

THE CENTER at CSSC

October, November, December 2024

Classes and Experiences for Lifelong Wellness
FOR ALL PEOPLE AGED 55+

Dear Friends,

Hello! I'm excited to be joining THE CENTER as the new Director of Lifelong Wellness. I'm looking forward to working for such a curious, inquisitive group of people and I hope to be able to use my background in museum education to continue to facilitate your exploration, to introduce you to new and exciting experiences, and to keep the fun going. Please feel free to stop by and say hello. I welcome your ideas and can't wait to meet you in person.

Isabella Browne Lorcher, Director of Lifelong Wellness



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

Isabella: x 327

Madelyn: x 340

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

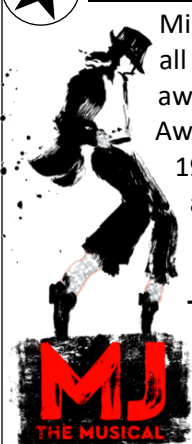
REGISTRATION POLICY

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



★ MJ at Proctor's



Michael Jackson was one of the greatest entertainers of all time, and now his story comes to the stage with the awesome musical production of MJ. This show is a Tony-Award winning production that tells the story of Michael's 1992 Dangerous World Tour. Through thrilling dance and pop culture tunes beloved by the world over, come experience an exciting show that will have you dancing in your seat!

Thursday, December 5, bus leaves The Beltrone at 12:00 noon and returns at approximately 5:00 p.m.

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

For More Trips and Travel, see page 2

Barre & Pilates Class

Improve core, balance and flexibility in a fun, dynamic class based on Barre and Pilates with Diane Seguin. Barre uses the ballet barre and coordinated movements borrowed from ballet, while Pilates focuses on building muscle tone and stability. This is for all levels and chairs are available. Diane has been teaching exercise classes and sharing her love of wellness for 40 years.



8 Tuesdays, October 22 – December 10, 10:30 a.m. – 11:15 a.m.

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

For More Exercise and Wellness, see page 4

Introduction to Caricature Drawing

A caricature is a drawing in which the features and form have been exaggerated and historically, was used to satirize the subject. This method of drawing can also be funny and sweet, and bring out the best in a person. Come learn about this style of representation and how you can do it yourself. We will create drawings step-by-step, with plenty of instruction and guidance. You'll leave with a finished drawing and coloring it with marker is optional. Mark Brennan is a local artist who has been delighting people with caricatures for many years.



Monday, November 4, 10:00 a.m. – 12:00 noon. \$15 for members and \$25 for not-yet-members.

For More Arts, see page 3

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.



THE CENTER U

LIVE + LEARN

I Could Eat Pilot Screening

+ Momo Tasting

Chess 101

Podcasts 101

Comedy Improv

Book Talk and

Discussion



Events designed with learning in mind.

For THE CENTER U, see page 8

Monthly Trips

Rivers Casino

Come try your luck at the slot machines or the card tables. **Wednesdays, October 2, November 6, December 11, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.**

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

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, October 8, Daniel Maltz, Fortepiano

Tuesday, November 12, Heliand Quartet, Woodwind

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

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

October Trips

Lac du Saint Sacrement Luncheon Cruise

Step aboard the Lac Du Saint Sacrement for a day of scenic, peaceful water against a backdrop of fall foliage! This afternoon cruise offers live entertainment with Danny Lombard, a delicious buffet lunch and the captain's narration. Seats are reserved on the ship, so you can stay seated, or stroll the upper decks.

Thursday, October 3, bus leaves The Beltrone at 10:15 a.m. and returns at approximately 3:30 p.m.

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

Adirondack Labyrinth Walk and Lunch

A labyrinth is a meandering path, often unicursal, leading to a center. These formations date to more than 4,000 years ago, starting in Ancient Greece. Today, they are tools for meditation, ceremony, spiritual formation and more. Join us as we visit the Adirondack Labyrinth, learn about the history and significance of these amazing creations, and admire the beautiful Adirondack fall trees. A picnic lunch is included. [Walking. Standing.]

Friday, October 4, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:00 p.m.

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

Book Town, U.S.A.

Calling all bibliophiles! Travel with us to Hobart Book Village, a quirky town in the Northern Catskills. Hobart is home to 7 independent bookshops as well as art galleries, vintage clothing and antiques shops. This is a self-guided event and chance to wander, read and relax. Stay with the group, or explore the town on your own. After, we'll stop for a pizza lunch, included in the price. [Walking. Standing.]

Monday, October 7, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 3:00 p.m.

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

Hadley Mountain Fire Tower Hike

The Adirondack Mountains are at their best in the fall, when colors are full of splashy, bright reds and yellows. Spend a day taking in the fresh air and beauty of the autumn-tinged Southern Adirondacks as we hike to Hadley Fire Tower. This is a moderate, 3.6-mile round trip hike that we'll take slowly, led by our friend Laurie Lyons-Swift, a naturalist and retired biologist. Laurie always shares her extensive knowledge and makes

outings a fun learning experience. Includes a picnic lunch.

