

- **ANANDVAN:** A social group centered around meditation and mindfulness. Open to all.
- **BOCCE:** A competitive and social game suitable for all skill levels. Come utilize SASCC's brand new Bocce courts and make some friends while you're at it! No materials required. See SASCC Staff to RSVP.
- **CHINESE CHAMBER MUSIC:** A music group centered around the practice and playing of Chinese-style chamber music. Participants should be prepared to bring their own instruments.
- **CHAIR YOGA:** A guided, chair-based physical activity class with a focus on strength and flexibility, this class offers a step into the world of yoga through the guidance of a certified instructor.
- **CURRENT EVENTS:** Come join a lively social group that focuses on current events. Every Thursday at SASCC, the Current Events group meets to discuss both local and global topics. This is a great chance to connect with likeminded individuals and share your own perspectives!
- **KARAOKE:** A social group centered around the fun pastime of Karaoke. Open to all participants, come prepared with a song in mind, and give it your best!
- **LG DEMOCRACY TENT:** Democracy Tent recalls a period in American life when citizens gathered in community tents open on all sides to debate issues and hear voices like William Jennings Bryan and Theodore Roosevelt as they traveled the summer Chautauqua circuit from town to town. Our Democracy Tent seeks to revive that spirit and is open to all. It is local issue-focused and intended to stimulate community engagement in living room, neighborhood, and town-wide forums.
- **LINE DANCE:** A physical activity class based on line dancing, led by master instructor Bob. Two classes are available for members with an intermediate or advanced skill level in line dance.
- **MAHJONG:** A social group centered around the Chinese strategy game of Mahjong.
- **MEMOIR WRITING:** A social group centered around the writing and sharing of stories from individuals' lives.
- **ONLINE BRIDGE:** Join SASCC Members online for an afternoon of online Bridge. With room for a range of skills, this group is open to all.
- **PING PONG:** With a focus on coordination and competition, the ping pong group is highly social with many regular attendees. Feel free to drop in, previous experience and your own paddle is recommended but not required.
- **QUILTING GROUP:** A social group centered around designing and making quilts. Personal quilting equipment is required, such as fabrics, patterns, and sewing machines.
- **SARATOGA TRADERS:** A social group focused on financial wellness & discussion on current events in the financial world.
- **SING FOR JOY - SASCC MUSIC READING PROGRAM:** Taught by one of our SASCC Staff members, Red Concepcion, this class covers the basics of music reading, including the sol-fa scale, and how those concepts apply to various instruments. This class serves as the basis for other Music appreciation courses coming soon to SASCC. Experienced students of the course will enjoy joining in our Solfege Choir Group, Percussion Group, or Music Appreciation.
- **SOCIAL GROUP:** A social group centered around friendship and conversation on current topics. Current world news, government, and social happenings are regular points of conversation
- **SPANISH:** An educational offering where participants can learn the Spanish language. Open to all fluency levels.
- **TAICHI:** A guided physical activity class, led by master instructor Jeff Fung with a focus on balance and coordination. Suitable for all skill levels.
- **ZUMBA:** A Latin-inspired aerobic dance workout that's all about having fun. Accessible for all fitness levels, this dance workout looks and sounds more like a dance party — remains a popular go-to for fitness-minded folks around the world.



APRIL 2024

*April rains transform
fields from plain, to lovely
wildflower-filled terrain.*

Hello SASCC Members!

We're in April! A new month means a new beginning, a new mindset, new focus, new start, new intentions, and new results!

We know some of you must be getting tired of the rain, but as the old saying goes, April showers bring May flowers! And we definitely have some exciting things coming in May!

Make sure you stay in the SASCC scoop!

