per diner. Chicken cordon bleu, mashed potatoes and side vegetable.

Please join us for our guest chef dinners at the new center! Meet new friends and enjoy a delicious restaurant meal at an affordable price. Sells out quick-sign up early. *Sponsored by*  **KeyBank**

Trivia Night


Monday, March 11, 5:30pm | \$5 | Must RSVP

Pizza bites served. Join us for fun, friendly competition! Prizes!

"Where all those useless facts you've been collecting can finally come in handy!"

St. Patricks Day Party

Monday, March 18, 1:30pm | \$10 | Must RSVP

Celebrate the luck of the Irish. Join us for live music by Garland Nelson. Sausage, Peppers & Onions, dessert & more will be provided. 

Sponsored by 



The Wild Irish Acres Step Dancers under the direction of Terri Hughes Friday, March 15, 4pm | \$5 | Must RSVP

A return visit from these lively dancers. Irish step dance is a wonderful celebration of the arts and Ireland's unique culture. Snacks & refreshments will be provided.

Hop Into Spring Party

Thursday, March 28, 2pm | \$10 | Must RSVP

Join us for live music from Kenneth Blatt! Pasta & meatballs, dessert and more will be provided. Easter bonnets welcome!

Thank you to our newsletter sponsors for their continue support!



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NEW ADDITIONS

Gentle Yoga facilitated by Rita | Tuesdays, 11am | Start date TBD | Please sign up
Gentle yoga is back at the Center! Come join Rita for her new gentle yoga class.



SilverSneakers Stability facilitated by Amanda | Tuesdays, 12:15pm | Starting March 5 | Please sign up
Join Amanda for SilverSneakers Stability! This class will focus on improving balance, you will utilize chair support to help improve cognition and fall prevention.

NEW Art Classes-See Inside!

MONTHLY MEMBER MEETING

Saratoga Senior Center Member Meeting | Wednesday, March 20, 1pm

Join us for our monthly member meeting! Bring your questions, concerns and suggestions for Senior Center staff, and a board member or two. Open to all members, no registration needed.

SARATOGA SENIOR CENTER



Hours: Monday-Friday 8am-4pm.

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

• saratogaseniorcenter.org

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

***Material fees are utilized to purchase supplies needed for art classes and workshops. Please note that supplies purchased are to remain at the Center for future use and are property of the Center.**

NEW! Fused Glass facilitated by Meryl Davis | Wednesday, March 13 & March 27, 1pm | \$10 material fee* Fused glass is fascinating and versatile. It involves melting different pieces of glass together in a kiln to create unique designs. We will be using two 4x4" tiles to make either jewelry or decorative glass pieces. **Please sign up, seating is limited.**

NEW! Puppetry Workshop facilitated by Frank Lombardo | Thursday, March 21, 1:30pm | \$5 material fee* Let's Celebrate World Puppetry Day! Come and learn to make a simple hand puppet from paper. Then use the puppet form as a "canvas" for designing a character or object of your own creative expression and imagining. No experience necessary. **Please sign up, seating is limited.**

Beginning Handbuilding Clay Arts facilitated by Chris Knite | Mondays 12pm-2 pm | \$10 material fee No experience necessary /Please sign up, seating is limited. This month's project will focus on creating custom trivets or wall hangings. Students **must** complete the four week series before they move into the intermediate/advanced class.

Intermediate/Advanced Handbuilding Clay Arts facilitated by Carol Glansberg | Tuesdays, 12pm-3pm | \$10 material fee | Please sign up, seating is limited.

This month's project will be flowers, butterflies, & bird houses. Must have intermediate/advanced clay experience.

