

Saratoga Senior Center  
5 Williams Street  
Saratoga Springs, NY 12866

Non Profit,  
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Permit No. 120

Saratoga Senior Center  
**NEWSLETTER**

MARCH 2020

**GET YOUR IRISH ON ALL MONTH!**

**Live Music Direct from Ireland**  
**Tim O'Shea and Pádraig Timony**  
**Thursday, March 19, 1:00-2:00pm**  
**Sponsored by Janney Montgomery Scott**  
*Free. Open to the Public.*



Tim O'Shea is a native of Killarney, Co. Kerry and has traveled worldwide playing and performing. Joining Tim is Dublin native Pádraig Timony on fiddle and guitar. Delicious Irish scones served.



**Irish Foodie Celebration**  
**\$3pp**  
**Thurs., March 19, 2-3pm**  
*Stay after the show for some authentic Irish Food.*

**Mise Eire Irish Dancers, Directed by Dympna Lynch Weil** *Free. Open to the public.*  
**Saturday, March 7th, 10:00-10:45am**  
These dancers embody the rich culture of Ireland with every step they take. Refreshments served.

**The Wild Irish Acres Step Dancers Directed by Terri Hughes.** *Free. Open to the public.*  
**Tuesday, March 17th, 2:00**  
A return visit from these lively dancers. Irish step dance is a wonderful celebration of the arts and Ireland's unique culture. Refreshments served.



**SARATOGA SENIOR CENTER & SKIDMORE COLLEGE PRESENTS:**  
**THE 1<sup>ST</sup> ANNUAL BRAIN HEALTH CONFERENCE**



**Featuring Keynote Speaker Elliot Jardin Ph.D,**  
**Visiting Associate Professor at Skidmore College, Research Scientist at Conquer Chiari Research Center**  
**Friday March 27th, 9:00am - 2:30pm, Free and Open to the Public**

- 9:00-10:00am *Keynote Speaker: Dr. Elliott Jardin will discuss the best ways to improve and maintain brain health with age. The talk will be interdisciplinary with a focus on cognition and neuroscience.*
- 10:00-10:15am *Break*
- 10:15-11:15am *Stephanie Crocco, Cognitive Psychology, Visiting Associate Professor at Skidmore College will discuss the science of learning and memory: techniques to improve your life*
- 11:15-1:00pm *Lunch and Posters: Undergraduate researchers present current findings in brain health*
- 1:00-2:00pm *Abigail Kleinsmith, Cognitive Psychology, University of Albany, will give a talk on emerging research in Cognitive Aging and Music Therapy*
- 2:00-2:15pm *Concluding Remarks: Dr. Elliott Jardin:*



**CHEF DINNER AT THE CENTER: LONGFELLOWS RESTAURANT**



**Monday, March 23rd, Dinner served promptly at 5:30pm. \$10 per person.**  
*Sponsored by Saratoga National Bank*  
Ed Kelley's famous Baked Cod. Sign up at front desk.

**FRIDAYS & SATURDAYS AT THE CENTER IS WHERE IT'S AT!**

**FRIDAY ACTIVITIES**

- 9:00am: Siobhan from Cornell Cooperative Extension Fresh Produce Demo/Cooking
- 9-10:00am: Smartphone with Damian (2nd Friday of the month)
- 10:00am: Free Produce

**SPECIAL EVENTS**

- Saturday March 7, 10:15am: *Mise Eire Irish Dancers*
- Friday March 20, 11:00am: *Alzheimer's/Project Lifesaver*
- Friday March 27, 9:00- 2:30pm: *Brain Health Day*

**SATURDAY ACTIVITIES**

- 9-10am: *Vinyasa Yoga with Tristin. \$10 month or \$5 per class*
- 9-11am: *Computer Assistance. Free*
- 10am-12pm: *Clay Arts with artist Betsy Brandt \$20 month*
- 10:15-11:15am: *Zumba Gold with Marcia! \$10 month or \$5 per class. Free for March. Begins March 21st.*
- 11:15am-12:15pm: *Magic & the Allied Arts. \$10 for the 6 week series. Begins March 21st. (formerly Brain Games) see inside*
- *Stop in, hang out with friends, play pool, ping pong or cards.*

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Make sure they are taken care of.

