There’s a saying about traveling, one that rings very true around here. It goes like this: “one’s destination is never a place, but a new way of seeing things.” The words were written by Henry Miller in the middle part of the last century but to me, they are timeless. Lifelong learning is what we do here at THE CENTER. For us, this learning doesn’t necessarily take place in a traditional classroom setting. Instead, we strive to create an environment where people are absorbing new ideas and knowledge through human contact, conversation, and action. These things happen when we board a bus to see live music, pick up a paint brush or talk about a book. So come for bridge, come try a new craft or come to exercise. Come to make a friend, or meet an old one. Most of all, come with an open mind and be ready to learn in ways you didn’t imagine. There’s so much to learn, and like Henry Miller said back in ’57, there will be a whole new way of seeing things.

Yours, Caroline Barrett, Director of Lifelong Wellness

www.colonieseniors.org

THE CENTER at CSSC
OPEN HOUSE!

Come and mingle, meet instructors and learn about THE CENTER at CSSC. At our January Open House, there will be information about wellness and fitness classes, artistic and creative events and club happenings, too. See where classes are held and tour our building. Start your journey in staying active, connected and healthy in 2023!

There will also be music, crafts, snacks and fun. Free for all.
Friday, January 13, 1:00 p.m.—3:00 p.m., The Beltrone.

Ballet For Everyone

Learn the basics of ballet in this new and fun class that’s equally welcoming to men and women. Ballet improves posture, flexibility and builds muscle and agility. What’s more, it feels good and is a great way to exercise. No tutus or pointe shoes required, just comfortable clothes and soft-soled shoes. Taught by Janet Murphy, dance instructor for over 20 years.
10 Thursdays, January 19 – March 23.
1:45 p.m. – 2:30 p.m.
$60 for members and $70 for not-yet-members.

For More EXERCISE and WELLNESS, see page 4

$20 Membership fee is due January 1.

Transformative Writing

Writing can be healing, soothing, cathartic, and transformative. This 4-part workshop will explore different forms of therapeutic writing, touching on creative writing, journaling, visualization, and dream guidance. No experience is needed and sharing is not required. 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. Janine Cammarata has been teaching creative writing, memoir, and journaling for the past 20 years.
4 Tuesdays, February 21, 28, March 7 and 14,
1:00 p.m. – 2:30 p.m.
$19 for members and $29 for not-yet-members.

For More Arts & Writers, see page 3

Sagamore Resort Tour and Lunch

The Sagamore Resort was built in 1883 on a private Island on Lake George, and has been a destination for generations of people. The Sagamore is a Victorian-style building, listed on the National Register of Historic Places since 1983. Join us for a tour with Randy McIntosh, The Sagamore’s resident historian, where we’ll hear stories about its famous and most memorable visitors. Includes tour and a sit-down luncheon.
Friday, March 24, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 4:00 p.m.
$84 for members and $94 for not-yet-members.

For More Trips and Travel, see page 2
TRIPS, TRAVEL. ADVENTURE!

Troy Music Hall – Music at Noon
The Troy Music Hall continues the tradition of free lunchtime concerts in their historic music hall. Bring your lunch and enjoy an afternoon of good music with friends.

Tuesday, January 10, The Bluebilies, Country and Bluegrass Quartet.

Tuesday, February 14, Bleecker Consort, Renaissance & Medieval Music.

Tuesday, March 14, Natalia Shevchuk, Ukrainian Pianist.
Bus leaves The Beltrone at 11:15 and returns at approximately 3:30 p.m.

$10 for members and $20 for not-yet-members, for each event.

VIA Aquarium and Lunch at Druther’s
Come explore the underwater world at VIA Aquarium in Schenectady. We will have a guided tour of their aquatic biodiversity, with exhibits and experiences including creatures of all kinds. On this trip, you will see and touch rays, learn about sharks (and see them swim overhead!) and be amazed by the colorful, incredible underwater world. After, we’ll head over to Druther’s for lunch. Lunch and tour included.

Friday, January 20, bus leaves The Beltrone at 9:15 a.m. and returns at approximately 3:00 p.m.
$59 for members and $69 for not-yet-members.

