

# THE CENTER at CSSC

April, May, June 2022 **Classes and Experiences for Lifelong Wellness**  
**FOR ALL PEOPLE AGED 55+**

**Happy Spring!**

Welcome to Spring 2022 at THE CENTER. Everyone here is excited to offer new and fun things to do, interesting skills to learn, and the opportunity to experience a new locale. Best of all, members of THE CENTER make friends and build relationships, every day. We hope there is something here for you, and we can't wait to see you.

Yours, Caroline

**Caroline Barrett, Director of Lifelong Wellness**  
**518-459-2857 x 327, cbarrett@colonieseniors.org**

[www.colonieseniors.org](http://www.colonieseniors.org)



**Clay Hand Building Workshop**

Come explore and be creative in this fun workshop. In a three-week course, you will learn to pinch, coil and slab in clay, and these techniques will be used to create a beautiful, functional vessel. Finished pieces will be taken and fired, returned for glazing, and fired again. Each student will have the opportunity to build their own small pot, personalized with finishing touches: texture, color and form will be taught. Katherine Tholl is a ceramic artist and educator whose work ranges from wheel thrown pottery to figure sculpture.

**Mondays, May 9, 16 and Wednesday, May 25, 10 a.m. – 11:30 a.m.**  
**\$40 for members and \$50 for not-yet-members.**




For More ARTS, see page 3

**Wellness Workshops**

Please join HectorPT Senior Rehabilitation Service for a workshop on wellness topics that will help you remain safe, active and independent. These sessions are run by licensed Physical Therapists and will include presentations, gentle movements, and discussion.

**Register for one or all three. In the Lakeview Dining Room at The Beltrone Living Center, 9:30 a.m. – 10:30 a.m. Free for members.**


**April 19: Fall Prevention Tips and exercises to remain independent.**  
**May 17: Back pain prevention and intervention.**  
**June 28: Proper exercises to improve posture, balance and walking.**



**West Point Tour**

Travel with us to the renowned West point, for a tour of history and tradition. We'll ride on our bus to West Point, then transfer to a larger vehicle for a combined bus and walking tour. We'll hear the story of West Point, its role in the Revolution, its famous history, along with stories of graduates who helped shape our nation. The tour will bring the history of the Long Gray Line to the present as you learn of the cadet experience and West Point's continuing role in training the leaders of tomorrow. Stops will be made at Cadet Chapel, the Plain (the Cadet academic area), and Trophy Point with the million-dollar view overlooking the Hudson River. Requires stepping off and on the bus multiple times and walking on unsteady ground. Please note: security background check required for all participants.

**Thursday, May 12, bus leaves The Beltrone at 8:00 a.m. and returns at approximately 4:00 p.m.**  
**\$65 for members and \$85 for not-yet-members.**



For More TRAVEL, see page 2

**HOW TO REGISTER**  
(And more important information)

**Preregistration is required** for ALL events, unless otherwise indicated. **Registration is not complete** and spaces not held, unless the class or event is paid in full. **There are no refunds given**, unless THE CENTER cancels a class. **Proof of vaccination** required for all events.

**To register:**  
**CALL:** 518-459-2857 x 327  
**EMAIL:** cbarrett@colonieseniors.org  
**STOP IN:** During business hours (8:30 a.m. - 5:00 p.m.), 6 Winners Circle, Albany.

**Bowling Lessons and Friendly Games**

Bowling is social, athletic, and best of all, tons of fun. Join us for a weekly lesson, and then time to practice the sport in a friendly game. Bowling Pro William Mochrie, who has been bowling and teaching the game for many years, will instruct the group at Spare Time in Latham.

**4 Fridays, April 22 – May 13. Bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m.**  
**\$45 for members, \$55 for not-yet-members.**



For More Exercise, see page 4

TRIPS, TRAVEL. ADVENTURE!

Tour of WGY Exhibition

A new exhibit at the Museum of Innovation and Science is celebrating the history of WGY, one of the nation's first commercial radio stations, which began broadcasting 100 years ago. WGY was created by General Electric in 1922. Tour the station's history in a photo exhibit called WGY: Radio's Laboratory Celebrates Its Centennial. The exhibit contains 50 photos, from the earliest days of the station, until 1980. There are photos of staff performing radio dramas, celebrities including Amelia Earhart and Harry Houdini, and then-Governor of New York Franklin D. Roosevelt. There will be time to explore the museum after the tour.



