Dear Friends,

Everyone here at THE CENTER at CSSC is committed to the goal of creating wellness, creative and social opportunities for seniors in our community. While we often think about and re-evaluate our goals, it’s important for you, as a member, to consider your own goals. Are you looking to build strength? Ease anxiety through creativity? Meet and interact with people and make friends? We believe that all of these goals are part of a larger design, one thing we believe in with fervor: balance. Balance is the key to healthy aging, and with that in mind, we hope you find a bit of everything here, pieces to create a healthy balance in life. Thank you for choosing CSSC as the place where you find that balance.

Yours, Caroline Barrett, Director of Lifelong Wellness

www.colonieseniors.org

FOR ALL PEOPLE AGED 55+

REGISTRATION INFO

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 or event.

Times listed for trips are subject to change. We will confirm ALL trips, at least one day in advance.

To register:
CALL: 518-459-2857
Caroline: x 327
Madelyn: x 340

STOP IN: During business hours (8:30 a.m. – 5:00 p.m.), 6 Winners Circle, Albany.

CHANGES IN REGISTRATION POLICY

In order to give everyone a chance to take part in what we do, we respectfully ask that you register for ONE STARRED TRIP. You may register for as many classes and trips as you like (but please, just one star.)
We will announce when registration is open for all starred trips.
Stay tuned!

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.
TRIPS, TRAVEL, ADVENTURE!

**Something Rotten Park Playhouse**

Something Rotten brings us to the Renais-
sance and this outrageous, crowd-pleasing
musical farce, Something Rotten. Created by
Grammy Award-winning songwriter Wayne
Kirkpatrick, and successful screenwriters
Karey Kirkpatrick and John O’Farrell, Something Rotten was
hailed by Time Out New York as “the funniest musical comedy
in at least 400 years”.

Tuesday, July 18, bus leaves The Beltrone at 6:45 p.m. and
returns at approximately 10:30 p.m.

$35 for members and $45 for not-yet-members.

**New York City Ballet – Peck and Copeland**

Travel with us to SPAC for an after-
noon performance of the
beloved New York City Ballet. In his
first evening-length ballet, Justin
Peck returns to the music of Aaron Copeland. There will be
time to purchase lunch and relax before the ballet.

Thursday, July 20, bus leaves The Beltrone Living Center at
11:45 a.m. and returns at approximately 5:00 p.m.

$59 for members and $69 for not-yet-members.

**Diane’s Secret Tour – Summer Adventure!**

Come along with CSSC’s Executive
Director Diane Conroy-LaCivita 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.

Tuesday, July 25, bus leaves The Beltrone at 9:00 a.m. and
returns at approximately 2:00 p.m.

$37 for members and $47 for not-yet-members.

**Hot Day, Cool Movie**

Cool off at an afternoon movie with friends!
We will travel to Colonie Center for an after-
noon showing of White Bird, a heart-
wrenching story about love, hope, kindness
and resiliency in the face of war and brutali-
ty. After, we’ll head over to Tailored Tea for an early supper and a chat about the film.

Wednesday, July 26, bus leaves The
Beltrone at 12:00 noon and returns at
approximately 6:00 p.m.

$49 for members and $59 for not-yet-members.

**Guided Hike with the Goats**

This fun and quirky event will take us to beautiful Saratoga
County, where we’ll walk through the wilds of Into The Woods
Farm with a friendly, curious herd of goats. This event inspires
the love of forests, trees, nature and all things green, while
learning about the environment from a fun and friendly guide.
We will sit for a picnic after the walk. Requires walking for an
hour on a woodland trail.

Thursday, July 27, bus leaves
The Beltrone at 11:45 a.m. and re-
turns at approximately 4:00 p.m.

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

**Saratoga Cruise and Lunch**

All aboard the General Schuyler for a cool day of cruis-
ing! The General is a 1920s fantail replica launch that moves
gently through the picturesque waters of Saratoga Lake. The
Captain will narrate our cruise with stories and lore of the lake
and the people who live there, both past and present. There
will be nibbles and noshes on board. After, we’ll go to
Druther’s for an early lakeside supper.

Monday, July 31, bus leaves
The Beltrone at 12:00 noon and
returns at 6:00 p.m.

$89 for members and $99
for not-yet-members.