Beading Workshop facilitated by Jerry Matthews | Monday, March 11, 10am | \$5 material fee* | 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**

Watercolor Workshop facilitated by Kathy Larmon | Tuesday, March 12, 9:30am | \$5 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 | Wednesday, March 20, 2pm -4pm | \$5 material fee* Make an assortment of greeting cards. You may choose Helen's design or create your own! Be creative. No experience necessary. **Please sign up, seating is limited.**

Zentangle Art Workshop facilitated by Katie Long | Friday, March 22, 1pm | \$5 material fee* Zentangle is an easy-to-learn and fun way to create beautiful images by drawing structured patterns. **Please sign up, seating is limited.**

MORE MARCH HAPPENINGS

NEW! Music & Memories facilitated by Sofia & Carey | Wednesday March 6 & March 20 | 3:15pm | Please sign up. Join us in listening to some of your old favorite tunes and reminiscing about where music takes you back to in time. Together we will chat about our favorite songs and play games that test your musical memory. Bring in a favorite song to share or just come listen to songs and stories and play some games!

NEW! Remembering Through Recipes facilitated by Sofia | Thursday, March 21 & March 28, 1pm Please sign up. Recipes often hold many powerful memories and can transport us to another time or place with just one bite. They are an important piece of family lineage and hold great value. Join us as we share our favorite recipes and memories with each other and create a personal cookbook of these treasures. First session Sofia will make her families savory pastiera recipe to taste.

Kindermusik Class facilitated by Rosie Spring | Tuesday March 5 & March 19, 10am | Please sign up. Come join us for this intergenerational program! Join preschool students from the YMCA for a music class facilitated by Rosie from Kindermusik.

Poetry/Storytelling Open Mic | Friday, March 8, 1pm | Please sign up | \$5 suggested donation- Open to the public. The program will begin with a reading by local poet, Judith Prest, 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.

Writing Class facilitated by Donna Baltezare | Friday March 8, March 15, March 22, & March 29, 1pm | Please sign up. Donna will lead a creative writing workshop for like-minded individuals interested in a free and fun writing group.

Tarot Card Reading facilitated by Mary Shimp | Tuesday, March 19, 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.

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 Alzheimers Association (regular office hours), Parkinsons, medical, and health insurance community.
- Transportation: Volunteers to assist with rides to medical appointments, pharmacies, dentists, the Senior Center, and more. A Price Chopper shuttle from several housing sites on Wednesdays.

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, March 4 | 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!

-Pennell's Restaurant for our delicious dinner.
-Omelette King Catering for our delicious breakfast.
- Jeff Brisbin for performing for our members.
-Saratoga County Department of Aging & Youth Services and NY Connects for your informative health insurance info session.
-CDPHP, Highmark, Aetna, United Healthcare, Epic, & MVP for participating in our special insurance expo.
-Saratoga Regional YMCA for Free Fridays for our members.
-AARP for providing tax preparation services.
-Capital Region Physical Therapy & Wellness for your informative presentation.

-Alzheimer's Association of Northeastern NY for your informative presentation.
-MVP for providing Medicare Advantage information.
-Rene Nielson for your informative presentation.
-Herzog Law Firm for providing Legal Tuesdays.
-Leon J. Goldberg Foundation for their generous support.
-CDPHP for their generous support.
-2024 Music & Mingling Presenting Sponsor – United Group of Companies
-Dr. David & Sandra Lee for their 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 bucket list?*

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

Spotlight on Tuscany
August 14-22, 2024
Greece Island Hopper
September 28-Oct. 8, 2024.

Spains Classics & Portugal
October 12-26, 2024
Southern Charm
December 2-8, 2024

** Want to travel somewhere else? Let us know, we will schedule! **

2025 TRIPS

Treasures of Egypt
January 16-27, 2025
Iceland's Magical Northern Lights
February 11-17, 2025

Shades of Ireland
March 13-25, 2025
Holland & Belgium
Springtime River Cruise
April 22-30, 2025

London & Paris
May 7-15, 2025
Alaska Discovery Land & Cruise
July 9-July 20, 2025

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.

2024 ONE DAY BUS TRIPS- OPEN TO THE PUBLIC

Philadelphia
Thursday May 2, 2024

Enjoy a day on your own in Philadelphia! Lunch on your own. Optional Hop on Hop off bus tour through Philadelphia. Tickets can be purchased day of. Hop on Hop off bus departs every 30-45 minutes from 9:30am -5:00pm and visits 28 distinct stops. Visit the Liberty Bell, Rocky Statue and more.

