Welcome Spring!
This season, we are celebrating every member of THE CENTER. It doesn’t matter, really, what you might have done before retirement (and for those still working.) If you were an accountant, teacher, salesperson or if you took care of your family full-time, we believe that inside every person is an adventurer, an artist, a lifelong learner and someone who needs to be around other people. We hope to nurture those inner beings and draw them out. So come be an explorer with us, be creative and meet someone new. It’s all happening here, this spring.

Yours, Caroline Barrett, Director of Lifelong Wellness

TOUR OF THE UNITED NATIONS
Travel with us to the heart of New York City for an inside look at the UN headquarters. Learn about international diplomacy and experience firsthand the work of the United Nations and visit the famous General Assembly Hall and Security Council Chamber (meetings permitting). After, the bus will travel to Woodlawn in the Bronx, known as New York’s Little Ireland. There will be time for lunch, purchased on your own. Travel is aboard a coach bus.
Wednesday, May 31, bus leaves The Beltrone at 7:45 a.m. and returns at approximately 7:00 p.m.
$99 for members and $114 for non-members.

FOR MORE TRIPS AND TRAVEL, SEE PAGE 3

TRAIN TO WALK A 5K (AND HAVE A GREAT TIME!)
If you’ve never participated in a 5k (3.1 miles,) or if you’re an old pro and getting back to it, let Chrissy Sarratori be your guide. In this 8-week class, Chrissy will start slow and work with each and every person to get you from the couch to 5K shape in eight weeks, in a supportive, inclusive environment. Instruction includes strength, endurance, and motivation. Class culminates with the Capital Region Heart Walk on June 4 in Albany. Transportation provided.
8 Wednesdays, April 12 – May 31, 2:00 p.m. – 3:00 p.m., Meet at The Beltrone and train outside. Class takes place at Colonie Center in the event of rain.
$55 for members and $65 for non-members.

GET STRONG WITH PILATES
The Pilates method helps to train the deep core muscles, teaches you the importance of breath, improves posture, stretching to prevent and heal from injury and heightens body awareness to improve coordination and balance. This is a class that uses chairs for support, and both sitting and standing poses. Taught by Jennifer Olszowy, who has a Doctorate in Physical Therapy and works for Hector PT.
8 Thursdays, May 4 – June 22, 2:45 p.m. – 3:30 p.m.
$55 for members and $65 for non-members.
FREE demo: join us on April 27, 2:45 p.m. – 3:45 p.m. to try Pilates!

FOR MORE EXERCISE AND WELLNESS, SEE PAGE 4

LIVE BIRDS OF PREY WITH WHISPERING WILLOW
Love birds? So do we! Come learn about birds of prey in this live, hands-on event. See five types of birds, including hawks, owls, crows and others, and learn about bird biology, migrations, environmental issues. Whispering Willow will talk about their work rescuing birds, and answer your questions.
Tuesday, June 6, 2:00 p.m. – 3:30 p.m., at The Beltrone.
$15 for members and $25 for non-members.

FOR MORE ARTS, SEE PAGE 3

HOW TO REGISTER
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.

CHANGE IN REGISTRATION POLICY
This year, we had an unprecedented response to THE CENTER. In order to give everyone a chance to take part in what we do, we respectfully ask that you limit the number of trips you register for to five for each catalog, including one starred trip. That way, we can give new members a chance to take part in everything we do. After May 1, register for as many trips as you like.

FOR ALL PEOPLE AGED 55+
THE CENTER is a program of Colonie Senior Service Centers, Inc. The mission of CSSC is to provide comprehensive services to those in our community who are in or approaching their mature years, and to provide support and services to their families and caregivers.

INTRO TO BOTANICAL DRAWING WITH COLORED PENCILS
The process of Botanical Drawing begins with gradual toning on simple geometric shapes that turn into all the forms in nature. This process will make your piece three-dimensional and pop off the page. By layering neutral tones and adding color, students will create a lifelike leaf or flower. Nancy Lyons is a retired educator and lifelong artist who loves to share her love of the arts with others.
24-piece colored pencil sets available for $10 or bring your own.
Friday, June 2, 10:00 a.m. – 12:00 noon.
$24 for members and $34 for non-members.