Fedora Encore, Metropolitan Opera at Crossgates
This rarely performed opera is brought to life by a superb cast and the passionate conducting of Roberto Abbado. It tells the story of Fedora Romazov, the Russian princess who falls in love with her fiancé’s murderer, only to commit suicide when he denounces her.

Wednesday, January 18, bus leaves The Beltrone at 12:00 p.m. and returns at approximately 3:30 p.m.
$42 for members and $52 for not-yet-members.

Krause’s Candy Tour
The story of Krause’s Candy began in 1929 when Alfred Krause emigrated to the U.S. from Germany, bringing his knowledge and secrets of candy making. Three generations later, Krause’s stands as a popular institution in Albany and a must-stop place for holidays and celebrations of all kinds. Come hear their story from Ian Krause, who is the latest family member to oversee operations. We will listen, have time for questions, see where candy is made, and shop, of course!

Wednesday, January 25, bus leaves The Beltrone at 12:45 p.m. and returns at approximately 3:00 p.m.
$10 for members and $20 for not-yet-members.

Silk Scarf Workshop
Discover the supercool art of hand printing while creating two beautiful silk scarves. We’ll travel to the studio of Kathy Klompas in Cohoes and learn two printmaking styles, using various mark-making techniques to create colorful texture and pattern. This creative event is as easy as finger painting, just as fun and with incredible results.

Thursday, January 26, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m.
$59 for members and $69 for not-yet-members.

Albany Mural Tour – Back by Popular Demand!
Join us as we tour, once again, the vibrant and important art-work that adorns many buildings in downtown Albany. Aboard our bus, we will seek out and discuss eight murals, including a few favorites from previous tours and many new additions.

Friday, January 27, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 2:30 p.m.
$10 for members and $20 for not-yet-members.

North Country Art Tour, December 9, 2022
Learn, grow, connect.

For More TRIPS, see page 5

THE CENTER is underwritten by:
Soapmaking 101
Learn how to make ‘melt and pour’ goat’s milk soap in this fun and informative class, using silicone molds, block goat’s milk soap, essential oils, and plant additives. All materials included to create four bars of completed soap. Karen Dujack is a local crafter who has been making soap and other skin care products for many years.
Monday, January 30, 10:00 a.m. – 11:30 a.m.
$29 for members and $39 for not-yet-members.

Watercolor Workshops
Come create beautiful watercolor paintings with Kevin Kuhne. In these fun and creative 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. Three sessions, choose any number you would like to attend.

Winter Birch Trees - Learn how to paint birch trees nestled in a snowy landscape in this one-day painting workshop. Wednesday, January 18, 10:00 a.m. – 11:30 a.m.
$15 for members and $25 for not-yet-members.

Winter Landscape – In each of these two classes, create a beautiful snow-covered landscape using brushstrokes, color and a few secret techniques. Wednesdays, February 1 and 8, 10:00 a.m. – 11:30 a.m.
$30 for members and $45 for not-yet-members.

The Greens of Spring - Celebrate the return of vibrant greens with watercolor paintings of primrose, spring buds, crocus and more surrounded by lush flora. Wednesdays, March 15 and 22, 10:00 a.m. – 11:30 a.m.
$30 for members and $45 for not-yet-members.

Rubber Stamping Art
Come have fun and create with the wonderful Ann Burns!
Classes are $10 each for members and $20 for not-yet-members plus materials fee, payable to Ann on the day of class.
Birthday Cards – Make a selection of funny, sweet and pretty cards to send out to loved ones on their special day.
Tuesday, January 17, 2:00 p.m. – 3:30 p.m.
Materials fee of $10.

Drinks & Coasters – Try your hand at something different! We’ll use tiles as a base, and stamp designs of choice to make a set of coasters, perfect for keeping or gifting.
Tuesday, March 21, 2:00 – 3:30 p.m. Materials fee of $10.

Quilted Hearts to Give and Share
Join us for a service project, meant to brighten someone’s day. We will gather to decorate quilted hearts with all kinds of sparkly, fuzzy and otherwise fun stuff. These decorated hearts will be hung on trees in The Capital District, for passersby to find and cherish.
Thursday, January 19, 1:00 p.m. – 3:00 p.m., heart decorating
Friday, February 10, 1:00 p.m. – 2:00 p.m., heart distribution.
Free for members.

