

# THE CENTER at CSSC

October, November, December 2022

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

## Three Years of Lifelong Learning at CSSC

Here at Colonie Senior Service Centers, we believe in lifelong learning. With this idea in mind, THE CENTER at CSSC was born in the fall of 2019. This season is the traditional time to celebrate learning, and we hope that this fall, you will join us in learning something new, experiencing something new, and meeting new people. We believe that learning is the key to healthy aging and it's at the core of what we do. We'll see you soon!

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



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

## Basketweaving

Come learn the incredible craft of basketweaving! In this two-week class, you will create a beautiful, functional basket, perfect for displaying or for storing mail, recipes or anything you desire. The basket is made from flat reed, finished with a matchstick rim, and there will be a choice of colors. This class is taught by Sandy Salada, who has more than 20 years experience in teaching basketweaving.

**2 Fridays, December 2 and 9,**  
**10:00 a.m. – 12:00 p.m.**  
**\$49 for members and \$59 for not-yet-members.**



For More ARTS, see page 3

## Bascom Lodge and Lunch

Travel with us to the historic Bascom Lodge at the top of Mount Greylock, to take in the views, to wander and relax and also – have a delicious lunch. Bascom Lodge was built at the height of the Great Depression by volunteers from the Civilian Corps. We'll first visit Mount Greylock Visitor's Center, where the rangers will give orientation and an introduction to the area. From there, we'll make our way to the Lodge for lunch. There will be time after lunch to relax and wander the trails before we head home.

**Wednesday, October 19,**  
**bus leaves The**  
**Beltrone at 8:30 a.m.**  
**and return at approxi-**  
**mately 4:00 p.m.**  
**\$42 for members and**  
**\$52 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.

**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.

## Guided Meditation 101

Guided Meditation is *the process of meditating under the guidance of an experienced teacher or practitioner.*

Meditation improves your emotional and physical health by relaxing your mind, body and spirit. It has been known to reduce stress, control anxiety, help fight addictions, decrease blood pressure, improve sleep, help control pain and enhance self-awareness. Come practice meditation and be guided by Darcy Scarlata. Darcy is a Usui Reiki Master Instructor and Certified meditation coach whose goal is to bring awareness to others about the many benefits of reiki and meditation. Choose one or both sessions.

**2 sessions, 4 Fridays each, 10:00 a.m. – 11:00 a.m.**

**October 14, 21, 28 and November 4.**

**December 2, 9, 16 and 23.**

**\$30 for members and \$40 for not-yet-members for each session.**



For More Wellness, see page 4



## Climate Change Workshop – "The Climate Crisis and Solutions"

Come learn about what climate change is, and what you can do to be actively involved in preserving our earth for future generations. In this two-part event, Laura Faulk will first introduce a discussion that covers how human activities are driving changes to our global climate system and how those changes are manifesting as extreme weather events and other phenomena. The second session will build on the information discussed in the first to explore ways that interested members of the senior community can work together to continue taking action to address the climate crisis and help build a better world for current and future generations. This event is led by Laura Faulk. She is a trained Climate Reality Leader and Co-Chair and Founder of Climate Reality's Capital Region, NY Chapter. In the Activities Room at The Beltrone Living Center.

**2 Mondays, November 14 and 21, 10:30 a.m. – 11:30 a.m., Free for members**

## TRIPS, TRAVEL. ADVENTURE!

### Lansing's Farm Market and Greenhouse

Come learn about a farm that's been in the same family for many, many generations. Hear the story from Al Lansing, and shop for veggies, pumpkins, fruit and plants. Samples of cider donuts, too. Led by Diane Conroy-LaCivita, CSSC's Executive Director. Includes a donut and tour.

**Thursday, October 6, bus leaves**

**The Beltrone at 1:00 p.m. and returns at approximately 3:00 p.m.**

**\$10 for members and \$20 for not-yet-members.**



### Indian Ladder Farms

Indian Ladder is an historic farm, tucked under the Helderberg Escarpment. Pick a 1/2 peck bag of apples, wander the farm and see the animals, shop in their farm store, have a cold cider and no trip to any orchard is complete without a cider donut! Includes apples, cider and donuts.

