

ZOOM + SOCIALLY DISTANT EDITION!

THE CENTER at CSSC

May & June 2021

**Classes and Experiences for Lifelong Wellness
FOR ALL PEOPLE AGED 55+**

Hello! Welcome back! Well, almost back. We are slowly reopening, with hope and joy and an abundance of caution. THE CENTER at CSSC will continue to offer fun and interesting programming via Zoom, because we know that not everyone is ready to gather. For those who are ready, we are offering a select number of events, to be held outside at The Beltrone Living Center. Please feel free to reach out and let us know



what you are interested in, and what you would like to see offered in the future. We can't wait! Yours,

Caroline Barrett, Director of Lifelong Wellness

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Zoom - Cooking Demonstrations With Diane

Join Diane Conroy-LaCivita, CSSC's Executive Director, for a **virtual cooking demonstration**. Diane uses a combination of local, fresh and everyday ingredients to create fun and delicious food. **Follow along via Zoom and work alongside her, or just watch and learn something new.** Either way, you'll have fun!

• **Demonstration is free for members, ingredients delivery, \$10**



Tuesday, May 11 at 11 a.m. – Flavor. We all like it. But how do you get it? Diane will show us how to make easy dishes with a maximum amount of flavor, like **spring vegetable risotto and mini berry pies.**



Tuesday, June 8 at 11 a.m. - It's picnic season. Join Diane as she prepares a duo of favorite picnic foods, perfect for your next (socially distanced) gathering. She'll be preparing **old-time potato salad and rocky road brownies.**

Beginning Ukulele – Outside

Ukulele is a sweet sounding instrument that's easy to learn. **Come learn how to strum, play chords and play a few songs** in the fresh air and sunlight. Bring your own ukulele, or contact us for info on where to purchase one. This event will be held in the gazebo at The Beltrone. Taught by Sherri Bellucci, a teacher and musician for over 45 years. 7 person maximum.

4 weeks, Wednesday, June 2 – 23, 2:30 – 3:45 p.m., rain date of June 30 will be added in the event of bad weather.

\$30 for members, \$36 for not-yet-members.



Paint Chip Mosaic – Outside

Come relax and have fun with us as we **create a beautiful sunflower mosaic with colorful paint chips**. Mosaic is the ancient art form of creating detailed and masterful renditions using tiles or stone. In this event, we'll use a template to guide us as we create the finished piece (or go without the template – it's up to you!)

Wednesday, June 16 at 1:30 p.m., rain date is Friday, June 18 at 1:30 p.m.

Free for members



SOCIAL EXERCISE at The Beltrone

Weather permitting, registration required. Meet by the gazebo.

Walking Club, Tuesdays at 10 a.m., Join us for fresh air, friendship and great exercise.

Cornhole, Fridays at 10:30 a.m.

Come for socially distant Cornhole. Don't know how to play? We'll teach you! It's fun

Book Club Outside (or Zoom in)

Whether you are an avid reader or need a little nudge to pick one up, this book club is welcoming to all. We'll meet the **first and third Tuesday** of each month to discuss the chosen book.

Free for members.



New York Botanical Garden

We're heading to the city! Come for a wonderful day of fun, adventure and art at the **New York Botanical Garden**. We'll see the gardens and a sculpture exhibit by Japanese artist Yayoi Kusama, who is famous for his bright, polka-dotted and whimsical sculptures. This event will be held rain or shine. Non-refundable.



Friday, June 11. Bus leaves The Beltrone at 9:30 a.m. and returns at approximately 6:30 p.m.

\$52 for members only.

Meditation 101 – Via Zoom

Learn how to meditate.

Mindfulness meditation

brings simple awareness to the present moment so we can meet it with freshness, openness, and care. Jeff Wigman of the Shambhala Meditation Group of Troy will lead this event.

Thursday, May 13 at 10 a.m.

Free for members.



Live Music For All

Our popular lunch and dinnertime events are now being held outside, and via Zoom for those not ready to gather. Bring your own chair.

May 7 at Noon - Paul Slusar, the original one-man band is back!

May 17 at 5 p.m. - Everyone loves Don Hyman and his beautiful song voice.

June 4 at Noon - Come hear the sweet sound of Joe Gorman and his guitar.

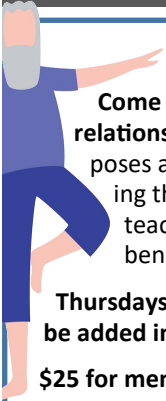
June 21 at 5 p.m. - Rick Bedrosian will play rock n' roll and favorites.

Call 518-459-2857 x 327 or email to be included in the Zoom concerts. Concerts are free for all and made possible with a grant from Albany County Department for Aging.



To register for any class or event, please call Caroline Barrett at 518-459-2857 x 327.

MASKS REQUIRED FOR IN-PERSON EVENTS. VACCINATIONS ARE STRONGLY RECOMMENDED!



