

THE CENTER at CSSC

January, February, March 2024 Classes and Experiences for Lifelong Wellness
FOR ALL PEOPLE AGED 55+

Happy New Year! This is the time we reflect on what worked in the last year, and start planning for new things to see, learn and experience. We kick off 2024 with changes to our program. I am thrilled to let you know that Sharon Herald will be joining THE CENTER as the Co-Director. She brings creativity, energy, organization and best of all—tons of fun. Please join me in welcoming her! You can reach out to any of us to register, to ask questions, or just to say hello.

Caroline Barrett and Sharon Herald, Lifelong Wellness Co-Directors



Time to renew your membership! \$20 per year.

Beekman Arms Theater, Lunch and Walking Tour

The Beekman Arms was built in 1704 and has a rich history, including being a place for the Continental Army to perform drills and as a refuge for many historical figures. George Washington, Philip Schuyler, Benedict Arnold, and Alexander Hamilton all slept, ate, drank, argued, and laughed there throughout the Revolutionary War. Join us on the first day of spring as we settle in for a theatrical performance, starring Griffen Hoffman, Beekman Arms owner circa 1865, alongside a buffet lunch. After lunch, weather permitting, actors will take us on a walking tour of town, where we'll meet more characters from the early days of Beekman's history.

Tuesday, March 19, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 3:00 p.m.
\$65 for members and \$75 for not-yet-members.

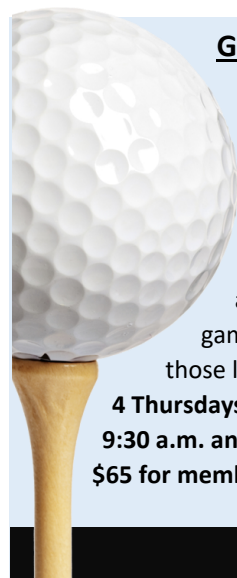


For More Trips and Travel, see page 2

GASP – Grip, Aim, Stance and Posture in Golf at Dick's Sporting Goods

Travel with us to Dick's Sporting Goods in Latham for a fun, four-week golf event. In these two-hour practice and lesson events, you will work independently, with other players or with a golf professional to learn and sharpen your golf skills. Learn the basics, how to swing and stand, and how to build strength to improve your game. This clinic is appropriate for first-time golfers and those looking to hone their skills. **[Standing. Swinging Clubs.]**

4 Thursdays, January 25 – February 15, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 12:30 p.m.
\$65 for members and \$75 for not-yet-members.



For More Exercise and Wellness, see page 4

Travel Journaling with Diane Campion

Come create a travel journal book to preserve your most precious memories. Using a variety of materials collected on your travels such as photos, notes, tickets and other paper memorabilia and anything that can be glued to a page. Learn how to organize, format, layout and preserve keepsakes from your travels into a beautiful book. Includes a 7" x 10" spiral-bound journal, decorations for adornment. Markers, colored pencils and other artist mediums will be available to use. Bring your own memorabilia. Diane Campion has been creating her multimedia travel journals for over 20 years. She exhibits primarily in local libraries.

4 Thursdays, February 22 – March 14, 1:00 p.m. – 3:00 p.m.
\$49 for members and \$59 for not-yet-members.



For More Arts, see page 3

Important info - PLEASE READ!

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 or credits 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

Sharon: x 302

Madelyn: x 340

STOP IN: During business hours (8:30 a.m. - 5:00 p.m.),



Open House!

Come to our annual PARTY!

**Thursday, January 11,
1:00 p.m.—3:00 p.m.**

At the Beltrone Living Center
**Meet, Learn, See, Taste,
and Try Something New!**



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.)

Look For The Stars



**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.



Monthly Trips

Troy Music Hall – Music at Noon

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

Tuesday, January 9, Heliand Consort, Vermont-Based Wood Ensemble

Tuesday, February 13, Cellogayageum, Korean Classical

Tuesday, March 12, Hansbrough, Kim & Quigley, Flute, Piano, Guitar

Bus leaves The Beltrone at 11:15 a.m. and returns at approximately 1:45 p.m.

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



Rivers Casino

Come try your luck at the slot machines, or the card tables. Rivers Casino is a fun, clean and modern casino, and just a short drive from Albany. Rivers also offers delicious lunch options, a bakery, coffee bar and cocktails.