Chinese New Year Tasting and Cultural Event
Details coming soon!

Button Club Surprise Project
Join us for a visit with our friends from the Half Moon Button Club of the Capital District. In this social and fun event, the Button Club volunteers will provide all the materials and know-how required to make a lovely piece. The finished project is a surprise, but here’s a hint: it will display plenty of colorful, varied buttons.
Monday, January 23, 2:00 p.m. – 3:30 p.m.,
King Thiel Senior Community
Tuesday, February 2, 2:00 p.m. – 3:30 p.m., Beltrone Living Center
Free for members.

Searching for Timbuctoo
Screening and Question-and-Answer with Paul Miller, Filmmaker
SEARCHING FOR TIMBUCTOO tells the little-known story of a Black settlement, established in the wilds of upstate New York, that brought together a group of ardent abolitionists willing to risk their fortunes, their families, and their futures to destroy slavery. Little did they know that by coming together, they would help tear the nation apart.

Paul Miller is a writer, filmmaker and photographer based in upstate New York. As a 20-year veteran of broadcast and cable television, he has worked for national shows and networks, including The History Channel, National Geographic Channel, PBS, and The Oprah Winfrey Show.

Free for all. Monday, February 6, 3:00 p.m., with question-and-answer session to follow. At The Beltrone Living Center.
HEALTH + WELLNESS

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

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, February 15, 22, March 1, 8, 2:00 p.m. – 3:00 p.m.
$30 for members and $40 for not-yet-members.

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.
8 Tuesdays, February 7 – March 28.
Beltrone, 2:00 p.m. – 3:00 p.m.
$55 for members and $65 for not-yet-members.
or
8 Thursdays, February 9 – March 30.
King Thiel Community Room, 12:00 p.m. – 1:00 p.m.
$55 for members and $65 for not-yet-members.

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 Wednesdays each, King Thiel Community Room, 1:15 p.m. – 2:15 p.m.
2 sessions, 4 Fridays each, Beltrone, 10:00 a.m. – 11:00 a.m.
$30 for members and $40 for not-yet-members for each session.

Tai Chi for Healthy Aging
Come and experience the gentle energy of Tai Chi in a safe and friendly environment. In this class, we will concentrate on several Tai Chi movements that are known to increase balance, decrease falling, improve flexibility and promote overall well-being. Taught by Melody Holman, who is experienced in Tai Chi forms for health and aging, as well as Sun, Yang and Chen Family styles.
8 Mondays, January 23 – March 20, 2:00 p.m. – 3:00 p.m.
$40 for members and $50 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 Sarranto, a certified personal and group fitness trainer with over twenty years teaching around the Capital District in local gyms and colleges.
10 Fridays, January 20 – March 24, 2:00 p.m. – 2:45 p.m.
$65 for members and $75 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. Amanda Mackey teaches yoga to people of all ages and sharing the gift of yoga is her mission.
10 Thursdays, January 19 – March 23, 10:00 a.m. – 11:00 a.m.
$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, choose one or both.
3 Wednesdays, February 8, 15, 22, 2:30 p.m. - 3:30 p.m.
3 Wednesdays, March 1, 8, 15, 22, 2:30 p.m. – 3:30 p.m.
$45 for members and $55 for not-yet-members for each session.
The billiard room is available on any weekday afternoon for practice and games.

Learn to Bowl
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, February 3 – March 10. Meet at Spare Time Bowling in Latham at 1:15 p.m., $69 for members, $79 for not-yet-members.

Tap With a Rockette
Janet Murphy, former Rockette and tap dancing instructor of over 20 years, shares her knowledge and love of dance. Choose from one of three levels for a fun class, appropriate for your level of dance experience.
10 Thursdays, January 19 – March 23.
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.
$60 for members and $70 for not-yet-members.