[Walking for extended periods on unsteady ground.]

Wednesday, October 9, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 3:00 p.m.

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

History Walk to Cohoes Falls

Cohoes Falls are the second-largest waterfalls in New York State, and offer a thunderous, breathtaking backdrop to the city of Cohoes. Set on the Mohawk River, the falls were originally named "Ga-ha-oose", meaning "the place of the falling canoe" by the Mohawk, the indigenous peoples who lived there. Come learn about the history and see the beauty in fall colors. This walk is led by Danielle Cherniak of the Spindle City Historical Association. [Walking. Standing.]

Wednesday, October 16, bus leaves the Beltrone at 10:00 a.m. and returns at approximately 12:30 p.m.

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

Peaceful Acres Horse Sanctuary and Lunch

Come for a day of peace, love and horses! Peaceful Acres Horse Sanctuary is a donor-supported nonprofit equine welfare organization that has rescued, restored and re-homed at-risk and slaughter-bound equines since 2007. At the farm, we will help care for horses, groom rescues, take mini horses for a stroll, and tour the farm. After, we'll settle into their yurt for a picnic lunch. Proceeds from the registration fee go to Peaceful Acres.

[Standing. Walking on unsteady ground.]

Friday, October 18, bus leaves at 9:45 a.m. and returns at approximately 2:30 p.m.

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

Haunted Saratoga Trolley and Lunch

All aboard the Saratoga Trolley for a look at Saratoga's spooky history! We'll travel through main thoroughfares and down the side streets too, to hear tales about the people who lived there long ago – and those who refuse to leave. The tour concludes at the Canfield Casino, for more paranormal stories and sightings. After, we'll have lunch at Wheatfield's on Broadway, and have time for strolling, too. [Stairs. Standing. Walking.]

Thursday, October 24, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 3:30 p.m.

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

MASS MoCA Museum Tour and Lunch

MASS MoCA is one of the largest centers for contemporary visual art and performing arts in the United States and boasts 250,000 square feet of gallery space. Join us for a tour of the galleries, followed by lunch at Lickety-Splits, the museum's restaurant. We will also have tickets to The Plastic Bag Store: an immersive, multimedia experience that uses humor, craft, and a critical lens to question our culture of consumption and convenience — specifically, the enduring effects of single-use plastics. There will be time to wander the galleries, and shop in their fabulous store, too.

Monday, October 28, bus leaves The Beltrone at 9:15 a.m. and returns at approximately 4:00 p.m.

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

November Trips

Mabee Farm Autumn Glow Festival

Come to a lighted wonderland of exquisite Chinese lanterns, all set at Mabee Farm, the oldest farm in the Schoharie valley. The 1,000 lanterns are a sculpture installation and are all handmade

October Arts

Artistic Pumpkin Carving

Come learn how to make a carved pumpkin that is beautiful or scary or interesting or whatever your heart desires! In this carving/sculpture/design workshop, you'll work with Tim Sauter to make a masterpiece for entry into the Great Pumpkin Carving Contest at Bootin' Scootin' Fall Fest on October 10. CSSC will transport your pumpkin to the Pruyn House for the festival and back again, and you can collect it on October 12 for decorating your own home. Fabulous prizes are being offered in a variety of categories for the best pumpkin carving!

All materials, including pumpkins and accoutrements, are included.

Wednesday, October 9, 1:00 p.m. – 3:00 p.m.

\$15 for members and \$25 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.

October 16 – November 6 and November 20 – December 11, 10:00 a.m. – 11:00 a.m.

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

Illuminated Dried Flower Jar Light

Come make a beautiful, illuminated jar using dried flowers and modge podge. In this class, you will be led in designing a mason jar vase using dried flowers in many colors and shapes. Inside, a string of fairy lights will illuminate your work! Diana Cartwright has been making jewelry and teaching art and craft classes for many years.

Wednesday, October 16, 1:00 p.m. – 3:00 p.m.

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

Stained Glass Suncatcher Workshop – Spooky Ghost

Come make a sweetly spooky glass ghost suncatcher using white glass, charms and pieces of fall-colored, cut glass. Use pre-cut pieces of glass and stained glass foiling and soldering techniques to make your own, unique artwork. Suncatchers make beautiful gifts or for hanging in your own home. Kim O'Rourke is a stained glass artist who has been creating and selling her work for many years.

Friday, October 18, 12:30 – 3:30 p.m.

