

Thank You, Volunteers!

Can we really assign a fixed value to the gift of your time?

Research has shown that volunteering is linked with improved health and happiness, including increased longevity, adoption of healthy lifestyles and reduction in depression and stress while providing a relaxing escape from everyday activities and routines.

The incredible service volunteers provide also goes on to benefit the communities in which we live and serve. For the most part, senior volunteers want to spend their time in meaningful activities that will contribute to the greater good.

So, as you evaluate the impact of your volunteering, step back, and try to see it from a holistic perspective. Each volunteer adds their own contribution to the overall scenario.

All in all, the value of a volunteer is best measured by the impact they have on the community around them. In the words of Desmond Tutu, "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."

RSVP Luncheon Honoring Our

VOLUNTEER HEROES

On Tuesday, May 23, CSSC will be celebrating our incredible RSVP volunteers at a luncheon at The Hanger at 743 which is located at the end of the runway of the Albany International Airport. It is a very exciting venue for a very exciting event. Invitations to our active RSVP volunteers will be forthcoming.



Diane Cameron will be the Keynote speaker for the Volunteer Luncheon. Diane is a provocative and compelling writer, speaker, coach and consultant. She writes about her life with courage, compassion and humor. Diane challenges readers to think about culture, community and themselves from new perspectives.

On behalf of Colonie Senior Service Centers, Inc. and all of the organizations that our incredible RSVP volunteers support throughout the year with their talents and time, THANK YOU! We look forward to celebrating you on Tuesday, May 23, 2023.

Volunteer Luncheon
Sponsor



**AmeriCorps
Seniors**



Colonie Senior Service Centers, Inc. is the grantee of Retired Senior Volunteer Program (RSVP) for the Capital Region

Message from the Executive Director



Happy May!

Be Kind to Animals Month

Jewish American Heritage Month

National Pet Month

May 1 – May Day

May 5 – Cinco de Mayo

May 20 – World Bee Day

May 29 – Memorial Day

As a community nonprofit, Colonie Senior Service Centers, Inc. (CSSC) has developed a true appreciation for the month of May and we always look forward to its arrival. May is a reminder of the constancy of change, that nothing stays the same for very long. In May, winter is but a reminder, days get brighter and warmer, the earth becomes alive again for another growing season.

May, in many regards, is reflective of life. Children grow, grow some more, and move on to create their own worlds. We tend not to realize that everything is in transition always, that often it is our inability to pay close enough attention that allows us to believe otherwise.

May is also the month of mothers and memorials. It is a time to celebrate, appreciate and reflect. Had she lived, my mother, Bunny, would have celebrated her birthday on May 23rd. Bunny is remembered by her descendants as a resourceful woman who raised five children while managing to work session for the NYS Legislature, volunteer throughout the community and keep a busy household running. She was strong but always warm and compassionate and left a tremendous legacy. She is truly remembered and celebrated in our family.

Reflecting on motherhood, in the midst of my spring cleaning this year, shoved way in the back of my pantry, I came across two Tupperware tumblers, the ones most young families purchased that enabled small children with small hands the opportunity to progress from a sippy-cup to an actual cup but something that was not breakable in the event it got dropped or knocked over. I actually remember purchasing a set of these bright “bell” tumblers at a “Tupperware Party” probably 30+ years ago where the women folk sat around and socialized while hearing about the latest and greatest gadget that would make our lives easier. I also remember all the heated conversations/arguments amongst my kids regarding who got what color tumbler at dinner (green was the preferred color in our house). My children are all grown and gone but the relics of their growing up remain, a constant reminder how much time has elapsed from then to now.

On behalf of Colonie Senior Service Centers, Inc., may the month of May be filled with sunny, warm and joyous days. Happy Mother’s Day to all! Please remember, as a mission driven nonprofit, we are here to support older adults stay connected to a healthy, active, and independent lifestyle.

– Diane Conroy-LaCivita



June’s Healthy and Local Cooking Class

Dumplings, Dumplings, Everywhere!

Join us on Tuesday, June 6 from 11:00 a.m. to 12:00 noon for Dumplings, Dumplings, Everywhere!