- SASCC Staff



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SENIOR CENTER
ANNOUNCEMENTS**



**PAGE 3
CLASSES,
PROGRAMS, &
MEMBERSHIP INFO**



**PAGE 4
CLASSES &
PROGRAMS
DESCRIPTIONS**

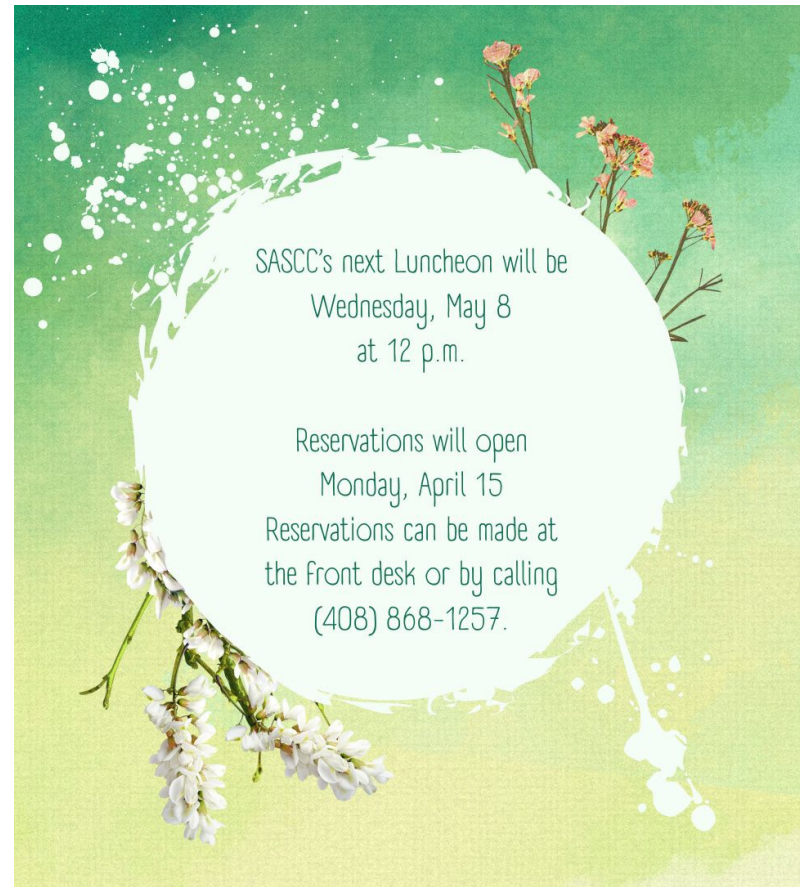




ZUMBA GOLD
WITH LA JUANDA

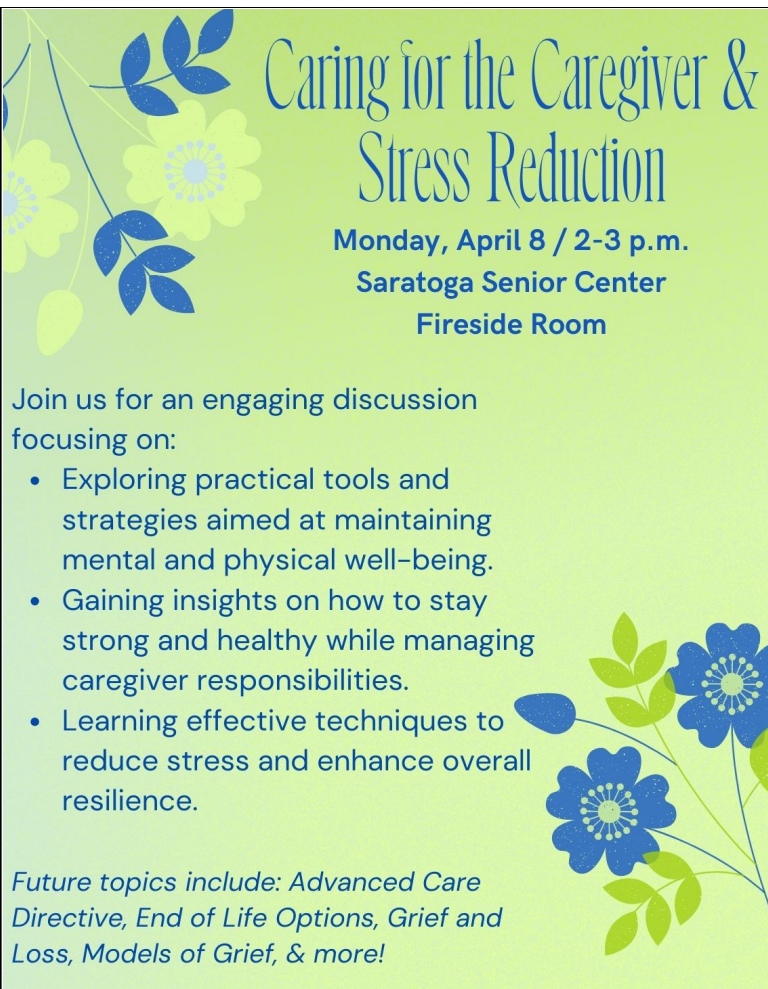
ACCESSIBLE FOR ALL FITNESS LEVELS, THIS WORKOUT LOOKS AND SOUNDS MORE LIKE A DANCE PARTY, ZUMBA REMAINS A POPULAR GO-TO FOR FITNESS-MINDED FOLKS AROUND THE WORLD.