FOR MORE EXERCISE AND WELLNESS, SEE PAGE 4
**Earl Chapel at Oakwood Cemetery Tour**
Join Diane Conroy-LaCivita on one of her Sacred Space outings. The Earl Chapel at Oakwood Cemetery is an architectural treasure that opened in 1890. Tour this beautiful space with us and learn about its beginnings and be awed by the unparalleled craft and architecture, and hear stories about the past, present and future of a storied place.
Wednesday, April 5, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 12:00 p.m. $15 for members and $25 for non-members.

**Stockade Walking Tour and Lunch at Arthur’s Market**
Schenectady’s Stockade neighborhood is one of the oldest in the country. Home to Dutch settlers and fur-traders in the 1600s, it has evolved over time as the Erie Canal was built, and history unfolded. Walk with us and see the buildings and places where the past happened. We’ll stop at Arthur’s Market (another historic place,) for a rest and a sandwich lunch. Requires walking for one mile and standing for about an hour.
Wednesday, April 19, bus leaves The Beltrone at 11:15 a.m. and returns at approximately 3:00 p.m. $49 for members and $59 for non-members.

**Tours at 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.
April 11, Akina Yura, Classical Piano
May 9, Findlay Cockrell, Piano
June 13, Quintocracy New Works by Women Composers, Classical
Bus leaves The Beltrone at 11:15 a.m. and returns at approximately 1:45 p.m. $10 for members and $20 for non-members.

**NY Writer’s Institute and Dinner**
The New York State Writer’s Institute was founded in 1983 by the Pulitzer Prize-winning novelist William Kennedy. Each year, the Institute hosts many events. Join us to hear Elizabeth Graver, the author of Kantik. This new novel is a dazzling multigenerational saga about Sephardic Jewish families. Conversation takes place at the UAlbany campus, and we will arrive in time to purchase dinner individually from the many choices in the Campus Center, including burgers, sushi, pasta and more.
Tuesday, April 25, bus leaves The Beltrone at 5:30 p.m. and returns at approximately 9:30 p.m. $10 for members and $20 for non-members.

**Mushroom Workshop and Farm Visit**
Come for a foot-stompin’ good time listening to old-timey blues, ragtime and honkytonk with the Hammerhead Horns. In addition to piano, drums, trumpet, and trombone, there will be a vocalist and a New Orleans tap-dancer to keep the party going.
Thursday, April 27, bus leaves The Beltrone at 11:15 a.m. and returns at approximately 1:30 p.m. $10 for members and $20 for non-members.

**Emma Willard Tour**
Emma Willard was an education activist who founded the first school for women’s higher education. Started in 1814, the Emma Willard school sits high atop Mount Ida in Troy and has been an intellectually rigorous place for girls for over 200 years. In addition, it is a place of beauty and history. Come see its notable architecture and hear stories of the people who learned and taught there, and the legends of Emma herself.
Thursday, May 4, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 12:00 noon. $10 for members and $20 for non-members.

**Tybush Mountain Alpacas and Ice Cream**
Alpacas are raised for their incredibly soft fleece. Come and see the herd (23 alpacas in all), learn about the animals, how they are sheered and what’s done with all that fiber. We’ll also get to see a flock of peacocks and pea hens. After, we’ll mosey up the road for ice cream at Brunswick Creamery. This farm is owned by the family of The Beltrone’s Executive Chef, Brayden Bennison.
Requires walking on unsteady ground.
Wednesday, May 10, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m. $10 for members and $20 for non-members.

**For More TRIPS, see page 5**
**ART + CREATIVE EVENTS**

**Log Cabin Knit Blanket**
The log cabin quilt has a long history in the U.S., and has been adapted to make an easy, cozy, knit blanket. Learn how to create your own 20" x 24" blanket in this class. Beginners are welcome but should be comfortable with casting on and off, knit and purl. Materials list provided upon registration. Led by Laura Cooper, a retired Teacher of the Deaf. She has been knitting and crocheting since the age of 9.