**Friday, October 7, bus leaves The Beltrone at 1 p.m. and returns at approximately 4 p.m.**

**\$25 for members and \$35 for not-yet-members.**

### Rivers Casino

Spend a fun day at Rivers Casino. Choose roulette, card tables, slot machines or whatever way you like to gamble!

**Tuesday, October 11, November 8 and December 13, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m. (King Thiel pick up at 10:20 a.m.)**

**\$10 for members and \$20 for not-yet-members.**



### Equine Advocates

Equine Advocates is a 140-acre equine village, where horses get to live out their lives in a natural environment. The more than 80 horses, mules and donkeys at Equine were bound for the slaughterhouse or living in neglect. Come and tour the sanctuary, meet the happy hooved residents, learn about how the staff makes their lives peaceful. This event will be led by Sharon Herald, CSSC's Umbrella Director and longtime horse lover.

**Wednesday, October 12, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 12:00 noon.**

**\$20 for members and \$30 for not-yet-members. Fee includes a donation to Equine Advocates.**

### Grafton Volunteer Day

Come and volunteer in a beautiful place! Grafton Lakes is a state park located 30 minutes from Albany, and on this afternoon, we'll join Tamara Beal, Environmental Educator in preparing for Grafton's Trick-or-Treat event. We'll work to prep games and crafts, then enjoy lunch (on us) before taking a short hike. This event will be hosted by Kristin Vivian, CSSC's Retired and Senior Volunteer Program Director.

**Thursday, October 13, bus leaves The Beltrone Living Center at 9:15 a.m. and returns at approximately 4:30 p.m.**

**\$10 for members and \$20 for not-yet-members.**

**Cost of this trip covers transportation.**



### Hildene – The Lincoln Ancestral Home

Travel through the beautiful Vermont countryside at the peak of autumn to visit Hildene – Robert Todd Lincoln's home. Robert built the home at the turn of the century, and its buildings are preserved in a pristine manner. We'll do a self-guided tour of the main house and wander the grounds, exploring the Pullman Car, the dairy and the formal garden. A boxed lunch will be served in the museum (included.)

**Monday, October 17, bus leaves The Beltrone at 8:30 a.m. and returns at approximately 4:00 p.m.**

**\$53 for members and \$63 for not-yet-members.**



### Opalka Gallery – Screenprint Biennial and Interactive Print Workshop

Opalka Gallery, on the campus of Sage College, presents the Screenprint Biennial, organized by printmaker and biennial founder Nathan Meltz. The Screenprint Biennial showcases artists who employ adventurous, relevant and passionate takes on the screenprinted medium. Peruse the show, taking in the artwork, then try it yourself, with Graphic Liberation! This is a hands-on print space where visitors can participate in poster making while learning about the history of political graphics.

**Tuesday, October 18, bus leaves The Beltrone at 12:45 p.m. and returns at approximately 3:30 p.m.**

**\$10 for members and \$20 for not-yet-members.**



### Tour of the Writer's Institute

The Writer's Institute was founded in 1983 by Pulitzer-Prize winning Albany native William Kennedy. The Writer's Institute sponsors the Albany Book Festival, Visiting Writer Series, and many more events that support and promote the writing community. Come see the offices at the University of Albany, have a conversation with its current Director, Paul Grondahl, and hear about its history and all the interesting people who have come and gone throughout the years.

**Friday, October 21, Bus leaves The Beltrone at 1:00 p.m. and returns at approximately 3:00 p.m.**

**\$10 for members and \$20 for not-yet-members.**



### Fall Splendor Cruise on Lake George

Come see New York's beautiful fall colors, aboard the Mohican on Lake George. Learn about Lake George's points of interest, its history, geology and ecology as you sail. This cruise is narrated by the Captain, who will entertain and inform about everything Lake George. Snacks and drinks are available for purchase on board the boat. Don't miss this fun event!