**Spirits and History at Springbrook Hollow Farm
and Old Fort House Museum**

Travel with us to the foothills of the Adirondacks for an eclec-
tic day of tasting, touring and fun. First, we’ll stop at Spring-
brook Hollow, a family-run distillery, for a look around their
200-acre property and a chance to taste
their spirits. Next, we’ll head over to Old Fort House Museum, for a step back in
time to see and hear about life in Fort Edward as it was in the 1700’s. Nibbles
and noshes will be provided along the
way, at each stop.

Wednesday, August 2, bus leaves The
Beltrone at 11:00 a.m. and returns at
approximately 4:00 p.m.

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

**Emily Dickenson Museum Tour**

Calling all poetry enthusiasts! Come see Emily
Dickinson’s home, hear about her revolutionary
work and life, and see the place where she lived,
in relative obscurity, during her life. Tours are
intimate and full of information and poetry. We
will head over to Bistro 63 for a delicious catered
lunch after the tour.

Monday, August 7, bus leaves The
Beltrone at 9:30 a.m. and returns at approximately 3:00
p.m.

$69 for members and $79 for not-yet-members.

**Bucket List - Zipline the Adirondacks!**

Ziplining is gliding through the
air, using a steel cable, a har-
ness and a pulley. On this fun
and adventurous (but safe)
event, we’ll travel to Lake
George, to Adirondack Ex-
treme, to ride the “Low Rider”
tour, specially made for nov-
ice riders. We’ll start with a
safety briefing and an intro-
duction, then spend the morning zipping through the course,
which includes 12 ziplines and 9 walking bridges. After, we’ll
stroll Bolton Landing for shopping and lunch (not included).
Requires walking up stairs and navigating unpaved trails.

Wednesday, August 9, bus leaves The Beltrone at 8:00 a.m.
and returns at approximately 2:00 p.m.

$59 for members and $69 for not-yet-members.

For More TRIPS, see page 5
**Art Events with Dorothea**

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. 

- **Summer Sunflower Landscape**
  Learn how to paint a field full of sunflowers in sunny shades of yellow, using acrylic paint and different brush techniques. 
  **Thursday, August 10**, 1:00 p.m. — 3:00 p.m. 

- **Barn Quilt Painting**
  Barn Quilt Paintings date to the Revolutionary War and were a means of letting people know the area was safe. Recreate the beautiful colors and patterns on your own canvas. 
  **Wednesday, September 27**, 1:00 P.M. — 3:00 P.M.

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**Mosaic Studio**

Mosaic is an ancient artform, where small pieces of glass, stone or ceramics are placed together to form pictures or patterns. In these workshops, you will learn how to place various materials together to create beautiful, finished artworks to wear or display. Choose from one or both events. All materials supplied. Kim O’Rourke has been creating glass artwork and other mediums for many years. 

- **Fall Colors Mosaic Pendant**
  Make two pendants with glass, beads and other decorative objects. 
  **Monday, September 11**, 1:00 p.m. — 3:00 p.m. 
  $34 for members and $44 for not-yet-members. 

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**Gourd Art Events with Tim Sauter**

Tim Sauter is a painter and gourd sculptor. He is a retired teacher of many years. Three sessions, choose any number you would like to attend. All materials included. 

- **Gourd Animal Sculpture**
  In this two-week event, create your own gourd animal sculpture using cutting, carving and drilling techniques. After choosing and assembling the animal, you’ll decorate with paint and drawing. 
  **2 Thursdays, August 17 and 24, 1:00 p.m. — 3:00 p.m.** 
  $39 for members and $49 for not-yet-members. 

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**Writing Workshop: Memoir and Memories**

Learn how to effectively write the stories of your life for yourself and those you love. In this class, we will discuss memories and how to make sense of them as well as share with those you love. One is for yourself, the other for family and friends. Janine De Tillio Cammarata is the award-winning author of seven books and has been teaching creative writing and journaling for the past 20 years. 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. 

**5 Tuesdays, August 29 - September 26, 10:00 a.m. — 11:30 a.m.** 
$19 for members and $39 for not-yet-members. 

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**Watercolor with Kevin Kuhne**

Come create beautiful watercolor paintings with Kevin Kuhne. In these fun and creative events, you will learn how to use watercolor paints and brushes to learn a variety of painting skills and techniques. Kevin Kuhne is an award-winning painter and teacher of many years. Three sessions, choose any number you would like to attend. All materials included. 