Dumpling is a broad class of dishes that consist of pieces of cooked dough, made from a variety of starch sources, often wrapped around a filling. People all around the world make different shaped dumplings with a wide-variety of spices and ingredients.

Join CSSC staff including Xia, Sharon and Diane as they share their family ethnic dumpling recipes. Participants will have the opportunity to taste the different types of dumplings discussed and attendees will be going home with some dough of their very own to try making dumplings for themselves in their own kitchen.

Class will take place at King Thiel Senior Community, 17 Elks Lane, Latham, with a \$5 fee and will include a light lunch. Space is limited and prepayment for the class is required. To make a reservation, please call Madelyn at 518-459-2857 ext. 340.

Dumplings Around the World



RAVIOLE



WONTONS



XIAO LONG BAO



BANH BOT LOC



KIMCHI DUMPLINGS



DIM-SUM



PIEROGI



MOG MOG



GYOZA



KHINKALI



MANTI



PELMENI

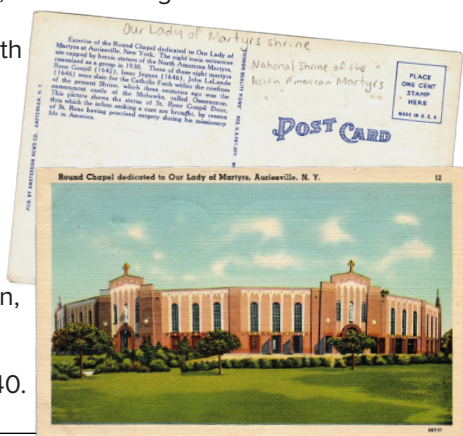
Sacred Space for May Auriesville Shrine

The journey continues on Tuesday, May 9th at 9:30 a.m., as we take a trip to the National Shrine of the North American Martyrs.

The National Shrine of the North American Martyrs, also dedicated as the Shrine of Our Lady of Martyrs, is a Roman Catholic shrine in Auriesville, NY dedicated to the three Jesuit missionaries who were martyred at the Mohawk Indian village of Ossernenon in 1642 and 1646.

The CSSC shuttle buses will leave The Beltrone Living Center at 9:30 am and will return at approximately 3:00 p.m. This outing will require a great deal of walking and climbing of stairs. Please note, some of the grounds are uneven and it can be difficult to navigate for those with physical disabilities or mobility devices. Lunch is included. There is a charge \$25 to participate and reservations are required.

To make a reservation, please contact Madelyn at 518-459-2857 ext. 340.



Mother's Day Fashion Show and Luncheon

For 25 years, CSSC has honored and recognized our community's grandmothers, moms and daughters at our well attended Mother's Day Fashion Show and Luncheon. In addition to honoring the beloved women in our lives, we also raise necessary funds that help our Transportation Department to transport seniors in our community throughout the year. When you see one of CSSC's buses in the community, you will see these donations in action.

Chaired by Nancy O'Connor with Chris Onorato from Channel 13 serving as Emcee, this year's Mother's Day Fashion Show and Luncheon will be held on Friday, May 12th from 11:30 to 1:30 p.m. in the Lakeview Room at The Beltrone Living Center. If you interested in learning more about this event, please visit CSSC's website at www.colonieseniors.org or call Sharon at 518-459-2857 ext. 302.



Nancy O'Connor
CSSC Board
Member

Chris Onorato
Co-anchor
NewsChannel 13
Early Today



CSSC's International Diners Club – For the Love of Food May's Outing – Italian Anyone?

Join Diane and Scott on their next scheduled international excursion to MORE Perreca's Italian Kitchen located at 31-33 North Jay Street in Schenectady, on Wednesday, May 3rd at 4:30 p.m. (CSSC buses will leave BLC and KTSC at 3:45 p.m.)

Perreca's Bakery opened in 1914 and has been run continuously by the same family for nearly 100 years. In fact, the coal-fired brick oven used to bake the famed Perreca's bread has hardly ever had time to cool down during almost a century of turning out the hard-crust bread that has made Perreca's a destination for decades.