**Friday, April 8, bus leaves The Beltrone at 10:30 a.m. and returns at approximately 1:00 p.m.**  
**\$15 for members and \$20 for not-yet-members.**

The Writer's Institute - Gary Shteyngart

Gary Shteyngart, major American novelist most recently of Our Country Friend story of various relationships and romances that unfold over the course of six months among a group of friends who take refuge in the rolling hills of Upstate New York during the pandemic. Come hear Gary in conversation at UAlbany's Writer's Institute.



**Thursday, April 21, Bus leaves The Beltrone at 6:30 p.m. and returns at approximately 9:30 p.m.**  
**\$5 for members and \$10 for not-yet-members.**

NYS Military Museum - Self Guided Tour and Lunch

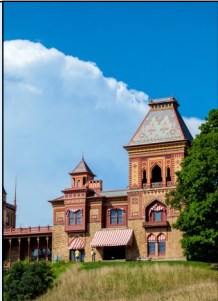
Travel to with us to Saratoga for a visit to the New York Military Museum, for an interesting look at our state's history, told through the lens of our armed forces. This museum is home to over 25,000 artifacts dating from the Revolutionary War to today that relate to New York State's military forces, the state's military history and the contributions of New York's veterans. We'll hear an overview, wander the exhibits on our own, then sit for a pizza lunch.



**Tuesday, April 26th, bus leaves The Beltrone at 9:45 a.m. and returns at approximately 12:45 p.m.**  
**\$15 for members and \$25 for not-yet-members.**

Tour of Frederick Church's Olana

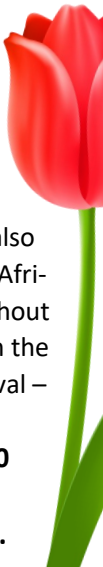
Come for a tour of the incomparable Olana. This tour starts with sweeping views of the Hudson River and Catskill Mountains. Then, knowledgeable guides will show us the treasures of Olana's Main House, including an astonishingly intact collection of furnishings, architecture, decorative elements and art, as well as spectacular views of Olana's artist-designed landscape in a one-hour tour. After, we'll walk the grounds unguided and see the magical landscape surrounding the house. Pack a picnic lunch. There will be stairs, uneven ground and walking for extended periods.



**Friday, April 29, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 2:30 p.m.**  
**\$35 for members and \$45 for not-yet-members.**

Tulips and Dutch Heritage in Albany

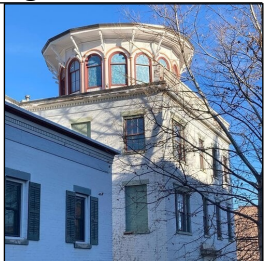
The City of Albany plants over 100,000 tulips throughout the City, in celebration of our Dutch heritage and our enduring friendship with our Sister-City, Nijmegen. Join Discover Albany's Maeve McEneny-Johnson as we tour the City of Albany, seeking out the tulip beds, while learning about the origins of the Tulip Festival. Maeve will also share the story of the Pinkster Festival, a uniquely African American celebration in New York held throughout the 1700s. During the tour, we will disembark from the bus and stroll through the crown jewel of the festival – Washington Park!



**Monday, May 2, bus leaves The Beltrone at 1:30 and returns at approximately 3:30 p.m.**  
**\$10 for members and \$18 for not-yet-members.**

Walking Tour of the Mansion Neighborhood

Come along for a guided stroll through Albany's beautiful Mansion neighborhood with Historic Albany. Tony Opalka, Albany City Historian, will lead us through our storied streets and tell tales of its beginnings in the early 19th century, through the rise of immigration and the neighborhood's continued community today. See architectural details, hear stories of the people lived there and step back in time for a few hours. Requires walking for 1 mile (with rest stops.)



**Wednesday, May 4, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m.**  
**\$8 for members and \$13 for not-yet-members.**

Thank You! Transportation for all trips, travel and fun adventures is made possible through a generous sponsorship from MVP Healthcare.