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**Hours:** Monday-Friday 8am-4pm / Tuesdays, 8am-5:00pm, Saturdays 9am-12pm.  
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • [saratogaseniorcenter.org](http://saratogaseniorcenter.org)

**NEW CLASSES!**

- **Latin Line Dancing** - Date to be determined. 2:15-3:15. \$4.00
- **Hatha Yoga** - Wednesdays, 2:15am - 3:15pm beginning March 4th. \$10 month.
- **Aerobics** - Wednesdays, 3:15-4:00 beginning March 4th. \$10 month
- **Vinyasa Yoga** - Saturdays, 9:00am. \$10 month.
- **Zumba Gold** - Saturdays 10:15am beginning March 21st. Free for March. Then \$10 month
- **Magic & the Allied Arts** - 6 Week Workshop: Saturday 11:15am Mar. 21-Apr. 25. \$10 series, (formerly Brain Games). Join Donald Ambrose, of Brain Games, a lifelong teacher and presenter of all things magical. If you can explain a magic trick, you can explain most anything. Bring 2 decks of poker size bicycle cards and one US quarter. *Limited Seating. Please sign up. Members only.*

**BREAKFAST & LEARN “SAFETY: HOME AND AWAY FROM HOME”**

**Presented by Kathleen Leonard from The Eddy**

**Tuesday, March 10th, 9:00am - 10:00am, \$3 breakfast & presentation.**

No one enjoys having an accident! Please join us and learn strategies for safety inside and outside of your home. Kathleen will be giving away FREE Medical Alerts (Lifeline) to anyone that has signed up for the breakfast & learn. *Free 30 day trial, no credit card information needed. Please sign up!*



**PROJECT LIFESAVER PROGRAM/ “UNDERSTANDING ALZHEIMER’S AND DEMENTIA” - Presented By Saratoga Co.Sheriff’s Office And Alzheimer’s Association**

**Friday, March 20th, 11am. Free. Open to the Public.** Project Lifesaver is a program to target at risk individuals who are at risk of wandering. Alzheimer’s disease is not a normal part of aging. Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia,

**MEMORIES IN THE MAKING Presented by the Alzheimer’s Association**

**Thursday, March 26th, 11:30am - 12:30pm. Free. Open to the Public.**

The Alzheimer’s Association Memories in the Making® program offers creative art expression for individuals with mild cognitive impairment (MCI) and early to the middle stages of Alzheimer’s disease and related dementias. Memories in the Making participants create imaginative and colorful watercolor paintings. Open to all individuals with mild dementia.

**DINNER THEATER - “Volunteer of the Year: Par For The Corpse.” Presented by the Adirondack Flatline Players. Sponsored by Herzog Law, Monday April 6th. Sign ups taken now. \$20**



Join your friends and the ADK Flatliners for their ALL NEW Murder Mystery performance! Enjoy a delicious dinner and try to figure out “WHO DUN IT??!”

**MAXIMIZE OUR CENSUS! MAKE SURE OUR SENIORS ARE COUNTED**

In association with the City of Saratoga, the Senior Center is helping to get seniors counted. The senior population is way undercounted. Low counts affect our funding for numerous, vital services. We will be holding a number of “Census Days” in the community. We will be there to help you fill out the form.

*Refreshments served.*

- |  |  |
|--|--|
| • Tues., March 10, 9-11am Saratoga Senior Center | • Tues., March 31, 2:30-4:30pm Embury Apartments       |
| • Tues., March 17, 1-3pm Kirby Village           | • Tues., April 7, 11:30-1:30pm Westview Apartments     |
| • Tues., March 24, 1-3pm Saratoga West           | • Tues., April 14, 2:00 -4:00pm Raymond Watkins        |
| • Tues., March 31, 1-3pm Woodlawn Commons        | • Tues., April 21, 2:00 -4:00pm Saratoga Senior Center |

**SPAC IS BACK! SPECIAL MEMBER PRICING TICKETS NOW ON SALE!**

**Purchase your tickets Monday - Friday 8am - 4pm. 1 ticket per member.**

Reduced price tickets to the jazz festival, ballet, orchestra and chamber. Must be a member. Join NOW!

