

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

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



(518) 584-1621  
saratogaseniorcenter.org

April 2018

Hours: M-F, 8-4  
Tuesdays: 8-6:30

5 Williams Street, Saratoga Springs, NY

### MEMBER EXCLUSIVE SPRING SALES!

\*Special Sign-Up Day: Friday 4/6 9:30am-12pm

**NYC BUS TRIP**  
**WED. MAY 2ND**

Sponsored by



**\$20/Members**  
**\$45/Non-Members**



**MEMBERS: Want a ticket for \$10?! Get a friend to become a Senior Center member!**

Call the Center @ (518) 584-1621 to snag your spot.  
First come, first serve!

**MIRBEAU SPA DAY PASS**

**\$10**

Member ONLY Benefit (\$55 value!)  
Wed. Apr. 25th

-Visit the newest area spa with a special rate. Steam rooms & saunas, aqua terrace, meditation pool, fitness center & classes, and more!

**SPAC TICKETS**

Member ONLY Benefit  
-\$20 discounted tickets for the ballet & orchestra

-Tickets are non-refundable  
-On sale through the end of April  
-Check SPAC website for dates

### SENIOR SUPPORT SERVICES

Please Call Jane at (518) 584-1621 ext. 206 for more information.

#### Community Connections

Do you need help with transportation, respite, home visits, etc? Please call for assistance.

**\*We also need volunteers for this program.\***

Do you have an hour to assist with visiting, transportation, shopping, and more? Please contact the number above for assistance.

#### Alzheimer's Caregiver Support Group

**10:30am-12pm, 3rd Thursday of every month** The group is free and open to the public. Sponsored by Home Helpers and the Goldberg Foundation.

#### Groups

**Reminiscing: Wednesdays from 10-11am**

**Reminiscing II: Wednesdays at 1pm @ Embury**

**Chit Chat w/ Bree: Mondays from 1-2pm**

**Free and open to the public**

Come meet a new friend, enjoy a cup of coffee and talk about the good ole' days!



#### Focus Group

**Thurs. 4/5: 1:30-2:30pm, Tues. 4/10: 9:30-10:30am, Thurs. 4/19: 8:30-9:30am, Tues. 4/24: 1-2pm**

Get the most from your membership by having an open discussion about what you like and what you would like to see at the Center.



#### Learn Calligraphy

**Wed. Apr. 25th, 10am-12pm**  
**\$15/Members**

A workshop to learn the art of calligraphy! If enough are interested, we will turn this into a regular class.

#### Monthly Breakfast is Back!

**Starts Fri. April 6th, 9-10am, \$5**

Join us for breakfast while you wait for special member sale sign-ups to open at 9:30am. Please sign-up in advance!

### SUPPORT THE CENTER



#### Panera Fundraising to Support The Saratoga Senior Center

**Wed. April 25th, 4-8pm**

**3070 New York 50**

**Saratoga Springs, NY 12866**

Stop by Panera anytime between 4-8pm on Wednesday 4/25 and a portion of the proceeds will go to benefit the Center. All you have to do is present a paper flyer (which can be found at the front desk) or a digital version when paying for your food. Skip the cooking and help support the Senior Center, win-win! Be sure to bring your family and friends!

#### April To-Go Dinner Menu

A portion of every dinner sold goes directly to support the Center • \$12.50/dinner

**4/3:** 2 "Meetball" Penne Pasta w/ Bistro Salad

**4/10:** Chicken Parm w/ Penne

**4/17:** Lasagna w/ Garlic Bread

**4/24:** Parmigiana Encrusted Chicken w/ Potato & Vegetables



#### Sipping For Seniors @ Bailey's Saratoga

**Thurs. April 19th, 5-10pm**

Come out to Bailey's Saratoga for dinner and drinks to support the Center! Special guest bartenders will be serving up drinks and all tips will go directly to the Center. A portion of all food and drink sales will also support the Center so make sure to mark your calendars for this fun evening out in Saratoga!

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# "SOUP"ER SOCIAL FRIDAYS

Come to the cafe at the Center! We'll be offering soup, pizza, hot dogs, snacks, and more. You'll also enjoy a fun social activity every week. Good food, mingling and friends, and fun activities to start your weekend off right!