COLONIESeniORS.ORG | 518-459-2857 X 327  PAGE 4
Springfield Museum Tours and Lunch
The Springfield Museums is a group of five world-class museums, all contained on one campus. We’ll travel there for a visit, including tours and lunch. The first tour is the Springfield Museum of History, famous for its collections of firearms and motorcycles. We’ll also tour the D’Amour Museum, touching on its holdings of American and European artworks as well as a large collection of Japanese prints. There will be time for wandering the other museums (including Dr. Seuss, Science Museum and the Smith Museum) and a catered lunch is included.

Wednesday, February 8, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 4:30 p.m.
$42 for members and $52 for not-yet-members.

Snowshoeing + Birdwatching at Grafton Lakes
Let’s celebrate the beauty of winter at Grafton Lakes State Park! Join us for a trek on snowshoes through the forested land of this beautiful state park on a snowy afternoon. Tamara Beal, Environmental Educator, will lead us and talk about the birds, the park and the natural surroundings. After, we’ll cozy up in their lodge with warm drinks and lunch. Snowshoes and food provided. No snowshoeing experience is necessary.

Wednesday, February 8, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 2:00 p.m.
$29 for members, $39 for not-yet-members.

Albany Airport Gallery: Lumen
Travel the short distance to Albany International Airport’s Gallery for a guided tour on the exhibit called Lumen. The sculptures and prints that comprise this installation engage with and are activated by light. See sculptures made from photographic sheet film, hand-painted resin sculptures which are filled with layers of brilliant color, and sculptures made from layers of transparent and opaque materials. All of the works will be explained and guided by Kathy Greenwood, AIA’s Director of Arts and Culture Program.

Thursday, February 9, bus leaves The Beltrone at 10:15 a.m. and returns at approximately noon.
$10 for members and $20 for not-yet-members.

Mosaic Workshop
Travel with us to Earthly Elements Glassworks in Cohoes to create a mosaic you can wear. This is a fun and relaxing class where students will learn how to design and create a small mosaic. Choosing from a variety of precut glass pieces, students will glue into a bezel (a small metal tray.) Once the glue has dried the piece will be grouted, cleaned and a cord will be added. Kim O’Kourke is the artist and owner of the studio and has been creating glass artwork and other mediums for many years.

Wednesday, February 15, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 3:30 p.m.
$35 for members and $45 for not-yet-members.

Saratoga Winery and Pizza
Travel with us to Saratoga, to see and learn about Saratoga Winery. This family-owned business opened its doors in 2009 after turning an abandoned farm stand into a beautiful tasting room. They now serve dinners, including delicious pizza, and their own wines. Hear the story, taste the pizza, sip the wine. Includes unlimited pizza, salad and a flight of wine.

Friday, February 24, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m.
$49 for members and $59 for not-yet-members.

Amore, Albany! With Nine Pin and Discover Albany
Discover Albany’s educator, Maeve McEneny-Johnson, will share stories of sweet, scandalous, and downright notorious partnerships throughout Albany’s history. Each story has its own flavor of drama, and will include a few historical favorites, as well and some lesser-known lovers. Select stories will be paired with a specialty cider, handpicked by Nine Pin Cider Works, that embodies the spirit of the couple’s tale. Pizza will be served with one flight of cider (four tastes.) We’ll finish with a chocolate tasting, compliments of Honest Weight Food Co-op.

Monday, February 13, bus leaves The Beltrone at 1:30 p.m. and returns at approximately 4:15 p.m.
$35 for members, $45 for not-yet-members.

Tea and Sweets with Divinitea and Dolce and Biscotti
Come on a mini adventure with us as we seek out warm tea and delicious baked goods. First stop is Divinitea, located in Clifton Park and in business in the Capital District for over 20 years. Hear from Linda Smith, the owner and master tea mixologist, about her business and everything tea related. We’ll have a tea tasting and time for shopping. Next, we’ll pop into Dolce and Biscotti, the Italian bakery that sells everything from sugar cookies, cakes and sweets of all kinds, to their specialty: Italian pastries. There will be time to shop and hear a bit from the owners.

Friday, February 17, bus leaves The Beltrone at 12:45 p.m. and returns at approximately 3:00 p.m.
$10 for members and $20 for not-yet-members.