Yoga for Delightful Aging – Outdoor!

Come be part of a yoga series that emphasizes a healthy relationship to the body and mind. Through accessible yoga poses and some guided meditation, Gail will lead us in finding the joy of being alive. Gail Witte is an advanced yoga teacher, mother and wife who is passionate about the benefits of yoga. 10 person maximum.

Thursdays, June 3 – 24, 10 – 11 a.m., rain date of July 1 will be added in the event of bad weather.

\$25 for members, \$30 for not-yet-members.

Tree Walk at Five Rivers Environmental Center

Join us for a short bus trip to Five Rivers Environmental Education Center in Delmar. It's a short drive, and a beautiful destination. In this two week series, we'll study and learn about trees. Experts will lead us in exploring deciduous and coniferous leaves before using a dichotomous key to determine the identity of the trees from which they came. Requires standing and walking for 1.5 hours.

Tuesday, June 1 and Tuesday, June 8, bus leaves The Beltrone at 9:40 a.m. \$10 for members, \$15 for not-yet-members, plus donation for transportation.

Troy Garden Tour

Troy's Hidden Garden Tour is in its 22nd year, and this wildly popular event attracts as many as 1,000 flower-lovers to downtown Troy. The self-guided walking tour invites people into private backyard gardens in historic Troy neighborhoods. Participants should expect to walk for 1.5 hours. Event will be held rain or shine.

Thursday, June 10. Bus leaves at 3 p.m. and returns approximately 5:30 p.m.

\$15 for members only.



Tour of Albany Women's Club

The Albany Women's Club sits at 725 Madison Ave in Albany, and has been the club's home since 1919. Come hear the story behind this historic building, see the transformation as it is getting a facelift, and be awed by the beauty and history. This tour includes stairs.



Friday, May 21. Bus leaves The Beltrone at 9:45 and returns at approximately noon.

\$10 for members, \$12 for not-yet-members. Includes transportation.

Rubber Stamping Art – Outside or Zoom In

In these classes, we'll make beautifully crafted paper pieces, led by Stampin' Up instructor and demonstrator Ann Burns. She's been making and teaching paper craft for many years.

Each class is \$10 and \$10 fee, payable to the instructor.

- Ann will introduce the art of 3-D cards. Create three beautiful pop-up, artful cards. You'll learn how to make three varieties of stand-out, pop-up cards.

Thursday, May 6, 3 – 4:30 p.m.

- Create a fun and festive framed July 4th sampler collage to display and show off your patriotism. Thursday, June 17, 3 – 4:30 p.m.



Tour of Albany Area Murals

Did you know that Albany is the home to many great and inspiring murals? Step on one of our buses to take a tour of these wonders. We'll drive by and hear the story of the mural and the artist who created it as we stop at each work of art.

Thursday, June 24 at 10 a.m.

\$5 for members



Zoom Talks, Lectures, Events

FREE FOR MEMBERS

Secrets of a Good Night's Sleep



Why do so many of us have trouble sleeping?

Join us as we discuss the basics of sleep and learn to identify "sleep stealers." Wednesday, May 5 at 12:30 p.m.

Organize Your Vital Records



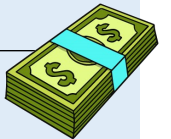
Join us for an interactive program that discusses various ways to identify and quickly access your vital written and electronic information and records in the event of unexpected health related emergencies. Friday, May 14 at 1:30 p.m.

Politics and Prohibition



Maeve McEneny of Discover Albany will join us via Zoom for another talk about the history of Albany and all of its steamy secrets. This interactive lecture will dish out the juicy local gossip behind the secret speakeasies, the bootleggers who supplied them and a few sneaky politicians. May 18 at 1:30 p.m.

Financial Planning: Managing Your Required Minimum Distribution



During this workshop, we'll tackle the latest legislation regarding Required Minimum Distributions, and help seniors navigate the new rules. In partnership with the Community Loan Fund. Thursday, May 20 at 1 p.m.

Putnam Collection of Photographs

Come see The Osmond D. Putnam photographs, a one-of-a-kind collection of historic images taken in the Adirondacks between 1885 and 1887. They are not the images of great camps and high peaks but of the everyday people struggling to survive in an isolated corner of the state. Wednesday, May 26 at 12:30 p.m.



David Louis – Animal Communicator

David will explain the process of communicating with animals and tell amazing stories of his experiences of almost twenty years as an animal communicator.

Thursday, June 10 at 1 p.m.



Father Kane – Muslim 101

Fr. Jim Kane, Interfaith Affairs Director of the Catholic Diocese since 1982, will offer an overview of Islam, the religion of the Muslims. The Five Pillars of Islam will be reviewed, along with excerpts from the Qur'an, Muslim prayers and quotes. Thursday, June 17 at noon.



To register: 518-459-2857 x 327