For More TRIPS, see page 5



## ART + CREATIVE EVENTS

### Arts + Crafting Open Studio Time

Being creative is better when done together, and we are opening our Art Studio to all artisans. Whether you like to paint, cross-stitch, embroider, quilt, sew, quill, knit, or any other crafty thing you can dream up, do it at THE CENTER with your own materials. The Art Studio has large tables and great lighting.

**Tuesdays, 9:30 a.m. - 11:30 a.m. and Thursdays, 1:00 p.m. – 3:00 p.m., starting April 5 and 7.**  
**No registration required.**



### Ombre Shells Wreath

Ombre means “shaded” in French and involves dying or coloring objects in varying degrees to move from one color or hue to another. The effects, while subtle, are quite pretty and make for striking decorations. In this two-week class, we will dye seashells in shades of one color (to create the ‘ombre’) and then glue them to a wreath to make a lovely summer decoration. All materials (including shells) are included, but feel free to bring any special shells to add to your own wreath. Led by Caroline Barrett, CSSC’s Wellness Director.

**Wednesdays, April 20 and 27, 1:00 p.m. - 2:30 p.m.**  
**\$10 for members and \$15 for not-yet-members.**



### Decoupage Memory Tray

Using paint, photos and pretty papers we will create a small, decorative wood tray. If you wish to personalize this, please supply your own photos of friends, family, pets, or other subjects (copies will be made for participants to preserve originals). Other materials will be available if you prefer to do something different. We will supply the wood trays, paint, papers and embellishments in a variety of materials to choose from. Taught by Lydia Lynch, local mixed media artist.

**Wednesday, June 8, 1:00 p.m. – 2:30 p.m.**  
**\$12 for members and \$15 for not-yet-members.**



### Watercolor Workshops

Come create beautiful watercolor paintings with Kevin Kuhne. In these two-week events, you will learn how to use watercolor paints and brushes to learn a variety of painting skills and techniques. Kevin Kuhne is an award-winning painter and teacher of many years.

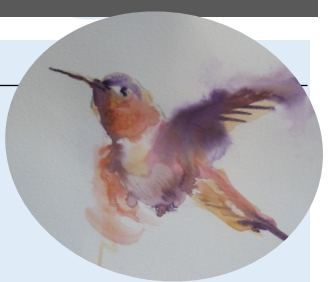
2 sessions, choose one or both.

**Brilliant Pets and Animals:** bring a photo of a beloved pet or animal and create a painting from your image. There will also be images to choose from if you do not have one.

**Wednesdays, April 13 and 20, 10:00 a.m - 11:30 a.m.**

**Brilliant Birds:** photos of nature’s most beautiful, winged animals will be provided.

**Wednesdays, May 11 and May 18, 10:00 a.m. - 11:30 a.m.**  
**\$30 for members and \$40 for not-yet-members for each two-week session.**



### Birdhouse Ornament

Come create a lovely wooden one-of-a-kind birdhouse using paint, paper, precut birds, butterflies, floral motifs and other embellishments. All materials will be supplied, which will include the wood birdhouse and lots of paint colors and materials. Taught by Lydia Lynch, local mixed media artist.

**Wednesday, May 11, 1:00 p.m. – 2:30 p.m.**  
**\$12 for members and \$15 for not-yet-members.**



### Rubber Stamping Art

The wonderful Ann Burns returns to ink, stamp, glue and be creative in a social and fun event. Choose from one or more these classes. Materials fee is payable to Ann on the day of class.

**\$10 for members and \$15 for not-yet-members for each class.**

**Tuesday, April 12 at 4:00 p.m.:** Make a pretty wreath with paper tulips, greenery and tiny flowers, all in shades of spring. This wreath easily hangs on a door and will offer cheer to all who see it. **\$10 materials fee.**

**Tuesday, May 10 at 4:00 p.m.:** Make a variety of cards for upcoming holidays, using fun and creative Stampin’ Up tools and techniques. **\$5 materials fee.**

**Tuesday, June 14 at 4:00 p.m.:** Create a frame for decorating that’s a reminder that summer is on its way: butterflies, flowers and dragonflies all send a breezy, sweet message. Perfect to keep or give as a gift. **\$10 materials fee.**



For MUSIC + More ARTS, see page 7

**Boot Kickin' Line Dancing**

Come learn the basics of line dancing and have a great time doing it! Line Dancing II is for dancers who have completed Beginners with Robin and are ready for slightly more challenging dances. Robin Dyanick has been teaching Country Line Dancing in the Capital District since 2014. She has lots of experience with classes, loves to dance with her students, and teach all levels and ages.