Collar City Mushrooms – Tour and Tasting
Collar City Mushrooms is an indoor urban vertical mushroom farm, production facility, mycological education center, and community gathering space. Come for a visit with Avery Stempel, founding ‘fun-guy’ and enjoy some mushroom tea, learn about mushrooms and why they’re good for you and the environment, and shop for mushrooms and other local products.

Wednesday, February 22, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m.
$10 for members and $20 for not-yet-members.

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

It’s a Wrap: 200 Years of Outwear, Guided Tour
Make the short trek to the Albany Institute of History and Art for a guided tour of their newest exhibit: It’s a Wrap: 200 Years of Outwear. This exciting new installation features historic garb, worn by men and women alike, from the early 19th century through today. We’ll examine the context, politics and changing times, all punctuated by the outerwear of the day.
Thursday, March 2, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 3:45 p.m., $20 for members and $30 for not-yet-members.

Diane’s Secret Tour, Take 2!
Come along with CSSC’s Executive Director Diane Conroy-LaCuiva for another 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, March 6, 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.

Coffee, Anyone?
Travel with us to Stillwater to meet Leslie Swedish, coffee specialist and non-profit owner. She launched Mexxi Coffee Company during the pandemic when she found herself out of work. This mom of three turned to coffee beans: starting her own business and a non-profit that provides educational resources and grants to female artisans in the Capital Region. Hear her story, taste the coffee, and buy a bag or two. This trip is in celebration of International Women’s Day.
Tuesday, March 7, bus leaves The Beltrone at 12:45 p.m. and returns at approximately 3:45 p.m.
$10 for members and $20 for not-yet-members.

Bond In Motion at the Saratoga Auto Museum and Pizza Lunch
For Bond fans, classic car aficionados, or anyone wanting to see an exciting museum exhibit: come to the Saratoga Auto Museum to see BOND IN MOTION. This exhibit features twenty-five official vehicles from the past six decades of the longest-running film franchise in movie history. This trip includes a self-guided tour of the exhibit, access to the entire museum, and lunch after at West Ave Pizzeria in Saratoga.
Wednesday, March 8, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 3:00 p.m.
$49 for members and $59 for not-yet-members.

Irish American Heritage Museum and an Irish Sip
’Tis the season for all things Irish! Come for a fun and festive visit to the Irish American Heritage Museum for a visit and talk. Elizabeth Stack, the museum’s Executive Director, will give a talk on the Irish Arts. We’ll see, listen, learn and have a taste of some Irish snacks. No visit would be complete without a little sip, too, so we’ll sample some of Ireland’s finest stout.
Wednesday, March 15, bus leaves The Beltrone at 12:45 p.m. and returns at approximately 2:45 p.m.
$20 for members and $30 for not-yet-members.

Hamilton – at Proctor’s
The smash-hit Hamilton is coming to Proctor’s! This musical tells the story of American Founding Father Alexander Hamilton, through an astounding blend of hip-hop, jazz, R&B and Broadway style music. Hamilton is the story of America’s history, told in the most modern way.
Thursday, March 16, bus leaves The Beltrone at 11:45 a.m. and returns at approximately 4:30 p.m.
$89 for members and $99 for not-yet-members.

Albany Pub Crawl with Discover Albany
All aboard the CSSC bus as we wind our way through Albany, stopping at some of the most historic and storied buildings that stand. Maeve McEneny will lead us, along with Albany’s own beer historian, Craig Gravina, as we hop on and off the bus. The tour will include four pubs, including City Beer Hall, The Copper Crow, and The Olde English Pub. Each stop will bring a story and bit of history, as well as a taste of beer. There will be snacks on board.
Monday, March 20, bus leaves The Beltrone at 11:45 a.m. and returns at approximately 4:00 p.m.
$20 for members and $30 for not-yet-members.

Maple Syrup Tour and Tasting
New York State produces over 800,000 gallons of maple syrup annually and is home to the largest resource of tapable trees in the U.S., with more than 2,000 maple syrup makers. Come see how it’s done at Mapleland Farms in Salem, where we’ll sample different varieties, and shop for maple in every form you can dream up, from syrup to sugar and candy.
Wednesday, March 22, bus leaves The Beltrone at 9:15 a.m. and returns at approximately 12:00 p.m.
$10 for members and $20 for not-yet-members.