6 Wednesdays, May 17 – June 21, 1:00 p.m. – 3:00 p.m.
$49 for members and $59 for not-yet-members.

**Watercolor with Kevin Kuhne**
Come create beautiful watercolor paintings with Kevin Kuhne. In these fun and creative events, you will learn how to use watercolors 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. All materials included.

**Watercolor Spring Bouquet**
Wednesday, April 12, 10:00 a.m. – 11:30 a.m.
$15 for members and $25 for not-yet-members.

**Spring Bulbs and Gardens in Watercolor**
3 Wednesdays, May 10, 17 and 24, 10:00 a.m. – 11:30 a.m.
$45 for members and $55 for not-yet-members.

**Watercolor Landscapes**
2 Wednesdays, June 21 and 28, 10:00 a.m. – 11:30 a.m.
$30 for members and $40 for not-yet-members.

**Watercolor Practice Studio**
Come spend a few hours painting with like-minded people in a supportive environment. In this studio time that is exclusively for current students of Kevin Kuhne, paints, brushes and pallettes are provided but participants should bring their own paper.
Thursdays, April 6 through June 29, 1:00 p.m. – 3:00 p.m.
Free for current members of Kevin Kuhne’s Watercolor Workshops.
Registration required.

**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 complete soap.

**Mural Workshop**
Workshop: Wednesday, May 3, 1:00 p.m. – 3:00 p.m.
Painting Sessions: 2 Wednesdays, May 17 and 24, 1:00 – 3:00 p.m.
$29 for members and $39 for not-yet-members.

**Custom Totebag Printmaking**
Simple shapes can create fresh, vibrant patterns. Learn to design your own stamps and create a stylish handmade totebag. The process is easy and fun, the results are expressive and colorful. Kathy Klompas is an artist and an educator and loves to share and motivate others, having taught a variety of classes for local art organizations, as well as at her studio, Ragged Edge Printmaking Studio on Remsen Street in Cohoes. As a member of the Oakroom Artists, she has exhibited her artwork widely. All materials provided. At the Beltrone.

**Hands-On Mural Workshop**
Public murals are way to connect artists to the community by bringing art, ideas and beauty for all to see. Be part of local history by participating in the creation of a public mural at The Beltrone Living Center, with a floral and garden theme. In this workshop, Andrea Hersh will take you through the process of designing, laying out and painting a large-scale mural. The first class will be a short history of murals and sketching and collaging ideas for a final design. The final design will be sketched onto the wall, and participants will paint as a group. Andrea Hersh is a dancer and sculptor and has painted and helped coordinate multiple murals in the Capital Region.

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

Karen Dujack is a local crafter who has been making soap and other skin care products for many years.

**All Natural Bug Repellent**
Make two containers of completely natural bug repellent, using almond and coconut oils, beeswax, lanolin and 7 different essential oils. This repellent is perfect for summer, safe for children, and is despised by bugs of all types! All materials included to make two containers of bug repellent.

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**Friday, April 14, 1:00 p.m. – 3:00 p.m.**
$19 for members and $29 for not-yet-members.
**HEALTH + WELLNESS**

**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, April 17 – June 19 (no class May 29)
2:00 p.m. – 3:00 p.m.
$45 for members and $55 for not-yet-members.

**Yoga for Joyful Aging**

Learn how to improve range of motion, sleep, and digestion, and increase your clarity and focus through a vital yoga practice. Class consists of a lovely group of yoga enthusiasts whom all feel connected through compassion, joy, and community. This series uses chairs for support at every level and includes modifications for students who like to stand for poses. Amanda Mackey teaches yoga to people of all ages and sharing the gift of yoga is her mission.

8 Thursdays, May 11 – June 29, 10:00 a.m. – 11:00 a.m.
$50 for members and $60 for not-yet-members.

**Nia Moving to Heal**

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.

8 Tuesdays, April 25 – June 13, 12:45 p.m. – 1:45 p.m.
$30 for members and $40 for not-yet-members.

**Mindful Meditation**

Mindfulness can help you to transform the way you think about and experience yourself and the world around you and to develop a vibrational energy field that will bring compassion, love, inner peace and improved self-worth into your life. Come and learn with Darcy Scarlata, how to incorporate mindfulness and energy cleansing into your daily life routine. 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.