- |                                    |                      |                              |
|------------------------------------|----------------------|------------------------------|
| Jazz Festival (Amphitheater): \$55 | NYCB (No Gala): \$25 | Philadelphia Orchestra: \$25 |
| Jazz Festival (Lawn): \$45         | NYCB Gala: \$45      | Chamber Music Society: \$30  |

**TAKE 5 TUESDAY TO GO DINNERS Meals By 5 Points Deli at the Center, \$9.50/dinner.**

- Pick up is between 4:00pm and 5:30pm at the Center. Call 518-584-1621 by noon to place your order.
- Mar 3rd Roast Pork, Garlic Mashed Potatoes, Green Beans
  - Mar 12th Shepherd’s Pie
  - Mar 17th Corned Beef & Cabbage, Boiled Potatoes & Carrots
  - Mar 24th Roast Turkey w/Homemade Mashed Potatoes & Stuffing w/Gravy, Cranberry Sauce
  - Mar 31st Lasagna w/Sweet & Hot Sausage, Garlic Bread



**Sponsored by Zieker Eye**  
*A portion of every dinner sold supports the Center*

**HUNGRY AFTER CLASS? NEED A LITTLE SNACK!**

**Check out the food selection in the fridge at the front desk! Every day at the Senior Center. See front desk for details.**

We are stocked with snacks and water. On occasion there will go dinners. Check the fridge by the front desk!

**SENIOR SUPPORT SERVICES**

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

**ADVOCACY, INFORMATION AND REFERRAL**

**COMMUNITY CONNECTIONS**

**Supported by Saratoga Hospital, Saratoga OFA and The Wesley Community**

Are you a senior over 50 who needs help with friendly visits, transportation, light chores or errands? *We need volunteers to help with this program.*

Call Nicole at 518-584-1621, ext. 206.



**TRANSPORTATION**

**Supported by Stewart’s Shops, United Way and Price Chopper’s Golub Foundation**

Are you looking for rides into the Center? Rides are available Monday - Friday to the Center. \$2 Saratoga City residents/ \$5 non-city residents. Wednesdays there is a complimentary shuttle from area housing sites to the Price Chopper.

Call Nicole at 518-584-1621, ext. 206.



**FRESH PRODUCE - NEW DAY! SUPPORTED BY EMPIRE BLUE CROSS**



The Senior Center is partnering with the Regional Food Bank so we can provide you with free produce on **FRIDAYS** at 10:00am. Please check in on the Pastry & Produce button on the computer.

**FOOD ASSISTANCE**

The Senior Center is partnering with the Elks and local food pantries to get food to you if you can’t get to them. Call Nicole at 518-584-1621, ext. 206.

**GROUPS & GATHERINGS**

**“BEING WELL”**

**Facilitated by Amejo Amyot, Ph.D**  
**Mondays 2:30pm - 3:30pm. \$2.**

*This class is on hiatus - will return in April.*

BEING WELL focusing on getting and staying healthy. It will be a spirit, body, mind support group to bring hope to us as we age. Amejo will use guided meditation to raise spiritual wellness energy. And also address looking at letting “food be thy medicine” as well as other lifestyle issues of exercise, stress, sleep, gratitude and hope.

**GETTING BETTER WITH AGE!**

*“the things wisdom didn’t tell me”*

**Sponsored by Herzog Law**  
**10:30-11:30, Thursdays Free**

Ever asked yourself “Now what?” “What’s next?” Come join our new group to find out! Through informative, interactive discussion groups, we will explore coping skills and tools to help with the challenges of aging.



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

**Sponsored by Home of the Good Shepherd**

Meet a new friend & talk about the good ole’ days!



**Chit Chat: Mondays from 1-2pm**

**Sponsored by Home of the Good Shepherd**

Join us for a fun hour of chit chat, laughs and snacks.



**Music, Memories & Nostalgia: Thursdays from 1-2pm**

Love music?! Join us for an hour of music that will trigger memories and transport you back in time.

**Alzheimer’s Caregiver Support Group**  
**10:30am-12pm, 3rd Thursday of every month**

Being a caregiver can present exhausting challenges and take a significant toll on your health. Our support group can give you the assistance you need. *Free. Open to the public.*

**Alzheimer’s Office Hours at the Center**

**Sponsored by Goldberg Family Foundation**

Every Friday from 9-3:30, a local representative from the Alzheimer’s Association will be at the Saratoga Senior Center to meet with individuals and families who need information, referral and support services. Please schedule an appt with Katie Keary at 518-867-4999, ext. 1680 or [KgKeary@alz.org](mailto:KgKeary@alz.org).