Adjacent to the bakery is MORE Perreca's Italian Kitchen serving authentic Italian meals reminiscent of any Italian Grandma's kitchen. Using only the freshest ingredients, the best extra virgin olive oil found, and lots and lots of fresh garlic, everybody's Italian when they eat at Perreca's.

The cost of the meal is \$28, which will include entrée (one of three choices), dessert and coffee/tea. (Everyone registered will be asked to choose their entrée ahead of time.) CSSC Transportation Services are available for those who are unable to drive themselves.

Please call Madelyn at 518-459-2957 ext. 340 for additional information or to reserve your spot.



"Thank You for Your Service"

Of the two official United States holidays recognizing the commitment of members of America's military services, Memorial Day honors those who lost their lives while defending their country. To all veterans and their families, thank you for your service.



Neighbor Helping Neighbor

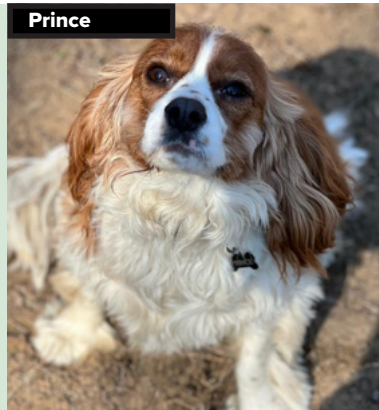
As an agency, CSSC continues to support local residents as a good neighbor. Our monthly food distribution day helps those in need. Join us on **Tuesday, May 9th from 11:30 a.m. – 12:30 p.m. at The Beltrone Living Center.** Please bring your own reusable grocery bag. The number of participants attending continues to grow. We ask for your patience and kindness extended to all involved. We do our best to ensure that everyone in attendance receives assistance. Thank you.



The Power of Having Pets

Nothing compares to the joy of coming home to a loyal pet inclusive of their unconditional love and always ready to greet you with kisses and compassion. Studies have shown pet ownership increases opportunities to exercise, socialize and get outside in addition to decreasing stress, depression and loneliness. Pets are known to truly bring families together. Many consider their pet an actual “family-member”. As the owner of Hercules, a beautiful 5 year old German Shepard, I could not agree more!

— Sharon Herald



Prince



Sweet Pea



Punkin



Mia



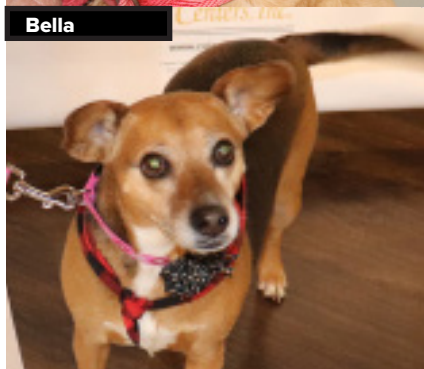
Missy



Abby



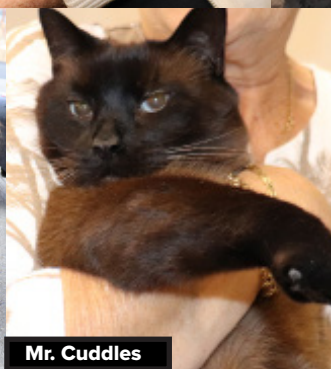
Lucy



Bella



Oscar



Mr. Cuddles

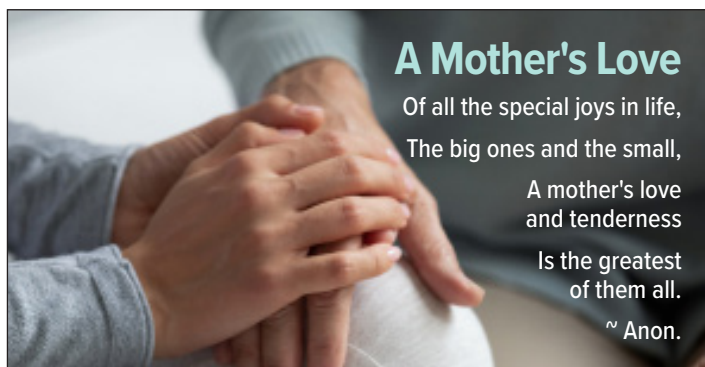


Ollie



SAVE THE DATES

- ☒ Monday, June 26, 2023, 3:00 – 6:00 p.m., Summerfest and Active Aging Fair at The Beltrone Living Center
- ☒ Monday, September 11, 2023, 12:15 p.m., Shotgun Start, Schuyler Meadows
- ☒ Monday, September 18, 2023, 5:30 – 8:30 p.m., Chefs in Motion at The Beltrone Living Center



A Mother's Love

Of all the special joys in life,
The big ones and the small,
A mother's love and tenderness
Is the greatest of them all.
~ Anon.