**Monday, October 24, bus leaves The Beltrone at 12:45 and returns at approximately 6:15 p.m.**

**\$54 for members and \$64 for not-yet-members.**



For More TRIPS, see page 5

## ART + CREATIVE EVENTS

### Handmade Yarn Scarf

Back by popular demand! Choose specialty yarns and ribbons to create a beautiful scarf that can be worn wrapped, draped or hung around your shoulders. Have fun choosing a color scheme. Learn how to tie the yarns together as well as adding beads to your scarf. There is no knitting or crochet involved. This class will be taught by Christine Suruda. A \$5.00 materials fee is due the instructor the day of the class.

**Thursday, November 10 at 1:30 p.m. - 3:00p.m.**  
Free to members.



### One-Day Painting Workshops

Spend a few hours creating a finished painting. In this class, Gail Talmage will lead the class in creating a chosen painting. Gail will teach painting technique, color mixing, perspective, design: all the elements of good painting. She has a master's degree in Art Education and loves to share the joy of creating art with her students. All materials provided.

**Beltrone Living Center: Red Barn in Winter**  
**Wednesday, November 9, 2:00 p.m. - 4:30 p.m.**

**King Thiel: Snug Houses in a Winter Landscape**

**Wednesday, December 14, 2:00 - 4:30 p.m.**

**\$33 for members and \$43 for not-yet-members for each class.**



### 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.

#### More Brilliant Pets and Animals in Watercolor

Glorify your favorite pet or wildlife animal in a celebration of color and free-style watercolor



painting. Learn how to create texture and light with the mingling of pure colors. All levels of experience welcome. Bring your own photograph or use one we'll provide.

**2 Wednesdays, October 12 and 19, 10:00 a.m. - 11:30 a.m.**

**\$30 for members, \$40 for not-yet-members.**

#### Celebrating The Fall Season in Watercolor

Explore fun watercolor techniques and brushwork to create autumn leaves, a brush drawing still-life, and an autumn landscape.

**3 Wednesdays, November 30, December 7 and 14, 10:00 a.m. - 11:30 a.m.**

**\$45 for members and \$60 for not-yet-members.**



### Rubber Stamping Art

Come have fun and create with the wonderful Ann Burns! Each month will bring a new project.

**Classes are \$10 each for members and \$20 for not-yet-members, plus materials fee, payable to the instructor on the day of class.**

**October**—Create three fall-themed cards, in autumn shades, perfect for correspondence, and a pumpkin treat holder for someone special. **Materials fee of \$10.**

**Beltrone: Thursday, October 6, 2:00 p.m. - 3:30 p.m.**

**King Thiel: Wednesday, October 12, 2:00 p.m. - 3:30 p.m.**

**November**—Get ready for the season with a sweet December countdown calendar, that you can use again and again.

**Materials fee of \$15.**

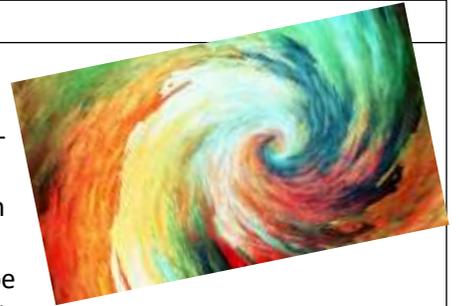
**King Thiel: Monday, November 7, 2:00 p.m. - 3:30 p.m.**

**Beltrone: Tuesday, November 8, 2:00 p.m. - 3:30 p.m.**



### Paint + Meditate

Join our meditation and paint event for a relaxing guided meditation session, and then create your own Zen-inspired masterpiece. Students will be led on a guided meditation, using voice and music, to encourage calm and a quiet mind. Then, using gentle prompts from the instructor, each person will create their own artwork, using a variety of paints, tools and techniques. Led by Darcy Scarlatta, a Usui Reiki Master Instructor and Certified meditation coach, whose goal is to educate others about the many benefits of reiki and meditation. All materials provided.



