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Saratoga Senior Center  
**NEWSLETTER**  
MAY 2023

**May Cultural Events!**

*Let's Celebrate 5 Williams Street with Happy Hour Thursdays in May!*

Thursday BBQ's. BYOB. 2:00pm. Please sign up.

*Sponsored by Home of the Good Shepherd*



- Thursday, May 4th. Cinco de Mayo. Salsa, Chips, Hot Dogs. \$5.00
- Thursday, May 11th. Mom's Day Celebration. Hamburgs and Hot Dogs. \$5.00
- Thursday, May 18th. Luau. Sausage, Peppers & Onions. (It's also National "I Love Reeses Day") \$5.00
- Thursday, May 25th. Memorial Day Picnic. BBQ Chicken and Ribs. Beer tasting. Live music with Rick Bolton and Jackie Dugas. \$10.00

**Live Music with Kalos sponsored by Caffé Lena's "On the Road" Program**

Monday, May 1st. 1:30pm.

Kalos is made up of three innovative interpreters and composers of Celtic roots music: Eric McDonald, Ryan McKasson and Jeremiah McLane. They are masters of tradition delivering music full of spontaneity and joyful exuberance. Their music draws on Celtic, Breton, American and other musical traditions on accordion, guitar, fiddle, and vocals. *Please sign up.*



**Trivia Night!**

**Monday, May 22nd. 5:15pm**

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

Pizza bites served. Bring your own beverage. Join us for fun, friendly competition! Prizes!

*Please sign up, seating is limited. \$5.00.*



**FOOD**

**Dine in Dinner - Wandering Food Dude with Chef JD Salvato**

Tues., TBD. 5:30pm. Dinners are held at the Senior Center. \$12 per dinner. Menu to be determined. *Please sign up*



**PaL's Meals To Go \$12 per dinner.** Prepared meals you just have to heat up.

*Pick up any time Monday or Tuesday between 9:30-3:30pm. Order by noon the Friday before.*

Mon., May 1st & Tues., May 2nd. Chicken simmered in Wine Sauce with Roasted peppers & Spinach. Rice.  
Mon., May 8th and Tues. May 9th. Eggplant Parmesan with Ziti  
Mon., May 22nd and Tues. May 23rd. Chicken Piccata with Ziti

**SPAC TICKETS SALES!**

There's simply no place like SPAC! Are you a member of the Center? If not, this member benefit is a great reason to join! Discounted seats for the NYC Ballet and Philadelphia Orchestra. One ticket per member per show. If you are planning on sitting with someone, please sign up together. **Tickets will be sold Tuesday - Thursday 9-3.** For information call 518-584-1621.



**STUDENT INTERNS**

**Wednesday, May 3rd.** Stop by the Center to say goodbye and thank you to Jamie and Emily our Social Work interns.

**Thursday May 4th** at 12:30. Health Literacy Presentation *Facilitated by Elizah Jacobs*

Did you participate in a health literacy survey with a Skidmore senior? Come join to learn about the findings of this research project. The health literacy strengths and challenges of older adults will be presented. Learn strategies for increasing skills for accessing online health information. There will also be a Q&A and discussion to follow!

**"GIVE WHERE YOU LIVE" - Creative Ways to Give to the Center!**

- Purchase our branded merchandise- They makes great gifts!
- Make a monetary donation through our website, by phone, or mail in a check.
- Hoffmans Carwash Tickets - It's easy to keep your car clean and shiny with discounted Hoffmans Car Wash Tickets for \$10.00. Fifty percent of the sale goes to the Center!
- Clothing Bin - We have blue donation bins in our parking lot. We are paid per pound of clothes!
- Fundraisers - We have many fundraisers that benefit the Center. Watch our eblasts and newsletters.
- Annual Appeal - Look out for your annual appeal letter or make an online donation for the Center!
- Membership - We encourage you to be a member or purchase a membership for your parents, aunts, uncles, or neighbors. Or purchase a \$35 membership for a senior in need.