Pick the CSSC Pet Parent Contest

Match the CSSC employee with their pet and win a prize. Completed answers can be turned into the CSSC corporate office, located in the south corridor of The Beltrone Living Center.

| Employee | Employee Pet Letter (A—G) |
|---|---------------------------|
|  | 1. Jess _____ |
|  | 2. Jim _____ |
|  | 3. Sharon _____ |
|  | 4. Michael _____ |
|  | 5. Scott _____ |
|  | 6. Carol _____ |
|  | 7. Andy _____ |

name _____
() _____
phone number _____

A **B** **C**

D **E** **F** **G**



Introducing King Thiel II Senior Community

Affordable, Independent Senior (55+) Apartments 11 Elks Lane, Latham

After much anticipation, Colonie Senior Service Centers, Inc. is proud and honored to announce the construction of King Thiel II Senior Community, located at 11 Elks Lane in Latham, has begun. Once completed, the three-story structure will have 99 affordable, independent senior apartments available for rent. The new structure will be adjacent to the already established King Thiel Senior Community, located at 17 Elks Lane, which opened on May 1, 2017.

Rents for KTSC II will be as follows:

- **One bedroom/one bath**
\$1,450 + electricity
- **Two bedroom/one bath**
\$1,825 + electricity

On Thursday, June 1, 2023, Colonie Senior Service Centers, Inc. will host an Open House for the new building in the Lakeview Room at The Beltrone Living Center, 6 Winners Circle, Albany from 3:00 to 6:00 p.m.

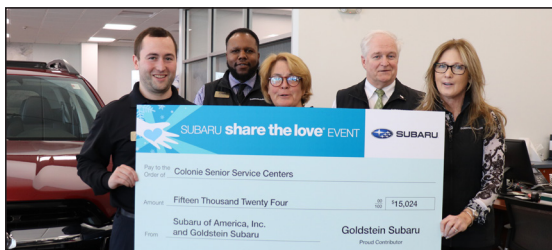
During the June 1 Open House, interested parties will be able to enter into an Option to Lease agreement with CSSC guaranteeing an apartment in the structure once construction is completed.

After all 99 units are spoken for, an official waitlist will begin.

For questions or additional information, please contact Diane at 518-459-2857 ext. 305.

THANK YOU! THANK YOU!

BBL Foundation donated \$100,000 to CSSC to assist with the development of King Thiel II Senior Community. The Pavilion will be named in honor of the late Donald R. Led Duke (1946 – 2010), founder of Columbia Development Corporation.

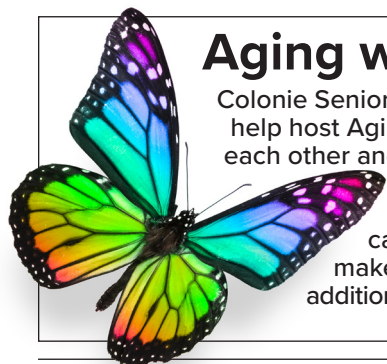


Goldstein Subaru raised \$15,024.28 for Colonie Senior Service Centers through Subaru of America, Inc. Share the Love program. We were honored to be nominated by Stefanie Goldstein and accepted by Subaru.

Meet the Team that is in our kitchen!

Mazzone Hospitality is the team behind our BLC kitchen, serving lunch to people in the community, 60 years and older, Monday through Friday. They also serve dinner to the Beltrone residents Tuesday through Saturday. Mazzone has been in our kitchen since 2015. Their General Manager, Blanchard Kenney, and Executive Chef, Brayden Bennison have been here since the beginning. They must be doing something right because the Senior Dining Program has been growing larger since we returned from lock down. The Mazzone team said they have enjoyed working in the environment around them which is kind and welcoming. There are even people they know on a first name basis. Ultimately, we would like to give our compliments to the chef and everyone in the kitchen.