Wednesdays, January 17, February 7, March 6, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.

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

January Trips



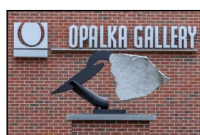
Breyo Telescope

The Breyo Telescope is the area's largest telescope, and it sits atop Roger Bacon Hall on the Siena College Campus. Come for a tour of the laboratory, hear a talk about astron-

omy, and have the opportunity to view the skies through the telescope. **[Standing. Stairs.]**

Thursday, January 18, bus leaves the Beltrone at 3:15 p.m. and returns at approximately 6:00 p.m.

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



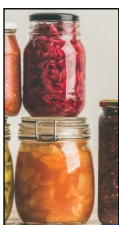
Carl Sprague Tour at Opalka, and Lunch

Carl Sprague is a set designer who has worked on many Hollywood Films, as well as the Berkshire Ballet. Come see and learn

about his work in this unique show at the Opalka Gallery on Albany Sage campus, including models for stage sets, blueprints for set designs, lots of drawings and film props. We'll go for a pizza and salad at The Fountain after the tour.

Friday, January 19, bus leaves The Beltrone at 10:45 a.m. and returns at approximately 2:00 p.m.

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



The History of Fermentation

Humans have been fermenting fruits and vegetables for thousands of years. Come learn about the history of fermentation, its health benefits, and how to do it yourself. We will travel to Cornell Cooperative Extension in Voorheesville for a history of fermentation lesson, demonstration and tasting of fermented vegetables.

Monday, January 22, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:00 p.m.

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



Cross-Country Ski Lesson and Tour

Let's embrace winter! Travel to beautiful Lapland Lake in Northville to take in all the joys of up-state New York at this time of year. We'll cross-country ski on some of their 50 kilometers of groomed trails under majestic pines and hardwood forests, but first, Lauren Lyons Swift will give a lesson on how to properly cross-country ski. It's easy, fun and a great workout. There will be a lesson and a guided tour, with time for lunch and more skiing afterwards. Equipment rental, lesson and trail pass included. Pack a lunch or purchase one there. **[Upper body strength and stamina.]**

Tuesday, January 23 (weather makeup date: January 30), bus leaves The Beltrone at 8:00 a.m. and returns at approximately 4:00 p.m.

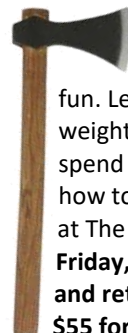
\$99 for members and \$109 for not-yet-members.

National Bottle Museum

Come with us for a fun and quirky afternoon at the National Bottle Museum in Ballston Spa. The museum houses thousands of bottles and is dedicated to teaching the public about both local bottle history and the history of bottle production. Come for a tour and see history through the eyes of glass bottles. After, we'll walk to the Whistling Kettle for their signature Afternoon Tea, which includes soup, sandwich, and a sweet pastry. Tea, too! **[Stairs, standing.]**

Wednesday, January 24, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 1:30 p.m.

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



Axe Throwing, Snacks, and Fun

It might sound odd, but axe throwing is tons of fun. Learn how to hold, propel and hit a target with a light-weight axe, and see why this is a super trendy way to spend time with friends and be competitive. After learning how to play, we'll have a friendly game, followed by snacks at The Yard in Albany. **[Upper body strength.]**

Friday, January 26, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 2:30 p.m.

\$55 for members and \$65 for not-yet-members.



Tour of The Times Union

The Times Union has been Albany's hometown news source since its very beginning in 1856 and named the Morning Times. Come and see the presses, the news room, and hear about how newspapers have grown and adapted with the changing world of online information.

Monday, January 29, bus leaves The Beltrone at 12:45 p.m. and returns at approximately 2:45 p.m.

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

February Trips

Cunning Coyotes and a Picnic Lunch

Did you ever hear a coyote howl? Do you wonder why? Come learn about these wonderful creatures at the Albany Pine Bush Discovery Center. We will have a presentation with a talk about the history and biology of the Eastern Coyote then play some calls of one of the smartest, most elusive animals in the Pine Bush. Includes a boxed lunch and time to see the Discovery Center.

(Continued on page 5)



January Arts

Rubber Stamping Art - Birthday Cards With Flair



Join us to make three birthday cards using fancy folds and easy techniques. With Ann Burns, who has been stamping and creating for many years. All materials provided.