## 2020 VAN TRIPS

(Members Only)

### The Clark

#### Tuesday, March 3rd

Enjoy a day of culture at the Clark in Williamstown, MA. New exhibit: Arabesque - "Like the notes of a melody or a dancer's movements, the arabesque line in a painting or poster unfolds in a freely evolving form that is as distinctive as it is variable." Lunch at the Water Street Grill. Pay \$35 at sign up. Please bring additional money for lunch. Leave the Center at 8:45am.

#### Drank the Gold - Troy Savings Bank Concerts at Noon

##### Tuesday, March 10th

Oona Grady & James Gascoyne are Drank the Gold. Playing a special brand of roots music that mixes with traditional Irish music. Lunch at the Dinosaur BBQ. Pay \$10 at sign up. Admission is free. Bring additional money for lunch. Leave the Center at 10:45am.

#### "Shrek The Musical" - Dress Rehearsal

##### Thursday, March 12th

Make room for ogre-sized family fun as the greatest fairy tale never told comes to life in a whole new way in this breathtaking musical adaptation of the hit movie Shrek! Presented by Saratoga Springs High School Drama Club. Pay \$2 at sign up. Admission is free. Leave the Center at 3:00pm.

#### Lunch Bunch at Skidmore College Dining Hall

##### Tuesday, March 17th

The Murray-Aikins Dining Hall provides an exciting and inviting venue for fresh, individualized meals. In addition to offering the benefits of improved ambiance and updated menus, the facility boasts multiple separate cuisine stations. Pay \$2 at sign up. Please bring lunch money. Leave the Center at 11:30am.

#### VIA Aquarium

##### Tuesday, March 24th

Explore vivid underwater worlds, from local favorites to the deepest depths of the ocean. Watch sharks swim overhead while schools of fish surround you in our immersive tunnel tanks. Take in a reptile show and a behind the scenes tour. Lunch at Waters Edge Lighthouse. Pay \$34 at sign up, bring lunch money. Leave the Center at 9:30am.

### TRIP POLICY

It has come to our attention that changes have been made to some van trip itineraries while on the trip. This will no longer be allowed. If you have a previous engagement for after the van trip, please think twice before signing up. The only exceptions will be medical and weather related.

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.

- There are no refunds for van or bus trips unless canceled by the Center.
- All times are van trips are approximate. We do not guarantee a return time to the center.

### 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 \$20 for admission.

### Albany Institute of History and Art

#### Thursday March 26

Enjoy a guided tour of two exciting exhibits. Immerse yourself in the art of "Recycled & Refashioned: The Art of Ruby Silvious"; teabag art and for her unusual fashion pieces. To commemorate the 100th anniversary of women's suffrage in America, "Telling Her Story," is an exhibition of objects acquired over the past four years that highlight women's lives. One of the recent acquisitions is the photograph albums of Albany born Clara Harris Rathbone (1834-1883). Lunch at the Albany Pump Station. Pay \$20 at sign up. Please bring additional money for lunch. Leave the Center at 9:30am.

#### Capital District Flower Show

##### Friday, March 27th

The Capital District Garden & Flower Show is now in its 33rd year! The Hudson Valley Community College is transformed into a backyard environment with shrubs, trees, flowers, ponds, waterfalls, retaining walls, sidewalks, and lawns. In addition to the stunning garden displays, there will be demonstrations, presentations and much more.

Pay \$10 at sign up. Please bring \$11 admission and lunch money. Leave the Center at 9:30am.

#### Empire State Youth Orchestra

##### Wednesday, April 1

Join EYSO for a free concert at Proctors. EYSO engages more than 600 youth from across New York's Capital Region and Western New England in the joyful pursuit of musical excellence. Enjoy a late lunch at Water's Edge Lighthouse after the concert. Pay \$10 at sign up. Please bring additional money for lunch. Leave the Center at 11:45am

### "GIVE WHERE YOU LIVE"

#### Creative Ways to Give to the Center!

- **Amazon Smiles** - Do you or anyone you know do their shopping on Amazon? Go to smile.amazon.com, select the Saratoga Senior Center and a percentage of your purchase will be donated by Amazon!
- **Hoffmans Car Wash Tickets** - Keep the mud and salt off of your car by purchasing discounted Hoffmans Car Wash Tickets for \$10. Proceeds will go to the Center!
- **Clothing Bin** - Put your clothing donations in the bin in the parking lot. We are paid per pound of clothes donated!
- **Fundraisers** - We have many upcoming fundraisers that benefit the Center. Watch your newsletter and e-blasts!
- **Charitable Giving** - A gift in your will or trust enables you to support our mission and make a difference in your life and the lives of future generations. You can name the Saratoga Senior Center in your will when it is written, or if you have a current will, your attorney can add a codicil - a simple amendment - to include your charitable bequest.

