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Saratoga Senior Center NEWSLETTER

APRIL 2024

NEW Parking Problems? We are trying a shuttle for the month of April. Park by the YMCA pavilion and we will shuttle you over to the Center. Shuttle will run Mon, Tues, Wed, & Fri from 9am-12pm. Please call the front desk to confirm.

Come check out our April guest chef at the Center! Food for these events will be prepared by Chef Humble, Brandon Schatko, Private Chef, formerly of Whitman Brewing Company

Dine in Dinner | Tuesday, April 23, 5:30pm | Must RSVP | \$12 per dinner.

Broccoli and cheese stuffed chicken breast, rice, broccoli cheddar soup, & dessert.

*** NEW*** Dinner sign ups begin in person on Friday 4/5 from 10am- 11am, phone sign ups begin at 12pm if spots remain. Members can only sign up themselves & one other member. Sells out quickly!

Welcome to Spring Party

Monday April 15, 2pm | \$10 | RSVP

Spring has sprung at the Center! Join us for live music from Bill Gervasio. Hearty late lunch.



Earth Day Party

Wednesday, April 24, 2pm | \$10 | RSVP

Let's celebrate Mother Earth! Join us for live music by Jeff Brisbin. Make your own "dirt cup" dessert. Hearty late lunch.



Trivia Night

Monday April 15, 5:30pm | \$5 | 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!"

Controlled Chaos Improv Comedy Troupe

Friday April 26, 2pm | \$5 | RSVP

Do you love watching "Whose Line Is It Anyway?"

Then this is the show for you. Controlled Chaos

loves to "mix things up" by making each show

unique in its selection of short-form games, including some they invented themselves. *Snacks & refreshments provided.*

SilverSneakers & Renew Active Luncheon

Tuesday, April 16 10:30am-1:30pm | Must RSVP

Open to SilverSneakers & Renew Active Members only. Please join the Saratoga Senior Center & the Saratoga YMCA for another fun filled luncheon. Listen to informative presentations regarding Parkinsons programs, blood pressure self-management, Saratoga Senior Center support services and more. Try out the YMCA's SMARTfit device. Enjoy free lunch including pulled pork mac n' cheese, salad, dessert & more.

Thank you to our newsletter sponsors for their continue support!



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NEW Golf Simulator Ribbon Cutting with Dottie Pepper

Wednesday April 3, 2pm-4pm

Calling all golfers! Come celebrate the soft opening of our new golf simulator. More details & rental pricing coming soon.

2pm: Ribbon cutting ceremony featuring Dottie Pepper, LPGA Hall of Famer & CBS Commentator.

3pm: "The Perfect Swing" presented by Capital Area Physical Therapy & Wellness. Learn about common issues with golf swings, how the body moves during swing, demands of swinging, and basic golf related statistics.

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.

Spring Shops at the Center!

Friday, April 19, 2pm-5pm | Open to the public

Join us for a special shopping event featuring art, crafts, and gifts for Mother's Day, Father's Day, Graduation and more!

If you are interested in becoming a vendor please contact Logan by 4/15 to reserve your space.

Volunteer Fair

Monday, April 22, 2pm-3:30pm | Open to the public

Learn more about volunteer opportunities at the Center.

From in-house events and activities to Community Connections, volunteering out in the community, we have something for everyone! Refreshments served.

Sponsored by **MVP**
HEALTH CARE



Long Term Planning Expo
Tuesday, April 23, 2pm-4pm | Open to the public

Learn about long term planning from senior living, home health care, home medical alert systems, estate planning, financial planning and more from The Wesley Community, Nascencia Health, Choice Connections, JT Cox, Herzog Law Firm, Burke Funeral Home, and Trinity Health Alert representatives.



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 class fee)*

NEW! “Bee Happy” - An Earth Day Arts in Motion Project *facilitated by Frank Lombardo* | **Thursday, April 4, 1pm** | Sign up for this creative arts activity to celebrate an insect. Design and construct buzzing “kazoo-bee’s” and a garden of flowers for them to pollinate. No experience necessary. ***Please sign up, seating is limited.***

NEW! “The Karner Blues” - An Earth Day Arts in Motion Project *facilitated by Frank Lombardo* | **Thursday, April 11, 1pm** | Celebrate the Karner Blue Butterfly, a local endangered species. There are several protected habitats in our region, the closest being on the grounds of Saratoga Spa State Park. Construct a Karner Blue butterfly stick puppet with working wings and some blue lupine, which is its primary food source. No experience necessary. ***Please sign up, seating is limited.***