**Thursday, October 20, 10:00 a.m. - 11:30 a.m.**

**Thursday, November 17, 10:00 a.m. - 11:30 a.m.**

**\$15 per session for members and \$25 for not-yet-members. Choose one or both sessions.**

THE CENTER is underwritten by:

Transportation  
Sponsor



Programmatic  
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For MUSIC + More ARTS, see page 7

### Line Dancing

Come learn the basics of line dancing and have a great time doing it! Line Dancing is a combination of choreographed movements, all done to fun music. In this class, Mary and Frank Colby will teach the basics of Line Dancing, moving to all kinds of music, including Motown, oldies and country. Mary and Frank Colby have been teaching line and all kinds of dancing in the Capital District for many years.



**10 Thursdays, October 13 – December 22 (no class November 24), King Thiel Community Room, 12:00 p.m. – 1:00 p.m.**

**or**  
**10 Tuesdays, October 11 – December 20 (no class November 22), Beltrone, 2:00 p.m. – 3:00 p.m.**

**\$60 for members and \$70 for not-yet-members.**

### Tai Chi for Diabetes

The special feature of Tai Chi for Diabetes was created by Dr. Lam, and it is easy to learn and designed to prevent and improve the control of diabetes, making it beneficial for anyone, diabetic or not. The program will help minimize the risk of complications of diabetes by improving heart/lung function, muscular strength, flexibility, balance, and stress reduction. Wear closed-in shoes suitable for exercise (no sandals, flip flops or slippers). Instructed by Christine Suruda who has been certified to teach Tai Chi through the Tai Chi for Health Institute since 2008. Please arrive by 10:20.



**10 Mondays, October 17 - December 19, 10:30 a.m. – 11:30 p.m.**

**\$50 for members and \$60 for not-yet-members.**

### Introduction to Nia

Nia Moving to Heal is 'Movement as Medicine' and is for anybody seeking a gentler movement practice to compliment and facilitate healing of body, mind, emotions, and spirit. Come and feel good, learning this simple practice that combines martial arts, dance and healing arts. Taught by Andrea Hersh. Andrea is an artist and dancer and has been teaching Nia for 12 years.

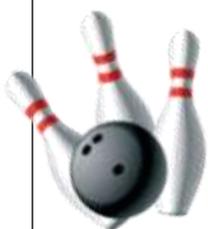


**4 Wednesdays, 10/12 – 11/2, 2:00 p.m. – 3:00 p.m.**

**\$30 for members and \$40 for not-yet-members.**

### Friday Bowling

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.



**6 Fridays, October 28, November 4 and 18, December 2, 9 and 16. Bus leaves The Beltrone at 1 p.m. and returns at approximately 4 p.m.**

**\$69 for members, \$79 for not-yet-members.**

### Strength, Core + Cardio

This is a 45-minute beginner to advanced accessible class, designed to increase upper, lower and core strength. Instructor will use light weights, chairs and body weight exercises to build muscles, increase stability and condition your heart. Expect no impact or floor work but tons of fitness fun! Class will begin and end with stretching. This class is taught by Chrissy Sarratori, a certified personal and group fitness trainer with over twenty years teaching around the Capital District in local gyms and colleges.



**7 Fridays, October 21, 28, November 4, 18, December 2, 9, 16, 2:00 p.m. – 2:45 p.m.**

**\$45 for members and \$55 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 healthful 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.



**10 Thursdays, October 13 – December 29, 10 a.m. – 11 a.m. (no class November 10 and 24)**

**\$60 for members and \$70 for not-yet-members.**

### How To Shoot Pool

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.**

**3 Wednesdays, October 19, 26 and November 2, 2:30 p.m. - 3:30 p.m.**

**3 Wednesdays, November 30, December 7 and 14, 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.



**8 Thursdays, October 20 – December 15 (no class November 24)**

**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.**

**\$50 for members and \$60 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.

**8 Thursdays, October 20 – December 15 (no class November 24), 1:45 p.m. – 2:30 p.m.**

**\$50 for members and \$60 for not-yet-members.**

## TRAVEL & TRIPS, CONTINUED

### Saratoga Haunted Tour and Supper at Old Bryan Inn

Come and hear the spooky stories of those who walked the streets of historic Saratoga many years ago, and possibly still do. The total walk is less than one mile, at a leisurely pace. After, we'll head to the Old Bryan Inn for a fun and social dinner. The Old Bryan Inn dates to the 1700's and most certainly hosts a few of its own spirits! Includes transportation, history tour and supper.