\*Soup and cafe menu open 12:30-2pm. Please sign-up in advance. Sponsored by Centers Health Care



## Apr. 6th: Know Your Neighbors

1-2pm: Know Your Neighbors - Come chat, play a game, meet a neighbor and mingle, and make some new friends!

## Apr. 13th: Leatherstocking Honor Flight (Free & Open to the Public)

1pm: The Honor Flight Network recognizes American Veterans for their sacrifices and achievements by flying them to Washington DC to see their memorials, at no cost to them. Join Greg Furlong, a 10 year volunteer, as he talks about the program and the amazing experiences and veterans he has met.

## Apr. 20th: Musician/Brain Gym

1-3pm: Chuck Oakes - Enjoy the musical stylings of Chuck Oakes as he entertains you with a variety of vintage acoustic music. \$2/Members, \$5/Non-Members

2:30-3:30pm: Brain Gym (Sponsored by the Saratoga Springs Public Library) Free & Open to the public

## Apr. 27th: NABA Presentation: Aging Successfully with Aging Vision (Free & Open to the Public)

1pm: An engaging presentation to discuss the leading causes of vision loss in adults, warning signs, eye care, adaptive aids, and more. A "Low Vision Shop" will also be available, offering a variety of basic low vision aids. Added bonus! Clive the NABA Guide Dog Ambassador will be joining to offer a side of puppy love with the presentation.

## MONTHLY FEATURES

### Movies

Thurs. April 19th & Thurs. April 26th, 1pm

\$3/Members, \$5/Non-Members (Popcorn included!)

4/19: Hidden Figures starring Taraji P Henson, Octavia Spencer, and Kevin Costner

4/26: Going in Style starring Michael Caine, Morgan Freeman, and Alan Arkin

### Ante Up! Poker Lessons

A generous member has offered to teach interested folks how to play poker. If you're interested in learning the rules of the game, let the front desk know and we'll get the lessons up and running!

### Reminiscing w/ Special Guest Diane Whitten

Wed. April 18th, 10-11am

Free, Open to All Members

Diane Whitten, of Cornell Cooperative, will be offering a presentation on "Eating For a Healthy Brain."

### Painting Rocks w/ MaryLou

Wed. April 18th, 10am-12pm

\$2/Members

### Breakfast

Fri. April 6th, 9-10am, \$5

Please sign-up in advance!

### Storytime at The Senior Center by The Saratoga Springs Public Library

Fri. April 13th, 11-11:30am

Enjoy songs, stories, and entertainment from the children's group at Saratoga Springs Public Library.

## REOCCURRING EVENTS

### Informal/Gentle Massages with Sam

Every Monday from 10am-12pm

Members Only

Enjoy a free, informal massage every Monday at the Center! Sessions are 15 minutes long and sign-ups are required. Donations support the Center.

### Reiki

Fri. April 13th, 1:30-3:45pm

Members Only, \$2/Session

Sign-ups are required so be sure to stop by the front desk.

### Tarot Card Readings

Canceled for the Month of April

### Join Our Book Club

Tuesday April 24th - 3pm

"The 6th Extinction" by Elizabeth Kolbert (Saratoga Reads Selection)

### Lunch from Office For the Aging

Served Daily in our Dining Room

For menu information, please call Janet at (518) 584-1621 ext. 205 or (518) 884-4100 or visit [www.saratogacountyny.gov](http://www.saratogacountyny.gov).

### SARATOGA SENIOR CENTER PROGRAMMING @ EMBURY



Free For Members

Every Wednesday: Reminiscing II Group @ 2pm

Every Wednesday: Trad. Cultural Dance w/ Iana @ 2:30pm

Wednesday April 18th: String Art @ 3pm

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**DO YOU HAVE LOW VISION?**

Do you have difficulty reading the newspaper, watching TV, setting appliance dials, preparing meals, telling time, identifying money or writing checks?

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- \* low vision exam & magnifiers
- \* talking clocks & vision aids
- \* large print calendars & items
- \* vision rehabilitation services for independent living

**NABA**  
Northeastern Association of the Blind at Albany

301 Washington Avenue  
Albany, NY 12206  
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
Capital District Physicians' Health Plan, Inc.