Beginning Handbuilding Clay Arts *Facilitated by Chris Knite* | **Mondays 12pm-2pm** | ***\$10 material fee*** | ***No experience necessary***

A month of having artistic fun with clay, starting with simple forms like soap dishes, hot plate and spoon rests. Advancing to more challenging items like bowls, cups, or happy decorations like bird feeders and ceramic bees. Students **must** complete the four week series before they move into the intermediate/advanced class. ***Please sign up seating is limited.***

Intermediate / Advanced Handbuilding Clay Arts *facilitated by Carol Glansberg* | **Tuesdays, 12pm-3pm** | ***\$10 material fee*** | This month students will have the options to create butterflies, flowers or bird house. Must have intermediate/advanced clay experience. ***Please sign up seating is limited.***

Stamping Workshop *facilitated by Helen Mastrion* | **Wednesday, April 10, 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.***

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

Ballet Inspired Belly Dance *facilitated by Elaina* | **Thursdays, 1pm** | **Please sign up.** The benefits of belly dance are both mental and physical. It’s a form of spiritual nutrition, as well as providing quality exercise, improving self esteem, flexibility and grace. Be sure to wear loose & comfortable clothing. No experience needed.

Bokwa *facilitated by Amanda* | **FREE** | **Thursdays, 9am Starting 4/11** | **Open to all regardless of membership with MVP Healthcare or the Saratoga Senior Center** | **Must sign up** | **Please use this link <https://www.mvphealthcare.com/about/events/living-well/bokwa-at-saratoga-senior-center-8295>.** Bokwa is back at the Center! It is a dance fitness program based in the South African musical tradition of Kwaito.

Sponsored by 

Beading Workshop *facilitated by Jerry Matthews* | **Friday, April 12, 1pm** | ***\$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.***

Beginner Wool Felting *facilitated by Sofia* | **Monday April 15 & April 29, 10am** | ***\$5 material fee per class**** | 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. Together we will start and finish an entire project, chat, and hopefully develop a love for the art of felting. ***Please sign up, seating is limited.***

Fused Glass *facilitated by Meryl Davis* | **Wednesday, April 17 & April 24, 1pm** | ***\$10 material fee**** | Fused glass 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.***

Zentangle Art Workshop *facilitated by Katie Long* | **Friday, April 26, 1pm** | ***\$5 material fee**** | Zentangle is an easy-to-learn and fun way to create beautiful images by drawing structured patterns. This month Katie will lead you in creating Zentangle clocks. ***Please sign up, seating is limited.***

Watercolor Workshop *facilitated by Susan Peters* | **Tuesday, April 23, 10am** | ***\$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.***

Slow & Steady Yoga Flow *facilitated by Leanne* | **Wednesdays, 5:30pm** | **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

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, the Senior Center, 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, April 1, 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!

- Key Bank for sponsoring our dine in dinner.
 - Olde Bryan Inn for the delicious dinner.
 - The Wild Irish Acres Step Dancers & Terri Hughes for performing for our members.
 - Garland Nelson for performing for our members.
 - Home of the Good Shepherd for sponsoring and providing dessert our St. Patricks Day Party.
 - Kenneth Blatt for performing for our members.
 - MVP for providing Medicare Advantage information.
 - Alzheimer’s Association of Northeastern NY for your informative presentation.
 - The Citizen Preparedness Corps for providing the NY Citizen Preparedness training.
 - Capital Area Physical Therapy & Wellness for your informative presentation.
 - Saratoga County Veterans Service Agency for your informative presentation.
 - JT Cox for your informative presentation.
 - Saratoga Arts Community Arts/NYS Council on the Arts/ Governor Kathy Hochul/NYS Legislature for your generous support.
 - The Hortense & Louis Rubin Community Health Fund/ Community Foundation for the Greater Capital Region 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

Spains Classics & Portugal
October 12-26, 2024

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

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 Cost: \$82 per person**

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, April 9

Enjoy a FREE concert by Spira chamber quartet. After, enjoy lunch at 110 Grill. *Pay \$10 at sign up. Bring lunch money. Leave the Center at 11am. Return about 4pm.*

VIA Aquarium Tuesday, April 16 | Sign up by Friday 4/12

Discover a world beneath the waves at Via Aquarium. Journey through over 45 Exhibits showcasing the wonders of our oceans, rivers, and local freshwater habitats. After, enjoy lunch at The Nest in Schenectady. *Pay \$25 at sign up. Bring lunch money. Leave the Center at 10am. Return about 3:30pm.*