**DID YOU RENEW YOUR 2023 MEMBERSHIP**

See all that the Senior Center has to offer the Seniors in our community!  
*Your Senior Center Membership Gives You Access To:*

- Exercise Classes
- Art Classes
- Cultural Events
- Special Presentations
- Live Music
- Support Groups
- Discounted SPAC tickets
- Dinners - To Go & Dine In
- Trips - local van, 1 day bus and excursions
- Baked Goods
- Regional Food Bank Produce
- Pitney Meadows Fresh Produce
- Friendships/Socialization
- Senior Support Services
- Card Games
- Pool Table
- Book Club
- Social Groups
- and more...



**Hours:** Monday-Friday 8am-4pm.  
5 Williams St, Saratoga Springs, NY • (518) 584-1621 • saratogaseniorcenter.org

**NEW CLASSES** included in the \$15 monthly activity fee

**Bowka** sponsored by MVP

Thursdays. 1:00pm. Beginning May 4th.

Africa's answer to Zumba! This energizing cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bowka Dance is a fun, easy fitness program for all ages and fitness levels! This is a ten-week program that meets on Thursdays.

**Spanish** facilitated by Lorena Diz Puratic in collaboration with the Saratoga Springs Public Library

Tuesdays. 11:00am. Beginning May 2nd.

Study Spanish with native speaker and skilled teacher, Lorena Diaz Puratic. She will use various modalities that invite speakers to improve their Spanish!



**ART WORKSHOP SERIES** included in the \$15 monthly activity fee

**Zentangle Art Program** facilitated by Katie Long. Thursday, May 25th. 1:00pm. \$5.00 materials fee. **Please sign up**

1:00-2:00 Zentangle for Beginners. The first hour will be devoted to those who are new to Zentangle or want a refresher on how Zentangle was developed and the step-out process for creating the patterns

2:00-3:00 We will be making Zendalas and nametags. A Zendala is a hybrid of a Mandala circle & Zentangle art. Mandalas represent wholeness, as well as our relation to the universe; they are relaxing and easy to create.

**Tie Dye Fun!** Facilitated by Meryl, artist and instructor.

Wednesday, May 31st, 1-3pm. \$5.00 material fee. Please sign up!

Please bring your own t-shirt, blouse, shorts, etc., preferably 100% cotton white, must be pre-washed.

If accessible, check out some YouTube videos on tie dye to get ideas. All other supplies provided by Senior Center.

**FREE APRIL PRESENTATIONS**

**Medicare Advantage Information.** Medicare Advantage plans include extra benefits and services that focus on your total health. We want to help you get the coverage, resources and care you need. For information stop by the center and chat with a licensed Medicare Advantage Agent.

- Nascentia Health: Wed, May 3rd. 10-12.
- CDPHP: Mon., May 8th. 10-1. & May 22nd. 9-12.
- Aetna: Wed., May 24th and May 31st. 11-1.

**CLUBS AND PEER GROUPS**

**Chit Chat Social Group** facilitated by Anna

**Mondays from 1-2pm** Join us for a fun hour of chit chat, music, laughs and snacks. 31st. 11:00 - 1:00.

**The Hot Widows Club. Tuesday, May 2nd. No meeting on Tuesday 16th. 2:00pm.**

Our goal is to help women and men restart life after the death of a loved one. It's a way to connect with others and learn ways to move forward and live. This week Katie Long will lead us with a Zentangle drawing class. **Please sign up.**

**Grief and Loss Support & Discussion Group** facilitated by Lois Streit, MSW. **Tuesday, May 9th & 23rd. 2:00pm.**

Whatever type of loss you've suffered, there's no right or wrong way to grieve. Often, the pain of loss can feel overwhelming. Coping with the loss of someone or something you love is one of life's biggest challenges. Any loss can cause grief, including: divorce or relationship breakup, loss of health, loss of financial stability, retirement, death of a pet, serious illness and more. The purpose of this group is to provide friendship, understanding, and hope.