4 Wednesdays, May 3 – 24
10:00 a.m. – 11:00 a.m., The Beltrone
1:15 p.m. – 2:15 p.m., King Thiel
$30 for members and $40 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, April 20 – June 22.
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.

**Introduction to Ballet**

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 fun way to exercise. No tutus or pointe shoes required, just comfortable clothes and soft-soled shoes.

10 Thursdays, April 20 – June 22.
1:45 p.m. – 2:30 p.m.
$60 for members and $70 for not-yet-members.

**Learn to Line Dance**

Come learn fun and easy line dances with Kevin Richards and his team. Cheryl Howe and Kevin Richards will teach these classes, with great music, easy moves and fun for all. Line dancing is a great way to exercise and enjoy the time spent doing it.

At King Thiel Senior Community.
5 Thursdays, May 5—June 1.
3:00—4:00 p.m.
$42 for members and $52 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. The billiard room is available on any weekday afternoon for practice and games.

3 Wednesdays, May 10, 17, 24, 2:30 p.m. - 3:30 p.m.
$45 for members and $55 for not-yet-members for each session.

**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.

10 Fridays, April 21 – June 23, 2:00 p.m. – 2:45 p.m.
$65 for members and $75 for not-yet-members.

**THE CENTER is underwritten by:**

- Pinnacle Living at Sheehan Farms
- MVP Health Care
- CDPHP

**THE CENTER at CSSC**

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

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- PAGE 4
**TRAVEL & TRIPS, CONTINUED**

**Martin Van Buren Tour, Lunch and Spirits**
Martin Van Buren, our 8th president, was a polarizing figure during his time. A lawyer, he served from 1837 to 1841. Learn about Van Buren and the politics of his time on a tour of his homestead in Kinderhook. After, we’ll travel a few miles up the road to Golden Harvest Farms, for a tasting in their distillery and a BBQ lunch at the farm.

*Thursday, May 25*, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 3:00 p.m. $44 for members and $54 for not-yet-members.

**Adirondack Kelly Center and Nature Walk**
The Kelly ADK Center at Union College houses the Adirondack Research Library, has a long history, and is an historic building and former home of conservationist Paul Schafer. Come see the current exhibit – a showing of nature painting by union students, and take a guided walk through the Reist Bird Sanctuary – which abuts the property and consists of 111 acres that is home to many animals, trees, plants and birds.

*Wednesday, May 24*, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 3:30 p.m. $15 for members and $25 for not-yet-members.

**Dietary Supplements and Homeopathic Medicine – Fact and Fiction**
Homeopathic medicine is a centuries old system that is based on two theories: like cures like, and the law of minimum dose. Come with us to Fallon Pharmacy in Latham to learn about homeopathy, natural medicines and what they do – and don’t – treat.

*Tuesday, May 16*, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 2:45 p.m. $10 for members and $20 for not-yet-members.

**Tour of the Radix Center**
Come see and learn about the latest in urban gardening. The Radix Center is an urban environmental education center that teaches ecological literacy to all people. Systems on-site include gardens, greenhouses, chickens, aquaponics, composting, rainwater harvesting, and honeybees. We will tour the one-acre Albany property with Scott Kellogg, the Education Director. Cost includes a donation made to Radix. Requires walking on unsteady ground.

*Thursday, May 18*, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 12:00 noon. $20 for members and $30 for not-yet-members.

**Troy Hidden Garden Tour**
Everyone’s favorite garden tour is back! With over 30 gardens to discover and marvel in, this self-guided tour is a testament to the love of gardening. Each garden is unique and full of its own character, creativity and flair. Travel with us and stick together as a group or go your own way.

*Thursday, May 25*, bus leaves The Beltrone at 3:30 p.m. and returns at approximately 6:00 p.m. $30 for members and $40 for not-yet-members.

**Dietary Supplements and Homeopathic Medicine – Fact and Fiction**
Homeopathic medicine is a centuries old system that is based on two theories: like cures like, and the law of minimum dose. Come with us to Fallon Pharmacy in Latham to learn about homeopathy, natural medicines and what they do – and don’t – treat.