**8 Wednesdays, April 13 – June 1.**  
**Line Dancing I, 1:00 p.m. – 2:00 p.m.**  
**Line Dancing II, 2:10 p.m. – 3:10 p.m.**  
**\$40 for members and \$50 for not-yet-members.**



**Tai Chi for Ease of Movement**

Join us in learning a sequence of gentle, coordinated, and relaxing movements to increase your ease in moving in all your daily activities. These safe, slow and efficient movements, designed by

Dr. Paul Lam, a physician, will help you achieve improved balance, mindful relaxation, and joy in moving. Beginners welcome. Sabine Seiler, PhD, is an educator, writer, and translator as well as a Tai Chi instructor and has been certified by the Tai Chi for Health Institute. She has been practicing and sharing her knowledge of Tai Chi for many years, teaching throughout the Capital Region.

**10 Tuesdays, April 11 – June 13, 2:00 p.m. – 3:00 p.m.**  
**\$50 for members and \$60 for not-yet-members.**



**Yoga for Mobility**

This yoga class will use yoga poses to increase joint mobility and muscle flexibility. We will be in and out of the chair, but never on the floor. Although we will be focus on mobility, we will always use breath

for support and finish with Shavasana (the best part - relaxation!) Gail is an advanced yoga teacher, mother and wife who is passionate about the benefits of yoga. In the Dance Studio at The Beltrone.

**10 Thursdays, April 14 – June 23 (no class on April 21), 10:00 a.m. – 11:00 a.m.**  
**\$50 for members and \$60 for not-yet-members.**

**Tap With a Rockette**

Janet Murphy, former Rockette and tap dancing instructor of over 20 years, is coming back to share her knowledge and love of dance. Choose from one of three levels for a fun class, appropriate for your level of dance experience.



**13 Thursdays, April 7 – June 30**  
**Advanced Tap: 11:15 a.m. – 12:15 p.m.**  
**Intermediate Tap: 12:15 p.m. – 1:00 p.m.**  
**Beginner Tap: 1:00 p.m. – 1:45 p.m.**  
**\$65 for members and \$80 for not-yet-members.**



**Jazz Dance – New!**

Dancing improves strength, flexibility, balance and coordination. Jazz dance includes all of those things and also inspires individual expression. Janet

Murphy will teach Broadway and classic Jazz dance, while encouraging students to create their own style. Janet has been teaching various forms of dance for over 20 years.

**13 Thursdays, April 7 – June 30, 1:45 p.m. – 2:30 p.m.**  
**\$65 for members and \$80 for not-yet-members.**

**Tai Chi for Memory—New!**

Studies have shown Tai Chi improves memory and brain health. It is especially useful for people with memory loss, Alzheimer's disease, and is designed to prevent these conditions. This is a good exercise for caregivers who take care of loved ones with memory issues.



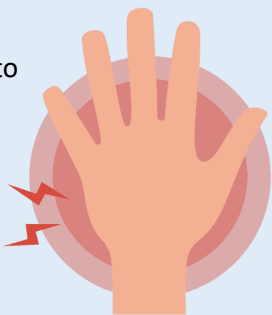
Through tai chi moves and breathing techniques, this mind-body program engages participants and promotes improved health, including balance, immunity. Tai Chi for Memory can be practiced seated or standing. Instructed by Christine Suruda who has been certified to teach Tai Chi through the Tai Chi for Health Institute since 2008.

**6 Mondays, April 18 – May 23, 10:30 – 11:15 a.m., Please arrive by 10:20 a.m.**  
**\$30 for members and \$40 for not-yet-members.**

**Yoga for Crafty Hands**

Join Gail Witte in this fun hour-long workshop, learning stretch and strengthening techniques to help crafty hands. From self-massage to joint limbering, we'll have fun building your toolbox of relief for tired hands, shoulders, and necks. Gail is an advanced yoga teacher, mother and wife who is passionate about the benefits of yoga. In the Dance Studio at The Beltrone. Register for one or all three sessions.

