July, August, September 2022

We Love Summer!
In upstate New York and the surrounding areas, there is much to celebrate in summer: an abundance of natural beauty, cultural events and great food. We invite you to take it all in with us. In this catalog, you will find a few favorites and some new things, too. Here at THE CENTER, we work hard to find a little something for everyone. We hope there’s something for you and look forward to seeing you, soon.
Yours, Caroline Barrett
Director of Lifelong Wellness
518-459-2857 x 327
cbarrett@colonieseniors.org

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.

Improv 101: Essentials
What’s improv? Quite simply, improvisers make stuff up in the moment, to the delight of their audiences. It doesn’t look easy, but it is! In this class, we cover everything you need to know to understand and build the skills that will help you make stuff up on stage with confidence and creativity. But there’s more to enjoying the time onstage: improv helps you be centered and present in the moment. It will make you a better listener and liberate your spontaneity. Improvisers know how to surf difficult situations with seemingly effortless grace. Taught by the Mopco Improv Theater in Schenectady.
4 Tuesdays, September 6, 13, 20 and 27, bus leaves The Beltrone at 12:00 noon and returns at approximately 3:00 p.m.
$79 for members and $89 for not-yet-members.

Yoga for Joy
Come learn how to relax, breathe, stretch, and feel great! Yoga is a great way to build strength, prevent injury and create a healthy environment for your body. In this gentle yoga class, we will practice seated and chair-supported yoga, all while using inspiration from the book “The Art of Joyful Living” by Swami Rama. This book is available for those who want it for $7, but it’s not required for the class.
Amanda Mackey teaches indoor and outdoor yoga classes and sharing the gift of yoga is her mission.
8 Thursdays, August 4 – September 22, 10:00 a.m. – 11:00 a.m.
$40 for members and $50 for not-yet-members.

Teen Connects
Spend some time with a trusty, tech-savvy teenager to help with all of your technology woes. Bring your laptop, phone or tablet for advice or questions regarding internet, email, connectivity and anything else that’s vexing you.
Appointment required.
Thursdays, 30-minute appointments between 1:00 p.m. and 3:00 p.m.
Free for members.

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For More Exercise, see page 4
For More TRAVEL, see page 2

For More ARTS, see page 3

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For More TRAVEL, see page 2

Scenes from Spring 2022 (we had a great time!)
TRIPS, TRAVEL, ADVENTURE!

Secret City Art Tour: Hidden Artwork in Albany
Come along on a walking tour to find some hidden, historical murals and sculptures in our great city! We’ll follow Maevy McEneny-Johnson as she leads us on a hunt for art. We’ll wend our way through the Capital Center, the Renaissance Hotel, the NYS Capitol Lawn and City Hall, before walking down the hill to Blake Annex for one last mural and refreshments, too. This is a 1-mile walk, and the bus will pick up at the bottom of the hill.
Monday, July 11, bus leaves The Beltrone at 1:30 p.m. and returns at approximately 4:00 p.m.
$10 for members and $20 for not-yet-members.

New York City Ballet at SPAC
Saratoga Performing Arts Center announces the return of the full New York City Ballet company—the first time in two years—for its summer 2022 season. In this show, ballet is performed to the backdrop of both orchestra and jazz in a composition that is classically grounded, with modern flair. Food is available for purchase at the venue.
Thursday, July 14, bus leaves The Beltrone at noon and returns at approximately 5:00 p.m.
$49 for members and $59 for not-yet-members.

Peebles Island Bird and Nature Walk
Peebles Island State Park is a hidden gem and a great place to see birds, wildlife and the merging of the mighty Mohawk and the Hudson River. On this two-mile hike, be prepared to see Bald Eagles and their nest, White-tailed deer, a waterfall, the remnants of American Revolutionary War military fortifications, a great variety of birds, and even carp of great size.
Thursday, July 21, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 12:00 p.m.
$5 for members and $10 for not-yet-members.