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

Beaded Pumpkin Canvas

Celebrate the Halloween season with a custom-made, sparkly canvas of fall-hued beads. Create a pumpkin on a small canvas, using a variety of colored glass beads. Marjorie Ward will lead the class in how to place beads to create a beautiful design. Includes a stand for the canvas. Marjorie is a local artist who has been creating and teaching for many years.

Thursday, October 17, 10:00 a.m. – 11:30 a.m.

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

Rubber Stamping Art

Come have fun and create with the wonderful Ann Burns! Celebrate fall with beautiful cards for seasonal holidays using fall colors and stamps. All materials supplied.

Tuesday, October 22, 2:00 p.m. - 3:30 p.m.

\$15 each for members and \$25 for not-yet-members, including materials fee.

Needle Felted Pumpkins

Learn the art of needle felting while creating your own unique spooky pumpkin. Learn how to blend colors, create patterns and sculpt with wool. Hand stitching and wire work will also be taught, to make authentic pumpkin shapes. Each pumpkin will be unique and creative, according to your vision and whim! All materials are provided, and no experience is necessary to participate. Mallory Zondag is a local mixed-media artist who travels the Northeast teaching felting, weaving and stitching.

Thursday, October 24, 10:00 a.m. – 1:00 p.m.

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

Watercolor Workshop: Fall Leaves Up Close

Use watercolor paints to explore texture and color by rendering a variety of autumn leaves. Kevin Kuhne is an award-winning painter and teacher of many years. All materials included.

2 Wednesdays, October 30 and November 6, 10:00 a.m. – 11:30 a.m.

\$30 for members and \$40 for not-yet-members.

November Arts

Vinyl LP Mandalas

Geometric symbols known as mandalas have been historically utilized in various practices from ceremonies to meditation. Join Nicole Miele from Rock & Soul Wellness in this workshop to explore the origins of mandalas and learn how to craft one using dotting tools, grids, and outlines on a recycled vinyl record. All materials will be provided.

Friday, November 1, 10:00 a.m. – 12:00 p.m.

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

Botanical Drawing - Mushrooms and Fungi

Learn the basics of botanical drawing with the beautiful and magical mushroom! The process of botanical drawing begins with gradual toning and simple geometric shapes that turn into all form found in nature. By layering neutral tones and adding color, students will have created lovely mushroom drawings. Paper is provided. Students should bring colored pencils and drawing pencils to class. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Friday, November 1, 1:00 p.m. – 3:00 p.m.

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

Stained Glass Suncatcher Workshop – Long Suncatcher

Come make a rectangle-shaped, abstract stained glass suncatcher approximately 3" x 8", using colors of the season. Use pre-cut pieces of glass and stained glass foiling and soldering techniques to make your own, unique artwork. Suncatchers make beautiful gifts or for hanging in your own home. Kim O'Rourke is a stained glass artist who has been creating and selling her work for many years.

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

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

At King Thiel II.

More Colorful Paper Weaving

Come learn about color, texture, pattern and design, all while weaving with paper and experimenting with pattern and weaving techniques. In this easy and fun class, Kathy Klompas will lead students in how to make beautiful artworks, using a variety of papers. Choose from an abundance of papers to create two 12" x 12" finished pieces, and smaller practice pieces if time allows. Kathy is an artist and educator, and the owner of Ragged Edge Studio in Cohoes.

Wednesday, November 6, 1:00 – 3:00 p.m.

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

Beaded Leaf Canvas

Come be creative and have fun making the likeness of a leaf with colored glass beads on canvas. Choose the leaf shape of your choice and the colors of fall to make a beautiful piece of art! This class is led by Marjorie Ward, who has been making art and teaching for many years.

Thursday, November 7, 10:00 a.m. – 11:30 a.m.

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

Resin Necklace Charm

Learn the art of resin by creating a lovely pendant. Participants will choose natural materials (leaves, flowers, etc.) and be guided on choice of color, layout and design. The finished product is a large pendant with the design forever encased in resin. Necklace cords will be available for each pendant. Diana Cartwright has been making jewelry and teaching art and craft classes for many years.

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

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

Botanical Drawing - Pinecones

This class is a continued journey of the basics of botanical drawing: gradual toning of simple geometric shapes, that create the forms in nature. The process begins with neutral tones layered with color, and the end result will be a lovely drawing of a pinecone. Suitable for be-

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, October 21 – December 16 (no class on November 11.)

2:00 p.m. – 3:00 p.m.

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

30-Minute Groove + Tone

Spend a quick 30 minutes improving your core strength, balance and flexibility – all while having a great time. In this express class, Diane Seguin will lead you in coordinated movements designed to improve your health. This class can be done by beginners and experienced dancers alike. Chairs are optional. This is for all levels and chairs are available. Diane has been teaching exercise classes and sharing her love of wellness for 40 years.

8 Tuesdays, October 22 – December 10, 11:30 a.m. – 12:00 noon.

\$35 for members and \$45 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, an artist and dancer and has been teaching Nia for 12 years.