- **Water Scenes in Summer**
  Spend three weeks studying and learning how to paint water — its reflections, waves, ripples and beauty. 
  **3 Wednesdays, July 12, 19 and 26, 10:00 a.m. — 11:30 a.m.** 
  $45 for members and $55 for not-yet-members. 

- **Brilliant Birds and other Flying Things**
  In this three-week workshop, we’ll look at feathers, beaks and plumes and learn how to successfully put it all on paper with watercolor. 
  **3 Wednesdays, August 16, 23 and 30, 10:00 a.m. — 11:30 a.m.** 
  $45 for members and $55 for not-yet-members. 

- **Zen Landscape in Watercolor**
  Learn how to apply Zen principles of design to create atmosphere and distance. 
  **Wednesday, September 20, 10:00 a.m. — 11:30 a.m.** 
  $15 for members and $25 for not-yet-members. 

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**Folded Book Sculpture**

Using simple measure and fold techniques, create a fun and funky sculpture that holds pictures or business cards. Bring your own book, or use one we have. Beth Oldrich is a full-time teacher and the author of two books on the art of book folding. 

**Friday, August 11**, 1:00 p.m. — 3:00 p.m. 
$19 for members and $29 for not-yet-members.

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**Art + Creative Events**

**Poets & Writers**

**For MUSIC + More ARTS, see page 7**
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, July 24 – September 18 (no class September 4).
2:00 p.m. – 3:00 p.m.
$45 for members and $55 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.
4 Tuesdays, September 5 – 26.
12:45 p.m. – 1:45 p.m.
$25 for members and $35 for not-yet-members.

Monthly Meditation Recharge
Join us for a monthly meditation check-in and recharge. Learn how to build your own meditation practice, to achieve a more balanced lifestyle mentally and physically by practicing mindfulness and developing a vibrational energy field.
Darcy Scarlata 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.
Wednesdays, July 19, August 16 and September 20. Choose one or all three.
10:00 a.m. – 11:00 a.m., The Beltrone
1:15 p.m. – 2:15 p.m., King Thiel
$8 for members and $18 for not-yet members for each class.

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 who 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.
7 Thursdays, August 10 – September 28 (no class on 8/31).
10:00 a.m. – 11:00 a.m.
$52 for members and $62 for not-yet-members.

Learn to Line Dance
Join us for a monthly meditation check-in and recharge. Learn how to build your own meditation practice, to achieve a more balanced lifestyle mentally and physically by practicing mindfulness and developing a vibrational energy field.
Darcy Scarlata 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.
Wednesdays, July 19, August 16 and September 20. Choose one or all three.
10:00 a.m. – 11:00 a.m., The Beltrone
1:15 p.m. – 2:15 p.m., King Thiel
$8 for members and $18 for not-yet members for each class.

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 Olaszowy, who has a Doctorate in Physical Therapy and works for Hector PT.
6 Thursdays, August 22 – September 26,
2:45 p.m. – 3:30 p.m.
$45 for members and $55 for not-yet-members.

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 Olaszowy, who has a Doctorate in Physical Therapy and works for Hector PT.
6 Thursdays, August 22 – September 26,
2:45 p.m. – 3:30 p.m.
$45 for members and $55 for not-yet-members.
TRAVEL & TRIPS, CONTINUED

Blenheim-Gilboa Tour and Lunch
See and learn about how power is harnessed from the force of water in an educational trip to the Blenheim-Gilboa Power Plant, in the beautiful Catskill mountains. After, we will head over to the Gilboa Museum for a picnic lunch. We will have a guided tour of their museum, which is home to the oldest fossil on earth and displays history of the surrounding areas.

Thursday, August 10, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 3:00 p.m.
$25 for members and $35 for not-yet-members.

La Boheme at Glimmerglass
Come experience history, beauty and breath-taking music on stage as we travel to Glimmerglass Opera Festival for La Boheme. Packed with some of opera’s most cherished moments, this tale of tragic young love became the basis for the popular musicals Moulin Rouge and Rent. With a ravishing score that brought Puccini international fame, this is the perfect opera for first-timers and aficionados alike. Lunch is available at the Glimmerglass Market Bistro before the event (not included).

Monday, August 14, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.
$89 for members and $99 for not-yet-members.

Pruyn House History Tour
Built in 1825, the Pruyn House has been a mainstay of our local culture and lore for decades. Come and see the museum, hear the stories of people who lived there, and learn about the history that happened in our own backyard. Refreshments will be served.