Dancing Grain Farm Brewery Agrotourism
Travel to Moreau, New York with us to visit a 300-acre family-owned farm that grows its own grain and brews their own beers. See the operation, hear about the field-to-glass process, and see it all in action. Includes snacks and one flight of beer (four half-pours.)
Thursday, March 30, bus leaves The Beltrone at 2:00 p.m. and returns at approximately 5:30 p.m.
$29 for members and $39 for not-yet-members.

Bronx Zoo Expedition
Join us for a fun, whirlwind day at the Bronx Zoo! The Bronx Zoo is the largest metropolitan zoo in the U.S. and features an amazing array of animals. Entry to the zoo includes all of the classic exhibits: the Congo Gorilla Forest, Jungleworld, Madagascar, Tiger Mountain and so much more. Be amazed, awed and reminded of why we love animals so much on this journey.
Friday, March 31, bus leaves The Beltrone at 7:30 a.m. and returns at approximately 8:00 p.m.
$125 for transportation on a coach bus for members and $135 for not-yet-members. Tickets to enter zoo ($29) are not included.
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. All materials provided. For each event: $29 for members and $40 for not-yet-members.

**Acrylic Winter Landscape**
Winter may seem devoid of color, but we’ll find a palette of beautiful hues in this class. You will learn to mix and layer color, create landscape and perspective, creating a landscape of your choice in this painting workshop.

**Thursday, February 16, 1:00 p.m. – 3:00 p.m.**

**Zentangle**
Zentangle is easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. This drawing method is non-representational and can be done by anyone. Drawings are created using a combination of dots, lines, curves, orbs and shading to create your work. All materials provided.

**Wednesday, January 25, 10:00 a.m. – 12:00 p.m.**

**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:
- January 27 – February 17 and March 3 – 24, 11:00 a.m. – 12:00 p.m.
- $45 for members and $55 for not-yet-members.

**Flower Study – Painting From Still Life**
In this one-week class, choose and arrange flowers to make your own still life, then learn how to paint it. You will have a finished painting and be taught color mixing, composition, background and painting technique. Led by Gail Talmage, who has a master’s degree in Art Education and loves to share the joy of creating art.

**Tuesday, January 24, 2:00 p.m. – 3:30 p.m.**
- $33 for members and $43 for not-yet-members.

**Alcohol Ink Workshop**
The creative method of using alcohol ink is a technique that involves dropping the dyes onto special paper and manipulating the colors in various ways. The result is artwork that is brilliant with saturated color and is beautiful to behold. Best of all, it’s easy to do. You will leave with two finished alcohol inks: one tile, and one framed piece. Marjorie Ward leads this fun and satisfying class. She is a local artist who has been creating and teaching for many years.

**Wednesday, February 8, 2:00 p.m. – 3:30 p.m.**
- $10 for members and $20 for not-yet-members.

**Basketweaving**
Come learn the incredible craft of basketweaving! In this two-week class, you will create a beautiful, functional napkin, roll or muffin basket. This class is good for anyone new to the craft or those returning to try it again. The basket is made from flat natural reed and your choice of color accent.

This class is taught by Sandy Salada, who has more than 20 years experience in teaching basketweaving.

**2 Fridays, February 10 and 17, 10:00 a.m. – 12:00 p.m.**
- $49 for members and $59 for not-yet-members.

**Meditate and Art Events**
Led by Darcy Scarlata, a Usui Reiki Master and certified meditation coach, whose goal is to educate others about the many benefits of reiki and meditation. All materials provided.

For each event: $25 for members and $35 for not-yet-members.

**Paint and Meditate – Painted Vases**
There will be a guided meditation to give your mind, body and soul a treat! Allow the spirits to guide you as you paint your visions and reveal answers to what you may be seeking. During this first session we will be painting our own Zen inspired vases following meditation.