Grafton Lakes Geology Workshop and Tour
What are rocks but hints and clues about the past? Join Tamara Beal, Environmental Educator, on this hike in the park to learn about a tumultuous time in the Earth’s history, and discover how the closing of an ocean caused the earth to tremble, creating the conditions for the rocks we have today to form. Includes a one-mile hike on unsteady ground. Picnic lunch is available for $10, or bring your own.
Tuesday, July 26, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 2:30 p.m.
$15 for members and $25 for not-yet-members.

Immersive Van Gogh Exhibit
The immersive Van Gogh is all the rage, and for good reason. Imagine stepping into Van Gogh’s vivid, dreamy and colorful world and seeing his paintings come alive, all set to music and movement. This is an experience not to be missed!
Wednesday, August 3, bus leaves The Beltrone at 9:00 a.m. and returns at approximately noon.
$34 for members and $44 for not-yet-members.

Jazz on Jay
Jay Street in Schenectady is a fun and vibrant little corner of the city, with restaurants, shops and on Thursdays in the summertime: live jazz! We’ll travel over to Schenectady for time to watch the music, pick up lunch and shop. Please note, this is not a tour. This week features the sounds of the Art D’echo Trio. In the event of rain, the concert is held in Proctor’s.
Thursday, August 4, bus leaves The Beltrone at 11:15 a.m. and returns at approximately 2:30 p.m.
$10 for members and $15 for not-yet-members.

Did you know...
According to liveinfinitely.com, “Traveling helps enrich your own personal history. As you age, you will be grateful for the days you took to travel and try new things.”
**ART + CREATIVE EVENTS**

**Clay Hand Building Workshops**

Come explore the medium of clay and be creative in these fun workshops. Katherine Tholl is a ceramic artist and educator who has taught from graduate school to kindergarten and exhibits widely in the US and abroad. Register for one session or both.

- **Mini Workshop:** create one coil and slab project, finished, fired and glazed. Mondays, July 18 and 25, 10:00 a.m. – 11:30 a.m. $26 for members and $36 for not-yet-members.

- **Clay Hand Building:** create two coil and slab finished projects. Mondays, September 12, 19 and 26, 10:00 a.m. – 11:30 a.m. $40 for members and $50 for not-yet-members.

- **Portrait in Clay:** Sculpt a 6 – 9 inch clay head, learning how to proportion and create human anatomy, along with glazing technique. Mondays, September 12, 19 and 26, 12:30 p.m. – 2:00 p.m.

**Watercolor Workshops**

Come create beautiful watercolor paintings with Kevin Kuhne. In these two-week events, you will learn how to use watercolors 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.

- **Trees and Foliage:** paint a variety of beautiful, fall-colored trees. Wednesdays, August 10 and 17, 10:00 a.m. - 11:30 a.m.

- **Zen Landscapes with Atmosphere:** learn how to paint serene, calming landscapes in different hues and using a variety of techniques. Wednesdays, September 14 and 21, 10:00 a.m. - 11:30 a.m. $30 for members, $40 for not-yet-members for each two-week session.

**Acrylic Painting Workshops**

If you’re new to the medium or an old pro – come create beautiful paintings in a supportive environment. Learn paint technique, composition and color to create a beautiful, finished product. Dorothea Osborn is an experienced artist and art educator who has taught from graduate school to kindergarten and exhibits widely in the US and abroad. Register for one session or both.

- **Summer Flowers:** paint realistic, bright flowers in an array of colors and styles. Wednesdays, July 13 and 19, 10:00 a.m. – 12:00 noon. $30 for members and $40 for not-yet-members.

- **Fall Leaf Study:** Create warm, fall leaves in the style of Georgia O’Keeffe: brilliant colors and modernist composition. Wednesdays, August 31 and September 7, 10:00 – 12:00 noon. $30 for members and $40 for not-yet-members.

**Driftwood Starburst**

Celebrate summer all year long with a pretty hanging star – made from driftwood! This is an easy craft, made by hot gluing driftwood pieces together. No two are the same and each is beautiful. Led by Caroline Barrett, CSSC’s Director of Lifelong Wellness. This class was made possible with a generous grant and donation by a member of THE CENTER.