**Wednesday, October 26, bus leaves the Beltrone at 12:00 noon and returns at approximately 5:30 p.m.**  
**\$64 for members and \$74 for not-yet-members.**



### The Story of CH Evans and the Albany Pump Station, with Lunch and Beer

Join the wonderful Maeve McEneny of Discover Albany for a talk about the history of the Albany Pump Station. Maeve will give a colorful lesson about the historic building, its first inhabitants, and what was happening in our city in the year it was built (1873!) Includes transportation, lecture and lunch.

**Thursday, November 3, bus leaves The Beltrone at 11:30 a.m. and returns at approximately 2:30 p.m.**

**\$44 for members and \$55 for not-yet-members.**



### Live Music at HVCC – Swing and Gypsy

Travel with us to HVCC for a fun afternoon of music with Hot Club of Saratoga. They perform in the spirit and style originated by Django Reinhardt and Stephane Grappelli (The Quintet of the Hot Club of France), most prominent in the 1930s yet still vibrant and gaining in popularity today.

**Thursday, October 27, bus leaves The Beltrone at 11:15 and returns at approximately 1:30 p.m.**  
**\$10 for members and \$20 for not-yet-members.**

### Agrotourism - Mushroom Workshop and Farm Visit

Spend a day at Dough Haven Farm, a working farm, and meet the animals, learn about mushroom farming and sustainable farm practices. A hearty lunch of soup, corn bread and refreshments will be served. Bring home your own log and the knowledge needed to grow your own mushrooms. Wear layers, sturdy shoes, work gloves and bring a mug for hot beverages.

**Friday, November 4, bus leaves The Beltrone at 10 a.m. and returns at approximately 4:00 p.m., Rain date: November 8.**

**\$47 for members and \$57 for not-yet-members.**



### Yaddo Gardens Ghost Tour

Yaddo is a 400-acre artist community, located in Saratoga Springs. Designated a Historic National Landmark, the gardens are of particular interest and beauty for visitors of all ages. Come hear the story of Yaddo, see the garden and hear lots of stories – including plenty of juicy ghost tales.

**Friday, October 28, bus leaves the Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m.**

**\$25 for members and \$35 for not-yet-members.**



### Behind-The-Scenes Recycling Tour

Did you ever wonder exactly what happens to the stuff you put in your recycling bin? Come for a tour of County Waste Recycling, to see and hear the story of recycling and learn about whether you're doing it right or not.

**Wednesday, November 9, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 2:30 p.m.**

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



### Hike the Kelleher Preserve

Join Mohawk Hudson Land Conservancy's volunteer guide Lauren Lyons-Swift for a fun and informative walk in the woods. The Kelleher Preserve is part of the Helderberg Escarpment and a great place to feel like you are in nature!

**Tuesday, November 1, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m.**

**\$20 for members and \$30 for not-yet-members.**



### Crailo Historic Site



Crailo State Historic Site is the museum of the Colonial Dutch in the Hudson River Valley. Originally a part of the vast landholding called the Patroonship of Rensselaerswyck, the Crailo farm was named after the Van Rensselaer's estate in the Netherlands. Crailo is the meticulously restored home of Hendrick Van Rensselaer, built in the 1700's. Come see and hear about the history of our region.

**Thursday, November 10, bus leaves The Beltrone at 10:30 a.m. and returns at approximately 12:30 p.m.**

**\$14 for members and \$24 for not-yet-members.**

**Questions? Comments?  
 Contact Caroline Barrett  
 518-459-2857 x 327  
 cbarrett@colonieseniors.org**

For More TRIPS + TRAVEL see page 6

TRIPS + TRAVEL, CONTINUED

**TOP SECRET** **Diane's Secret Tour**  
 Come along with CSSC's Executive Director Diane Conroy-LaCivita for a fun, mysterious and exciting trip! We aren't saying a word about where you'll go or what you'll do, but you can be guaranteed a bit of everything including history, culture, a sip and a very enjoyable day. There will be walking and stairs.  
**Monday, November 14, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m.**  
**\$20 for members and \$30 For not-yet-members.**

**Empire Plaza Art Tour**

Art Historians have called the Empire State Plaza Art Collection "the greatest collection of modern American art in any single public site that's not a museum." The collection was formed under Nelson A. Rockefeller during the construction of the Empire State Plaza. We'll stroll the concourse, stop into a few buildings, and hear the stories of these historic works. After, shop the indoor farmer's market before heading back.