*Tuesday, May 16*, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 2:45 p.m. $10 for members and $20 for not-yet-members.

**New York Folklore Gallery and Tour**
New York folklore seeks to preserve the traditions and history of folklore in New York State, including music and oral histories, as well as craft. Folklore is art, craft, knowledge, and practices that are learned firsthand and often created to preserve cultural heritage. We’ll visit the Gallery and have a tour of their current exhibit of photography from LifeWorks, showing and documenting the immigrant experience in New York state. There will be time for strolling and eating on Jay Street.

*Friday, May 19*, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m. $15 for members and $25 for not-yet-members.

**Landis Arboretum Walk, Tour and Picnic**
Enjoy springtime at Landis Arboretum in Esperance, NY. Start with lunch at the covered pavilion in the Shanti Vun Meditation Garden, then enjoy a guided walk through the grounds where you will view a perennial garden, specimen trees and shrubs, and sculptures. If you’d like a longer experience, join a walk through the Native Plant trail, and try your hand at the musical bridge! Requires walking on unsteady ground.

*Friday, May 26*, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 3:00 p.m. $39 for members and $49 for not-yet-members.

**New York Folklore Gallery and Tour**
New York folklore seeks to preserve the traditions and history of folklore in New York State, including music and oral histories, as well as craft. Folklore is art, craft, knowledge, and practices that are learned firsthand and often created to preserve cultural heritage. We’ll visit the Gallery and have a tour of their current exhibit of photography from LifeWorks, showing and documenting the immigrant experience in New York state. There will be time for strolling and eating on Jay Street.

*Friday, May 19*, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m. $15 for members and $25 for not-yet-members.

**Art Walk and Art Talk on the Rail Trail**
Art on the Rail Trail is a committee of the Hudson Mohawk Land Conservancy, and works with local artists to put art for all people to enjoy along the Rail Trail. Join us to see a few of the works and have a talk with Charles Duncan, committee member and art historian, to discuss the murals and artworks. After, we’ll swing past the Tastee Freez in Delmar for a cone! Requires walking for 1/3 mile.

*Tuesday, May 30*, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 3:30 p.m. $10 for members and $20 for not-yet-members.

**Twilight Walk and Wine Party at Grafton Lakes**
Take a walking and driving tour, visiting the lands of Grafton Lakes State Park more than 100 years ago through the eyes of famed photographer James West. Visit key historical spots and see how the land has changed over time. After, we’ll gather in the visitor’s center for wine and cheese. Requires walking for 1 – 2 miles.

*Thursday, June 1*, bus leaves The Beltrone at 3:15 p.m. and returns at approximately 7:30 p.m. $35 for members and $45 for not-yet-members.

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

Cheese and Wine – Two of Our Favorite Things
Come with us to the heart of the Hudson Valley for two tours. First, we’ll stop at Chasethold Farm, a 350-acre farm that produces grass-fed artisanal cheeses, including camembert, niman bus, tomme and others. We will hear from the farmers, see the farm and have time to shop. Next stop is Millbrook Winery, where we’ll have a guided six-wine tasting (and keep the glass) There will be charcuterie and time to relax before heading home.
Monday, June 5, bus leaves The Beltrone at 11:15 a.m. and returns at approximately 5:30 p.m.
$59 for members and $69 for non-member.

Woodstock Animal Sanctuary Tour and Lunch
The Woodstock Farm Sanctuary is a place for rescuing farm animals and currently provides daily care and medical support to over 380 rescued residents including ducks, chickens, geese, a llama, cows, pigs, sheep, goats, and turkeys. They advocate for a peaceful world rooted in respect and justice for all living beings. Join us for a 1-½ hour tour and vegetarian lunch. There will be unsteady ground to cover on the tour.
Price includes a donation made to the Sanctuary.
Wednesday, June 7, bus leaves at 9:30 a.m. and returns at approximately 4:00 p.m.
$49 for members and $59 for non-member.