Aging with Pride

Colonie Senior Service Centers, Inc. is excited to partner with the Pride Center of the Capital Region to help host Aging with Pride, a monthly group for LGBTQ+ folks 55+ to allow participants to connect with each other and build community in an safe and accepting space. Join us Friday, May 26th from 10:00 to 12:00 noon at The Beltrone Living Center, 6 Winners Circle, Albany, and every 4th Friday of the month after that. Expect music, fun, camaraderie, and a lot of love and support! Attendees are able to make a reservation and stay for lunch afterwards. For questions and additional information, please call Diane at 518-459-2857 ext. 305.



THE CENTER at CSSC

THE CENTER at Colonie Senior Service Centers announces May 2023 classes and events. **THE CENTER** is a place for individuals 55 years of age or older to learn, grow, exercise and be creative. Best of all, it's a place to have fun! We are so excited about these offerings, and look forward to sharing them with you. Please note, there is a \$20 membership fee. Classes here are listed as member and not-yet-member prices.

These classes start in May, or can be joined in May. Please call for dates, times and to register. Call 518-459-2857 ext. 327 or cbarrett@coloniesenior.org.

Wellness and Exercise

| | |
|---|-----------|
| Guided Meditation 101..... | \$30/\$40 |
| Tap Dancing: Beginner, Intermediate, Advanced | \$60/\$70 |
| Intro to Ballet..... | \$60/\$70 |
| How to Shoot Pool | \$45/\$55 |
| Intro to Nia..... | \$30/\$40 |
| Strength, Core and Cardio | \$65/\$75 |
| Yoga for Joy..... | \$60/\$70 |
| Get Strong with Pilates..... | \$55/\$65 |

Creative Events

| | |
|--------------------------------|-----------|
| Log Cabin Knit Blanket..... | \$49/\$59 |
| Spring Gardens Watercolor..... | \$45/\$55 |
| Mosaic Tile | \$34/\$44 |
| Hands-On Mural Workshop | \$29/\$39 |
| All-Natural Bug Repellent..... | \$29/\$39 |
| Group Ukulele | \$5/\$55 |
| Sun Printing | \$10/\$20 |

| | |
|--------------------------------------|-----------|
| Scratchboard Drawing | \$10/\$20 |
| Soul Collage Workshop | \$24/\$34 |
| Drawing from Nature..... | \$29/\$39 |
| Rubber Stamping Art | \$10/\$20 |
| plus \$15 materials fee | |
| Meditation and intention boxes | \$25/\$35 |

Trips and Travel

| | |
|---|-----------|
| Troy Music Hall, May 9 | \$10/\$20 |
| Dietary Supplements – Fallon Pharmacy, May 16 | \$10/\$20 |
| Tour of Radix Center, May 18..... | \$20/\$30 |
| NY Folklore Gallery, May 19 | \$15/\$25 |
| Albany Center Gallery, May 23..... | \$15/\$25 |
| ADK Kelly Center, May 24..... | \$15/\$25 |
| Troy Hidden Garden Tour, May 25..... | \$30/\$40 |
| Landis Arboretum, May 26..... | \$39/\$49 |
| Art Walk and Talk, May 30 | \$10/\$20 |

Club Events

Free and open to members only.
Mondays at 1:00 p.m., Mahjong
3rd Mondays at 1:00, Book Club
Mondays at 2:00 p.m. (select dates), Movies
1st & 3rd Mondays at 1:00 p.m., Writer's Group
Tuesdays at 12:30 p.m., Bridge
Wednesdays at 1:00 p.m., Bingo
Wednesdays at 1:00 p.m., Cribbage
Thursdays at 10:00 a.m., Cornhole
Thursdays at 1:00 p.m., RummiKub
2nd Fridays, at 10:00 a.m., Widow's Meetup

Visit colonieseniors.org or call 518-459-2857, ext. 327 for the latest **THE CENTER** catalog.