Tuesday, January 9, 2:00 p.m. - 3:30 p.m.

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



Winter Celebration Wreath

Come create a pretty wreath in blue, white, silver and all of winter's colors (or whatever colors you choose.) This unique wall hanging is made from rolled paper with adornments fixed to the center for bling and sparkle. Perfect for hanging on inside doors or wherever a little

cheer is needed! With Sandra Hersh, a retired art teacher of 30 years, and Caroline Barrett.

Thursday, January 18, 11:00 a.m. - 12:00 noon

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



Play the Ukulele with Drew Jacobs

Have fun and learn to play the ukulele with an accomplished musician in a relaxed atmosphere.

Drew Jacobs is an award-winning Singer/Songwriter from Latham. He's been smiling and playing ukulele for fifteen years. You already know how to smile, come learn how to play ukulele!

Bring your own ukulele.

Two sessions, 4 Wednesdays each, choose one or both.

January 24 - February 14 and February 28 - March 20, 10:00 a.m. - 11:00 p.m.

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



Spontaneous Gel Plate Printing

Use gel plates and liquid pigment to make colorful, abstract monoprints, using natural winter items, stencils and a variety of textured materials. Learn how to layer colors, compose prints on paper to create something worthy of a frame. Be prepared to work loose, play and delight in the magic of pulling multi layered prints. Kathy Klompas is an artist and educator, and the owner of Ragged Edge Studio in Cohoes. All materials, including a 5" x 7" frame, are included.

Wednesday, January 24, 1:00 p.m. - 3:30 p.m.

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



Alcohol Ink Workshop

The creative method of using alcohol ink is a technique that involves dropping the dyes onto special paper and manipulating the colors in various ways. The result is artwork that is brilliant with saturated color and is beautiful to behold. Best of all, it's easy to do. You will leave with two finished alcohol inks: one tile, and one framed piece. Marjorie Ward

leads this fun and satisfying class. She is a local artist who has been creating and teaching for many years.

Wednesday, January 31, 1:00 p.m. - 3:00 p.m.

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

Play With Color - Intro to Color Theory



In this playful two-hour class students will learn the five basic properties and familiar vocabulary of color theory. Students will create a color wheel, and mix and experiment with colors using the three main color groups (primary, secondary and tertiary). In addition, students will

be able to understand and create complementary, analogous

and monochromatic colors, which are essential for creating artwork. Bring colored pencils and a ruler. All other supplies are provided. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Monday, January 29, 1:00 - 3:00 p.m.

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

February Arts



Beaded Framed Heart

Join Marjorie Ward as she brings a large supply of beautiful beads, ready to make sparkly decorations in time for St. Valentine's Day. Use glue, beads and other decorations to create a heart on a small, stretched canvas that sits atop a

wooden easel, for your own decoration or for gift-giving.

Thursday, February 1, 10:00 a.m. - 12:00 noon

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



Rubber Stamping Art - Valentine Cards

Send your loved ones a beautiful card to let them know how much you love them. With Ann Burns, who has been stamping and creating for many years. All materials provided.

Tuesday February 6, 2:00 p.m. - 3:30 p.m.

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

Botanical Art - Drawing Roses



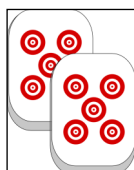
Continue learning, or begin to learn, botanical drawing in this class. The process of botanical drawing starts with gradual toning and simple geometric shapes which are the foundations of all of nature's forms. By the end of class participants will have created beautiful, color-saturated roses. Bring colored pencils to class. All other supplies are provided.

Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Monday, February 12, 1:00 p.m. - 3:00 p.m.

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

Learn to Play MahJong



American MahJong is a game in which players collect tiles to match hands on their card. This fast-paced game of chance and skill is typically played by four people and, while known for improving memory, it also provides players with hours of social fun. The instructor, Criss Macaione, is an artist and MahJong enthusiast who has been playing and teaching the game for many years.

6 Wednesdays, February 14 - March 20, 1:00 p.m. - 3:00 p.m.

\$79 for members and \$89 for not-yet-members.

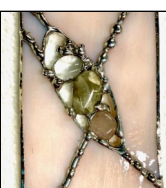
The Light of the Winter Landscape in Watercolor



Learn how to use the white of the paper, dramatic value contrast and warm and cool colors to create the dazzling light of winter. Kevin Kuhne is an award-winning painter and teacher of many years. All materials included.