# WEEKLY ACTIVITIES

Sign-Ups in advance are strongly encouraged. \*\*Prices listed are per month.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30-9:30:</b> Osteo 3 <b>9:30 -12:</b> Walking Club 9:30-10:15: Zumba <b>9:30-11:30:</b> Ceramics & Sculpture (\$20) <b>10-11:</b> Osteo <b>10-12:</b> Massage <b>11-12:30:</b> Gentle/Chair Yoga (\$10) <b>11:00-11:45:</b> Bridge Lessons (Beginner-Intermediate) <b>12:30-4:</b> Bridge <b>12:30-2:30:</b> Painting & Drawing (\$10) <b>1-4:</b> Canasta, Mahjong 1-2: Chit Chat <b>1-3:</b> Pool League <b>1-3:</b> Ping Pong	<b>9-12:</b> Watercolor <b>9-9:45:</b> Tai Chi (\$10) <b>10-11:15</b> Gentle Yoga (\$10) <b>11:30-12:15:</b> Aerobics (\$10) <b>1-2:30:</b> Soapstone Carving (\$10/\$25) <b>1:30-2:15:</b> Pilates (\$10) <b>2-4:</b> Computer Assistance <b>4-5:</b> Line Dancing (\$10/Member, \$20/Non-Member) <b>5:30-7:30:</b> Soapstone Carving (\$10/\$25) No evening Ceramics & Sculpture for April	<b>8:30-9:15:</b> Guided Meditation w/ Janet (\$4) <b>9:30-2:</b> Rug Hooking (\$5) <b>10:</b> Reminiscing <b>10:</b> Ukulele Jam <b>10-12:</b> Knit & Crochet <b>11:10:</b> ZUMBA Gold (\$2) <b>12:30-2:</b> Bingo <b>12:30-2:30:</b> Wii Bowling <b>1:00:</b> Strength w/Aidan (\$2) <b>1:00:</b> Rummy Cube 1-3: Pool & Ping Pong <b>1-4:</b> Stained Glass (\$20) <b>2:30-3:30:</b> Dance @ Embury <b>3-4:</b> Computer Assistance	<b>8:30-9:30:</b> Osteo 3 <b>9-11:</b> Tarot Card Readings (Last Thursday) <b>9-12:</b> Mosaics (\$20) <b>9-12:</b> Fused Glass (\$10/class) <b>10-11:</b> Osteo <b>10:30-12:</b> Alzheimer's Caregivers Support Group (3rd Thursday) <b>11:30-12:15:</b> Aerobics (\$10) <b>12:30-4:</b> Canasta, Rummy, Mahjong, Pinochle <b>1:</b> Movies (twice a month) <b>1:30</b> Conscious Aging (2nd & 4th Thursday) 2-4: Computer Assistance <b>2:30-4:</b> Writer's Workshop	<b>9:45-10:55: Go with the Flow Yoga (\$10)</b> <b>10-12:</b> Ceramics & Sculpture \$20 <b>10-12:</b> Poker <b>12-4:</b> Ceramics & Soapstone Carving Lab <b>12:30-1:15:</b> Swinging Singing Seniors <b>12:30:</b> "Soup"er Social Fridays ( <b>Please see the previous schedule in the newsletter for full details</b> ) <b>2:30-3:30:</b> Dance