**Book Club At The Center New Members Welcome! Please sign up.**

Tuesday, May 25th. 3:00pm. May Book: *The Henna Artist* by Alka Joshi

Escaping from an abusive marriage, seventeen-year-old Lakshmi makes her way alone to the vibrant 1950s pink city of Jaipur. There she becomes the most highly requested henna artist—and confidante—to the wealthy women of the upper class. But trusted with the secrets of the wealthy, she can never reveal her own...

**New Member Social Hour** Thursday, May 11. 1:15pm.

Calling all new members! Join us for a fun, friendly social hour where you can meet other members.

Conversation, fun and laughs. Please sign up! **Stay for the BBQ at 2pm, must sign up for BBQ.**

**NEW! Memory Cafe.** facilitated by Roy Scott

11am-12:30pm, 1st Friday of every month. **Kick off lunch is Friday May 5th. Please sign up.**

The memory café offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or another dementia. You can expect a judgment-free zone, the opportunity to connect with others, light refreshments and simple, yet meaningful and engaging activities.

**Alzheimer's Caregiver Support Group.** facilitated by Roy Scott

11am-12:30pm, 2nd Friday 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.

Thank you to our newsletter sponsors for their continued support!

**A plan for life.**

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Patricia Stanley  
Community Development Coordinator  
Capital District/Mid-Hudson Valley

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Nicholas D. DeCelle · Jeremiah J. Thompson · Anthony J. Morris

**AND MORE.....**

**Tarot Card Reading** facilitated by Mary Shimp. **Thursday, May 25th. 10-2pm.** \$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.

**Barber at the Center. Date To be determined. 9:00-12pm.**

Ryan will be coming to the Center to cut our male members' hair. Call the front desk to make an appointment. \$5 haircuts for men.

**One-on-One Tech Assistance**

Did you receive a new phone, iPad, laptop or smartwatch? Do you want to learn Facebook, Instagram, or something new? Let our savvy students help you. Call front desk to make your private appointment.

**COMING IN JUNE**

Friday, June 9th.  
Red Cross Blood Drive  
Noon - 6:00pm  
at the Saratoga Senior Center  
Please consider donating blood in  
memory of Ed Kelley.



Ed gave so much of his time and self helping other, please donate in his memory so he may continue to do so.

Thursday, June 15th  
at the NEW Saratoga Senior Center  
**AM: World Elder Abuse Awareness Day**  
Presentations & training. Free Breakfast.

**PM: Saratoga Senior Center Expo**  
Visit with a wide variety of senior services.  
Light Lunch.

Sponsored by CDPHP, Highmark Northeastern NY  
and Home of the Good Shepherd



## SENIOR SUPPORT SERVICES - HERE FOR YOU

Our staff, volunteers, and student interns are here to support you in meeting needs you have. Many times, getting you connected to the right resource is what works best. We collaborate with the health and social service agencies of our community. In other situations, we can advocate on your behalf with agencies that could address your needs. And our "Community Connections" volunteers can fill many gaps that other agencies may not be able to meet. For all Senior Support Services:

**Call 518-584-1621, extension 206**

Our ongoing services are information and referral, advocacy, and:

**Transportation:** Rides to medical appointments, pharmacies, dentists, the Senior Center, and more. Monday shuttle to Price Chopper from area housing sites.

**Food assistance:** Thursday Regional Food Bank produce for pick-up at the Center, or home delivery if homebound.

*Sponsored by CDPHP*



Volunteers to do grocery shopping. Links to food pantries, and more.

**Senior Life Transitions:** Coaching, navigation assistance, and advocacy for seniors with serious illness.

Assistance with planning to AGE IN PLACE.

**Caregiver Support:** Monthly Caregiver Support Group; Monday client drop-in program for caregivers who need a break; respite volunteers to come to your home.

**Volunteer Assistance:** Rides, grocery shopping, light yard work, special needs and circumstances -our volunteers are ready!

**Alzheimer's Caregiver Support Group**  
11am-12:30pm, 2nd Friday of every month.

*Thank you to New York State Caregiving and Respite Coalition for the Caregiver respite grant.*

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.