Wednesday, August 16, bus leaves The Beltrone at 1:45 and returns at approximately 3:45 p.m.
$15 for members and $25 for not-yet-members.

Storm King Self-Guided Tour and Lunch
Storm King Art Center is a 500-acre outdoor museum located in New York’s Hudson Valley, where visitors experience large-scale sculpture and site-specific commissions under open sky. Travel with us to this amazing place, where we’ll take a tram tour, traveling through the park, to see the sculptures up close. We’ll have time to wander on our own, and have a picnic lunch. Requires walking.

Thursday, August 24, bus leaves The Beltrone at 8:45 a.m. and returns at approximately 5:30 p.m.
$59 for members and $69 for not-yet-members.

Fire Tower and Barbeque Day
Travel to Grafton Lakes for a fun evening of exercise, history and delicious food. Tamara Beal, Grafton’s Environmental Educator, will lead us on a 3-mile round-trip guided hike to their historic fire tower, where we’ll see sweeping views of the Green Mountains, the Adirondacks and everything in-between. After, we’ll be rewarded with a delicious dinner from Dinosaur Barbeque. The hike is a slow and moderate climb, and will take an hour.

Tuesday, August 29, bus leaves The Beltrone at 2:00 p.m. and returns at approximately 8:00 p.m.
$49 for members and $59 for not-yet-members.

Thomas Cole, Hudson River Walkway and Lunch
Thomas Cole founded the Hudson River School, which was a profound influence on America’s cultural legacy. His stately home on the Hudson River in Catskill is a National Landmark, and we will have an overview of its history, and do a self-guided tour of the house and buildings. After, we’ll take a stroll on the Hudson River Skywalk to take in the landscape that so inspired Cole himself. We will make a pitstop in Catskill for an Italian lunch before the museum.

Wednesday, August 30, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 5:00 p.m.
$54 for members and $64 for not-yet-members.

Up Yonda Farm Build a Birdhouse
Up Yonda Farm is a beautiful place, sitting on the edge of Lake George in Bolton Landing. Formerly a private home and farm, it is now an environmental education center, with three miles of trails, a butterfly garden, a museum and plenty of natural beauty. On this fun trip, we’ll learn about New York State’s bird (the Bluebird) and spend time making a birdhouse designed especially for them (use of a screwdriver is required and plenty of help is available.) There will be a picnic lunch and plenty of time to explore or relax.

Requires walking on unsteady ground.

Wednesday, September 6, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:00 p.m.
**Round Lake Tour and Organist Concert**

Round Lake is home to an historic and storied venue, the circa-1912 Auditorium, which houses an organ built in New York City in 1847. Come for a tour, to hear about the history and lore of the beloved town centerpiece. After, we’ll stay for a concert with Adriano Spampanato, a French-Italian organist and pianist. He plays music ranging from the 16th century to today.

**Thursday, September 7, bus leaves The Beltrone at 5:15 p.m. and returns at approximately 9:30 p.m.**

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

**Hanford Mills Tour and Nature Walk**

Experience a story of innovation, ingenuity and entrepreneurship at a historic working mill site. Sheltered in a valley in the northwestern Catskills of New York, Hanford Mills Museum offers insights into the past and lessons about the relationships between people, the things they make, and the places they live. We will tour the mill and have time to explore the site. If the weather allows, we’ll stop at Robert Riddell State Park for a 1.25 walk to stretch our legs on the way back. Hearty snacks will be provided. Requires walking on unsteady ground.

**Friday, September 8, bus leaves The Beltrone at 12:00 p.m. and returns at approximately 5:00 p.m.**

**Underground History – The Mystery of Eagle Nest**

Was there an Underground Railroad route that ran from south of Lake George right through the heart of the Adirondacks? For more than a century, rumors have suggested it was a path for escaped slaves traveling from Glens Falls to Canada and freedom. Come with us on a journey through history, lore and speculation that not only seeks to unravel the mystery of the original clearing at Eagle Lake, but also to shine a light on a diverse Adirondack past still little known. We will travel to the Lake George Land Conservancy in Bolton Landing for this presentation, and have a picnic lunch and time to explore as well. Pete Nelson is a writer, essayist and activist.

**Tuesday, September 12, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:30 p.m.**

$39 for members and $49 for not-yet-members.