**Fridays, April 8, May 6, June 17, 1:00 - 2:00 p.m.**  
**\$7 for members and \$12 for not-yet-members for each session.**  
**\$18 for all three sessions for members.**





Tour of Proctors Theater in Schenectady

Come for a behind-the-scenes tour of the historic Proctors Theater in Schenectady. Proctors has a long and decidedly



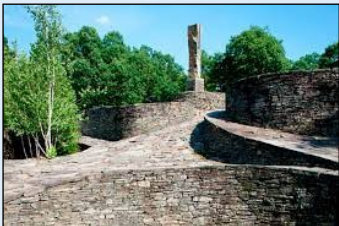
interesting history, beginning with its opening in 1927. Many famous names have crossed the stage there, including George Burns, Britney Spears and countless others. Historians will lead us through the gilded theater and tell stories that are juicy, scandalous and otherwise headline-making of its past. We'll hear a bit about what the future holds as well. Requires stair climbing.

**Tuesday, May 10, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 12:30 p.m. \$5 for members and \$10 for not-yet-members.**

Tour of Opus 40, and Lunch

Opus 40 is a magnificent sculptural landscape, created by a single man over the course of 37 years. Come see and experience the sculpture firsthand, hear about its creator Harvey Fife and learn about his vision, his goals, and what he ultimately wanted to convey through this monumental work. Picnic lunch is included. Requires walking on unsteady and possibly slippery ground. Sturdy footwear is a must.

**Friday, May 20, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:00 p.m. \$32 for members and \$42 for not-yet-members.**



Bozen Kill Spring Nature Walk

The Bozen Kill Preserve is one of the Mohawk Hudson Land Conservancy's twenty preserves, located in Altamont.

This 183-acre preserve is marked by a shale bed stream and has plenty of history. A former farm, the property is now a sanctuary for wildlife, flora and people seeking fresh air. This guided walk will be led by Lauren Lyons Swift, New York State flower expert and MHLC trail guide. Requires walking on unsteady and possibly muddy ground.

**Tuesday, May 17, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3 p.m. \$8 for members and \$15 for not-yet-members.**

Longfield Farm Tour

Visit a working farm in Altamont that produces lambswool, lamb, chicken and eggs and learn about the philosophy of regenerative agriculture all while taking in the natural beauty of New York State. And, see a real, live Border Collie demonstration. Farm-fresh lamb, chicken, eggs, and a variety of farm-produced fiber products will be available for sale. A farm talk will be led by Pam and Gary Kleppel, the farmer-owners. Gary Kleppel is professor emeritus at University of Albany, where he taught biology for many years. The farm is a research site for sustainable farming practices. Requires walking on unsteady and possibly muddy ground.

**Monday, May 23, bus leaves The Beltrone at 12:15 and returns at approximately 3:15 p.m. \$5 for members and \$10 for not-yet-members.**



Taste of Troy Walking Tour

Love history? Love food? Come hear stories and interesting tales of Troy's rich history and architecture, stopping along the way for delicious bites in some of Troy's best restaurants. This tour starts at Defazio's and winds through Washington Park, stopping at Sunhee's Korean Kitchen, passing by the historic Troy library, a visit to Capital Tacos, continuing past Russell Sage and Monument Square and finally ending at Brown's Brewing for a well-earned beer tasting. Requires walking for 1.5 miles and standing for 5-10 minutes at each landmark. **Complete lunch and history tour included.**



**Wednesday, May 18, bus leaves The Beltrone at 10:30 a.m. and returns at approximately 2:00p.m. \$80 for members, \$85 for not-yet-members.**



Easy Kayak on the Schoharie

Step into a kayak and learn how to navigate the vessel independently on the beautiful Schoharie Creek. Schoharie

Valley Kayak will outfit us with everything needed (vests and boats) to cruise this mild waterway. First, we'll have a lesson in how to helm a kayak safely with certified guides. Then, as a group, we'll kayak for a few miles up the gentle waters of the Schoharie Creek and return the same route. Requires being able to step into a kayak and paddling independently.