THE CENTER is underwritten by:

Transportation
Sponsor
Programmatic
Sponsor



"Food Glorious Food"

We all do it...EAT.

Join CSSC staff, visiting chefs, foodies and local food producers for a monthly book club and practicum all about food entitled "Food Glorious Food". We will explore the serious side of food, how it is produced, the economics and politics behind it and the responsibility we have as consumers. This reading and discussion program will also entail some hands-on opportunities.

Registration is FREE but will be limited. The group will meet the last Thursday of the month at 11:00 a.m. in the community room at King Thiel Senior Community, 17 Elks Lane in Latham. We ask that participants plan on attending all future sessions.

Remaining Sessions — May 25 and June 29.

Books chosen for this program are as follows:

- Diet for a Small Planet by Frances Moore Lappe
- How the Food Industry Influences Nutrition and Health by Marion Nestle



Copies of the books to be discussed will be loaned to participants. This program is made possible with funding from Humanities New York.

To register, please call Diane at 518-459-2857 ext. 305.



May's Community Drive Thru Dinner

Thursday, May 4, from 4:00 p.m. to 5:00 p.m.
"Cruising to the Islands"

Menu

- Carrot-Ginger Bisque
- Baby Greens, Strawberries, Cara Cara Oranges, Red Onions, Feta Cheese, Strawberry Vinaigrette
- Chicken Marengo, Garlic Mashed Potatoes, Broccoli Polynnaise
- Flourless Chocolate Cake

These wonderful drive thru meals are available to anyone in the community. Reservations are required and the cost is \$16 per meal. For those who have difficulty getting to The Beltrone, CSSC will make home deliveries within a small radius of 6 Winners Circle. To make a reservation, please call 518-459-2857, ext. 340.

Senior Dining Program

Join us for a hot meal at The Beltrone Living Center Monday – Friday at Noon. This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living, Town of Colonie and participant contributions. Suggested participant contribution is \$3.00 Registration and Reservations are Required for this program. Call Liz at 518-459-2857 Ext. 303 for Reservations by 2 p.m. the business day before.

Friday, May 5th at Noon Special Lunch:

Come listen to a local favorite, the Colonie Village Singers and enjoy lunch with the community! Lunch served will be a Vegetarian Antipasto Salad with Italian Wedding Soup, Fruit Juice, and Carrot Cake.

Monday, May 8th at Noon Lunch & Learn:

Come to enjoy lunch and hear Barbara Kipniss, Diabetes Prevention Program Coordinator and Lifestyle Coach from St. Peter's Health Partners discuss diabetes prevention. Lunch served will

May 2023 Menu Menu items are subject to change

| | | | |
|-------------------------------------|--|------|---|
| 5/1 | Baked Ham + Scalloped Potatoes | 5/15 | Beef Tips w/ Gravy |
| 5/2 | Salmon Cakes | 5/16 | Penne Ala Vodka w/ Shrimp |
| 5/3 | Garlic Ricotta Broccoli Pizza | 5/17 | Macaroni & Cheese |
| 5/4 | Chicken Piccata | 5/18 | Philly Cheesesteak |
| 5/5 | Special Lunch Vegetarian Antipasto + Italian Wedding Soup | 5/19 | Honey Mustard Chicken |
| 5/8 | Chicken Pesto Bake | 5/22 | Chicken Cordon Bleu |
| 5/9 | Broccoli Garlic Pizza | 5/23 | Pot Roast |
| 5/10 | Chicken Caesar Salad | 5/24 | Seafood Mac & Cheese |
| 5/11 | Shrimp Scampi | 5/25 | Cheddar Broccoli Soup and ½ Roast Beef Sandwich |
| 5/12 | Summer Minestrone and Turkey Sandwich | 5/26 | Chinese Chicken Salad |
| 5/29 Closed for Memorial Day | | | |
| 5/30 | Philly Cheesesteak | 5/31 | Honey Mustard Chicken |

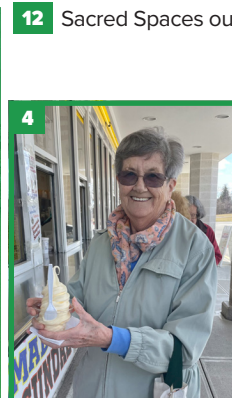
be Chicken Parmesan with Ziti, Green Beans, Fruit Salad and a Brownie. Monday,

May 15th at 5:00 P.M. Special Dinner: Come enjoy dinner and the sounds of "Red King Duo" (Bob Redmond and David King) with the community! Dinner will be Meatloaf, Mashed

Potatoes, Sautéed Carrots & Spinach and Carrot Cake. Reservations due Friday, May 12th by 12 p.m.