- **Tuesday, August 16, 1:00 p.m. – 3:00 p.m.**
  - Free for any community member.

**Circular Weaving**

Create a spectacular weaving, using a wooden embroidery hoop. In this two-part class, we’ll first make a loom, and then weave in fabrics, yarns and materials of all types to create one-of-a-kind wall hangings. Co-taught by Christine Suruda, crafter extraordinaire, and Caroline Barrett, CSSC’s Director of Lifelong Wellness.

- **Tuesdays, August 23 and 30, 1:00 p.m. – 3:00 p.m.**
  - $25 for members and $35 for not-yet-members.

**Rubber Stamping Art**

Come have fun and create with the wonderful Ann Burns! Each month will bring a new project. Register for one or all three. Please note materials fee, payable to the instructor on the day of class.

- **For each class:** $10 for members and $15 for not-yet-members.
- **Wednesday, July 20 at 2:00 p.m.:** Make a summertime luminary, to set out on warm nights. $10 materials fee.
- **Tuesday, August 9 at 2:00 p.m.:** Create a variety of all-occasion cards. $5 materials fee.
- **Tuesday, September 13 at 2:00 p.m.:** Use stamps and stamping techniques to create a set of pretty tea towels. $10 materials fee.

For MUSIC + More ARTS, see page 7

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EXERCISE + FITNESS

all classes held in the Dance Studio at The Beltrone, unless noted

Golf Lessons at Van Schaick Country Club in Cohoes
If you’ve ever wanted to learn how to swing a club but never had the chance, now is the time! Learn golf etiquette, how to swing, club differentiation, game technique and have fun doing all of it.
Led by Robert Kennedy, Van Schaick Golf Pro of many years. Note: collared shirts required and no ripped shorts or pants.
4 Wednesdays, August 24 – September 14, bus leaves The Beltrone at 10:30 and returns at approximately 12:30 p.m.
$100 for members and $120 for not-yet-members.

Tai Chi for Good Health
Improve general health, concentration, balance and quality of life. Developed by Dr. Paul Lam, this Tai Chi form (Sun Style) is easy to learn and is Dr. Lam’s original Tai Chi for Arthritis Program. Dr. Lam’s program also incorporates Qi Gong, which is a gentle form of exercise that heals and strengthens the body. Students will be taught how to do the movements in a standing position and/ or while sitting in a chair. Chairs will be provided and you can take the entire class while seated. Wear loose comfortable clothing and flat shoes suitable for exercise (no sandals or flip flops.) Please refrain from wearing perfume and cologne.
Christine Suruda has been certified to teach Tai Chi through the Tai Chi for Health Institute since 2008. She has taught Tai Chi for Health (Arthritis and Fall Prevention), Tai Chi for Memory, and Tai Chi for Heart Conditions.
10 Mondays, July 11 – September 19 (no class on September 5), 10:30 a.m. – 11:30 a.m., Please arrive by 10:20 a.m.
$50 for members and $60 for not-yet-members.

How To Shoot Pool, for Women
Come to the well-appointed billiard room at The Beltrone and learn how to shoot pool! Bill Mochrie will teach students how to hold a pool cue, accurately break, and line up shots. Two sessions, choose one or both. The billiard room is available on any weekday afternoon for practice and games.
Wednesdays, August 17, 24 and 31, 2:30 p.m. – 3:30 p.m.
Wednesdays, September 14, 21 and 28, 2:30 p.m. – 3:30 p.m.
$45 for members and $55 for not-yet-members for each session.

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.
7 Thursdays, July 7 – August 4 and September 22 & 29
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.
$35 for members, $45 for not-yet-members.

Jazz Dance
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.
7 Thursdays, July 7 – August 4 and September 22 & 29, 1:45 p.m. – 2:30 p.m.
$35 for members and $45 for not-yet-members.