**Tuesday, June 21, bus leaves The Beltrone at 2:15 p.m. and returns at approximately 5 p.m. \$43 for members and \$53 for not-yet-members.**

For More TRIPS + TRAVEL see page 6

TRIPS + TRAVEL, CONTINUED

**Tour of The Mount, and Lunch**

Tour Edith Wharton’s historic 1902 home that she designed and lived in, learn about her literary legacy and the lives of the people who lived and worked in the home during its heyday. Today, The Mount is a cultural hub and garden-enthusiasts’ destination. We’ll plan for a tour of the house, have lunch on the Terrace, and time to wander the gardens before heading home. Requires climbing stairs and walking on unsteady ground.



**Thursday, June 2, bus leaves The Beltrone at 9:15 a.m. and returns at approximately 3:00 p.m.**  
**\$42 for members and \$52 for not-yet-members.**

**Wine Tasting and Lunch at Sabba Vineyard**

Support New York State agriculture by visiting Sabba Vineyard in the beautiful Hudson Valley. This winery is set amongst the rolling hills of Chatham and is also home to a unique sculpture park with works created by the owner-vintner of Sabba, Abby Youghabi. Enjoy a flight of four wines, hear about the sculptures, and purchase lunch from a food truck at the winery. Please



note, lunch is not included in the price of this event.

**Friday, June 10, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:30 p.m.**  
**\$22 for members and \$32 for not-yet-members.**

**Tour of Saratoga Battlefield**

The Saratoga Battlefield is the site of both Battles of Saratoga. The Battles of Saratoga are considered by many historians as the “Turning Point” of the American Revolution. The tour will include the view of the battlefield from the Visitor Center, a look at the Nielson House (the only actual structure from 1777), Barber’s Wheatfield and Freeman’s Farm (sites of both battles of Saratoga), the famous Benedict Arnold boot monument, and finally, the British river fortifications. Battlefield Guide Pat Niles will be our tour guide. This event requires stepping off and on the bus multiple times and walking on unsteady ground. Pack a picnic lunch.

**Tuesday, June 14, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 2:30 p.m.**  
**\$22 for members and \$32 for not-yet-members.**

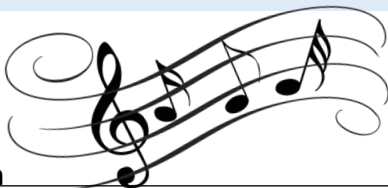


**TriCity Valley Cats  
Game and Dinner**

“Take me out to the ball game...”  
Come for a fun evening, at the Joe Bruno Stadium, cheering for our hometown team the ValleyCats as they play against the New Jersey

Jackals. Our seats will be together, and ticket price includes a voucher for a hot dog, chips and soda.

**Wednesday, June 15, bus leaves The Beltrone at 4:45 p.m. and returns at approximately 9:45 p.m.**  
**\$20 for members and \$30 for not-yet-members.**



**Music at Noon**

Community concerts at various locations throughout the Capital District. Fees are for transportation.

**Bus leaves The Beltrone Living Center at 11:15 a.m. and returns at approximately 1:30 p.m.**

**\$5 for members and \$10 for not-yet-members for each event.**

**Tuesday, April 12, Troy Music Hall:** Jacob Shipley writes, sings, and tells stories about the awkward, uncomfortable, and painful moments in life. Listening to Jacob is like reminiscing with an old friend: not everything was easy, but at least we made it through.

**Thursday, April 21, Hudson Valley Community College at the Bulmer Telecommunications Center:** The New Orleans Drive-By Band, a gumbo of dance music, audience participation and soulful vocals that includes jazz, New Orleans Funk, R&B and Gospel-infused Soul.



**STAY TUNED FOR  
MAY + JUNE  
MUSICAL EVENTS!**



Thank You!  MVP<sup>®</sup>  
HEALTH CARE

**Transportation for all trips, travel and fun adventures is made possible through a generous sponsorship from MVP Healthcare.**

**Proof of vaccination**



Required for all events,  
trips and gatherings.



**Let’s keep everyone safe!**



## ARTS, CONTINUED + MUSIC at THE CENTER at CSSC

**Embroidery and Thread Workshops with Sandia Feck, Former President of the NY Capital District Embroiders' Guild of America and embroidery artist for many years.**

### **Spiral Bead Bracelet Workshop**

Make a delicate, light-weight spiral bracelet with a magnetic closure clasp. The technique used is a very simple 2-bead herringbone stitch. The class will make one spiral bracelet. Kit fee is \$12 and includes all materials needed for one bracelet.