8 Tuesdays, October 15 - December 3.

12:45 p.m. – 1:45 p.m.

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

Square Dancing

Come for Square Dancing – a group-oriented dance event where everyone works together to have fun and be fit. Instructions are simple, easy to follow and designed to keep you moving. New progressions will be taught each class, keeping the event fresh and fun every week! Elaine & Dennis each bring over 40 years' experience dancing and calling at festivals around the country. They are located in Gloversville, New York.

8 Tuesdays, October 22 – December 10, 2:00 p.m. – 3:00 p.m.

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

Monthly Meditation - Gratitude and Calm

Join us for meditations, including discussions that include pathways to raise your energy vibrations, how to help heal yourself, the importance of meditation, mindfulness and energy work, affirmations and manifesting. 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, October 16, November 20, December 18.

Choose one or all three.

The Beltrone Living Center: 10:00 a.m. – 11:00 a.m.

King Thiel II: 1:00 p.m. – 2:00 p.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 prac-

tice. 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, October 10 – December 5 (no class on 11/28).

10:00 a.m. – 11:00 a.m. at The Beltrone

or

1:00 p.m. – 2:00 p.m. at King Thiel II

\$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.

10 Thursdays, October 3 – December 12 (no class on November 28.)

Advanced Tap: 11:15 a.m. – 12:15 p.m.

Intermediate Tap: 12:15 p.m. – 1:00 p.m.

Beginner/Intermediate Tap: 1:00 p.m. – 1:45 p.m.

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

Introduction to Ballet

Learn the basics of ballet, in this new and fun class that's equally welcoming to men and women. Ballet improves posture, flexibility and builds muscle and agility. What's more, it feels good and is a fun way to exercise. No tutus or pointe shoes required, just comfortable clothes and soft-soled shoes.

10 Thursdays, October 3 – December 12 (no class on November 28.)

1:45 p.m. – 2:30 p.m.

\$65 for members and \$75 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 THE CENTER's beloved yogi and has been practicing martial arts since 2017.

8 Fridays, October 11 – December 6 (no class on November 29).

9:00 a.m. – 9:45 a.m.

\$55 for members and \$65 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, October 11 – December 20 (no class on November 29).

10:00 a.m. – 10:45 a.m.

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

THE CENTER
is underwritten
by:



by artisans. Created from Chinese silk and steel wire, the lanterns are sure to thrill and inspire all who see them. Historically, Chinese lanterns were globes and meant to honor the moon and the changing of the seasons. Lanterns in the Autumn Glos Festival represent fairies, animals, automobiles and so much more. Come be amazed! **[Walking. Standing.]**

Friday, November 1, bus leaves The Beltrone at 5:45 p.m. and returns at approximately 8:45 p.m.

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

Musicians of Ma'alwyck at Schuyler Mansion

Come see the Mayhem & Madness concert! This performance offers music from the eighteenth and nineteenth centuries, including a work by Guillaume-Pierre-Antoine Gatayes (1774–1846). Gatayes was a prolific composer and guitar player who lived in Paris during the time of the French Revolution. The concert will be held at the beautiful and historic Schuyler Mansion in Albany. Come spend an afternoon listening to the sounds of classic flute, violin, cello and guitar. **[Stairs.]**

Sunday, November 3, bus leaves The Beltrone at 1:00 p.m.

and returns at approximately 4:30 p.m.

\$46 for members and \$56 for not-yet-members.

Tour of Burden Ironworks

Step into the past and learn about our region's important past as a major iron center as we visit the Burden Ironworks Museum. At its peak, the ironworks employed nearly 2,000 men and stretched a mile along the Hudson River. We'll tour the museum and then have time to visit the exhibits on our own. After, we'll sit for Defazio's pizza in the museum. **[Standing. Stairs.]**

Thursday, November 7, bus leaves The Beltrone at 10:30 a.m. and returns at approximately 2:00 p.m.

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

Hudson History Walk and Lunch

The City of Hudson is much more than a quaint town in the Hudson River Valley. Founded by Quakers in 1785, Hudson features examples of every architectural style since the late 18th century, including two of the rarest, Adam and Egyptian Revival. The walking tour explores the diverse cultural history as well as architecture and the people who once lived there, including Thomas Jefferson, Legs Diamond and more! After, we'll have lunch at Wunderbar Bistro. **[Walking. Standing.]**

Friday, November 8, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 4:00 p.m.

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

The Writer's Institute – Joshua Cohen

The Writer's Institute at the University of Albany seeks to celebrate literature by presenting talks with writers in every imaginable genre. Their events are free and open to the community, and an important part of the literary community in Albany. Join us to hear Pulitzer Prize winning novelist Joshua Cohen speak about his novel *The Netanyahu's*, about a fictional Israeli Jewish family who comes to visit New York in the 1950s. After, we'll stop at Bountiful Bread for sandwiches (not included.)