## APRIL HAPPENINGS


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9am:</b> Trip & Dinner Sign-Up <b>10am-12pm:</b> Massage <b>1pm:</b> Chit Chat	<b>2:30pm:</b> Memoirs <b>4-5pm:</b> Line Dancing <b>5-6:30pm:</b> To-Go Dinner	<b>10am:</b> Ukulele Jam <b>2:30pm:</b> Dance @ Embury	<b>11:45am</b> Golden Gals <b>1:30pm</b> Legal Assistance <b>1:30-2:30pm:</b> Focus Group	<b>9am:</b> Breakfast <b>9:30am:</b> NYC Sign-Up <b>12:30pm:</b> Soup & Cafe <b>1pm:</b> Know Your Neighbor
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>10am-12pm:</b> Massage <b>1pm:</b> Chit Chat <b>5:30pm:</b> Wishing Well Dinner	<b>9:30-10:30am:</b> Focus Group <b>1pm:</b> Polish Group <b>4-5pm:</b> Line Dancing <b>5-6:30pm:</b> To-Go Dinner	<b>10am:</b> Ukulele Jam <b>10am:</b> Fused Glass <b>10-11am</b> Reminiscing <b>2pm:</b> Reminiscing @ Embury <b>2:30pm:</b> Dance @ Embury	<b>12:30-2:30pm:</b> Blue Cross Blue Shield <b>1-2:30pm:</b> United Health Care <b>1:30pm:</b> Conscious Aging	<b>11am:</b> Storytime <b>12:30pm:</b> Soup & Cafe <b>1pm:</b> Honor Flight Presentation <b>1:30pm:</b> Reiki
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>10am-12pm:</b> Massage <b>1pm:</b> Chit Chat	<b>4-5pm:</b> Line Dancing <b>5-6:30pm:</b> To-Go Dinner	<b>10am:</b> Painting Rocks <b>10am:</b> Ukulele Jam <b>10:</b> Eating For a Healthy Brain <b>2pm:</b> Reminiscing @ Embury <b>2:30pm:</b> Dance @ Embury <b>3pm:</b> String Art @ Embury <b>5:30pm:</b> Board Meeting	<b>8:30-9:30am:</b> Focus Group <b>1pm:</b> Movie <b>5pm:</b> Sipping For Seniors <b>5:30pm:</b> SUNY Adirondack Culinary School Dinner	<b>12:30pm:</b> Soup & Cafe <b>1pm:</b> Chuck Oakes <b>2:30pm:</b> Brain Gym
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>10am-12pm:</b> Massage <b>1pm:</b> Chit Chat	<b>1-2pm:</b> Focus Group <b>2:30pm:</b> Memoirs Workshop <b>4-5pm:</b> Line Dancing <b>5-6:30pm:</b> To-Go Dinner	<b>10am:</b> Calligraphy Class <b>10am:</b> Ukulele Jam <b>10am:</b> Fused Glass <b>10am:</b> CDPHP Workshop <b>10-11am:</b> Reminiscing <b>2pm:</b> Reminiscing @ Embury <b>4-8pm:</b> Panera Fundraiser	<b>1pm:</b> Movie <b>1:30pm:</b> Conscious Aging	<b>10am:</b> Handicapping Presentation <b>12:30pm:</b> Soup & Cafe <b>1pm:</b> NABA Presentation
<b>30</b>	<b>May 1</b>	<b>Legal Assistance Thurs. April 5th, 1:30pm</b> Call Office For the Aging at 884-4100 for an appointment.		
<b>10am-12pm:</b> Massage <b>1pm:</b> Chit Chat <b>1pm:</b> Alzheimer's Presentation	<b>9am-2pm:</b> Health & Wellness Expo	 <b>Game Days Mondays &amp; Wednesdays, 1-3pm (Pending Room Availability)</b> We got a new ping-pong table! Come join us for pool and ping-pong every Monday and Wednesday afternoon. Free for all members.		

# MONTHLY (CHEF) DINNERS AT THE CENTER

Sign up for April dinners on Monday April 2nd at 9am.


Each month a different local restaurant and chef brings their specialties and delicacies to the Center. For just \$12 per dinner, you can try out each restaurant and meet new friends. We can't wait to see you there! BYOB!

**WISHING WELL**  
**Mon. April 9th, 5:30pm**  
**\$12/person**



**Caesar Salad**  
**Beef Lasagna**  
**Bread Pudding**

**SUNY ADIRONDACK CULINARY SCHOOL**  
**THURS. April 19th, 5:30pm**  
**\$12/person**



**Small Spring Salad & Cup of Seasonal Soup**  
**Chicken Marbella, Spring Rice Pilaf, & Charred French Beans w/ Lemon Vinaigrette**  
**Petit Fours w/ Lavendar Ice Cream**

## ALSO IN APRIL

### CDPHP Wellness Workshop Series: Grapefruit! Food & Drug Interactions

**Wed. April 25th, 10-11am, Free & Open to the Public**

Nutrition professor Dr. Nina Marinello, will be here to discuss food and drug interactions and what happens when your medicine and food don't agree. She will also discuss the importance of reading your prescription labels and how diet may affect certain health conditions.

### Alzheimer's "The Basics" (Sponsored by the Alzheimer's Association)

**Mon. April 30th, 1-2pm, Free and Open to the Public, Sign-Up in Advance**

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on diagnosis, risk factors, disease stages, treatment options, and much more.

