

COMMUNITY CONNECTIONS



ADULT & SENIOR CENTER
OF SARATOGA

5 Williams Street • Saratoga Springs, NY • 518 584-1621
(Located behind Spa Catholic HS & St. Peter's Church)

Adults 50 and over
may become a member for only
\$15 PER YEAR

Exclusive Privileges to Center Members

Come on In Socialize in a comfortable and safe environment. Enjoy our community room, library and pool table. Transportation is also available.

We're Wired Our computer lab has 4 stations to check email and explore the internet. Plus we offer free one-on-one instruction by appointment!

FREE Bread Pick up baked goods donated by Price Chopper, Panera and the Bread Basket, Tuesday through Friday.

Day Tripper Our van provides transportation to regional points of interest at a great price nearly every week.

Bon Appetite Monthly dinners prepared by local restaurants are served at the Center for only \$10 per person.

Also available at the Center

Lunch is Served The Office for the Aging provides a nutritious meal every day at noon for a suggested \$2 donation.

Legal Council Free legal assistance is offered in a confidential environment by appointment.

Be Informed Presentations are offered to provide information on health and safety issues.

Excursions We offer bus trips and international excursions designed especially for older adults.

Center Activities for Members

Art Ceramics, Stained Glass and Multi-media Art instruction.

Exercise Walking Club, Osteo Aeorobics, Yoga, Strengthen & Stretch, Golf and Wii bowling.

Games Bridge, Mahjong, Pool League and Shanghai Rummy

Common Threads Knitting & Crochet and Rug Hooking.

Sharpen the Mind Writers Workshop, Book Club & Computer Instruction.

New Programs Are Always Being Added!

Stay Connected Whether you are interested in the Center for yourself or a family member, you can rest assured that we provide the social interaction adults need for a happy and healthy lifestyle. Sharing interests and making new friends makes life worth living. Our free monthly newsletter lists new programs and events to keep our members connected!

Hours

Monday through Friday from 8am - 4pm.
Wednesdays evenings until 8pm.