Tuesday, November 12, bus leaves The Beltrone at 3:45 p.m. and returns at approximately 7:30 p.m.

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

Clermont House Tour

Come see and learn about 250 years of history in the Hudson Valley at Clermont State Historic Site. First built in 1730, Clermont has undergone many changes, including a near complete rebuild after being burned by the British in 1777. Today, the grand house appears as it did in the 1930s, with exquisite architecture, furnishings and many stories to tell. Our group will be

broken into two groups, and participants are welcome to take an autumn walk through the property's grounds while awaiting the tour. After, we'll have a lovely Italian meal at Giobatta in Tivoli. **[Walking. Standing.]**

Wednesday, November 13, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:30 p.m.

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

Gilded Age Talk and Luncheon

Join Discover Albany's Maeve McEneny-Johnson for "Albany in the Gilded Age!" Inspired by the hit HBO series "Gilded Age," Maeve will share stories of the filming and tell stories of the real Albany Gilded Age residents who walked the very same streets. The talk and buffet luncheon will take place at the historic Albany restaurant and brewery Common Roots.

Thursday, November 14, bus leaves The Beltrone at 11:45 and returns at approximately 2:00 p.m.

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

Indian Ladder Farms Cider Tasting and Tour

Indian Ladder Farms is a 90-acre apple farm that was founded in 1916 and is run by the third generation of the Ten Eyck family. Indian Ladder has been an industry leader in sustainably grown apples and cider production. Come for a tour of the cidery and enjoy a hard cider flight. There will be time for visiting the animals and shopping in their fun farm store, too. **[Walking. Standing.]**

Friday, November 15, bus leaves the Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m.

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

Free Albany Symphony at Troy Music Hall

Join us for a free matinee showing of Albany Symphony Orchestra at the beautiful and historic Troy Music Hall. The performance is Joan Tower + Dvořák's "New World". David Allan Miller will conduct the orchestra, with special guest Raman Ramakrishnan on cello. This will be an unforgettable afternoon of sound! Tickets will be given via lottery, drawn on November 1. Call to be entered. Made possible by funding from CDPHP.

Sunday, November 17, bus leaves The Beltrone at 2:00 p.m. and return sat approximately 6:00 p.m.

Free for members.



Glenmont Food Tour

Join Albany's ultimate foodie, filmmaker and all-around-fun-guy Rick Bedrosian for a tour of Bethlehem's best eateries. The trip is a whirlwind adventure that starts at Romo's and continues at Taj Indian, Sawa Asian Fusion and finally O'Slattery's, for fish and chips and cookies from Perfect Blend. Rick will tell stories, talk about the food, and lead us in an utterly enjoyable afternoon. Rick Bedrosian is a local musician and tour guide whose travel web series, *I Could Eat*, is winning awards at film festivals around the globe.

Tuesday, November 19, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 5:00 p.m.

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

Albany Institute Tour and Iron Gate Café

Albany Institute of History and Art is Albany's treasure! With important, permanent collection, including major works from the Hudson River School and Ancient Egypt and many works in between, the Institute is a worthwhile visit. Come for a tour of the permanent collection, and time to see the Salley Mavor fiber arts exhibit:

make-believe miniature worlds full of characters, props, and scenery, all created by hand with stitching, fabric, beads, wire, and found objects. After, we'll head over to the Iron-gate for a late lunch. **[Standing.]**

Wednesday, November 20, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 3:00 p.m. \$42 for members and \$52 for not-yet-members.

Berkshire Bird Paradise

Peter Dubacher founded the Berkshire Bird Paradise when he returned home from the Vietnam War. He was suffering from PTSD and creating the sanctuary helped him recover. In the 50 years it's been in operation, they have saved the lives of thousands of birds. Come meet Peter, hear his story, and meet the birds. There will be snacks on the bus. **[Standing. Walking.]**

Thursday, November 21, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 1:30 p.m. \$24 for members and \$34 for not-yet-members.

Proctor's Noontime Concert

Kickoff the holiday music season with an organ concert in the GE Theater at Proctor's. Join us for an afternoon listening to the sounds of Helen Maksymicz playing holiday music on the organ. Bring a bagged lunch or purchase one there.

Tuesday, November 26, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 2:00 p.m. \$15 for members and \$25 for not-yet-members.

December Trips



Diane's Secret Tour

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

Monday, December 2, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:00 p.m. \$39 for members and \$49 for not-yet-members.