**Tuesdays, May 24 and 31, 1:00 p.m. - 3:00 p.m.**

**\$29 for members and \$39 for not-yet-members, plus \$12 materials fee.**



### **Swedish Weaving**

Come learn a simple yet beautiful form of embroidery, consisting only of running stitches worked in a pattern or combination of patterns on huckaback fabric. The needle picks up the small floats in the weave without piercing the fabric, resulting in a pattern that is 'weaved' into the top of the fabric. The class will make a finger-tip towel using the Swedish weaving technique of embroidery. Kit fee is \$12 and includes a towel, threads, needle, and needle threader.

**Tuesdays, June 7 and 14, 1:00 p.m. - 3:00 p.m.**

**\$29 for members and \$39 for not-yet-members, plus \$12 materials fee.**



### **Drumming 101**

Experience the joy of beating on a drum, as you learn the basics of drumming, rhythm and making music in a group. This is a fun and friendly event, meant to create community and joy for all. No prior experience is necessary and is suggested prior to taking Drumming and Rhythm for Fun and Wellness. Drums and musical instruments are provided.

**Friday, April 15, 10:00 a.m. - 11:00 a.m.**

**\$12 for members and \$15 for not-yet-members.**

### **Tissue Paper Stained Glass Windows**

Use tissue paper and stencils to create a stained glass window. Through folding and cutting, you will use small scissors to create your window using four different colors of paper (similar to paper snowflakes). The tissue paper is glued together, and then glued to cardstock frames. It's an easy process, with elegant results. Led by Christine Suruda, crafter extraordinaire! Bring your own small scissors (embroidery or nail scissors work well). All other materials provided.

**Wednesday, June 22, 1:00 - 3:00 p.m.**

**Free for members.**



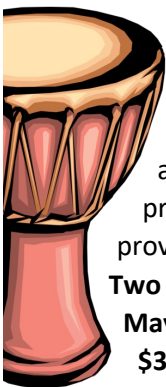
### **Drumming and Rhythm for Fun and Wellness—New Price!**

Our drum circle is a fun, friendly event where people with all musical experience come together to share a spirit of rhythm, boost our energy and give ourselves an emotional release and healing through a rhythmic message. Experience the joy of beating on a drum, dancing or just listening as we create community and have fun. Participants will be guided on the basics of how to drum in a group, with opportunities to progress and improvise within this gently facilitated drum circle. No musical experience is necessary. We provide drums and musical instruments. Bring your favorite instrument if you have one or share one of ours.

**Two Sessions, 3 weeks each. Choose one or both.**

**May 6, 20, and 27, 10 a.m. - 11 a.m. AND/OR June 10, 17 and 24, 10:00 a.m. - 11:00 a.m.**

**\$36 for members and \$45 for not-yet-members.**



## TRIPS, TRAVEL + ADVENTURE, continued

### **Forest Bathing at Pine Hollow Arboretum**

Forest Bathing, or Shinrin-yoku, is a Japanese term that means to take in, with all of one's senses, the forest atmosphere. This outdoor program will incorporate elements of mindful breathing, nature connection, tree identification, animal tracking, and meditation skills, culminating in a tea ceremony and time for sharing and reflection. Led by Sandy Wilson, certified Kripalu Mindfulness Outdoor Guide and Capital Region mindfulness outdoor guide.

**Requires walking on unsteady and possibly muddy ground. Sturdy walking shoes are a must.**

**Monday, June 27, bus leaves The Beltrone at 1:30 p.m. and returns at approximately 4:30 p.m.**

**\$15 for members and \$20 for not-yet-members.**

### **Flower Farm Visit and Bouquet Picking**

Take a short ride to Nine Mile Farm in Delmar, New York, to learn about flower farming and pick your own beautiful bouquet. Nine Mile Farm is a fourth-generation operation that produces hundreds of varieties of perennials and annuals. We'll visit with Rebekah Rice to hear about her family farm, then select our own bouquets from the abundant flower fields for \$1/stem. Requires walking on unsteady ground. Please bring cash to pay for your flowers.