Lunch Bunch - The Hideaway Friday, April 19

Enjoy lunch at the Hideaway. Tucked away on the south end of Saratoga Lake, the Hideaway offers a large menu with something for everyone. *Pay \$5 at sign up. Bring lunch money. Leave Center at 11:30am. Return about 2:30pm.*

Hildene, The Lincoln Family Home Friday, April 26 | Sign up by 4/18

Back by popular demand! A guided tour of Hildene, The Lincoln Family Home in Manchester, VT. Robert and Mary Lincoln built Hildene as a summer home at the turn of the 20th century. After the tour, enjoy lunch at Mulligans of Manchester. *Pay \$38 at sign up. Bring lunch money. Leave Center at 8:30am. Return about 3:30 pm.*

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 April Happenings

NEW! 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!

- **Friday April 5, 12pm | Discover Dublin**
- **Tuesday April 9, 2:30pm | Tidal Basins Memorials in Washington DC**
- **Monday April 15, 1:30pm | Rio De Janeiro, Brazil**
- **Thursday April 18, 11am | Ohrid, North Madeconia**
- **Tuesday April 23, 1:30pm | Mexico City Mexico**

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

New! The Power of Sharing Stories *facilitated by Joyce Rubin* Tuesdays, 10am (Starts April 16) | 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.

NEW! Geneology Workshop *facilitated by Ruth.* Thursday April 25, 10am | Please sign up.

Join Ruth for her geneology workshop. Ruth is the founder of Heritage Hunters of Saratoga County. To find your ancestors she will need: Full name, date and place of birth, father's full name, father's date and place of birth, mother's full name, mother's date and place of birth, and any other information that might be helpful.

NEW! 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.

Music & Memories *facilitated by Sofia & Carey* | Wednesdays, 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!

Remembering Through Recipes *facilitated by Sofia* Thursday, April 4 & April 11, 2:30pm | 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. Create a special place to hold your recipes to use on your own, or even pass down to loved ones in this cookbook creating and decorating workshop. Let's share and transcribe recipes while we reminisce!

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.

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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.

Barber at the Center | Monday April 1, 9am-12pm \$5 haircuts for men.

Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appt.

*Country line dancing will be back in April on Thursdays at 2:30pm. Stay tuned for more details!

Poetry/Storytelling Open Mic | Friday, April 12, 1pm Please sign up | Open to the public | \$ 5 suggested

donation | The program will begin with a reading by local poet Lale Davidson 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.

April Board Meeting | Tuesday, April 16, 5pm

All members are welcome to join us for our April board meeting. No registration needed.

Tarot Card Reading *Facilitated by Mary Shimp* | Tuesday, April 16, 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 Thursday, April 18, 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.

Legal Tuesdays – Herzog in the House Tuesday, April 30, 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!* Tuesday, April 30, 3pm

This month's book is The Berry Pickers by Amanda Peters. A four-year-old Mi'kmaq girl goes missing from the blueberry fields of Maine, sparking a tragic mystery that haunts the survivors, unravels a community, and remains unsolved for nearly fifty years.

Kindermusik Class *facilitated by Rosie Spring* | Tuesday April 9 & April 23, 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.

Free Presentations with our Community Partners- Open to the public

How to Plan Your Estate *presented by Herzog Law Firm* | **Wednesday April 10, 2pm** | **Please sign up**

An estate plan is a roadmap (in reality a set of documents) that outlines what you want to happen to you, your dependents, and your assets (and liabilities) if you are not able to speak for yourself. If you are single, married, and/or have kids, and/or have significant or unusual assets, and/or own part of or all of a business, you most definitely need an estate plan! This class will identify the “must have” documents for your estate plan.

Home Safety for Seniors *presented by Home Instead* | **Wednesday April 17, 2pm** | **Please sign up**

Join Home Instead for this informative presentation and learn helpful tips to keep aging in place while making sure your home is safe and accessible.

Senior Housing Options *presented by Choice Connections* | **Thursday April 25, 2pm** | **Please sign up**

Learn about who Choice Connections is and what services they provide. Understand Home Care options; cost, levels of care. Understand senior housing; cost, amenities, levels of care. Review funding options available for care; VA benefits, LTC Insurance, Medicaid. Learn about other care options and resources available in the community; grants, day programs, volunteer organizations and more.

Taxes in Retirement: A guide to creating a tax-efficient retirement income plan *presented by JT Cox from Continuum Wealth Advisors* | **Monday April 29, 2pm** | **Please sign up**

Join JT and other staff from Continuum Wealth Advisors and learn how to create a tax efficient retirement income plan. Learn about required minimum distribution rules, managing total income and more.