Hawthorne Valley Farm Tour and Visit

Located in Ghent, Hawthorne Valley Farm is a 900-acre working organic farm, dedicated to food production, educational programs for children and adults, ongoing social and scientific research, and the cultivation of a vibrant artistic community. Spend the morning with us at Hawthorne, where we'll have an authentic farm-to-table experience, with a tour of the farm and animals, a hands-on cooking class, and experience the taste of what we prepare together. After, we will visit their farm store. Class includes a hearty snack. **[Walking on unsteady ground. Standing.]**

Wednesday, December 4, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 3:00 p.m. \$69 for members and \$79 for not-yet-members.

Beekman Arms Theater: Victorian Christmas and Lunch

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 for a lively holiday small theater pro-

duction with Charles Dickens himself as he gives a history lesson accompanied by Victorian carolers and a surprise guest. Buffet lunch is included. After, we'll have time to stroll and shop. **[Walking.]**

Tuesday, December 10, 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.

Stockade Walking Tour and Dinner at Arthur's

See the beautiful, historic Stockade with twinkly holiday lights as we walk and hear stories of holidays past with Michael Diana, Schenectady County Historian. Michael will take us, on foot, past houses that have stood for hundreds of years. We'll hear stories of the people who lived there and the times in which they lived. There will be time to see the Festival of trees in the Schenectady County Historical Museum before heading to Arthur's for a soup and sandwiches. **[Walking.]**

Thursday, December 12, bus leaves The Beltrone at 1:15 p.m. and returns at approximately 6:00 p.m. \$39 for members and \$49 for not-yet-members.

Axe Throwing, Snacks, and Fun

It's back! We had so much fun Axe throwing, that we're doing it again. 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, December 13, 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.

Insiders View of a Real CSI Lab at the Capital Region Crime Analysis Center

Ever wonder what really happens in a crime lab? Come find out at this real-life crime scene operation. See how scientists analyze DNA and anything related to a crime, including murder and homicide, to catch the bad guy.

Tuesday, December 17, bus leaves The Beltrone at 9:30 a.m. and returns at 11:30 a.m. \$15 for members and \$25 for not-yet-members.

Salt Den Relaxation Day

Come experience the wonder of a salt den! Halotherapy is dry salt therapy - where sodium chloride is ground into microparticles. In the salt den, the particles are inhaled as well as land on the skin. Halotherapy has been known to provide relief for a variety of ailments, but best of all, it reduces stress, anxiety and fatigue.

Wednesday, December 18, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 3:30 p.m. \$39 for members and \$49 for not-yet-members.

Collar City Mushroom Tour + Goodie Bag

Collar City Mushrooms is an indoor urban vertical mushroom farm, production facility, mycological education center, and community gathering space. Come for a visit with Avery Stempel, founding 'fun-guy' to learn about mushrooms and why they're good for you and the environment, and shop for mushrooms and other local products. Each person will leave with a pint of mushrooms to bring home. **[Standing.]**

Thursday, December 19, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m. \$25 for members and \$35 for not-yet-members.

ginners and intermediate artists. Paper is provided; bring your own pencils and colored pencils. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Friday, November 15, 1:00 p.m. – 3:00 p.m.
\$24 for members and \$34 for not-yet-members.

Shower Steamers Workshop

Come make a few shower steamers: scented tablets that dissolve in hot water, creating a therapeutic, relaxing experience in an everyday shower. Use essential oils of your choosing to make three steamers, which are great gifts or nice to keep for yourself. Karen Dujack is a local crafter who has been making soap and other skin care products for many years. All materials are supplied for each class.

Monday, November 18, 1:00 p.m. – 2:00 p.m.
\$29 for members and \$39 for not-yet-members.

Rubber Stamping Art

Come have fun and create with the wonderful Ann Burns! Get into the holiday spirit with some simple, elegant cards to send to family and friends. All materials supplied.

Tuesday, November 19, 2:00 p.m. – 3:30 p.m.
\$15 each for members and \$25 for not-yet-members.

Fall Still Life in Watercolor

Spend a relaxing day painting a fall still life! This longer session allows students to better study and practice the art of painting in a fun and supportive environment. The still life will include pumpkins, gourds and leaves. Kevin Kuhne is an award-winning painter and teacher of many years. All materials included.

Wednesday, November 20, 10:30 a.m. – 11:30 a.m. and 12:30 p.m. – 2:00 p.m. (lunch break from 11:30 a.m. – 12:30 p.m.)
\$30 for members and \$40 for not-yet-members.

Wool Pet Ornaments

Create a sweet pet ornament using wool, wire and felting needles during this needle felting workshop. We will work with wool roving to sculpt a wooly version of a pet or favorite animal to hang in your home or give as a gift. You will learn how to sculpt with wool, how to blend colors to create realistic details and create different textures to bring your animal ornament to life. All materials are provided, and no experience is necessary to participate. Mallory Zondag is a local mixed-media artist who travels the Northeast teaching felting, weaving and stitching.

Friday, November 22, 10:00 a.m. – 1:00 p.m.
\$48 for members and \$58 for not-yet-members.