Thanks to Honest Weight Food Co-Op for your generous donation to THE CENTER!
Tour of Mass MOCA and Lunch
The Massachusetts Museum of Contemporary Art is one of the largest centers for modern art in the country, and it’s in our own backyard. This cultural stronghold houses huge galleries with paintings, sculptures, and installations of all kinds. Our tour guide will lead us through the spaces, explaining key pieces in their collections. We’ll have lunch in their cafe after the tour, and then time to wander the large museum on our own after lunch.
Monday, August 8, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 3:30 p.m. $54 for members and $64 not-yet-members.

Guided Tour of USS Slater
All aboard the USS Slater, the last remaining 563 Destroyer Escort that battled Nazi U-boats during WWII. Moored on the Hudson River in Albany, the USS Slater has undergone an extensive restoration that has returned the ship to her former glory. On this one-hour guided tour, you’ll get to see where sailors ate, slept, worked, and played. You’ll see the various weapons fired by the crew during WWII and experience how difficult it was to maneuver them.
Thursday, August 18, bus leaves The Beltrone at 2:30 p.m. and returns at approximately 4:30 p.m. $12 for members and $18 for not-yet-members.

South Dominion Wine Tour and Tasting
Travel with us to the bucolic town of Cambridge in the Upper Hudson Valley, to South Dominion Vineyard. With 1300 vines, their grapes are estate grown, and are crushed, fermented and bottled on-site. Come hear their story, taste the wines, and enjoy cheese and charcuterie, too. Life is good!
Friday, August 12, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 5:00 p.m. $29 for members and $39 for not-yet-members.

Owl Pen Books and Ice Cream at Battenkill Valley Creamery
Books and ice cream - two of our favorite things! Road trip with us to a hidden gem: Owl Pen Books, an independent bookstore in the lush and beautiful town of Greenwich. We’ll leisurely shop and visit with the owners, then head over to Battenkill Creamery, where they sell farm-fresh milk, cheese, eggs and best of all—ice cream. There will be a few coolers on board for anyone who wants to bring goodies home.
Friday, August 19, bus leaves The Beltrone at 12:00 noon and returns at approximately 4:30 p.m. $5 for members and $10 for not-yet-members.

Berkshire Botanical Gardens Tour and Lunch
Travel with us a short distance to the beautiful Berkshires to visit a very special place. The Berkshire Botanical Gardens serve as a living classroom are an inspiration for all visitors. Outdoor design, sculpture, and architectural exhibits are sited throughout the Garden. The featured 23 display gardens are designed with beauty and aesthetics in mind, highlighting plants that thrive in the Berkshires. We’ll have lunch, tour the gardens, and have time to wander and explore on our own.
Wednesday, August 17, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 3:00 p.m. $34 for members and $44 for not-yet-members.

Politics and Prohibition and Cocktail Tasting at Albany Distilling
Come for a chat with Discover Albany’s Maeve McEneny-Johnson as she dishes out juicy local gossip behind the secret speakeasies, the bootleggers who supplied them and the suspect politicians who perhaps had ulterior motives in keeping Albany a dry town. And, there may even be a dash of murder thrown into the mix! This event includes two small cocktails to enjoy while listening to the lecture.
Monday, August 22, bus leaves The Beltrone at 2:30 p.m. and returns at approximately 5:00 p.m. $25 for members and $35 for not-yet-members.

THE CENTER is underwritten by:

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For More TRIPS + TRAVEL see page 6
TRIPS + TRAVEL, CONTINUED

Trolley Tour and Farmer’s Market
Take a tour of the beautiful Empire State Plaza aboard the Albany Trolley! Start the afternoon at the Empire State Plaza Farmer’s Market, where there’s an abundance of vegetables, flowers and locally produced food and fare. Shop and stroll, and then visit the many food trucks parked on the plaza for a delicious lunch. Finally, ride the trolley to learn about Albany architecture, landmarks and history.
Wednesday, August 24, bus leaves The Beltrone at 12:00 p.m. and returns at approximately 3:30 p.m. $5 for members and $10 for not-yet-members.