TUESDAYS
1-2 P.M.
THURSDAYS
4:15-5:15 P.M.
\$5 per class



SASCC's next Luncheon will be
Wednesday, May 8
at 12 p.m.

Reservations will open
Monday, April 15
Reservations can be made at
the front desk or by calling
(408) 868-1257.



Caring for the Caregiver & Stress Reduction
Monday, April 8 / 2-3 p.m.
Saratoga Senior Center
Fireside Room

Join us for an engaging discussion focusing on:

- Exploring practical tools and strategies aimed at maintaining mental and physical well-being.
- Gaining insights on how to stay strong and healthy while managing caregiver responsibilities.
- Learning effective techniques to reduce stress and enhance overall resilience.

Future topics include: *Advanced Care Directive, End of Life Options, Grief and Loss, Models of Grief, & more!*



OPEN GAME DAY

Social gaming hours are coming to SASCC! Come in groups of 2 or 4 to play:

- Mexican Train
- Cribbage &
- Chess

PLAY FOR FREE!

EVERY FRIDAY
1-4 P.M.
FIRESIDE ROOM
SARATOGA SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY
<p>9:30-10:30a: Chair Yoga w/ Angela (Hybrid) (\$5) 10-11:30a: Tai Chi (Hybrid) 10a: Fitness & Fun w/Cindy (Online) 10a-1p: Quilting Group 10:30a-12:15p: LG Democracy Tent (Hybrid) 12-4:45p: Ping Pong 2-4p: Saratoga Traders: (1st & 3rd Mon) 1-2p: Beginners Ukulele (\$10) 2-3p: Intermediate Ukulele (\$10)</p>	<p>9:30a: Yoga with Sudha (\$5) 10a-12p: Bridge (Online) 12:30-5p: Chinese Mahjong 1-2p: Zumba (\$5) 2:30p: SASCC Readers 5:15-6:15p: SASCC Music Reader Program</p>	<p>9:30a-3p: SASCC Quilters 10a: Fitness & Fun w/Cindy (Online) 10:30-11:30a: Social Group 9:45-11:15a Advanced Line Dance 11:15a -12:45p: Beginning Line Dance 1-4:30p: Karaoke</p>
THURSDAY	FRIDAY	SATURDAY
<p>9:30a: Tai Chi Chih w/ Richard (Online) 10-11:30a: Anandvan Social Group (Hybrid) 10a-12p: Bridge (Online) 10-11a: Memoirs Group (1st & 3rd Thurs) 11a-12:30p: Spanish 12:30-5p: Chinese Mahjong 1-2p: Meditation 1:15-3:15p: Current Events 1-4p: Saratoga Chinese Chamber Music 4:15-5:15p: Zumba (\$5) 5:15-6:15p: SASCC Music Reader Program</p>	<p>9-10a: Tai Chi (Hybrid) 10:15a: Fitness & Fun w/Cindy (Hybrid) 11:30a: Chair Exercise w/Cindy (ACC / Hybrid) 12-4:45p: Ping Pong</p>	<p>12:30-5p Ping Pong</p>
BECOME A SASCC MEMBER - \$30 ANNUALLY		
<p>Join our SASCC Community! Saratoga Senior Center programs provide a low-cost way for older adults to stay active, learn new skills, socialize, and have fun. Stop by our front desk for a membership application today or access one online at www.sascc.org/sascc-membership.</p>		

SASCC TECH CENTER
Open M-F, 9 am - 4:30 pm
BOCCE COURTS
Open M-W, 10 am - 1 pm

WE ALL WIN, WHEN YOU SIGN IN!

Please sign in at the touchscreen kiosk when you come to the center. We use participant numbers to apply for funding and provide our funding partners with data.