December Arts

More Brilliant Pets and Animals in Watercolor

Use a bright, non-traditional color palette to render your favorite animal in watercolor. Using fun, new colors to paint animals (think red, orange and green instead of brown and black) livens a portrait and shows personality. If you wish, please bring in a photo of your pet, the same size as the painting you will be doing, but no larger than 9"x12". Plenty of photos will be available to use as well. Kevin Kuhne is an award-winning painter and teacher of many years. All materials included.

2 Wednesdays, December 4 and 11, 10:00 a.m. and 11:30 a.m.
\$30 for member sand \$40 for not-yet-members.

Gourd Ornaments

Create ornaments for holiday trees or any place that can use cheering up using small gourds. Tim Sauter will lead the class in making decorative ornaments from natural gourds that have lots of personality and make for lively decorations. Use paints and accoutrements of your choosing to transform simple gourds into beautiful hanging artworks,

perfect for giving or keeping. Each student will make 2 gourd ornaments. Tim Sauter is a New York state artist who has been making and showing his art for many years.

Thursday, December 5, 1:00 p.m. – 3:00 p.m.
\$29 for members and \$39 for not-yet-members.

Holly -Botanical Drawing with Colored Pencils

Holly is a plant that is used in holiday celebrations all over the world. In this 2-hour class, students will practice the process of botanical drawing by layering neutral tones and putting on top color with colored pencils. By the end of class participants will have created lovely holly renditions. Paper is provided; bring your own pencils and colored pencils. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Friday, December 6, 1:00 p.m. – 3:00 p.m.
\$24 for members and \$34 for not-yet-members.

Special Soap Making

Take care of winter skin with beautiful, naturally scented goat milk soap, made by you! In this workshop, you will create three bars of soap, scented to your liking. They will be poured into pretty molds and are perfect for gift giving, or keeping for yourself. Karen Dujack is a local crafter who has been making soap and other skin care products for many years. All materials are supplied for each class.

Monday, December 9, 1:00 p.m. – 3:00 p.m.
\$29 for members and \$39 for not-yet-members.

Winter Solstice Paint and Mingle

Come for an afternoon of art therapy and camaraderie with fellow painters! Class includes step-by-step instruction of a winter themed painting on a 9" x 12" canvas using acrylic paint. The class will paint together, but each person will make their own design, using winter's colors, natural objects and personal preference as inspiration. Diana Cartwright has been making jewelry and teaching art and craft classes for many years.

Wednesday, December 11, 1:00 p.m. – 3:00 p.m.
\$24 per person and \$34 for not-yet-members.

Stained Glass Suncatcher Workshop –

Abstract Blue and White

Come make a beautiful abstract stained glass piece sized 6" x 8" in many different shades of blue and white, perfect for celebrating the start of the winter season! Use pre-cut pieces of glass and stained glass foiling and soldering techniques to make your own, unique artwork. Suncatchers make beautiful gifts or for hanging in your own home. Kim O'Rourke is a stained glass artist who has been creating and selling her work for many years.

2 Thursdays, December 12 and 19, 12:00 p.m. – 3:00 p.m. at the Beltrone or

2 Fridays, December 13 and 20, 12:00 p.m. – 3:00 p.m. at King Thiel II

\$120 for members and \$130 for not-yet-member for each class.

Busted Canvas Artworks

Join CSSC's Director of Lifelong Wellness Isabella Browne Lorcher for a fun class! In this creative and out-of-the-box event, we'll create a 3D effect by cutting and popping out sections of a flat canvas to reveal another canvas beneath. Use a picture we have or bring your own 5" x 7" color reproduction. All materials supplied.

Monday, December 16, 1:00 p.m. – 3:00 p.m.
\$10 for members and \$20 for not-yet-members.

Origami Paper Flower

Come for a fun and social class, creating beautiful (yet easy!) flowers from Origami. Barb Oliver, crafter extraordinaire, will lead the class, teaching us how to fold pretty papers of your choice to create flowers that sit on wooden stems. These paper flowers are good for gifting or for cheering up any space. Barb Oliver has been crafting and sharing her love of crafts for many years.

Friday, December 20, 1:00 p.m. – 2:30 p.m.

Club Events At The Beltrone. Members only, no registration required.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards (M-F) 9:00 a.m.—12:00 noon in the Billiard Room	Bridge 12:30—3:30 p.m. In the Activities Room	Bingo 1:00 p.m.—3:00 p.m. In the Lakeview	Cornhole 10:00 a.m.— noon In the Lakeview	Host your club event at THE CENTER! 518-704-4253 for info.
MahJong 12:45 p.m.—3:00 p.m. In the Activities Room	Writer's Workshop 1st & 3rd Tuesdays, 1:00 p.m.—2:00 p.m. In the Library	Cribbage 1:00 p.m.—3:00 p.m. In the Activities Room	Rummikub 1:00 p.m.—3:00 p.m. In the Activities Room	

Events designed with learning in mind. At The Beltrone, unless noted.