### FREE Aerobics for April: Time to Try a New Class!

**Tuesdays & Thursdays 11:30am-12:15pm**

Aerobics with Valerie will be free on the following days in April, so check out a class! 4/3, 4/5, 4/10, 4/12

## COMING IN MAY...

### Health & Awareness Expo

**Tues. May 1st, 9am-2pm**

Save the date! The event is free and open to the public. Join us at the Center for our annual Health & Wellness Expo! Meet with a variety of specialists and healthcare professionals and enter to win raffles and freebies. Call the Center for more information!

### Kentucky Derby Handicapping Seminar w/ the National Museum of Racing

**Fri. May 4th, 10am**

**Free & Open to the Public**


Join us for a special themed seminar with Brien Boueya, Director of Communications at the National Museum of Racing and Hall of Fame. Boueya has hosted numerous handicapping seminars at the museum so don't miss out!

### Silent Wings: Birds of Prey

**Fri. May 4th, 1pm, \$2/Members, \$5/Non-Members**

The Wildlife Institute of Eastern NY will be here to discuss the unique behavior of owls, the conservation issues that impact them, and the human impact on species survival. Meet the birds of prey up close and personal. Please sign-up in advance!

**Elder Law Day**  
**Tues. May 22nd**



Keep any eye out for further details in May's Newsletter! Sponsored by Herzog Law Firm.

### Biking Group (Led by Ginny & Steve, Partnering with Bikeatoga)

**Wednesdays at 12:30pm, Starting in May**

A bike group for all levels, from beginners to experienced, you just have to know how to ride a bike. Group will meet at the YMCA and ride over to the State Park. Helmets are required. We are partnering with Bikeatoga. If you don't have a bike or a helmet, please call Colleen. Rides will be weather dependent. Be sure to bring water and be ready to have some outdoor fun!

### Lunchtime Concerts Sponsored by Saratoga Arts Council

**Tues. May 15th, 12:30-1:30pm**

The Dylan Perillo Orchestra

**SARATOGA ARTS**  
 experience . discover . create

*Saratoga Arts made this program possible with a Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.*

**University at Albany Art Museum: Tuesday April 3rd**

Come see another segment of "This Place," the exhibit we saw at the Tang Museum last month, along with the University at Albany's art collections. Following the tour, we will be stopping at Ralph's Tavern for lunch. Cost is \$10. Please bring additional money for lunch. We leave the Center at 9:30am.

**Golden Gals at Skidmore: Thursday April 5th**

Our fun group of golden gals will be off for their monthly lunch at Skidmore College. Cost is \$2. Please bring additional money for lunch.

**Silver Foxes at Skidmore: Thursday April 12th**

The men's lunch group is back on this month and ready to head to the Skidmore Dining Hall for lunch. Cost is \$2. Please bring additional money for lunch.

**Lunch Bunch at SUNY Adirondack Culinary School: Wednesday April 11th**

Join us for lunch and enjoy a three-course gourmet meal in a casual setting with an appetizer, entree, dessert, and beverage, such as a soda, tea, or coffee. Cost is \$10 due at sign-up, plus an additional \$14 for lunch. We leave the Center at 11:15am.

**Clarinet Marmalade Trio at St. Paul's Church in Troy: Tuesday April 17th**

Celebrate National Jazz Appreciation month with the musical stylings of the Dixieland Jazz Trio! We will be heading to Dinosaur BBQ for lunch following the performance. Cost is \$10. Please bring additional money for lunch. We leave the Center at 11am.

**Dakota Ridge Llama Farm: Tuesday April 24th**

Don't miss this unique opportunity for a working farm tour at Dakota Ridge in Ballston Spa. The tour will be outdoors so dress appropriately! Afterwards we'll stop for lunch at Carson's Woodside Tavern. Cost is \$15. Please bring additional money for lunch. We leave the Center at 10:30am.

**Vermont Country Store: Thursday April 19th**

Take a trip to the well-known Vermont Country Store to roam the aisles filled with penny candy, Vermont maple syrup, award-winning Vermont cheeses, and so much more! Afterwards, we'll enjoy lunch at the Bryant House Restaurant next door. Cost is \$15. Please bring additional money for lunch and shopping. We leave the Center at 8:30am.