Troy History: Antique Letterpress Tour and Lunch
Join us for a unique outing: to see and learn about letterpress. Housed in a 200-year-old building, Ready Mix Design uses print presses from the 1800’s – 1950’s. Come see how these antique machines still function today. After, we will have a farm-to-table lunch at Nighthawk’s.
Thursday, June 8, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 2:30 p.m.
$34 for members and $44 for non-member.

Finding Grandma Moses and the Bennington Battlefield
There’s something for everyone on this eclectic mix of sites. First, we’ll learn about Grandma Moses, who was an American folk artist and as a person who found fame later in life, was also a cultural icon. We will travel to Hoosick Falls to hear about her life at the Hoosick Falls Historical Society, visit her gravesite and then move on to the Bennington Battlefield for a picnic lunch and a tour of the historic Revolutionary War battlefield.
Friday, June 9, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:30 p.m.
$49 for members and $59 for non-member.

Lake Lonely Kayak Tour and Lunch
Join us for a fun adventure as we take a guided kayak tour on Lake Lonely in Saratoga County. We’ll meander our way through gentle waterways to Saratoga Lake, taking in the beautiful landscape and abundant wildlife. Includes instruction on how to paddle safely and navigate waters on a kayak. After, we’ll relax for a picnic lunch by the lake. Kayak occupancy is in a single or double kayak.
Monday, June 12, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:00 p.m.
$89 for members and $99 for non-member.

Blithewood Garden, Montgomery Place and Picnic Lunch
Travel with us to 1903 to Blithewood Garden, an Italianate walled garden, where we’ll have a history tour and stroll the beautifully maintained beds overlooking the Hudson River. Next, we will drive a short distance to Montgomery Place, where we will self-tour the grounds and gardens, in operation since 1802.
Bard College currently owns the property and continues to carry on its agrarian traditions. Between properties, we will have a picnic lunch. Requires walking on unsteady ground for an hour or so. There are benches to rest on.
Tuesday, June 20, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:00 p.m.
$49 for members and $59 for non-member.

Blue Hill at Stone Barns Tour and Lunch
Blue Hill at Stone Barns is a restaurant, education center, farm and a beautiful place to visit in the Hudson Valley. Join the Education Team for a tour of their Innovation Lab and learn about milling, baking, butchery, preservation and much more. After, have a lunch with fresh, delicious food prepared, down to the grains in the breads, at Blue Hill.
Thursday, June 22, bus leaves The Beltrone at 8:00 a.m. and returns at approximately 5:00 p.m.
$147 for members and $157 for non-member.

Tanglewood Evening: Tour and Concert
We are going to Tanglewood to do it all! First, our group will tour the beautiful grounds of Tanglewood, hearing stories, history and seeing all in the early summer landscape. Then, we’ll break for dinner at Cindy’s Café, and finally, catch a show: a classical performance with The Knights and Chris Thile in Ozawa Hall. Cost includes transportation, tour and ticket but not dinner.
Thursday, June 29, bus leaves The Beltrone at 4:00 p.m. and returns at approximately 10:30 p.m.
$79 for members and $89 for non-member.

Wiawaka Women’s Overnight
Wiawaka is a place of rest, solitude and wonder. Originally built as a retreat for women who worked in the shirt factories of Troy, it is now a place of rest for all. We will travel to the historic Lake George retreat to spend one wonderful evening eating, laughing, relaxing and resting. Included in the price is a wine and cheese reception, dinner, overnight accommodations, breakfast and transportation.
Tuesday, June 27, bus leaves The Beltrone at 2:00 p.m. and returns on Wednesday, June 28 at approximately 12:00 noon.
$199 for members and $225 for non-member.

Frelinghuysen Morris Haus + Studio and Lunch
The home of American Abstract artists George Morris and Suzy Frelinghuysen is located in the heart of Lenox and was not only a living and working space, but also where they housed a large collection of American and European Cubist Art. Come for a self-guided tour of the studio and house, watch a documentary, stroll along the gardens and trails of the 46-acre estate, and have a picnic lunch.
Friday, June 30, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:00 p.m.
$49 for members and $59 for non-member.