**Wednesday, November 16, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 12:00 noon.**

**\$10 for members and \$20 for not-yet-members.**



**Grapevine Farms: Wine Tasting, Lunch and Shopping**  
 Travel with us to the beautiful Schoharie Valley for a visit to Grapevine Farms. We'll do a little bit of everything: shopping in their large store, eating a delicious lunch, and sipping wine in their basement wine cellar. Includes lunch.  
**Friday, November 18, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.**  
**\$39 for members and \$49 for not-yet-members.**



**"We learned so much and best of all, we made new friends."**  
 The Winn Preserve, August 31, 2022  
 THE CENTER at CSSC

**Fused Glass Ornaments**

Take a short trip with us to Clifton Park, to Arts and Glass, where we will learn how to use cut pieces of glass to make two charming hanging ornaments. They will catch and reflect light hanging on a tree, in a window, or wherever you choose to display them.

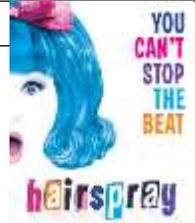
**Thursday, December 1, bus leaves The Beltrone at 1:30 and returns at approximately 4:30 p.m.**  
**\$65 for members and \$75 for not-yet-members.**



**Hairspray at Proctor's**

Come with us to Proctor's for an afternoon of Hairspray, Broadway's smash hit. Join 16-year-old Tracy Turnblad in 1960's Baltimore as she sets out to dance her way onto TV's most popular show. Can a girl with big dreams (and even bigger hair) change the world? The New York Times says, "If life were everything it should be, it would be more like HAIRSPRAY. It's irresistible!"

**Thursday, December 8, bus leaves The Beltrone at 11:45 a.m. and returns at approximately 4:30 p.m.**  
**\$74 for members and \$84 for not-yet-members.**



**North Country Art Tour**

Head north with us as we tour the charming city of Glens Falls in search of art! First, we'll drive by a new, colorful mural brightening the city's landscape stop and learn about the artists and the mural itself. Next, we'll stop into the LARAC Gallery for a look at a few local artist's work, and the opportunity to purchase local artisan's work. Last stop is the Hyde Collection, where we'll have a tour and time to stroll the galleries. Includes transportation, lunch and museum tour.



**Friday, December 9, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.**  
**\$38 for members and \$48 for not-yet-**

**Stephen and Harriet Myers Residence Tour**

An outstanding artifact of the anti-slavery and Underground Railroad period, The Stephen and Harriet Myers Residence reflects Underground Railroad history from the perspective of Stephen Myers as a man enslaved in NYS and from the perspective of Black abolitionists. Come see the restored residence and hear about the Underground Railroad as a movement.

**Tuesday, December 13, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 12:30 p.m.**  
**\$20 for members and \$30 for not-yet-members.**



**Holiday at Mabee Farm**

The Mabee House, on the grounds of the Mabee Farm Historic Site, is the oldest house still standing in the Mohawk Valley. Come for a full tour of the historic home and buildings, and hear about life in the early 1700's, including special attention to how holidays were celebrated during that time.

**Thursday, December 15, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m.**  
**\$20 for members and \$30 for not-yet-members.**

**Tour of Crooked Lake House**

For over 100 years, The Crooked Lake House in Averill Park has stood and been the locale of countless weddings, parties and other social events. Join Bob Moore of the Sand Lake Historical Society and Janice Keary of Old Daley Catering, as we hear stories of people who traveled through, tales of its history, and see how the building has been restored to its former glory.