*Alzheimer's Support Group sponsored by Leon Goldberg's Charitable Trust.*

**NEW! Memory Cafe**

11am-12:30pm, 1st Friday of every month. Kick off lunch is Friday May 5th.

The memory café offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or another dementia. You can expect a judgment-free zone, the opportunity to connect with others, light refreshments and simple, yet meaningful and engaging activities.

**Please sign up.**

**Saratoga County Department of Aging and Youth - "Gather & Dine" Lunch Program**

Monday - Friday. 12:00pm. Participants must be age 60 or older. You must have a reservation to be served a congregate meal. Call the kitchen at 518-584-1621 ext. 205.



**WE NEED YOU! PLEASE CONSIDER VOLUNTEERING.**

Have a little time to give? Looking to get involved in the Center? We have volunteer opportunities! Senior Center volunteers are involved both in-house and out in the community; from one hour a week to a few days a week. Just ask at the Front Desk for a volunteer form. We look forward to having you involved!

## MAY CLASS UPDATES

- Mat Yoga with Monica is cancelled for May
- Strength with Aidan is back on Wednesdays at 1:00pm.
- Regional Food Bank will be on Tuesday May 23rd instead of Thursday May 25th. All other Thursdays are okay.
- No Widows Club on Tuesday May 16th
- New Classes Starting:
- Bowka - Thursdays at 1:00
- Spanish- Tuesdays at 11:00am
- Memory Cafe - 1st Friday of month
- Tuesday Golf League is starting

## VAN TRIPS

### BEING A VOLUNTEER VAN DRIVER HAS ITS 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.

**Rivers Casino, Schenectady**

**Tuesday, May 2nd**

Rivers Casino & Resort Schenectady is New York's premiere gaming destination. Leave the center at 8:45AM. Pay \$10 at sign up. Bring money for lunch (on your own) and gaming. Return about 2:30PM.

**Troy Savings Bank - Music at Noon presenting Findlay Cockrell, Piano**

**Tuesday, May 9th**

Findlay has received wide acclaim for his powerful performances across a wide repertoire ranging from the Baroque to the modern day. Brilliant technique, insightful interpretations and great expression characterize his concerts. Lunch at 110 Grill, Latham. Pay \$10 at sign up, concert is free. Bring money for lunch. Leave the Center at 10:45. Return about 3pm.

**Lunch Bunch - The Hideaway at Saratoga Lake Golf Course.**

**Monday, May 15th.**

If you're looking for a special dining experience, you'll find it at The Hideaway. Our restaurant is tucked away on the Saratoga Lake Golf Course. Complete with breathtaking views of rolling hills and flowing water, a visit to our restaurant will prove to be a relaxing, rewarding experience - and our food is prepared with care. Pay \$10 at sign up. Bring money for lunch. Leave the Center at 11:00am.

**Walkway Over the Hudson.**

**Monday, May 22nd**

Walk over the Historic Hudson River in Poughkeepsie and take in the fresh air and breathtaking views. Interpretive signs and cell phone tour available. Walk 1.28 miles at your own pace. Delicious lunch at Gateway Diner following walk. Pay \$20 at sign up. Please bring additional money for lunch. Leave the Center at 9:00am.

**Walking Tour of the Stockade, (Schenectady)**

**Tuesday, May 30th**

The Stockade Historic District is one of the oldest residential neighborhoods in the country. It is home to what the National Parks Service called "the highest concentration of historic period homes in the country," with over 40 homes over 200 years old. It is the first Historic District established in New York. Lunch prior to tour at Ambition Cafe. Pay \$10 at sign up. Bring lunch money. Leave the Center at 9:30am. Return about 3:45pm.

**Coming in August! The Lion King at Proctors**

**Thursday, August 10th at 1:30pm**

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. More than 100 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling - one of the most breathtaking and beloved productions ever to grace the stage. Please pay \$65 at sign up. These are balcony seats.