3 Wednesdays, February 14 - 28, 10:00 a.m. - 11:30 a.m.

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



Stained Glass Workshop

Come learn how to use glass as a medium in this four-part workshop. In this class, you will work with Kim O'Rourke to create a design, choose colors, and solder glass together to create a one-of-a-kind, beautiful, organic stained-glass artwork, approximately 6" x 8", depending on design and artist preference.

Kim O'Rourke has been creating glass artworks and other mediums for many years.

4 Thursdays, February 22 - March 14, 10:00 a.m. - 12:00 noon.

\$225 for members and \$250 for not-yet-members.



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 Hol-

man, who is experienced in Tai Chi forms for health and aging, as well as Sun, Yang and Chen Family styles.

8 Mondays, January 22 – March 11.

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 complement 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, an artist and dancer and has been teaching Nia for 12 years.

8 Tuesdays, January 9 – February 27

12:45 p.m. – 1:45 p.m.

\$56 for members and \$66 for not-yet-members.



Empowering Movements for Confidence and Tenacity (EMCAT)

This class will begin with centering breathwork, light muscle activation, and moving through a series of empowering solo drills, mixing martial arts, and strengthening dynamic exercises. This series is excellent for building confidence, light cardio, and community. EMCAT can be done

standing or seated.

Amanda Mackey is THE CENTER's beloved yogi and has been practicing martial arts since 2017. She recently won Gold and Silver in her division.

8 Tuesdays, January 23 – March 12.

2:00 p.m. – 3:00 p.m.

\$55 for members and \$65 for not-yet-members.



Monthly Meditation - Gratitude and Calm

Start the New Year by checking in and taking care of yourself. 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, January 17, February 21 and March 20. Choose one or all three.

10:00 a.m. – 11:00 a.m.

\$10 for members and \$20 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.

8 Thursdays, January 18 – March 7.

10:00 a.m. – 11:00 a.m.

\$55 for members and \$65 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.

9 Thursdays, January 18 – March 21.

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.

\$55 for members and \$65 for not-yet-members.

Introduction to Ballet with a Rockette

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. With Janet Murphy, former Rockette.

9 Thursdays, January 18 – March 21.

1:45 p.m. – 2:30 p.m.

\$55 for members and \$65 for not-yet-members.



Learn To Line Dance

Come learn fun and easy line dances with Cheryl Howe, who is part of the Kevin Richards team. Cheryl Howe 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.

3 Thursdays, March 14, 21, 28.

3:00 – 4:00 p.m.

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



Heartlotus Qigong

Qigong is an ancient healing and mindfulness practice that integrates movement, breath, mind focus, healing sounds and self-massage to nourish and cultivate a healthy body, mind and spirit. You will experience the power of Qigong and learn a self-healing method that will reduce anxiety and stress, increase vitality, strengthen the

immune system and promote healthy graceful aging. Diana Wells is a certified Qigong teacher and healer who has been practicing and teaching the healing arts for over 40 years.

8 Fridays, January 19 – March 8.

11:00 a.m. – 12:00 noon.

\$56 for members and \$66 for not-yet-members.



Strength, Core + Cardio

This is a 45-minute beginner to advanced accessible class, designed to increase upper, lower and core strength. Instructor will use light weights, chairs and body weight exercises to build muscles, increase stability and condition your heart. Expect no impact or floor work but tons of fitness fun! Class will begin

and end with stretching. This class is taught by Chrissy Sarratori, a certified personal and group fitness trainer with over twenty years teaching around the Capital District in local gyms and colleges.

10 Fridays, January 19 – March 15, 10:00 a.m. – 10:45 a.m.

\$65 for members and \$75 for not-yet-members.

THE CENTER is underwritten by:



Coyotes, CONTINUED FROM PAGE 2

Tuesday, February 6, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 2:30 p.m.
\$19 for members and \$29 for not-yet-members.



Tour of SUNY Albany ETEC Building

ETEC is the University of Albany's Emerging Technology and Entrepreneurship Complex. It's a hub for innovation, scholarship, applied research and commercial development. ETEC is a \$180 million, 246,000 square foot, state-of-the-art building that "houses" researchers, educators and entrepreneurs under the same roof as some of UAlbany's fastest-growing programs. Come see and learn about this unique facility that is designed to drive economic growth, create jobs, and enhance New York's competitiveness. **[Walking.]**

Friday, February 9, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 2:30 p.m.
\$10 for members and \$20 for not-yet-members.