# TRIPS & EXCURSIONS

## EXCURSIONS 2020

Collette Tours, Open to the Public

### Shades of Ireland

May 16th-25th, 2020 (\$4,099 double)

Set out on our most popular Irish adventure. Experience all of the charms of this enchanted country, including its welcoming people.

### Discover South Dakota

featuring *Mount Rushmore & The Badlands*

June 5th-11th, 2020 (\$2,599 double)

Discover the spirit of the American West and come to know the legends of the past.

### Discover Mackinac Island

featuring *the Grand Hotel & Chicago*

July 10th-17th, 2020 (\$3,599 double)

This classic Midwestern destination tour features Illinois and Michigan. Savor two incredible nights amid the luxury of the Grand Hotel on Mackinac Island.

### The Azores: Jewels of Portugal

August 21st -30th, 2020 (\$4,599 double)

Enter an untouched paradise on an adventure through the Azores, the archipelago gems of Portugal.

### Painted Canyons of the West

Featuring *Utah's Five National Parks*

September 13-21, 2020, (\$3,649 double)

Explore the kaleidoscope of colors that is America's stunning canyon lands, on a journey that takes you across Utah's scenic byways and beyond.

### Discover Scotland

September 28th-October 7th, 2020 (\$4,049 double)

From rugged sea-sprayed islands to stately castles drenched in history, Scotland's treasures never fail to amaze visitors.

*Informational slideshow Wed., March 4th, 1:30-3pm.*

### Croatia & its Islands

*Small Ship Cruising on the Adriatic Coast*

October 13th-24th, 2020 (\$4,999 double)

From medieval architecture to ethereal waterfalls, coast along the sparkling Adriatic Sea and experience the best of Croatia.

### Discover the South Pacific Wonders

*Australia and New Zealand*

November 3rd-17th, 2020 (\$6,999 double)

From the tropical splendor of the Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of two amazing countries.

### Spotlight on Sante Fe Holiday

December 13th-18th, 2020 (\$2,399 double)

Immerse yourself in the holiday spirit of Santa Fe in December as you take in the city's multicultural atmosphere, natural beauty and profound history. *Informational slideshow Wed., March 4th, 1:30-3pm.*

## 2021 EXCURSIONS!

Collette Tours. Open to the Public

- Tropical Costa Rica
- Rome & Amalfi Coast
- *Informational slideshow Wed., March 4th, 1:30-3pm.*
- Spotlight on Nashville
- Highlights of Norway
- Imperial Russia
- Alaska - Land and Cruise
- Greece Island Hopper
- Christmas on the Danube - River Cruise

## MULTI DAY BUS TRIPS 2020!

(Diamond Tours, Open to the Public)

### Mystic, Foxwoods & Newport

June 14-16, 2020 \$345 double occupancy

3 days / 2 nights. 4 meals - 2 Breakfast / 2 Dinners.

This trip combines stately New England beauty with resort excitement! Your group will stay at the Two Trees Inn at Foxwoods. Trip Highlights: Tour Marble House Mansion in Newport, Guided Tour of Newport, and Mystic Seaport.

### Charleston, South Carolina

September 13-19, 2020 \$920 double occupancy

7 days / 6 nights: 10 meals - 6 Breakfasts / 4 Dinners

Historic Charleston is bursting with Southern charm. The city feels a bit like it's suspended in time, thanks to its antebellum architecture and surrounding plantation landscapes.

## ONE DAY BUS TRIPS 2020!

Open to the Public



### Bronx Zoo. Discover Your Wild Side! Tues., May 19

With more than 700 species, the zoo is the perfect place to inspire animal lovers of all ages.