**Hyde Museum: Thursday April 26th**

Join us for a docent lead tour of the Hyde Museum's Rockwell Kent exhibit, with additional time available to explore the rest of the museum. After the tour, we will be heading to O'Toole's for lunch. Cost is \$18. Please bring additional money for lunch. We leave the Center at 9:30am.

**Julius Caesar at Skidmore: Sunday April 22nd**

Join us for Skidmore Theater's mainstage production of Julius Caesar at the Janet Kinghorn Bernhard Theater. Cost is \$10. We leave the Center at 1:30pm.

2018 ONE-DAY BUS TRIPS

**Culinary Institute of America (CIA): Thursday May 10th, 2018, Cost is \$90/Members, \$115/Non-Members**

A tour of the famous Culinary Institute of America, followed by set-menu lunch at the CIA's delicious American Bounty restaurant. The day will end with a tour and tasting at the exciting Brotherhood Winery.

**Burlington and Von Trapp House: Thursday July 12th, 2018, Cost is \$45/Members, Non-Members \$70**

Spend the morning touring Burlington and eating lunch on your own. Then meet back up with the group for an exciting tour of the Von Trapp house, including a guided history, documentary viewing, and a Q&A with a Von Trapp family member. There will also be an option to do a brewery tour and tasting after the house tour. \$15 due at sign-up.

**New York City Trip: Wednesday December 5th, 2018**

We'll get you all down to the city and then you're on your own to explore the big apple! We can assist with getting you tickets and reservations but the day will be yours to do as you please.

2018 MULTI-DAY BUS TRIPS (DIAMOND TOURS)

**Niagara Falls (Canadian) & Toronto (5 days 4 nights) \$539** (\$75 deposit due at sign-up)

**June 11-15th (Limited seating available, reserve your spot now!)**

**Trip Highlights:** 8 meals: 4 breakfasts, 4 dinners, guided tours of Niagara Falls & Toronto, a visit to Casa Loma, Niagara on the Lake & Queen Victoria Park, a journey to the Falls on a Hornblower Niagara Cruise, and much more!

**Virginia Beach, Colonial Williamsburg, & Historic Norfolk (7 days- 6 nights) \$815**

**October 14th-20th** (\$75 deposit due by June 16th, 2018)

**Trip highlights:** 10 meals, 6 breakfasts, 4 dinners, the Virginia Beach Boardwalk, guided tour of Colonial Williamsburg, dinner cruise on the Spirit of Norfolk, admission to the Nauticus & Battleship Wisconsin, and more!

2018 EXCURSIONS (COLLETTE TOURS)

**Imperial Cities (feat. Prague, Vienna, & Budapest):** September 3rd-13th, 2018 (\$3,859)

**Spotlight on Rome:** October 4th-10th, 2018 (\$3,499)

**Colors of Morocco:** October 31st-November 10th, 2018 (\$4,159)

**Tropical Costa Rica:** December 1st-9th, 2018 (\$2,899)

\*Informational Presentation: April 25th at 1pm\*

**America's Music Cities (feat. Nashville, Memphis, & New Orleans):** December 7th-14th, 2018 (\$3,199)

\*Informational Presentation: April 25th at 1pm\*

**Iceland's Magical Northern Lights:** March 13th-19th, 2019 (\$3,599)

\*Informational Presentation: July 11th at 1pm\*



TRIP SCHOLARSHIP OPPORTUNITIES

We are fortunate enough to have received some funding that will allow us to offer needs-based scholarships to some of our members. These scholarships are designed to offer you a chance to take advantage of some of the very fun trips we plan for our members. Scholarships are based on availability, and some restrictions apply, but if you're interested, please reach out to JoAnn at the front desk (518-584-1621) or Community Connections (518-584-1621 ext. 210).

TRIP POLICY

Van trips are for members only. One day bus trips are open to anyone regardless of age or residence. There is a non-member price. Multi-day bus trips and excursions are open to anyone regardless of age or residence. Travel arrangements on excursions can be made for someone out of the area. Refunds on all trips will only be issued if your seat has been sold and the van/bus is filled and AFTER the trip has gone.

VOLUNTEER DRIVER 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 \$25 for admission. Thank you to the Community Foundation for making this possible.