Trip Only Cost: \$82 per person

Skaneateles
Thursday July 18, 2024

Enjoy a day 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 to register for the site seeing cruise please sign up with us no later than July 2nd.**

Trip Only Cost: \$82
Trip & Cruise Cost: \$105

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

Lake Placid
Thursday October 10, 2024
Details and pricing TBD.

New York City
Wednesday December 4, 2024
Details and pricing TBD.

PROCTORS VAN TRIPS

- **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.

VAN TRIPS

Troy Savings Bank Music Hall- Music @ Noon | Tuesday, March 12

Enjoy a FREE concert by Yvonne Chavez Hansbrough, Young Kim, & Paul Quigley. After, enjoy lunch at Browns Brewing Company.

Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return about 4pm

FAME JR Viewing-Stillwater Middle/High School | Wednesday, March 6

Come out and support the Stillwater Middle/ High School musical cast and enjoy a viewing of FAME JR. After, enjoy lunch at Carsons Woodside Tavern.

Pay \$5 at sign up. Bring lunch money. Leave Center at 8:45am. Return about 1:30 pm.

Capital Region Flower & Garden Expo-HVCC | Friday, March 22

Sign up & explore, learn, shop and appreciate the natural beauty of flowers, gardens, and houseplants! After, enjoy lunch at the Tippy Moose Tap & Tavern.

Pay \$10 at sign up. Bring money for admission (\$12 +tax) & lunch. Leave the Center at 9am. Return about 3pm.

Lunch Bunch- Saratoga Winery|Friday, March 29

Enjoy lunch at the Saratoga Winery. Cheese boards, woodfire pizza, & more!

Pay \$5 at sign up. Bring lunch money. Leave Center at 12pm. Return about 2:30pm

MARCH HAPPENINGS CONTINUED

Book Mending Workshop facilitated by Saratoga Childrens Literacy League | Thursday March 14 , 1pm | Saratoga Childrens Literacy League is a non profit organization that collects gently used children's books, mends them and then gets them into the hands of children via Clifford and Ollie's Book-bus. No experience is necessary! You will wipe books, mend minor damage and add their logo sticker. All necessary materials are provided. If you have any gently used or new children's books to donate, they will gladly accept them. **Please sign up, seating is limited.**

Pool Tournament | Wednesday March 20, 1pm | Please sign up- sign up sheet in the game room Sign up for this friendly pool tournament for a chance to win bragging rights at the Center!

Game Day |Tuesday, March 26, 10:30am | FREE | Please sign up

Join us for another fun filled game day! Come play generational Trivial Pursuit, The Game of Life, Scrabble and more. While you're playing enjoy some delicious ice cream.

Book Club. New Members Welcome! Tuesday, March 26, 3pm

This month's book is The Oysterville Sewing Circle by Susan Wiggs. With her signature style and skill, Susan Wiggs delivers an intricate patchwork of old wounds and new beginnings, romance and the healing power of friendship, wrapped in a lovely little community that's hiding a few secrets of its own.

English Paper Piecing Club | Fridays, 10am

English paper piecing is a hand sewing technique with a card stock and fabric glue stick to keep the fabric in the correct shape and size. All you need is fabric, fabric glue stick, template (we can make one) and the card stock shapes. It's a portable hobby of quilting. Come join, no experience needed.

Barber at the Center |No Barber in March, next date Monday April 1, 9am-12pm | \$5 haircuts for men. Ryan and a guest barber will be coming to the Center to cut our male members' hair. Call the front desk to make an 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.

FREE PRESENTATIONS- OPEN TO THE PUBLIC

Effective Communication presented by Alzheimer's Association of Northeastern NY | Friday March 8, 12:45pm | Please sign up | Join the Alzheimer's Association to explore how communication changes when someone is living with Alzheimer's. Learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

The NY Citizen Preparedness Training presented by Citizen Preparedness Corps |Tuesday March 12, 10am |Must RSVP online using the following link <https://www.surveymonkey.com/r/SSC31224> This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plan and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit.