Proctor's Noontime Organ Concert

Come hear 'Goldie', Proctor's historic organ, in a noontime concert. Goldie was built in 1931, and though it's nearly 100 years old, the innards of this instrument are thoroughly modern. In this Valentine's Day-themed

event, Bill Gaillard and Claudia Bracaliello play a Valentine's Day concert, creating beautiful sounds from an historic organ in a concert hall setting.

Tuesday, February 20, bus leaves the Beltrone at 11:15 a.m. and returns at approximately 1:45 p.m.
\$10 for members and \$20 for not-yet-members.



Guided Snowshoe with the Goats

This fun and quirky event will take us to beautiful Saratoga County, where we'll snowshoe through the wilds of Into The Woods Farm with a friendly, curious herd of goats. This event inspires the love of winter forests, trees, nature and all things out-of-doors, while learning about the environment from a fun and friendly guide. Requires walking for an hour on snowshoes on a woodland trail (and if you haven't been on snowshoes before – it's okay). A boxed lunch is included, which we will eat on the bus. Snow date is Wednesday, February 28.

[Requires stamina, ability to walk for an hour.]

Wednesday, February 21, bus leaves The Beltrone at 11:30 a.m. and returns at approximately 3:00 p.m.
\$45 for members and \$55 for not-yet-members.

Midway Fire Department Tour and Lunch

Come learn about the history of the Midway Fire Department, from its beginnings in the early twentieth century, to the modern technology and life-saving mechanics used today. We will see the engines and trucks, learn about the gear and see what happens when a call comes in. After, we'll sit for sandwiches from Cardona's.

Thursday, February 22, bus leaves The Beltrone at 10:15 a.m.



and returns at approximately 2:30 p.m.

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

Bethlehem History and Hudson River Talk

Come to the Cedar School House, to learn about Bethlehem's



storied and fascinating history. First, we'll tour the original schoolhouse, which now houses artifacts and historical documents. Then, Susan Leath, Bethlehem's Historian, will step on our bus for a drive to the Hudson River, to discuss the history of the ice industry, boat landings and how the river changed the towns alongside it. There will be snacks on the bus.

Tuesday, February 27, bus leaves The Beltrone at 9:30 and returns at approximately 12:30 p.m.

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

March Trips

Garden Stakes at Arts and Glass



Our friends at Arts and Glass in Clifton Park will lead us in creating three beautiful, fused glass garden or plant stakes. On your glass 'palette', you will use cut pieces of glass in a rainbow of colors to create a design of your choice. Ideas and guidance are offered by the studio guides. The stakes are then fired in the

kiln, and we will deliver them to The Beltrone for pickup. These artworks make a lovely gift or an addition to your garden.

Friday, March 1, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 12:30 p.m.

\$62 for members and \$72 for not-yet-members.

Behind The Scenes Tour of Historic Clothing at the Albany Institute of History and Art



The Albany Institute of History and Art, one of the oldest museums in the United States, houses both classic and modern artworks, tells the story of Albany's history through its extensive collection of artifacts, and stores a large collection of clothing, worn through the last two centuries. Come for a behind-the-scenes tour of AIHA's clothing collection, where you will see and hear about the clothes, and understand clues about who wore them by the kind of garments they donned. After, we'll have time to wander the galleries before heading back. **[Standing.]**

Thursday, March 7, bus leaves The Beltrone at 9:30 a.m. and returns at approximately

12:30 p.m.

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

Tour of Military Medicine Exhibit at the New York State Capital



This exhibition shows how the advancement of military medicine from Vietnam to the present has had a monumental impact on the lives of New Yorkers who served. It features firsthand accounts and demonstrates

the bravery of those who sacrificed their own safety to save others. We will have a guided tour of the exhibit, then take a trip to the Observation Deck of the Corning Tower where, on a clear day, the Adirondacks, Catskills and the Berkshire Mountains (Continued on page 6)

For More TRIPS + TRAVEL see page 6

CONTINUED FROM PAGE 5

can be seen.

Friday, March 8, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 12:30 p.m.