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 \$11.00. Portion of the proceeds go to the Center!

AARP Tax Preparation – THANK YOU!



As tax season comes to a close, we would like to express our sincere appreciation to AARP for providing invaluable tax preparation services for our members. We are also grateful to our Tax Tuesday sponsors – MVP Health Care (March 26 and April 2) and CDPHP (April 9). You've lightened an otherwise taxing time for so many!

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.

April Weekly Programming

\$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: Bokwa (Starts 4/11)	9am-12pm: Poker
9am-12pm: Open Ping Pong	9am-9:45am: Silver Sneakers Classic - Joyce	Transitions Team Mtg. (1st Wednesday)	9am-11am: Women's Pool	9am-12pm: Intermediate/Advanced Clay Arts
9am-12pm: Barber (see schedule)	9:30am: Mahjong	9am-12pm: Poker	10am-10:45am: Silver Sneakers Classic - Joanne	10am: Healthy Bones*
9:30am: Walking Club	10am: Meditation	9:30am: Mosaics	10am-11am: Foodbank	9:45am: Spanish Review
10am: Healthy Bones*	10am-2pm: Tarot Cards (see schedule)	9:30am-12:45pm: Rug Hooking	12pm: Lunch*	11am: Memory Cafe (1st Friday of month)
10:30am-11:30am Saratoga Library (2nd Monday)	11am: Gentle Yoga	9am: Pinochle	1pm-4pm: Pool League	11am: Caregiver Support Group (2nd Friday of month)
10am-11am: Chair Yoga	12pm: Lunch*	10am: Knit & Crochet	12:30 pm: Chinese & American Mahjong	12pm: Lunch*
10:15am: Pre-Intermediate Spanish	12:15pm: SS Stability	10am-11am: Zumba	1pm: Belly Dance	1pm: Silver Sneakers Circuit
11:30am: Intermediate Spanish	12:30pm: American Mahjong	12pm: Lunch*		1pm-4pm: Pool League
12:35pm: Beginner Spanish	1pm-4pm: Pool League	12:30pm-4pm: Canasta		
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		3:15pm: Music & Memories		
1pm-4pm: Pool League		5:30pm: Slow & Steady Yoga Flow		
2:30: Parkinson Support (3rd Monday)				

**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.*

April Special Events

April 1	9am-12pm - Barber
April 3	2pm - Golf Simulator Ribbon Cutting 3pm - The Perfect Swing Presentation
April 4	1pm - “Bee Happy” Art Workshop 2:30pm-Remembering through Recipes
April 5	11am- Memory Cafe 12pm- Discover Live: Discover Dublin
April 8	10:30am- Saratoga Library
April 9	10am- Kindermusik 2pm - Grief & Loss 2:30pm- Discover Live: Tidal Basins Memorials in Washington DC
April 10	2pm - Stamping Workshop 2pm- How to Plan Your Estate
April 11	1pm - “The Karner Blues” Art Workshop 2:30pm- Remembering through Recipes
April 12	11am- Caregiver Support Group 1pm- Beading Workshop 1pm- Poetry Open Mic
April 15	10am- Beginner Wool Felting 1:30pm- Discover Live: Rio De Janeiro 2pm- Welcome to Spring Party 2:30pm- Parkinsons Support Group 5:30pm- Trivia

April 16	10am - 2pm- Tarot Cards 10am- The Power of Sharing Stories 10:30am- SilverSneakers & Renew Active Luncheon
April 17	1pm- Fused Glass Class 2pm- Home Safety For Seniors
April 18	11am- Discover Live: North Madeconia 1pm-Member Meeting
April 19	2pm-5pm- Spring Shops at the Center
April 22	2pm-3:30pm- Volunteer Fair
April 23	10am- The Power of Sharing Stories 10am- Kindermusik 10am- Watercolor Workshop 1:30pm- Discover Live: Mexico City 2pm- 4pm-Long Term Planning Expo 2pm- Grief & Loss 5:30pm - Dine in Dinner
April 24	1pm- Fused Glass Workshop 2pm- Earth Day Party
April 25	10am - Genealogy Workshop 2pm-Senior Housing Options
April 26	1pm- Zentangle 2pm- Controlled Chaos
April 29	10am- Beginner Felting Workshop 2pm- Taxes in Retirement
April 30	9am-12pm- Legal Tuesday 10am- The Power of Sharing Stories 3pm- Book Club