Fitness Principles presented by Capital Area Physical Therapy & Wellness |Friday, March 15, 9am | Please sign up| Come learn about recommended American College of Sports Medicine guidelines, types of exercise, reducing risk of injury, how to get started, and timelines for physiological changes.

Peer Connection Program presented by Saratoga County Veterans Service Agency |Monday, March 25, 9am | Please sign up| Join us for this informative presentation by the Saratoga County Veterans Service Agency. Learn about their peer connection program. Q & A to follow.

Replacing Your Paycheck in Retirement presented by James (JT) Cox from Continuum Wealth Advisors, LLC. |Friday, March 29, 9am | Please sign up| Join us for this informative presentation on how to replace your paycheck in retirement. A guide to creating a retirement income plan with a focus on Social Security and the importance it plays in your retirement plan.

Legal Tuesdays – Herzog in the House | Tuesday, March 26, 9am-12pm | Must sign up Herzog Law Firm will be onsite at the Center, 9 am-12 pm, 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

FREE EVENTS/CLASSES

*The following programs and classes are free and open to Saratoga County residents ages 60+. You do not need to be a member of the Saratoga Senior Center to participate in these programs and classes. *These programs and classes were made possible by the New York State Office for the Aging and Saratoga County Department of Aging and Youth Services. Space is limited-RSVP-first come first served. Your date of birth and address will need to be provided.*

Daytime Trivia *facilitated by Kevin Riley* | **Friday March 1, March 15, March 22 & March 29, 2pm** | **Must RSVP.** Daytime trivia is coming to the Center! Trivia questions range from easy questions on famous events from the 1950's and 60's to topics on pop culture and movies from the 70's and is a great way to boost brain power while socializing and having fun.

Country Line Dancing *facilitated by Kevin Richards* | **Thursday March 7 & March 14, 2:30pm** | **Must RSVP** 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.

Opera Saratoga | **Monday March 11 & March 25, 1:30pm** | **Must RSVP**

Join us for a performance by Opera Saratoga Songs By Heart artists Angelina Valente and John Benware. Sing a-long, dance, and reminisce with music at this fun filled performance.

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

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.

COMING UP IN APRIL

Saratoga Senior Center Board Meeting | **Tuesday April 16, 5:00pm**
All members are welcome to join us for our April board meeting

FITNESS PROGRAMS *included in the \$15 monthly activity fee*

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
- Tai Chi
- SilverSneakers Classic
- Gentle Yoga
- Strength with Aidan
- Walking Club
- Resistance Bands
- SilverSneakers Stability
- Meditation
- Chair Yoga
- SilverSneakers Circuit

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. No office hours 3/6 & 3/27

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.
- **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.