Mountaintop Arboretum, Windham Skyride and Lunch
The Mountaintop Arboretum is one of the Catskill’s best kept secrets. This public garden sits at 2,400 feet and is an excellent place to enjoy the natural beauty of the Catskill Mountains. With boardwalks and trails spanning over 178 acres, this is truly a place to commune with nature. From the Arboretum, we’ll travel to Windham Mountain for a ride aboard the Sky Ride, to see all of the area from the tippy-top of Windham Mountain. Picnic lunch is included.
Monday, August 29, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 3:00 p.m. $38 for members and $48 for not-yet-members.

Hike the Winn Preserve
The Winn Preserve, Mohawk Hudson Land Conservancy’s heavily wooded property along the Helderberg Escarpment features winding trails and a rewarding view. This is a gentle three-mile hike, led by Lauren Lyons-Swift, MHLC Naturalist and volunteer.
Wednesday, August 31, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 4:00 p.m. $10 for members and $20 for not-yet-members.

Glimmerglass Cruise, Fenimore Museum and Lunch
Take in all that Cooperstown has to offer: beautiful water, museums galore and delicious food. On this all-day excursion, we’ll travel to Cooperstown and visit the Fenimore Museum for a tour, then have time to wander the museum. Next, we’ll dine at the Lakefront Bar and Grill, before finally heading out on a one-hour tour aboard the Glimmerglass Queen.
Wednesday, September 7, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 5:00 p.m. $54 for members and 64 for not-yet-members, plus the cost of lunch (menu options and pricing when you make a reservation for this event.)

Walking Tour of Van Schaick Island Golf Course
The Van Schaick Golf Course has a long and interesting history. The club was founded in 1895 and the first course consisted of two holes. Today, the 18-hole course is a place of beauty, with towering trees and beautiful views. Come hear the story of its history and learn about the landscape there with Conor Fitzgerald, the longtime groundskeeper of the club.
Monday, September 19, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 12:00 noon. $10 for members and $15 for not-yet-members.

Tenement Museum, Highline and NYC Day
Visit and tour the wonderful Tenement Museum in the heart of the Lower East Side of Manhattan. First, we’ll have a combined tour of the museum and walking tour of the neighborhood, hearing stories of the people who lived and worked in New York around the early 1900’s. From there, we’ll travel to the Highline Park, where everyone can wander the beautiful park, rest and take in the city, all from above. Find lunch on your own in Chelsea or any of the eateries near the Highline.
Wednesday, September 21, charter bus leaves The Beltrone at 10:00 a.m. and returns at approximately 6:00 p.m. $125 for members and $140 for not-yet-members.

Tour of Latham Water Plant
If you are interested in learning about where our clean water comes from and how it gets from the source to the tap, come for a tour of the Town of Colonie Water Plant at Onderdonk Avenue in Latham. See the facility and learn how the town pumps an average of 10 million gallons of water to residents, businesses and emergency services every single day. Please note, there are stairs with hand railings in the facility.
Friday, September 23, bus leaves The Beltrone at 9:45 a.m. and returns at approximately 12:00 noon. $5 for members and $10 for not-yet-members.

Tour of The Van Schaick Mansion
The Van Schaick Mansion is owned by the Daughters of the American Revolution and is one of the most historic homes in New York, with a rich history that is tied to both the French and Indian War & the American Revolution. Come tour the 1755 home, which was the military headquarters and the place where the Battle of Saratoga was planned. Requires navigating stairs.
Friday, September 30, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 12:30 p.m. $15 for members and $25 for not-yet-members.
Embellished Holiday Greeting Cards
The very Victorian art form of “paper pricking” or embroidery on paper is displayed in the greeting cards that will be made in this class. All supplies included for three cards.

Celebrate American Folk Art: Wool Applique
In the 1800s, starting around the time of the Civil War, thrifty homemakers would use scraps of wool or felted wool from old clothing, blankets, and hats to create designs for mats. Create your own little “rug” to brighten any table. All supplies included. 2 Tuesdays, September 20 and 27, 1:00 p.m. – 3:00 p.m.