Donations in Action – Through CSSC seniors are active!

- 1 An afternoon at Proctors to see Hamilton.
- 2 Volunteers being serenaded by Samuel during monthly food distribution day.
- 3 Jim is all smiles serving congregate lunch at The Beltrone.
- 4 "I scream, you scream, we all scream for ice cream!"
- 5 Chef Joan and Chef Paul preparing for healthy cooking demonstration at KTSC.
- 6 Beautiful performance by the Mendelssohn Club of Albany.
- 7 All hands on deck for monthly community food distribution.
- 8 Albany Area Senior Orchestra wows an audience at lunch.
- 9 Happy diner.
- 10 All are so appreciative for our incredible CSSC volunteers!
- 11 Elvis is in the building at KTSC Community Dinner
- 12 Sacred Spaces outing to Watervliet Church



CSSC Mission Statement

The mission of Colonie Senior Service Centers, Inc. (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.

Through these services, CSSC strives to ensure the physical, mental, emotional and financial well-being of our participants, improve the quality of life, and to enhance the structure and stability of our community as a whole.

Directory

Executive Director

Diane Conroy-LaCivita
dconroylacivita@colonieseniors.org
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Bright Horizons

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Lifelong Wellness

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518-459-2857, ext. 327

RSVP and Volunteers

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Senior Dining

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Tool Box

Leonard G. St. Gelais, Coordinator
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518-608-4758

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Umbrella of Colonie

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The Beltrone Living Center

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518-459-2711

King Thiel Senior Community and Sheehy Manor

Aimee Richardson, Site Manager
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King Thiel: 518-429-6292
Sheehy Manor: 518-782-2350

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Michael DiGiuseppe, Specialist
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518-459-2857, ext. 337



Colonie Senior Service Centers, Inc.

6 Winners Circle

Albany, NY 12205

NON-PROFIT
ORGANIZATION
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Albany, N.Y.
Permit No. 74

Calling All City of Watervliet and Village of Menands Seniors

With receiving a NADTC grant, Colonie Senior Service Centers, Inc. has been able to expand its transportation services into the City of Watervliet and the Village of Menands for seniors age 60 and older and seniors with disabilities. Seniors must be registered to participate in this new initiative. To register, please contact Jim in CSSC's Transportation Services at 518-459-6064. Once registered, seniors will have access to transportation, Monday through Friday, for such errands as medical appointments and grocery shopping. Also note: to book a ride, participants must call 48 hours ahead of the date you wish to be driven.

This initiative was developed with funds provided by the Nation Aging and Disability Transportation Center (NADTC). The NADTC is administered by Easterseals, Inc. in partnership with USAging, with funding from the U.S. Department of Transportation, Federal Transit Administration and with guidance from the U.S. Administration on Community Living.



Defensive Driving Classes

Roger Dames, CSSC's Driver Fitness Coordinator, will conduct Defensive Driving Classes on the following dates:

- Tuesday, May 16, 2023, 9:00 a.m. to 3:30 p.m.
- Thursday, May 25, 2023, 9:00 a.m. to 3:30 p.m.

Don't Have the Time for a Weekday Class? Can't Find the Time for an All Day Saturday? We Have the Answer for You!

- Wednesday and Thursday, June 7 and June 8, 2023 two part night class from 5:30 p.m. to 8:30 p.m. Must attend both sessions.

Classes will be held at The Beltrone Living Center, 6 Winners Circle, Albany, NY.

Cost is \$25 per person, due before day of class. To reserve your seat, call 518-459-2857, ext. 340.