## 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.

## DO YOU GET OUR EBLASTS? STAY INFORMED AND CONNECTED!

Our weekly eblasts keep you updated on classes and everything new at the center. Events are being added all the time. Call the Front Desk and give them your email or if you don't have email, you can use your son's or daughter's to keep you informed.

## COLLETTE EXCURSIONS

*We travel not to escape life, but for life not to escape us.*

### 2023 TRIPS

**Discover the Spotlight on Nashville**  
April 30 – May 4, 2023

**Discover National Parks of America**  
May 15-26, 2023

**Alaska Discovery Land & Cruise**  
June 14-25, 2023



**Maritimes Coastal Wonders featuring the Cabot Trail (Halifax & Nova Scotia)**  
August, 2023

**Cruising the Danube to the Black Sea**  
September 11-23, 2023

**Shades of Ireland**  
October 7-October 16, 2023

**Spotlight on San Antonio Holiday**  
November 30 – December 4, 2023

### COMING FOR 2024 Are any of these on your bucket list?

Antartica • Australia & New Zealand • Charleston • Greece • Hawaii • Iceland • Italy  
• Nashville • Scandinavia • South Africa • South Dakota • Spain & Portugal • Thailand

collette

### 2023 One Day Bus Trips Open to the Public

**New York City - A Day on Your Own!**  
Wednesday, May 24th.

Sponsored by CDPHP

Enjoy a beautiful spring day Manhattan! Spring in New York is the best time of the year. It's warmer and everything is blooming.

**Mystic, CT.**

**Tuesday, July 18th.**

Mystic is a quintessential Connecticut coastal town that is historic, charming, and bustling with tourists. Step on the deck of the Charles Morgan, the last of the American mighty whaling fleet, check out what lives in the waters around Mystic at the Mystic Aquarium and more.

Member Price \$60. Non-member price \$85.



**West Point Tour and Brotherhood Winery**  
Thursday, September 21st.

Guided tour of the story of West Point, its role in the Revolution, its famous history, and more. Lunch and wine tasting at Brotherhood Winery.

Member Price TBD. Non-member price TBD

**Salem, MA**

**Thursday, October 19th.**

Historic Salem is a city of layers—one historical era layered upon another. But don't forget to explore the witchy side of Salem too! Information coming on possible hop on/hop off trolley. \$18\* (price to be confirmed).

Member Price \$60. Non-member price \$85.

**New York City Holidays**  
Wednesday, December 6th.

There is no other place quite like New York City at Christmastime; from its world-class museums and art galleries to the theater and beautiful decorated windows. Spend the day on your own. You will be dropped off at Bryant Park (42nd between 5th & 6th).

Member Price \$60. Non-member price \$85.

One day bus trips made possible by Lend a Hand grant from the Adirondack Trust Company Community Fund.

### 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.

### 2023 Multi Day Bus Trips

Open to the Public. Includes bus, hotels, tours, some meals and gratuities.

**Montreal, Quebec City and Ottawa.**

**September 17-22nd, 2023. 6 days 5 nights. \$1095 per person double occupancy.**

Discover the French inspired culture of Quebec's cosmopolitan cities on our bus tour to Montreal, Quebec City, and also Canada's capital - Ottawa! You will experience a guided tour of Montreal, a guided tour of Quebec City and last, but not least, a guided tour of Canada's stately capital, Ottawa, with its stunning architecture.