Lake Lonely Kayak Tour and Lunch
Join us for a fun adventure as we take a guided kayak tour on Lake Lonely in Saratoga County. We’ll meander our way through gentle waterways to Saratoga Lake, taking in the beautiful landscape and abundant wildlife. Includes instruction on how to paddle safely and navigate waters on a kayak. After, we’ll relax for a picnic lunch by the lake. Kayak occupancy is in a single or double kayak.
Monday, June 12, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:00 p.m.
$89 for members and $99 for non-member.
**Introduction or Continuing Quilt Making**

Come learn how to quilt, or hone the skills you have, in this fun class that will see you through creating a table runner and place mats. Students will learn how to properly cut, piece and sew fabric to create quilts and leave with enough knowledge to work independently. Donna Hyer is a passionate quilter who has been teaching quilt making for 17 years. Your own sewing machine is required. Materials needed will be discussed at the first class. Cutting mats, rulers and rotary cutters are provided.

10 Tuesdays, April 25 – June 27, 10:00 a.m. – 11:30 a.m.
$79 for members and $89 for not-yet-members.

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**Tell Your Story**

**Memoir Writing**

This workshop teaches journaling in order to access memories—moments in time that tell your story. This workshop provides a space to tell the only story that matters—yours. No experience is needed. Bring a journal and pen.

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.

Fridays, April 28 – May 19 and June 2 – 24.
Intermediate: 10:00 a.m. – 11:00 p.m.
Beginner: 11:15 a.m. – 12:15 p.m.
$45 for members and $55 for not-yet-members.

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**Studio Arts with Caroline**

Come explore new materials, techniques and creative ways and have fun and be social while doing it. These classes are led by Caroline Barrett, CSSC’s Director of Lifelong Wellness.

$10 for members and $20 for not-yet-members for each event. All materials included.

**Gelli Printmaking** – use Gelli plates to explore the art of printmaking. We will make two finished prints.

Monday, April 10, 1:00 p.m. – 3:00 p.m.

**Sun Printing** – make art with the power of the sun!

Monday, May 15, 1:00 p.m. – 3:00 p.m.

**Scratchboard Drawings** – use simple drawing techniques to create beautiful drawings.

Tuesday, May 30, 2:00 p.m. – 4:00 p.m.

**Abstract Paintings** – make paintings where art is about creating, applying color, and expressing one’s true feelings.

Wednesday, June 14, 10:00 a.m. – 12:00 noon.

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**Soul Collage Workshop**

SoulCollage® is an expressive arts process. This practice develops one’s creativity and intuition and encourages self-awareness and personal guidance. All materials supplied.

Nancy Lyons is a registered SoulCollage facilitator, retired educator and lifelong artist who loves to share her love of the arts with others.

Monday, May 8, 1:00 p.m. – 3:00 p.m.
$24 for members and $34 for not-yet-members.

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**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.

**Springtime Cards and a Spring Treat Holder** – make a selection of pretty cards, perfect for spring, and a holder for sweet things.

Tuesday, April 21, 2:00 p.m. – 3:30 p.m., Materials fee of $10.

**Terra Cotta Flower Pots** – Transform a flower pot to keep or give, using Stampin’ Up materials and techniques.

Tuesday, May 9, 2:00 p.m. -3:30 p.m., Materials fee of $15.

**Patriotic and Summer Cards** – Create a few summery cards, with a patriotic flair.

Tuesday, June 13, 2:00 p.m. – 3:30 p.m., Materials fee of $10

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**Meditation and Intention Boxes**

Learn the Five Usui Japanese principles, and enjoy a guided meditation. Place all the knowledge you have gained throughout this journey in a handmade box, created by you! All materials provided. Led by Darcy Scarlata, a Usui Reiki Master and certified meditation coach.

Thursday, May 18, 10:30 a.m. – 12:00 noon, at King Thiel. $25 for members and $35 for not-yet-members.

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**Arbor Day Celebration: Bird Boxes**

Arbor Day was created to celebrate and help proliferate trees. Traditionally, this day is marked by planting trees. Join us for an unconventional way to honor trees: by creating homes for the ones who live in them: our feathered friends. All materials provided.

Friday, April 28, 11:00 a.m. – 1:00 p.m.

