

Why join the Golden Club?

The Golden Club offers adults age 50 and older the opportunity to:

- Pursue hobbies
- Make new friends
- Expand horizons
- Live life to the fullest



Our clients enjoy a variety of activities.



NORTHERNRIVERS

Founded where the Mohawk and Hudson meet, like the rivers that shaped our region, Northern Rivers Family of Services helps change lives by shaping the future of those we serve throughout the Capital Region and beyond. Northern Rivers is a family of human services agencies that work together and are committed to helping children, adults, and families.

Formed in 2012, Northern Rivers is the parent organization to Northeast Parent & Child Society (founded in 1888 in Schenectady), Parsons Child & Family Center (founded in 1829 in Albany), and Unlimited Potential (founded in Saratoga Springs in 1979). Together we serve more than 16,000 children, adults, and families across 35 counties in New York state who struggle with abuse, neglect, trauma, mental health challenges, educational difficulties, career training and employment, and service navigation through an innovative continuum of home-, clinic-, school-, and community-based vocational rehabilitative, supported employment, and senior-supporting programs that provide person-centered, trauma-informed innovative solutions to ensure clients live their best lives.

With a 1,400-strong workforce and informed by our nearly 200-year heritage, our quality of care, depth of programs, combined size, and passion for the mission make us a leading human services provider.

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NORTHERNRIVERS

NORTHEAST PARENT & CHILD SOCIETY
PARSONS CHILD & FAMILY CENTER
UNLIMITED POTENTIAL

THE GOLDEN CLUB



A DAY PROGRAM DESIGNED FOR SENIORS WITH PSYCHIATRIC DISABILITIES

Unlimited Potential
Vocational Rehabilitation Center
36 Cady Hill Blvd., P.O. Box 4656
Saratoga Springs, NY 12866
518.587.2851

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What is the Golden Club?

Unlimited Potential's Golden Club is a nonprofit social model day program serving eligible individuals age 50 and older who have a psychiatric disability.

The senior social club seeks to reduce isolation and increase social interaction through a variety of social, physical, and educational activities.



Staying young-at-heart through fitness and exercise.

Who participates in the Golden Club?

Saratoga County residents age 50 and older with a diagnosed mental illness who are looking for structured, fun activities as an alternative to work.

The Golden Club's activities include:

- Roundtable discussion of current events
- Story reading and storytelling
- Board games, word games, and puzzles
- Arts and crafts activities
- Instructional classes
- Low-impact exercise classes
- Counseling support
- Memory activities
- Guest speakers
- Movies
- Group outings



Staying sharp cognitively through various mental exercises and daily activities.



A social program designed to energize the golden years.