**Thursday, June 30, bus leaves The Beltrone at 9:15 a.m. and returns at approximately noon.**

**\$5 for members and \$10 for not-yet-members.**



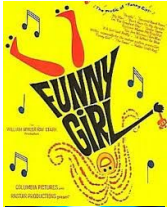
## SOCIAL EVENTS at THE CENTER at CSSC



### Monday Movies - no reservations required.

2:00 p.m. in the Lakeview Dining Room.

\$1 contribution for snacks and room use.



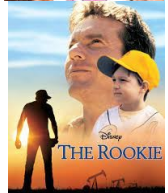
**April 11: Funny Girl** - In this bittersweet, classic musical drama, the vibrant and beautiful young Fanny Brice (Barbra Streisand) starts out as a bit player on the New York City vaudeville stage, but works her way up to stardom on Broadway.



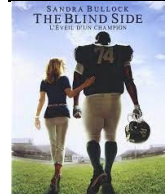
**May 2: Strictly Ballroom** - The smash Australian hit about a headstrong ballroom dancer who teams up with the love-struck amateur to compete for a national championship.



**May 9: The Pink Panther** - The original comedy classic! A priceless gem - the Pink Panther - is sought by a jewel thief whose accomplice is the sexy wife of a bumbling French police inspector named Clouseau.



**June 6: The Rookie** - A small-town baseball coach makes the major leagues after making a bet.



**June 27: The Blind Side** - The deeply moving true story of a boy adopted by a Texas family who goes on to become a first-round NFL draft pick.

### Healthy Bones For Life and Balance Class

Healthy Bones exercise classes are a long-standing tradition at The Beltrone Living Center, and part of our commitment to keeping seniors healthy and active. These classes are taught by volunteers and offer gentle strength training and stretching in a social environment. Register for one day. \$10 for members only.

#### In the Activities Room at The Beltrone

Healthy Bones, Wednesdays, 9:30 - 10:30 a.m.,  
April 6 - June 29.

#### In The Community Room at King Thiel

Healthy Bones, Tuesdays, 1:30 p.m. - 2:30 p.m.,  
April 5 - June 28.

Balance Class, Thursdays, 1:30 p.m. - 2:30 p.m.,  
April 6 - June 29.

## Club and Social Events

Free for members, no registration is required. Activities take place at The Beltrone Living Center.

**Writer's Workshop:** Come practice the art of writing in a friendly and supportive environment. In the Library at The Beltrone Living Center. **First and**

**Third Tuesday of each month,**

**1:00 p.m. - 2:00 p.m.**



**Bingo:** Play Bingo in the Lakeview Dining Room with Viola. Each card is \$1, raffle tickets also available each week.

**Wednesdays, 1:00 p.m. - 3:00 p.m.**

**Bridge:** Play with a friendly, welcoming group in the Activities Room at The Beltrone Living Center. **Tuesdays, 12:30 p.m. -**

**3:30 p.m.**

**Book Club:** Meet in the library at The Beltrone. We meet the **third Monday of each month (April 18, May 26, June 20) at 1:00 p.m.** to discuss the chosen book.



**MahJong:** Mahjong or is a tile-based game that was developed in the 19th century in China. If you are interested in joining this new group, please call and register.



**Wednesdays, 1:00 p.m. -**

**3:00 p.m. In the Activities Room.**

**\*\*Looking for a leader for this group. \*\***

**Knitting:** Knit one, purl one, chat! A friendly group, choose either time or both. **Mondays and Saturdays at 10:00 a.m. in the Café, Fridays at 1:30 p.m. in the Activities Room.**



**Cribbage:** Come play the game you know or learn how. A fun, old-fashioned card game, played with 2-3 players.



**Poker:** A friendly game of nickel-and-dime poker.

**In the Activities Room, Monday at 3:00 p.m.**



### Balance Class with Hector PT

Please join HectorPT Senior Rehabilitation Services for a fun, one-hour balance class. The classes will focus on postural awareness, strength, flexibility, coordination, motor planning. Attendees will also learn safety tips to remain safe and independent at home.

**In the Lakeview Dining Room. Free for members.**

**Tuesdays, 9:30 a.m. - 10:30 a.m.**

**April 12 and 26, May 10 and 24, June 7 and 21.**

**Registration required.**