**\$50 member/\$75 non member**



### Lobster Feast! Corvettes Doo Wop Revue: Tues., June 16

The Corvettes perform the great music of the Doo Wop era with a fresh new energy. After the show enjoy a delicious lobster fest. **\$75 member/\$100 non member.**

### Skaneateles & Turning Stone Casino: Wed., July 15

Your choice: Go to Turning Stone for the day OR continue to Skaneateles, spend time in this vibrant downtown filled with unique shops and restaurants. On the way home, try your luck at the Casino with a quick stop.

### New York City - A Day on Your Own:

**Tues., Sept. 29**

Drop Off /Pick Up Location - The Highline & Vessel. Take a walk on a historic freight rail line elevated above the streets on Manhattan's West Side. Visit the Vessel a soaring new landmark meant to be climbed. Or explore NYC?



### New York City - A Day on Your Own: Wed. Dec. 9

Drop Off/Pick Up Location - Bryant Park.

Celebrate the Holidays in NYC! We'll get you to the city and then you're on your own to explore the big apple!

# WEEKLY ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30: Healthy Bones 9:30: Walking Club (\$5) 9:30-11:30: Clay Arts (\$20) 10-11: Healthy Bones 11-11:45: Zumba with Emily (\$2) 11-12:30: Gentle/Chair Yoga \$10 12:30: Cafe - Soup \$2 per cup 12:30-4: Bridge (\$5) 1-2: Chit Chat 1-4: Canasta (\$2) 1:30-3: Painting (\$10) 2:30: "Being Well" \$2 (on hiatus - will return in April)	10-11:15: Gentle Yoga (\$10) 1-2:30: Soapstone and Alabaster Carving (\$10/\$25) 1-4: Ping Pong and Pool 1:30-2:15: Pilates (\$10) 2:00-3:00: Latin Line Dance (\$4) (3rd wk.) 3-4: Book Club (see calendar)	9:30-2: Rug Hooking (\$5) 10:00: Reminiscing 10:00: Ukulele Jam 10-12: Knit & Crochet 12:30-2: Bingo 12:30-2:30: Wii Bowling 1:00: Strength w/Aidan (\$2) 1-4: Ping Pong and Pool 2:15 - 3:15: Hatha Yoga (\$10) 3-4: Aerobics (\$10)	<b>8:30-9:30: Healthy Bones</b> <b>9-11: Tarot Cards (last week)</b> <b>9-12: Mosaics (\$20)</b> <b>9-12: Fused Glass (\$10/class)</b> <b>9:30-12:30: Reiki \$5 (2nd wk)</b> <b>10-11: Healthy Bones</b> <b>10:30-12: Alzheimer Support Group (3rd wk.)</b> <b>11-12: Getting Better w/ Age</b> <b>12:30-4: Canasta, Rummy, Pinochle, Mahjong, (\$2)</b> <b>1-2: Music, Memories</b> <b>1-4: Ping Pong and Pool</b>	9-3: Alzheimer Office Hours 10:00: Free Produce 10-12: Clay Arts (\$20) 10-12: Poker (\$2) 12-2:30: Artist Lab 12:30: Cafe - Soup \$2 per cup 1:00: Mexican Train Dominoes (4th Friday) Time TBD: "Fridays at the Center" Presentation/Social	"Madcap Saturdays" 9-12 <i>Sponsored by Alfred Z. Solomon Charitable Trust</i> 9-10: Vinyasa Flow Yoga \$10 9-12: Ping Pong and Pool 9-11: Computer Assistance 10-11: Zumba Gold (begins 3/21) (\$10) 10-12: Hand Building Clay Arts (\$20) 11-12: Magic & the Allied Arts (6 wk workshop) begins 3/21 (\$10)



Thank you to CDPHP for sponsoring our Health and Wellness classes.



Thank you to Herzog Law for sponsoring our Arts and Crafts classes.



Thank you to Blue Cross Blue Shield for sponsoring our Outdoor Activities.

## REOCCURRING MONTHLY EVENTS

### Tarot Card Readings

Thursday, March 26, 9am-11am. Sign up!  
Card reading by Mary Shimp! \$5

### Book Club - New Members Welcome

Tuesday, March 31, 3:00pm  
"Becoming" by Michelle Obama

### Reiki, \$5.00

2nd Thursday of Month, 9:30am-12:30pm  
Call the front desk for an appointment.

### Computer/Technology Assistance

Call the front desk for an appointment.  
We can help you fill out your census form online.

### Fresh Produce Demo/Cooking

Fridays, 9am. Free.

Siobhan from Cornell Cooperative Extension will show you how to prepare the produce from the Food Bank.