**Historic Kayak on the Erie Canal**

Join us for an afternoon of history on the water. On this guided kayak trip with Michael Diana, Director of the Schenectady Historical Association, we’ll paddle an easy ride, taking in incredible sites and working our way through historical events and places. Requires getting into a kayak and navigating your own vessel. Includes a hearty snack after the paddle.

**Wednesday, September 13, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:30 p.m.**

$49 for members and $59 for not-yet-members.

**Charlotte Valley Express Rail-Bike Tour and Supper**

Come and try something fun and new! Ride with us on the Rail Explorers, a rail-bike system built with electric motors for biking and riding capabilities. This 8-mile trip meanders alongside the Susquehanna River, past fields and lakes and over the majestic 200-foot long Portlandville Trestle. Ride cars are fitted for four people. After, we’ll go to the Cooperstown Brewery for a well-earned bite.

**Thursday, September 14, bus leaves The Beltrone at 11:45 a.m. and returns at approximately 5:30 p.m.**

$85 for members and $95 for not-yet-members.

**Throop Museum Tour**

Step back in time with us as we visit the Throop Museum, an Albany County hidden gem! A part of the Albany College of Pharmacy, the Throop Museum is named for an 1800’s drug store, and houses original flooring, bottles and meticulously kept records of a pharmacy that existed two centuries ago. A true curiosity, this tour will be led by the museum’s curator, LeeAnna Obos, Rph.

**Friday, September 15, bus leaves The Beltrone at 10:15 a.m. and returns at approximately 12:00 noon.**

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

**Northampton Local Food Tour**

This 2.5-hour guided walking tour of downtown Northampton will highlight the extensive local food and beverages produced in the region. We will visit four local food producers and specialty shops and taste a selection of locally made dishes, including award-winning cheeses, pasture raised meats, artisanal breads, fresh local ice cream, handmade pastries, heirloom ciders and craft beers. You will discover a thriving local food community in downtown Northampton, and have a great time doing it. Requires walking for one mile.

**Friday, September 22, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 4:00 p.m.**

$75 for members and $85 for not-yet-members.

**Erie Canal Bus Tour**

This guided tour, featuring Michael Diana, Schenectady Historical Association’s Director, will take us on land to some of the Erie Canal’s most storied places. We will visit Lock 18, which features original 1918 electrical equipment. We will visit two more locks to hear how their histories and creation changed the shape of the canal. After, we’ll stop at Jumpin’ Jacks for an ice cream cone (not included.) Requires stepping off and on the bus multiple times.

**Wednesday, September 27, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 12:30 p.m.**

$19 for members and $29 for not-yet-members.
ARTS, CONTINUED + MUSIC at THE CENTER at CSSC

**Botanical Gel Printing**
Use gel plates and liquid pigment to make delicate, beautiful botanical prints, using leaves, flowers and other natural materials. Learn how to layer colors, compose prints and create something worthy of a frame. Kathy Klompas is an artist and educator, and the owner of Ragged Edge Studio in Cohoes. All materials, including a 4” x 4” matted frame, are included.

**Thursday, September 7, 1:00 p.m. – 3:30 p.m.**
$19 for members and $29 for not-yet-members.

**Fall Knitting Workshop**
Join us to learn how to create a few fall-themed knitted decorations. These easy to make and super sweet knitted pieces are great for adorning your home or gifting to others. The projects include: a knitted leaf and acorn bouquet, and a trio of pumpkins. Participants should be comfortable with the knit and purl stitch, casting on, binding off, decreasing and increasing stitches.

**4 Wednesdays, August 30 – September 20, 1:00 p.m. – 3:00 p.m.**
$49 for members and $59 for not-yet-members.

**Drumming and Rhythm for Fun and Wellness**
A drum circle is a fun, friendly event where people with all musical experiences come together to share a spirit of rhythm and feel joy. Experience the delight of beating on a drum, dancing or just listening as we create community and have fun. Participants will be guided on the basics of how to drum in a group. No musical experience is necessary. We provide drums and musical instruments. Bring your favorite instrument if you have one or share one of ours.

**John and Heidi Koalchyk have been sharing their love of drums and musical instruments.**

**Tuesday, August 15, 10:00 a.m. – 11:00 a.m.**
$13 for members and $23 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, as noted below.

**Lazy Days Frame** – Use a variety of summer-themed stamps, including a rocking chair and porch scenery, to make a pretty frame for summer displays.

**Tuesday, August 8, 2:00 p.m. - 3:30 p.m.,**
Materials fee of $10.

**Technique and Fold Class** – Create two cards with clever folding techniques. They look fancy but here’s the secret; they’re easy to make.