Journaling to Memoir Writing: A Creative Journey
This workshop teaches journaling in order to access memoir — moments in time that tell your story. Whether it’s family history or writing about specific life events, this workshop provides a space to tell the only story that matters—yours. No matter what brings you to this workshop, you’ll leave with a positive journaling practice and techniques to write memoir. No experience is needed. Journals, pens and decorations for pages provided. Janine De Tillio Cammarata is the award-winning author of seven books ranging from middle grade to young adult fantasy and non-fiction. Janine teaches creative fiction and journal writing to all ages.

Friday, July 22, 1:00 – 3:00 p.m.
Upcycled Napkin Rings
Make napkin holders worthy of a magazine layout! In this class, we’ll make a beautiful set of 4 napkin rings by transforming cardboard toilet paper rolls and adding decorative papers and pretty embellishments. There will be a selection of colors and papers to choose from.

Friday, August 26, 1:00 – 3:00 p.m.
Autumn Leaves Wreath
Pre-cut paper leaves, in various textures, colors and prints will be made into a one-of-a-kind wreath. Suitable for indoor display.

Friday, September 30, 1:00 – 3:00 p.m.

Embroidery and Thread Workshops with Sandia Feck, Former President of the NY Capital District Embroiders’ Guild of America and embroidery artist for many years. For each class: $29 for members and $39 for not-yet-members, plus $15 materials fee, payable to the instructor on the first day of class.

Fused Glass Mandala Bowls
Here’s something new and exciting! We’ll travel as a group to Arts and Glass in Clifton Park to create glass bowls with geometric mandala patterns. By combining precut shapes, pre-fired round glass gems, and crushes glass called frit, you will create a smooth, colorful glass plate in stunning colors and designs. Great for keeping or gifting.

Wednesday, September 14, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m. $60 for members and $70 for not-yet-members.

Musical Lessons at THE CENTER
These workshops and private lessons will be taught by Kenneth Delafrange, an experienced multi-instrumentalist who is accomplished in many instruments. He is a University of Albany graduate and has been teaching for many years.

Group Ukulele
The ukulele is fun and easy to learn and sounds beautiful when played in a group setting. Join Kenneth Delafrange for a four-week session of either brushing up on your ukulele, or starting from scratch. A ukulele is required to participate; please call for information in purchasing one.

Two sessions, 4 Fridays each, choose one or both. July 15 – August 5 and August 26 – September 16, 11:00 a.m. – 12:00 p.m. $40 for members and $50 for not-yet-members.

One-On-One Voice or Piano Lessons
Come learn how to play piano or use your voice as an instrument, whether you are new to making music or rekindling an old interest. Lessons are 30 minutes and take place in the safety of The Beltrone Living Center.

Fridays, starting at 10:00 a.m., please call for appointment times. $40 for members and $50 for not-yet-members.

Proof of vaccination
Required for all events, trips and gatherings.

Let’s keep everyone safe!
### Monday Movies - no reservations required.

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

$1 contribution for snacks and room use.

- **August 1:** The Karate Kid - The 2010 version, starring Jackie Chan and Jaden Smith.
- **August 8:** Summertime - Katherine Hepburn, the Italian countryside, and a love story. What else can we say?
- **August 22:** Under the Tuscan Sun - A lonely writer travels to Italy to find love and adventure.
- **September 12:** ET The Extraterrestrial - The magical adventure of a boy and his alien. Rated PG.
- **September 26:** Moana - A Polynesian princess sets sail on an epic mission to save her people.

### 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 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. In the Activities Room, Mondays 1:00 p.m. – 3:00 p.m.**

**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. **In the Activities Room, Wednesdays at 1:00 p.m.**

**Poker:** A friendly game of nickel-and-dime poker. **In the Activities Room, Monday at 3:00 p.m.**

### 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., July 20 - September 28.**

**In The Community Room at King Thiel**

Healthy Bones, **Tuesdays, 1:30 p.m. – 2:30 p.m., July 12 - September 22.**

Balance Class, **Thursdays, 1:30 p.m. – 2:30 p.m., July 14 - September 27.**

### 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 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., September 6 and 20.**

Registration required.