**A plan for life.**

Capital District Physicians' Health Plan, Inc.

### Smartphone Skills for Seniors

Friday, March 13, 9-10am (2nd Friday)  
With IT specialist Damian Redman.

Saratoga County Office For the Aging Programs.  
For information and to sign up, please call (518) 884-4100 .

- **Lunch**  
Served Daily in our Dining Room
- **Healthy Bones for Life - Exercise Class**  
Monday: 8:30-9:30am and 10-11:00am  
Thursday: 8:30-9:30am and 10-11:00am
- **Legal Assistance**  
Thursday, March 5th, 1:30pm

## THANK YOU

Thank You to Bookmakers for our delicious dinner. Thank you to Brook Tavern for "Brook Night Out" fundraiser. Thank you to Homemade Theater, Prime, SPAC, Impressions for a magnificent Leap of Kindness Day Thank you to all our great presenters this month: Brian Bouyea - "Diamond Jim Brady", Don Daley - "Lake George, Bob Mohowski - "All About Trains "Show & Tell" and Jonathan Canning - "The Hyde Museum". Thank you to all our amazing volunteers and sponsors. We could not do what we do without you.

# MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 8:45am: Van Trip - The Clark 4:00pm: 5 Points To Go Dinner	4 1:30-3:00pm: Travel Slide Show NEW! 2:15-3:15pm: Hatha Yoga NEW! 3-4pm: Aerobics	5 1:00-3:00pm: CDPHP Medicare 101 1:30pm: Legal Assistance	6 10:00am: Free Produce	7 NEW! Madcap Saturdays 9-10am: Vinyasa Flow Yoga 9-11am: Computer Assistance 10am-12pm: Clay Arts 10am: Irish Dancers 9am-12pm: Ping Pong & Pool
9	10 9am: Census Count at Center 9-10am: Breakfast & Learn 10:45am: Van Trip - Troy Savings Bank 4:00pm: 5 Points To Go Dinner	11 NEW! 2:15-3:15pm: Hatha Yoga NEW! 3-4pm: Aerobics	12 9:30am-12:30pm: Reiki 3:00pm: Van Trip - "Shrek-the Musical"	13 9-10am: Smartphone 9am: Siobhan from Cornell Cooperative Extension Fresh Produce Demo/Cooking 10:00am: Free Produce	14 Senior Center is Closed today for a Private Event
16	17 11:30am: Van Trip - Lunch Bunch 2:00: Irish Dancers 4:00pm: 5 Points To Go Dinner	18 NEW! 2:15-3:15pm: Hatha Yoga NEW! 3-4pm: Aerobics	19 10:30am-12pm: Alzheimer's Support Get Your Irish On! 1-2pm: Tim O'Shea & Padraig Timony Irish "Lite Fare" after the music \$3	20 9am: Siobhan from Cornell Cooperative Extension Fresh Produce Demo/Cooking 10:00am: Free Produce 11:00am: Project Lifesaver/Alzheimers Program	21 NEW! Madcap Saturdays 9-10am: Vinyasa Flow Yoga 9-11am: Computer Assistance 10am-11am: Zumba Gold 10am-12pm: Clay Arts 11am-12pm: Magic & Allied Arts
23 5:30: Dinner by Longfellows	24 9:30am: Van Trip - VIA Aquarium 4:00pm: 5 Points To Go Dinner	25 NEW! 2:15-3:15pm: Hatha Yoga NEW! 3-4pm: Aerobics	26 9-11am: Tarot Card 9:30am: Van Trip - Albany Institute of History & Art 11:30am: Memories in the Making	27 9-2:30: BRAIN HEALTH 9am: Siobhan Fresh Produce Demo/Cooking 9:30am: Van Trip - Flower Show 10:00am: Free Produce	28 NEW! Madcap Saturdays 9-10am: Vinyasa Flow Yoga 9-11am: Computer Assistance 10am-11am: Zumba Gold 10am-12pm: Clay Arts 11am-12pm: Magic & Allied Arts
30	31 3:00pm: Book Club 4:00pm: 5 Points To Go Dinner	SPRING IS COMING! (soon, we hope) The Center wants to offer more outdoor activities - biking, kayaking, golf, hiking, etc. Watch for the April newsletter for a meeting date. Please come with ideas and ways to help get the programs going.			