

SARANAC LAKE CIVIC CENTER, INC.

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NEWS RELEASE: FOR IMMEDIATE RELEASE

Saranac Lake Civic Center

10/16/25

Silver Skaters Program for adults 50 and over at Saranac Lake Civic Center

*Adirondack Health renews its partnership to offer free series
of hour-long sessions planned for all age 50 and over*

SARANAC LAKE – Adirondack Health will once again sponsor ten public skating sessions for adults 50 and over at the Saranac Lake Civic Center during the 2025-26 ice season.

“We feel this helps promote a local, differentiated winter activity exclusively for adults,” said Matt Scollin, director of external affairs at Adirondack Health. “Adirondack Health is proud to partner with the Civic Center to make this experience accessible to more members of our community.”

Skating supports healthy aging and encourages movement in a fun, low-impact way. Ice skating offers cardiovascular benefits, improves balance, and creates opportunities for social connection – all of which are essential for maintaining overall health during the aging process.

The first free Silver Skaters sessions in the program will take place on **Monday, October 20 from 3:45 to 4:45p.m.** The full schedule will be available on the Saranac Lake Civic Center’s website and Facebook page.

“The Silver Skaters Program is an incredibly popular offering,” said Marnie Crane of the Saranac Lake Civic Center. “It was developed in 2023 in partnership with Adirondack Health to bring lifelong – and new – skaters back onto the ice. Many adults treat it as a social event, reconnecting with friends and making new ones. We’re grateful to Adirondack Health for helping us to create this opportunity.”

Skate rentals will be offered for \$5 at the Civic Center’s pro shop.

The Saranac Lake Civic Center is located at 213 Ampersand Avenue in the Village of Saranac Lake.

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Photos Provided: Silver Skaters enjoy time on the ice, gliding, laughing, and spending time together as they celebrate **the** joy of ice skating at the Saranac Lake Civic Center.

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ABOUT ADIRONDACK HEALTH

Adirondack Health is the family of facilities and individuals who have provided sophisticated care to the Adirondack region of northern New York for more than 100 years. Locations include Adirondack Medical Center in Saranac Lake, Lake Placid Health and Medical Fitness Center, Keene Health Center, Saranac Lake Health Center, Tupper Lake Health Center, St. Regis Falls Health Center, Mercy Living Center in Tupper Lake and Adirondack Health Dental Care in Lake Placid. The highly trained and compassionate individuals working at these facilities provide a full range of medical, surgical and long-term care services. Adirondack Health is the only full-service health system in the Adirondack Park.

Adirondack Health is not only the leading provider of healthcare for the residents and visitors of the Adirondack region, it is also the largest private employer in the Adirondack Park. In addition to the physical and social health of the community, Adirondack Health plays a significant role in the economic health of the community. With more than 900 full-time employees, Adirondack Health has a \$169 million annual impact on the local economy. As a result of these factors, and more, Adirondack Health is a key community institution and an advocate for improving the health and economic well-being of the patients, residents, businesses and visitors it serves.

To learn more about the programs and services of Adirondack Health, visit adirondackhealth.org.

About the Saranac Lake Civic Center

The Saranac Lake Civic Center is a year-round, not-for-profit recreation and events facility, serving the residents and visitors of Saranac Lake and the surrounding Adirondack community. The Saranac Lake Civic Center serves residents and visitors from across the region and beyond. Its regular users include local youth hockey, high school players from Saranac Lake and Lake Placid Central Schools, women's and men's adult

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recreational hockey, Lake Placid Curling Club, Paul Smith's College, Northwood School and more.

Expanded users include tournament users (such as Can-Am Hockey, Canadian Hockey Enterprises, Empire State Winter Games) and exposition organizers to take advantage of the event space.