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



Diane's Secret Tour – Finding Joy in Winter



Come along with CSSC's Executive Director Diane Conroy-LaCivita for another fun, mysterious and exciting trip! We aren't say-

ing 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. **[Walking. Standing. Stairs.]**

Monday, March 11, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 2:00 p.m.

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



Origami at The Underground Railroad Education Center

Travel with us to the UREC in Albany and make a usable origami box to take home. Origami is the ancient Japanese art of paper folding and some sources indicate it reaches back to the 1500s.

Through the art of folded paper, decorative and functional objects are made and secured through folding techniques that require no adhesives of any kind. Origami is a wonder and joy to create. There will also be time to wander the museum to view the exhibits.

Thursday, March 14, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m.

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



Maple Syrup in Action and Lunch at Up Yonda Farm

Travel with us to beautiful Bolton Landing as we embark on a day of maple syrup exploration. We will walk a half-mile of rolling terrain, exploring lower grounds and sugarbush, and identifying maple trees. We will learn how sap is collected, then have two history stops to see how the Native Americans and early colonists did their maple sugaring, before heading to the Sugar House to see our boiling process and sample some fresh syrup. We will gather for a picnic lunch in their Auditorium before heading home. **[Walking. Standing.]**

Friday, March 15, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 3:00 p.m.

\$34 for members and \$44 for not-yet-members.



St. Patrick's Day Parade

The St. Patrick's Day Parade is a long-standing tradition in Albany, dating back to 1951. Come be part of the revelry on a CSSC bus! We will see the

parade from the street level as we travel the route through Albany on two CSSC buses and wave to the crowds. This is a fun and festive tradition, and all are welcome. There will be refreshments on the bus.

Saturday, March 16, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:00 p.m.

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



Les Misérables at Proctors

Based on the 1862 Victor Hugo novel, Les Misérables is set in 19th-century France and tells the story of Jean Valjean, a French peasant who is sent to jail for stealing bread. He breaks parole and is pursued by

Javert, a cruel police inspector. The events all take place during the revolutionary period in France, and there's an iconic scene of an attempted government overthrow in the streets of Paris. Les Mis has been in production for 40 years; its characters, sets and music are not to be forgotten!

Thursday, March 21, bus leaves The Beltrone at 11:30 a.m. and returns at approximately 5:30 p.m.

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



Mark Twain House and Harriet Beecher Stowe Center



Travel with us to Hartford, for a day of history and experience. In 1873, Sam Clemens (Mark Twain) and his wife Olivia began building their dream

home in Hartford, Connecticut. Come see the beautifully restored home and see it as it was during the most prolific and happiest years of his life. Next door is the Harriet Beecher Stowe Center. Harriet Beecher Stowe is best known for Uncle Tom's cabin, and her work as an abolitionist. Tour both houses and learn and see history as it was. Includes a catered lunch.

Friday, March 22, bus leaves The Beltrone at 7:45 a.m. and returns at 4:00 p.m.

\$82 for members and \$92 for not-yet-members.



Albany Therapeutic Riding Center Tour

The Albany Therapeutic Riding Center is located in Altamont and their mission is to teach horsemanship to people across multiple populations. The practice of therapeutic

horsemanship uses the horse as a motivational tool to help people with special needs improve listening skills, focus, sequencing, coordination, and develop greater self-confidence, patience, and control. Tour the riding center, meet the horses and the people who take care of them, and see how they use this practice to improve many lives in our community. **[Walking. Standing.]**

Monday, March 25, bus leaves The Beltrone at 12:15 p.m. and returns at approximately 3:45 p.m.

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



Springtime Wine Tasting Party

Celebrate the arrival of spring with a fun trip to Galway Winery. We will taste wines with Galway's winemaker, who will lead us in trying different varietals, and will talk about each as we go. There will be charcuterie to snack on as we taste, and sweets to finish. Come and eat, drink and be merry as we welcome spring!

Thursday, March 28, bus leaves The Beltrone at 1:15 p.m. and returns at approximately 5:00 p.m.

\$52 for members and \$62 for not-yet-members.

**Renew your membership today!
\$20 per year.**



Felted Vessels

The art of wet felting is an ancient artform humans have been practicing since the dawn of civilization. Learn how to sculpt a bowl, basket or vase out of wool using hot water, soap and agitation. Mallory Zondag is a local mixed media fiber artist who travels the Northeast teaching felting, weaving and stitching.