## MAY PROGRAMMING

*"Try to be a rainbow in someone else's cloud." - Maya Angelou*

Did you know our low monthly \$15 **all inclusive unlimited** program fee includes classes, events & programs. Ask about how Silver Sneakers & ReNew Active work with the monthly fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00: Tai Chi	9:00: Golf League	8:45: Senior Life	10-10:45: SS Cardio & Strength (center & zoom)	9-12: Poker
9:00-12: Barber (see schedule)	9:00: Poker	Transitions Team Mtg.	10:00: Ukelele	9:30: Clay Arts
9:30: Walking Club	9-9:45: SilverSneakers	9:30: Mosaics	10-2: Tarot Cards (see schedule)	10:00: Healthy Bones
9:30-12:30: Clay Arts	9-11: Women's Pool	9:30-1: Rug Hooking	10:00: Knit & Crochet	10:00: Spanish
10:00: Healthy Bones	10:00: Meditation (center & zoom)	10-11: Zumba	10-11: Zumba	11:00: Memory Cafe - (1st Friday of month)
10-11: Chair Yoga (center & zoom)	11:00 Spanish	1:00: Bingo	11:00: Foodbank	11:00: Caregiver Support Group (2nd Fri of month)
1-2: Chit Chat	1-4: Pool League	1:00: Strength w/Aidan (center & zoom)	11:00-11:45 Gentle Yoga (center & zoom)	1-4: Pool League
1-4: Pool League	1:00: Mahjong	1-4: Canasta	1-4: Pool League	1-4: Pool League
1-4: Bridge	2:00: Widows Club 1st & 3rd	1-4: Pool League	1:00: Mahjong	
	2:00: Grief & Loss Support 2nd & 4th	2:00: Pilates	1:00: Bowka	
	3:00: Book Club (see schedule)	2:00: New Member Mtg (see schedule)	1:00: Belly Dancing	

### SPECIAL EVENT SCHEDULE

- Every Monday. 1:00 Bridge
- Every Monday. 1:00 Chit Chat Social Group
- Every Tuesday. 9:00. Women's Pool League
- Every Wednesday. 1:00. Bingo
- Every Thursday. 11:00. Regional Food Bank
- Every Thursday. 1:00. Mahjong
- Mon., May 1st. 9:30-3:30. To Go Meals
- Tues., May 2nd. Golf League Starts
- Tues., May 2nd . 2:00. Widows Club
- Wed., May 3rd. 10-12. Nascentia Health
- Thurs., May 4th. 2:00. Williams St. Party
- Fri., May 5th. 11:00. Memory Cafe
- Mon., May 8th. 9:30-3:30. To Go Meals
- Mon., May 8th. 10-1. CDPHP Medicare Advantage
- Tues., May 9th & 23rd. 2:00. Grief & Loss
- Thurs., May 11th. 1:15. New Member Social
- Thurs., May 11th. 2:00. Williams St. Party
- Thurs., May 18th. 2:00. Williams St. Party
- Mon., May 22nd.. 9:30-3:30. To Go Meals
- Mon., May 22nd. 9-12. CDPHP Medicare Advantage
- Mon., May 22nd. 5:15. Trivia
- Wed., May 24th 11-1pm. AETNA Medicare Advantage
- Thurs., May 25th. 10:00-2:00. Tarot Cards
- Thurs., May 25th. 2:00. Williams St. Party
- Tues., May 30th. 3-4. Book Club
- Wed., May 31st. 8:45. Senior Life Transitions Mtg.
- Wed., May 31st 11-1pm. AETNA Medicare Advantage



### Thank You for Your Kindness and Support!

Thank you to Tim Wechgelaer and Rod Driscoll for amazing music.

Thank you to Teri Highes and the Wild Irish Step Dancers for a rousing performance.

Thank you to Old Bryan Inn for another amazing dinner.

Thank you to Humana for sponsoring Trivia Night.

Thank You CDPHP for sponsoring our Food Bank.

Thank you to SPAC for the discounted ballet and orchestra tickets.

Thank you to Contolled Chaos for a fun interactive event.

Thank you to Jersey Mike's for their support.

Thank you to Hannaford for thier upport in the Hannaford Helps Program.

Thank you to Imppressions for their support.

Thank you to AETNA, CDPHP, and Highmark North eastern NY for Medicare Advantage Information Sessions.

Thank you to all our class instructors.

**Thank you to all our volunteers!**

**You keep our world rockin'!**

*What Is Your Passion?*

*Will You Share With Your Fellow Members?*

- Is it:
- a second language,
  - healthy living
  - art, photography, writing
  - cooking
  - history or cultural

We are looking for volunteers to share their passion, talent, humor and music with our members. Please contact Colleen at colleenk@saratogaseniorcenter.org or call 518-584-1621.