**Thursday, February 9, 10:00 a.m. – 11:30 a.m.**

**Meditation and Intention Boxes**
Learn the Five Usui Japanese principles, and enjoy a guided meditation. Seek to discover your intentions, wishes, and goals, as you let the universe be your guide. Place all the knowledge you have gained throughout this journey in a handmade box, created by you! Visit the box each day as a reminder of the blessings you have.

**Thursday, March 9, 10:00 a.m. – 11:30 a.m.**

**Warm Winter Vase with Cardinals and Light**
“When cardinals appear, angels are near,” or so the saying goes. Keep angels close by creating a decoupage cardinal vase, to use with a battery-powered candle. We will use printed cardinal images, found objects from nature and an array of items to make each unique. Inside, we’ll build a winter bouquet, made from greenery, sticks and bittersweet. Led by Caroline Barrett, CSSC’s Director of Lifelong Wellness.

**Monday, February 27, 1:00 p.m. – 2:00 p.m.**
- $5 for members and $10 for not-yet-members.

**Improv 101: It’s Back!**
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 Michael Burns, Artistic Director of Mopco Theater in Schenectady. Takes place in the Art Studio at The Beltrone.

**6 Thursdays, February 23, March 2 - 30, 1:00 p.m. – 2:30 p.m., $89 for members and $99 for not-yet-members.**
MEMBER-ONLY EVENTS at THE CENTER at CSSC

Monday Movies
No reservations required.
2:00 p.m. in the Lakeview Dining Room.

1/23: A League of Their Own—Tom Hanks, Geena Davis and Madonna star in a big-league comedy based on the real-life exploits of the All-American Girls Baseball League. 2 hours, PG.

1/30: The Nutty Professor—Eddie Murphy in a the funny tale of a love-stuck professor. 1 hour, 36 minutes, PG.

2/20: Paper Moon—The 1973 film which won Tatum O’Neal an Oscar, is worth watching today. 1 hour, 40 minutes, PG.

2/27: The Hundred-Foot Journey—Helen Mirren stars in a foodie movie about an Indian restaurant opening in a small French town. 2 hours, PG.

3/13: Downton Abbey—The Crawley family and their staff prepare Downton Abbey for a Royal visit in the cinematic follow-up to the beloved TV series. 2 hours, PG.

Healthy Bones For Life and Balance Class
These classes are part of our commitment to keeping seniors healthy and active. Both are taught by volunteers and offer gentle exercise in a social environment.
$10 for members only for each session. Registration Required.

In the Dance Studio at The Beltrone
Healthy Bones, Wednesdays.
9:30 a.m. – 10:30 a.m. and 10:30—11:30 a.m., January 18—March 29.
Balance Class, Mondays, 1:00 p.m. – 2:00 p.m., January 23, February 13, 27, March 13, 27.

In The Community Room at King Thiel
Healthy Bones: Tuesdays.
1:30 p.m. – 2:30 p.m., January 3 – March 28.

In The Community Room at Sheehy Manor
Healthy Bones and Balance Fusion, Tuesdays.
10:00 a.m.—11:00 a.m., January 10—March 28.

Widow Meet-Up
Come spend time with like-minded women in need of support. This group is for widows, and will meet to discuss life’s challenges, joys and how to move forward after loss. Please come prepared to listen and share. There will be a loosely-structured topic each week, with time and room for expanding. Registration required.
Second and fourth Friday of each month, beginning February 10 at 10:00 a.m.

Hands On Only CPR Class
The Colonie EMS will be on hand to teach the very valuable skill of how to save a life, using CPR. Please note, there will be no mouth-to-mouth taught in this class.
Thursday, February 23, 1:00 p.m. – 3:00 p.m.
Free for members. Registration required.

Climate Conversation Meet-Up
If you are interested in one of the biggest issues of our time and want to be part of what to do about it, come talk. We’ll present issues and ideas about how to engage the community. This is your opportunity to share, learn, and make a difference. Led by Judy Hartley, who is passionate about Climate Change and community organization.
No registration necessary.
Meets in the Activities Room at The Beltrone.
First Monday of the month, January 2, February 6, March 6
10:00 a.m. – 11:00 a.m.