Friday, February 23, 10:00 a.m. – 1:00 p.m.

\$48 for members and \$58 for not-yet-members.

March Arts



Pastel Painting – Create an Underpainting

In this class students will become familiar with various types and techniques of underpaintings used to create depth in pastel painting. Color theory and composition will be discussed and there will be demonstrations as well as plenty of time to work and complete two finished pieces. Bring your own soft pastels. Paper is provided. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

2 Fridays, March 1 and 8, 1:00 p.m. – 3:00 p.m.

\$42 for members and \$52 for not-yet-members.



Studio Arts with Caroline: Squeegee Painting

In this light-hearted art event, we will use acrylic paints and squeegees to create bold and expressive patterns on canvas or paper. It's a fun and experimental process that allows you to explore various color combinations and textures. With Caroline Barrett.

Tuesday, March 5, 1:00 p.m. – 3:00 p.m.

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



Exfoliating Sugar Scrub Workshop

Come make a skin-loving scrub, to use in the shower or bath. This natural, moisture rich topical is scented with your choice of essential oils and makes skin feel so good! Make four - 2 oz jars of sugar scrub. With Karen Dujack, a local crafter who has been making soap and other skin care products for many years.

Monday, March 11, 10:00 a.m. – 12:00 noon.

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

Luxury Body Butter Workshop

Take skin care to a higher level with body butter that's ultra rich, creamy and healing. This recipe includes shea butter and almond oil, and essential oils of your choice. Make four - 2 oz jars of body butter. With Karen Dujack, a local crafter who has been making soap and other skin care products for many years.

Monday, March 11, 1:00 p.m. – 3:00 p.m.

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

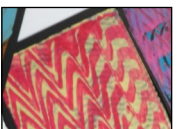
Rubber Stamping Art - Celebrate Spring



Come make 3 cards using lots of flowers and reminders that spring is around the corner. With Ann Burns, who has been stamping and creating for many years. All materials provided.

Tuesday, March 12th, 2:00 p.m. - 3:30 p.m.

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



Bold Color Gel Plate Printing

Use gel plates and acrylic paint, stencils and mark-making with combs and brushes to create bold, abstract images. Be prepared to work loose, play and delight in the magic of pulling multi layered prints. Kathy Klompas is an artist and educator, and the owner of Ragged Edge Studio in Cohoes. All materials are

included.

Wednesday, March 13, 1:00 p.m. – 3:00 p.m.

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

Still-Life Forms in Watercolor



Learn how to create 3-dimensional forms in watercolor using light and dark, color, negative space, shadows and reflections, as we paint food items, bottles, fabric and art supplies.

Kevin Kuhne is an award-winning painter and teacher of many years. All materials included.

3 Wednesdays, March 13 – 27.

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



Needle Felted Paintings

Learn how to paint with wool fibers using only wool fibers and a felting needle. We will cover painting techniques such as color theory, atmospheric perspective, light and shadow and more! Everyone will create their own unique

and wooly image by the end of class. Mallory Zondag is a local mixed media fiber artist who travels the Northeast teaching felting, weaving and stitching.

Friday, March 15, 10:00 a.m. – 1:00 p.m.

\$48 for members and \$58 for not-yet-members.



Botanical Drawing – With Watercolor Pencils

Watercolor pencils are pencils made with water-soluble pigment, which produce artwork that is similar to watercolor painting, but with more

exact and finer lines. Come learn how to work with this medium, while creating images of leaves, flowers and other items from nature. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Monday, March 18, 1:00 p.m. – 3:00 p.m.

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



Soul Collage

Using the SoulCollage® Method, select images and make collages on 5" x 8" matte boards, developing a pictorial journey of your essence. The cards created can then be used for self-discovery, and a deeper understanding

of your relationships with family, friends and the world around us. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Monday, March 25th, 1:00 p.m. – 3:00 p.m.

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



Jewelry 101

Come for a two-week workshop and learn how to craft beautiful jewelry using beads of all color, materials and size. Each person will make their own bracelet. Anna Genovesi has been crafting, teaching and showing her work for many years. All materials

are included.

2 Thursdays, March 21 and 28, 1:00—3:00 p.m.

\$55 for members and \$65 for not-yet-members.



Welcome Mat Workshop

Celebrate spring and visitors to your home with a cheerful welcome mat! Sharon Herald and Caroline Barrett will lead everyone in creating a stenciled welcome mat, with the message

of your choice.