**Tuesday, September 5, 2:00 p.m. – 3:30 p.m., Materials fee of $5.**

**Botanical Drawing – Summer Flowers**
In this class, participants will continue to learn the basics of Botanical Drawing. The process of Botanical Drawing begins with gradual toning with simple geometric shapes that turn into all the forms in nature. This process will make your piece three dimensional and pop off the page.

**We will begin our forms by layering neutral tones and putting on top color with colored pencils. By the end of class participants will have created a summer flower. This class is good for beginners and those continuing their creative journey alike.**

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

**Friday, August 25, 10:00 a.m. – 12:00 noon.**
$24 for members and $34 for not-yet-members.

**Intro to Painting with Pastels**
In this fun and creative class, participants will be introduced to basic color theory and techniques using pastels. Students will be given time to practice these methods. After watching a quick demo by their teacher, they will then be given a photo as a guide to paint a simple autumn scene with soft pastels. All materials provided.

**Friday, September 8, 10:00 a.m. – 12:00 noon.**
$24 for members and $34 for not-yet-members.

**Alcohol Ink Studio**
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 8” x 8” 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, August 9, 10:00 a.m. – 3:00 p.m., Materials fee of $5.**

**Studio Arts with Caroline**
**Coffee Painting** – Create a simple painting that has a warm, aged feel.

**Friday, July 21, 1:00 p.m. – 3:00 p.m.**

**Coffee Painting** – Use real coffee grounds to create a beautiful, simple painting that has a warm, aged feel.

**Monday, September 25, 1:00 p.m. – 3:00 p.m.**

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

**‘Stained Glass’ – Create a vibrant piece of glass art, that looks a lot like stained glass, using clear glass and glass paint.**

**Friday, July 21, 1:00 p.m. – 3:00 p.m.**

Coffee Painting – Use real coffee grounds to create a beautiful, simple painting that has a warm, aged feel.

**Monday, September 25, 1:00 p.m. – 3:00 p.m.**

**$15 for members and $25 for not-yet-members.**

**$24 for members and $34 for not-yet-members.**

**$24 for members and $34 for not-yet-members.**

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Fall Prevention Class
Come for a free interactive class that teaches what you need to know to keep yourself upright and safe, in your home and in public, too. Presented by Albany Medical Center
Registration required.
Free for members.
The Beltrone Living Center: Tuesday, September 26 at 1:00 p.m.
Sheehy Manor: Friday, September 1 at 2:00 p.m.
King Thiel: Wednesday, September 6 at 2:00 p.m.

Teen Connects
Spend some time with a trusty, tech-savvy teenager to help with all of your technology woes. Bring your laptop, phone or tablet for advice or questions regarding internet, email, connectivity and anything else that’s vexing you. Drop in for a 30-minute session. Wednesdays, July 5 – August 23, between 1:00 p.m. and 3 p.m. in the Activities Room.
Free for members. Drop-in, no registration required.

Wellness Workshops
Join 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 PT therapists.

Healthy Bones at King Thiel:
1:30 p.m., in the Café.
Free for members. Registration is required, call for appointments.

Healthy Bones at The Beltrone:
9:30 a.m. – 10:30 a.m. and 10:30 – 11:30 a.m., Wednesdays, July 5 – September 27.
Healthy Bones at King Thiel:
1:30 p.m. – 2:30 p.m., Tuesdays, July 11 – September 26.
Balance Class at King Thiel:
1:30 p.m. – 2:30 p.m., Thursdays, June 6 – September 28.
Healthy Bones at Sheehy Manor:
10:00 a.m. – 11:00 a.m., Tuesdays, July 11 – September 26.
Balance Class at The Beltrone with Hector PT:
9:30 a.m. – 10:30 a.m., Tuesdays, July 11 – September 26.

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.

First Aid Basics
The Colonie EMS will provide valuable information on how to perform First Aid. You will learn the basics, and when to call for help.
Thursday, August 10, 9:00 a.m. – 10:00 a.m.
In the Community Room at King Thiel.
Free for members. Registration required.

Club and Social Events
Free for members, no registration is required. Activities take place at The Beltrone Living Center.

Movies:
Crowd-pleasing movies played on the big screen in the Lakeview Dining Room: 8/14, 8/28, 9/11.

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. Wednesdays, 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.

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.