**Friday, December 16, bus leaves The Beltrone Living Center at 1:15 and returns at approximately 4:00 p.m.**  
**\$5 for members and \$10 for not-yet-members.**



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



### Silk Ribbon Embroidered Brooch

Learn how to use silk ribbon for embroidery and make a beautiful brooch to keep or

give as a lovely gift. Kit includes all materials needed for the brooch. Sandra Feck is the former president of the NY Capital District Embroiderer's Guild and an embroidery artist for many years.

**Tuesdays, October 18 and 25, 1:00 p.m. – 3:00 p.m.**

**\$29 for members and \$39 for not-yet-members, plus \$15 materials fee, payable to the instructor on the first day of class.**

### Group Ukulele Lessons

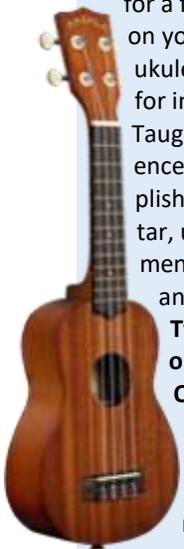
The ukulele is fun and easy to learn and sounds beautiful when played in a group setting. Join us for a four-week session of either brushing up on your ukulele, or starting from scratch. A ukulele is required to participate; please call for information in purchasing one.

Taught by Kenneth Delafrange, an experienced multi-instrumentalist who is accomplished in voice, piano, bass, percussion, guitar, ukulele, and a variety of other instruments. He is a University of Albany graduate and has been teaching for many years.

**Two sessions, 4 Fridays each, choose one or both.**

**October 21 – and November 18 (no class on November 11) and December 2 – December 23, 11:00 a.m. – 12:00 p.m.**

**\$45 for members and \$55 for not-yet-members.**



### Winter Solstice Celebration – Twig Star

Use simple sticks, twine and natural decorations to create a pretty little star. The star is a traditional symbol of the winter solstice, and a reminder that the days are getting longer, starting December 21. We'll also have tea and cookies to celebrate the solstice. Led by Caroline Barrett, CSSC's Director of Lifelong Wellness.

**Wednesday, December 21, 1:00 p.m. – 2:30 p.m.**

**Free for members only.**



### Sola Flowers Workshop

Sola Flowers are life-like flowers made from soft and pliable pieces of wood. These eco-friendly flowers are made from fast-growing, sustainable trees and are the lightest known wood. In this two-week event, we will first choose and dye flowers, then attach stems and create long-lasting, pretty arrangements. All materials included. This event is led by Laurie Miedema, CSSC's Development Director, who created sola flower arrangements for her daughter's wedding this year.

**2 Mondays, December 5 and 12, 1:00 p.m. – 2:30 p.m.**

**\$29 for members and \$39 for not-yet-members.**

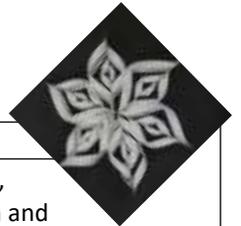


### Giant Paper Snowflakes

Learn how to make huge origami snowflakes, quite simply, out of paper. We'll have a variety of colors to choose from and plenty of help in demonstrating how to make your own. Create one or more, to hang and bring cheer. Bring your own scissors. This class will be led by Sandra Hersh, who taught art in Worcester public schools for 25 years.

**Tuesday, November 29, 10:30 a.m. – 12:00 p.m.**

**Free for members only.**



### Art With Lydia

All materials supplied.

**\$12 for members and \$17 for not-yet-members for each class.**

#### Handmade Paste Papers Workshop

Make an assortment of unique decorative papers suitable for framing as art or to use as wrapping papers or for your craft projects. Starting with regular paper sheets, we will brush them with flour based paste paints, and then use different implements to create texture and designs. The effect is stunning!

**Thursday, October 20, 1:00 – 3:00 p.m.**

#### Grateful/Thankful Fall Sign

Create a small wood wall sign (4" x 8") using fall-themed background papers and preprinted words. Embellish your sign with a variety of seasonal decorations. Makes a nice host or hostess gift if you are attending a Thanksgiving dinner. Or use it in your own space to add a seasonal note.