I Could Eat! Pilot Episode Screening, Music and Momo Tasting with Rick Bedrosian

Join Rick Bedrosian for a fun afternoon of live music, film, conversation, and food tasting, centered around Rick's award-winning TV pilot, I Could Eat. The 28-minute film follows a whirlwind tour of culinary stories in Queens, New York. First, Rick will play a few songs and sing, before introducing the film. See and hear stories of the people who produce diverse, delicious food. After, there will be discussion and questions, followed by a tasting of vegetarian Momo, a traditional Napali dumpling. This event has something for everyone and is sure to be entertaining and delicious! Rick Bedrosian is a locally based musician, filmmaker and tour guide.

Friday, October 25, 2:00 p.m. – 3:00 p.m.

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

Learn To Play Chess

Learn the mental game of chess! Become a chess player by learning opening strategies and advanced tactics. Learn all about chess: the rules, the pieces, the strategies, tactics, and theory from a chess champion. Eugene Lugowski has been playing and teaching chess for many years. **In the Activities Room.**

6 Tuesdays, November 5 – December 10,

10:00 a.m. – 11:30 a.m.

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

Podcasts 101

What exactly is a Podcast, anyway? Come learn all about podcasts, what they are, how to find them and how to listen.

We'll discuss listening to podcasts on both Apple and Android

devices, which podcasts are popular and answer any questions you have. With Peggy Mello and Karrie McLellan from Colonie Town Library.

Tuesday, November 12, 2:00 p.m. – 3:00 p.m.

Free for members.

Controlled Chaos Improv Comedy

Come for a special event at The Beltrone Living Center! Improv is short for improvisation. It's spontaneous ensemble theatre. Improv is an art form where the performers make things up, usually performing comedy, and never with a script. Be part of the fun when the cast members of Controlled Chaos Improv Comedy ask the audience for topics and suggestions, and then run with it. The result is engaging, enlightening and often: hilarious. Controlled Chaos has been entertaining people in the Capital District since 2012.

Monday, November 25, 2:00 p.m. – 3:00 p.m.

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

Sheila Curran Bernard Book Talk and Discussion

Join us to welcome Sheila Curran Bernard, an Emmy and Peabody Award-winning filmmaker, writer, and educator. Curran will be here to discuss her latest book, Bring Judgement Day. The book details the life of Huddie Ledbetter 'Lead Belly' (1889–1949), an American icon whose influence on modern music was tremendous. Curran's meticulously researched book sheds light on his life, his arrests, and an unfair judicial system in the Jim Crow South. There will be time for discussion and questions after the presentation, and books will be available for sale.

Friday, December 6, 2:00 p.m. Free for members.

Members Only Events

CAT – The Cat Action Team

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, October 18, November 15, December 20,

1:00 p.m. - 2:00 p.m. Free for Members.

Special Bake CAT Bake Sale!

Join CAT to help raise money for local kitties in need. Come for baked goods and cat-themed items to purchase. All proceeds benefit local cat shelters.

Friday, October 25, 10:30 a.m. - 1:30 p.m.

In Reception at The Beltrone Living Center.

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.

Book Club

Meet up every month for good conversation and camaraderie with fellow book lovers. Free for members.

Mondays (except where noted), 1:00 p.m. - 2:30 p.m.

October 21: Shelterwood, Lisa Wingate

November 18: Happiness Falls, Angie Kim

December 16: The Women, Kristen Hannah

Fire Extinguisher Training

The Colonie EMS is back to provide valuable information using a fire extinguisher, including when to use it, how to use it, the hazards associated with a fire extinguisher, and more.

Free for members. Register, please.

The Beltrone: Friday, November 15, 10:00 a.m.

King Thiel II: Thursday, November 21 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. All are taught by volunteers and offer gentle exercise in a social environment.

\$10 per quarter (three months.)

Registration Required.

Fees collected are used for program supplies.

Healthy Bones at The Beltrone (4 Classes)

9:30 a.m. - 10:30 a.m. and 10:30 a.m. - 11:30 a.m.

1:00 p.m. - 2:00 p.m. and 2:30 p.m. - 3:30 p.m.

Wednesdays, October 2 - December 18.

Healthy Bones at King Thiel

1:30 p.m. - 2:30 p.m.

Tuesdays, October 1 - December 31.

Balance Class at King Thiel

1:30 p.m. - 2:30 p.m.

Thursdays, October 3 – December 26 (no class on November 28).

Healthy Bones at Sheehy Manor

10:00 a.m. - 11:00 a.m.

Tuesdays, October 1 - December 31.