Tuesday, March 26, 1:00 p.m. —3:00 p.m.

\$22 for members and \$32 for not-yet-members.

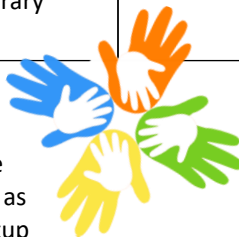
WEEKLY CLUB + SOCIAL EVENTS

Free for members, no registration is required.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Pool Players Club</u> 9:00 a.m.—12:00 noon in the Billiard Room <u>MahJong</u> 12:45 p.m.—3:00 p.m. In the Activities Room <u>Book Club</u> 3rd Monday, 1:00 p.m. in the Library <u>Movies</u> 2:00 p.m. in the Lakeview 1/29 —Grand Budapest Hotel 2/26 —Little Women 3/25 —Coming To America	<u>Pool Players Club</u> 9:00 a.m.—12:00 noon Billiard Room <u>Bridge</u> 12:30—3:30 p.m. In the Activities Room  <u>Writer's Workshop</u> 1st & 3rd Tuesdays, 1:00 p.m.—2:00 p.m. In the Library	<u>Pool Players Club</u> 9:00 a.m.—12:00 noon Billiard Room  <u>Bingo</u> 1:00 p.m.—3:00 p.m. In the Lakeview <u>Cribbage</u> 1:00 p.m.—3:00 p.m. In the Activities Room	<u>Pool Players Club</u> 9:00 a.m.—12:00 noon Billiard Room <u>Cornhole</u> 10:00 a.m.—12:00 noon In the Lakeview <u>Rummikub</u> 1:00 p.m.—3:00 p.m. In the Activities Room 	<u>Pool Players Club</u> 9:00 a.m.—12:00 noon Billiard Room  Have a club event you would like to host at THE CENTER? Call us 518-704-4253

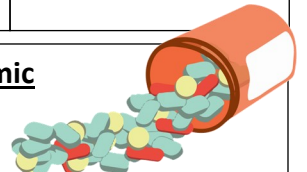
Peer Support Group – Share, Grow, Learn

Come to a new peer support group to make friends, grow personally and work together as a group to support others. In this new meetup run by John McCloskey, participants will be encouraged to listen, share and help one another as we learn practical mental health practices for health and well-being. This is not a therapy session, rather, a chance to connect with other humans and grow from the experience. Feel free to bring life concerns to share. Facilitated by John McCloskey, retired NYS-licensed psychologist. **Registration required.**
2nd and 4th Friday of each month: January 12, 26, February 9, 23, March 8, 22.
1:00 p.m.—2:00 p.m.
Free for members.



NARCAN and the Opioid Epidemic

The opioid epidemic began in our country in 1999, as addiction from prescribed pain killers was on the rise. Come for a listening and learning session with the Colonie EMS, as Dave Plouff describes how the department has responded to overdoses in our area. Learn how NARCAN is used to prevent deaths and how the EMS is increasing public awareness about prescription opioid misuse, and what you should do if you ever encounter someone experiencing an overdose. **Free for members.**
Sheehy Manor: Friday, February 2 at 3:00 p.m.
King Thiel: Wednesday, February 7 at 3:00 p.m.
The Beltrone: Thursday, February 15 at 10:00 a.m.



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 per quarter. Members only.

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, January 3 – March 27.

Healthy Bones at King Thiel

1:30 p.m.—2:30 p.m.
 Tuesdays, January 2 – March 26.

Balance Class at King Thiel

1:30 p.m.—2:30 p.m.
 Thursdays, January 4 – March 28.

Healthy Bones at Sheehy Manor

10:00 a.m.—11:00 a.m.
 Tuesdays, January 2 – March 26.



Balance Class at The Beltrone with Hector PT

9:00 a.m.—10:00 a.m.
 Tuesdays, February 13 – March 26.



CAT – The Cat Action Troupe

Join this supportive group of people who love all things feline. Come for discussion, action, advocacy, and fun. There will be an agenda, and the group will be led by Helen Volk, cat lover extraordinaire. Bring an optional small donation of cat food for the kitties. In the Activities Room at The Beltrone.
Fridays, January 19, February 16, March 15,
1:00 p.m.—2:00 p.m.
Free for Members.

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.