At the Umbrella Tool Box, 143 Troy-Schenectady Road, Watervliet.
$5 for members and $10 for not-yet-members.
Free Your Inner Poet
Whether you’ve never written a poem, or published your third collection, this workshop is for the inner-poet. Come and learn how to use a variety of simple prompts in a safe, fun environment, where you’ll transform memories, impressions and sensations into powerful poems. Sharing is optional and encouraged. Led by Rhonda Rosenheck, a published poet, humorist and bible-translator, and Judith Prest, a published poet, artist and creativity coach.
Monday, April 17, 1:00 p.m. – 2:30 p.m. Free for members.

Celebrate National Poetry Month
Enjoy a live performance of poems by members of the Capital Region’s poetry troupe, A Cauldron of Crones. Each member will share selections from her recent and forthcoming poetry collections. The audience will be invited to participate in community poetry-making. You will hear poems written by participants in the Free Your Inner Poet workshop and ask the poets about their topics and writing processes. Refreshments will be served.
Hosted by Nancy Klepsch, published poet and open mic host, Judith Prest and Rhonda Rosenheck.
Monday, April 24, 1:00 p.m. – 2:30 p.m. Free and open to the public.

Wellness Workshops
Join Hector Jasen from Hector PT for a monthly series on over-all health and body wellness. He will lead the class in a fun, interactive event that includes nutrition advice, exercise and mental health awareness. In the Lakeview Dining Room.
Taught by Hector Jasen, owner of Hector PT.
Tuesdays, April 18, May 16, June 20, 1:00 p.m. – 2:00 p.m. Free for members. Registration required.

Healthy Bones For Life and Balance Classes
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. Fees collected are used for program supplies.
Healthy Bones at The Beltrone
9:30 a.m. – 10:30 a.m. and 10:30–11:30 a.m.
Wednesdays, April 5 – June 28.
Healthy Bones at King Thiel
1:30 p.m. – 2:30 p.m.
Wednesdays, April 5 – June 28.
Balance Class at King Thiel
1:30 p.m. – 2:30 p.m.
Thursdays, April 6 – June 29.
Healthy Bones at Sheehy Manor
10:00 a.m. – 11:00 a.m.
Tuesdays, April 4 – June 27.
Balance Class at The Beltrone with Hector PT
9:30 a.m. – 10:30 a.m.
Tuesdays, April 18 – June 27.

Life-Saving Classes
The Colonie EMS will be on hand to teach the very valuable skill of how to save a life, using CPR and First Aid. Please note, there will be no mouth-to-mouth taught in the CPR class. First Aid teaches the basics and when to call for help.
First Aid Basics: Thursday, April 20, 9:00—11:30 a.m. at The Beltrone.
CPR: Friday, April 21, 1:00 p.m. – 3:00 p.m. at King Thiel Senior Community.
Free for members. Registration required.

Club and Social Events

Movies: Crowd-pleasing movies played on the big screen in the Lakeview Dining Room: 4/17, 5/8, 5/22, 6/12, 6/19.
Pool Players Club: A friendly group of people who play every morning. Monday—Friday, 9:00 a.m.—11:00 a.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 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.
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.
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.
Wednesday, 1:00 p.m. – 3:00 p.m.
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.
Knitting: Knit one, purl one, chat! A friendly group, choose either time or both.
Saturdays at 10:00 a.m., Fridays at 1:30 p.m., in the Café.
Inside Cornhole: Throw bean bags into holes in angled boards. In the Lakeview. Thursdays, 10:00 a.m.
Rummikube: Come play this quick, fun game. Easy to learn! In the Activities Room. Thursdays, 1:00 – 3:00 p.m.

Computer Help 101
Feeling stuck, frustrated or just plain lost? Computers and electronics are hard to use. Vince Stein, all-around computer guy, is here to help. Vince will guide and help you figure out your phone, tablet or computer.
Monday – Thursday, 1:00 p.m. – 3:00 p.m. At The Beltrone.
Registration is required, call for appointments. Free for members.

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. Meets in the Library at The Beltrone.
Second Friday of each month at 10:00 a.m.