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Adirondack Health Renews Support for Silver Skaters at Saranac Lake Civic Center

Free skating series brings adults 50 and over together for movement, friendship and fun

SARANAC LAKE – There is something special about having a reason to get together.

For adults 50 and over in the Adirondack community, that reason might be an hour on the ice, a familiar face at the rink, or simply the chance to be active with friends.

Adirondack Health is once again sponsoring the **Silver Skaters** program at the Saranac Lake Civic Center, providing free skating sessions throughout the 2026-27 ice season. Created in partnership with the Civic Center in 2023, the program gives adults 50 and over an opportunity to stay active, socialize and enjoy a uniquely Adirondack winter activity.

The first session of the season will take place **Tuesday, October 20, from 2:45 to 3:45 p.m.** at the Saranac Lake Civic Center. **Admission is free, but registration through the Civic Center website is required.** Future dates and times will be posted on the Civic Center website and social media channels.

“We’re proud to continue our partnership with the Saranac Lake Civic Center and support a program that brings people together in such a positive way,” said **Matt Scollin, Director of External Affairs at Adirondack Health**. “Silver Skaters is about movement and healthy aging, but it’s also about connection. It gives people a reason to get out, see friends, meet new people and enjoy time together.”

“Staying active as we get older doesn’t have to mean going to a gym or following a formal exercise program,” said **Andrea Chamberlain, Fit for Life and Cardiac Rehabilitation Manager at Adirondack Health**. “Finding activities that you enjoy and look forward to—and sharing those activities with other people—can make movement a natural and rewarding part of everyday life. Silver Skaters is a wonderful example of that.”

The program welcomes experienced skaters as well as those returning to the ice after many years—or trying it for the first time. Since its launch, Silver Skaters has become a popular gathering for local adults, with friends reconnecting, new friendships forming and participants enjoying time together on the ice.

“Silver Skaters has become such a welcoming group,” said **Marnie Cochran Crane of the Saranac Lake Civic Center**.

“Some people come because they love to skate, some come because they want to stay active, and some come because they know their friends will be here. That combination is what makes it special.”

Skate rentals are available for **\$6** at the Civic Center pro shop. The Saranac Lake Civic Center is located at **213 Ampersand Avenue in Saranac Lake.**



Photos Provided by the Saranac Lake Civic Center: Cliff and Karen Smalley, of Vermontville, enjoy time together on the ice at the Saranac Lake Civic Center.

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. Adirondack Health provides a full range of medical, surgical and long-term care services and is the only full-service health system in the Adirondack Park. 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 from across the region and beyond. Its regular users include Paul Smith's College, high school players from Saranac Lake and Lake Placid Central Schools, the Lake Placid Curling Club, Northwood School, Sara-Placid Lakers, Saranac Lake Learn to Skate and more. The facility also welcomes tournament organizers, including Can-Am Hockey, as well as exposition organizers who utilize the Civic Center's event space. The Civic Center also plays host to public skating, the popular Silver Skaters program, events such as Touch A Truck.

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