March Weekly Programming

"March is the month of expectation." ~ Emily Dickinson

\$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-12pm:Poker	8:45am: Senior Life	9am-11am: Women's Pool	9am-12pm: Poker
9am-12pm: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	Transitions Team Mtg. (1st Wednesday)	10am-10:45am: Silver Sneakers Classic - Joanne	9am-12pm: Intermediate/Advanced Clay Arts
9am-12pm: Barber (see schedule)	9:30am: Mahjong	9am-12pm: Poker	10am: Ukelele	10am:Healthy Bones*
9:30am: Walking Club	10am: Meditation	9:30am: Mosaics	11am: Foodbank	10am: English Paper Piecing Club
10am:Healthy Bones*	10am-2pm: Tarot Cards (see schedule)	9:30am-12:45pm: Rug Hooking	12pm:Lunch*	9:45am:Spanish Review
10am Saratoga Library (2nd Monday)	11am: Gentle Yoga (Start Date TBD)	9am: Pinochle	1pm-4pm: Pool League	11am: Memory Cafe (1st Friday of month)
10am-11am:Chair Yoga	12pm: Lunch*	10am: Knit & Crochet	12:30 pm: Chinese & American Mahjong	11am: Caregiver Support Group (2nd Friday of month)
10:15am: Pre-Intermediate Spanish	12:15pm: SS Stability (Starts 3/5)	10am-11am: Zumba		12pm: Lunch*
11:30am: Intermediate Spanish	12:30pm: American Mahjong	12pm: Lunch*		1pm: SilverSneakers Circuit
12:35pm: Beginner Spanish	1pm-4pm: Pool League	12:30pm-4pm: Canasta		1pm-4pm: Pool League
12pm: Lunch*	12pm-3pm: Intermediate/Advanced Clay Arts	1pm :Bingo		
12pm: Beginner Clay	2pm: Grief & Loss (2nd & 4th Tuesday)	1pm:Strength w/Aidan		
12pm-3pm :Bridge		1pm-3pm:Guitar Lessons		
1pm: Resistance Bands		1pm-4pm: Pool League		
1pm-2pm: Chit Chat		5:30pm: Beginner Wool Felting (No class 3/13)		
1pm-4pm: Pool League				
2:30: Parkinson Support (3rd Monday)				

*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.

*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.

MARCH SPECIAL EVENTS

- March 1 | 11am | Memory Cafe
- March 1 | 2pm | Daytime Trivia
- March 5 | 10am | Kindermusik
- March 5 | 1:30pm | Soul Line Dancing
- March 6 | 3:15pm | Music & Memories
- March 7 | 2:30pm | Country Line Dancing
- March 8 | 11am | Caregiver Support Group
- March 8 | 12:45pm | Effective Communication
- March 8 | 1pm | Poetry Open Mic
- March 8 | 1pm | Writing Workshop
- March 11 | 10am | Beading Workshop
- March 11 | 10am | Saratoga Library
- March 11 | 1:30pm | Opera Saratoga
- March 11 | 5:30pm | Trivia
- March 12 | 9:30am | Watercolor Workshop
- March 12 | 10am | Emergency Preparedness
- March 12 | 1:30pm | Soul Line Dancing
- March 12 | 2pm | Grief & Loss
- March 12 | 5:30pm | Dine in Dinner
- March 13 | 1pm | Fused Glass Workshop
- March 14 | 1pm | Book Mending Workshop
- March 14 | 2:30pm | Country Line Dancing
- March 15 | 9am | Fitness Principles
- March 15 | 1pm | Writing Workshop
- March 15 | 2pm | Daytime Trivia
- March 15 | 4pm | Wild Irish Acres Step Dancers
- March 18 | 1:30pm | St. Patricks Day Party
- March 18 | 2:30pm | Parkinson Support
- March 19 | 10am-2pm | Tarot Cards
- March 19 | 10am | Kindermusik
- March 19 | 1:30pm | Soul Line Dancing
- March 20 | 1pm | Member Meeting
- March 20 | 2pm | Stamping Workshop
- March 20 | 3:15pm | Music & Memories
- March 21 | 1pm | Remembering Through Recipes
- March 21 | 1:30pm | Puppetry Workshop
- March 22 | 1pm | Writing Workshop
- March 22 | 1pm | Zentangle
- March 22 | 2pm | Daytime Trivia
- March 25 | 9am | Peer Connection Program Presentation
- March 25 | 1:30pm | Opera Saratoga
- March 26 | 9am-12pm | Herzog Legal Tuesdays
- March 26 | 10:30am | Game Day
- March 26 | 1:30pm | Soul Line Dancing
- March 26 | 2pm | Grief & Loss
- March 26 | 3pm | Book Club
- March 27 | 1pm | Fused Glass Workshop
- March 28 | 1pm | Remembering Through Recipes
- March 28 | 2pm | An Afternoon with Kenneth Blatt
- March 29 | 9am | Replacing Your Paycheck in Retirement
- March 29 | 1pm | Writing Workshop
- March 29 | 2pm | Daytime Trivia