**Monday, November 14, 1:00 p.m. – 3:00 p.m.**

#### Gnome Star Ornament

Add a bit of whimsy and good luck to your holiday decor. Use a wood star base, add papers and embellishments to make two super cute gnome ornaments with your choice of colors and themes for the winter holidays.

**Tuesday, December 13, 2:00 p.m. – 3:30 p.m.**

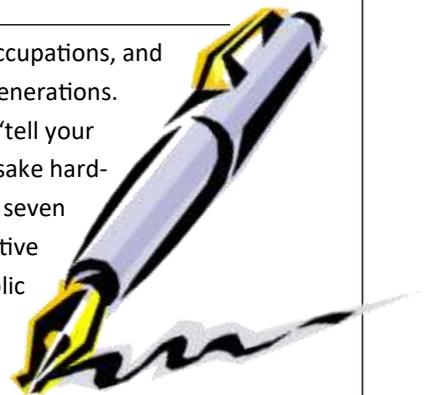


### 'Tell Me Your Story' - Write and Share Your Stories

Many family members know little about their older loved ones' childhood, life experiences, occupations, and relationships. Learn how to write and share stories that will preserve your family history for generations. Prompts to access memories will be shared each week. Examples of these prompts might be "tell your first school memory" or "how did you meet your spouse". No experience needed, and a keepsake hard-cover journal and pen is 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. This event is funded in part by Poets & Writers with public funds from the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature.

**4 Tuesdays, November 15, 22, 29 and December 6, 1:00 p.m. – 2:30 p.m.**

**\$19 for members and \$29 for not-yet-members.**



Poets & Writers

## 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.

**October 24 – Ghostbusters,** Ghosts invade New York City and force a trio of spirit exterminators to save the city in one of the biggest comedies of all time. Rated PG, 1 hour, 45 minutes.



**November 14 – Remember The Titans,** The inspiring, true story of a newly integrated high school football team, starring Denzel Washington as the coach. Rated PG, 1 hour, 53 minutes.



**November 28 – Knives Out,** When renowned crime novelist Harlan Thrombley is found dead at his estate, inquisitive Detective Benoit Blanc is mysteriously enlisted to investigate. Rated PG-13, 2 hours, 10 minutes.



**December 5 – Home Alone,** Little Kevin McCallister is accidentally left behind when his family goes on a Christmas trip, and he is left to defend himself and the family home from two burglars. Rated PG, 1 hour, 43 minutes.



**December 12 – ELF,** Buddy was accidentally transported to the North Pole as a toddler, and raised as an elf. Now, it's time to head to New York City to find his father. Hilarious and at times, tender. A classic!



Rated PG, 1 hour, 37 minutes.

### 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. \$10 for members only for each session.

**In the Activities Room at The Beltrone Healthy Bones, Wednesdays, 9:30 – 10:30 a.m., October 5 - December 28.**

**In The Community Room at King Thiel Healthy Bones, Tuesdays, 1:30 p.m. – 2:30 p.m., October 4 - December 27.**

**Balance Class, Thursdays, 1:30 p.m. – 2:30 p.m., October 6 - December 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 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.**

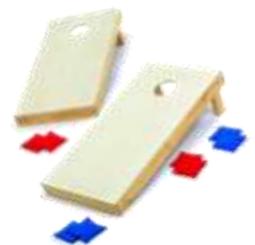
**Cribbage:** Come play the game you know or learn how. A fun, old-fashioned card game, played with 2-3 players. **In the Activities Room, Wednesdays at 1:00 p.m.**

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### Inside Cornhole League

Cornhole is a popular game where players take turns throwing a fabric bean bag at an angled board, with a hole in its end. The goal is to score points by landing the bag in the hole. It's very easy and fun to play. Come make friends, have fun and play cornhole – all in the Lakeview Dining Room at the Beltrone. Registration required.

**Thursdays, 10:00 a.m. – 12:00 p.m. Free for Members only.**



### Balance Class at The Beltrone Living Center

Please join us 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., October 4 and 18, November 1 and 15, December 6 and 20. Registration required.**