

# THE CENTER at CSSC

January, February, March 2025      Classes and Experiences for Lifelong Wellness  
FOR ALL PEOPLE AGED 55+

Dear Friends,  
We are excited to help you continue to stay curious in the new year, whether that means exploring somewhere new, trying your hand at something that has always intrigued you, or just sharing an experience. Over the next three months we will be delving into history, learning more about wildlife, making new connections, and coming together to sing. Join us on Tuesday, January 7th from 1:30 p.m. to 3:30 p.m. for THE CENTER's Annual Open House at The Beltrone.



Isabella Browne Lörcher, Director of Lifelong Wellness

## Where To Find Us

- **The Beltrone Living Center:** 6 Winners Circle, Albany
- **King Thiel Senior Community:** 17 Elks Lane, Latham
- **King Thiel II Senior Community:** 11 Elks Lane, Latham
- **Sheehy Manor:** 8 Carondelet Drive, Watervliet



### The Chocolatorium

Calling all chocolate lovers! The Chocolatorium in East Arlington, VT is a chocolate exhibit, learning experience and store. We will sit for a chocolate class, make a chocolate bar, and have a chocolate tasting, then have time to shop.

**Friday, February 7, bus leaves The Beltrone at 9:45 a.m. and returns at approximately 1:00 p.m.**

\$25 for members and \$35 for not-yet-members.



For More Trips and Travel, see page 2

## Sound Bath Meditation

Sound Bath Meditations use sound to promote relaxation and healing. The vibrations and frequencies produced by these instruments help to clear the mind, reduce stress, and balance the body's energy. Sound meditation is accessible to all.

**Monday, March 3, 2:00 p.m. – 3:00 p.m.**

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



For More Exercise and Wellness, see page 7

## The Art of Japanese Kintsugi

Kintsugi translates to 'golden joinery' and is the centuries-old Japanese art of repairing broken pottery with gold or silver. Come learn about this beautiful artform, its history and traditions, and make your own piece of kintsugi. Tara Deluca has been teaching in the Albany area for many years.



**Friday, January 31, 1:30 p.m.– 3:30 p.m.**

\$70 for members and \$80 for not-yet-members.

For More Arts, see page 4

## 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:**

Isabella: 518-704-4253

Madelyn: 518-704-4269

**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

**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.

[www.colonieseniors.org](http://www.colonieseniors.org)



**THE CENTER**  
LIVE + LEARN



Live Birds of Prey

Football 101

Documentary Screening

Adult Health Class

Nature Talks

**Events designed with learning in mind.**

For THE CENTER U, see page 7

### Monthly Trips

#### Rivers Casino

Come try your luck at the slot machines or the card tables.

**Wednesdays, January 8, February 12, March 12, 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 lunchtime concerts in their historic music hall. Bring your lunch and enjoy an afternoon of good music with friends.

**Tuesday, January 14, Michael Century, Piano.**

**Tuesday, February 11, Thomas Piercy, Marina Iwao and Daniel Hass, Clarinet and Hichiriki, Cello, Piano.**

**Tuesday, March 11, Toss the Feathers, Irish traditional music and song.**

**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.**

### January Trips

#### Glow in the Dark Mini Golf

Launch into outer space with us on a fun afternoon at Crossgates Mall! At Space Adventure Mini Golf, you will navigate alien landscapes, spaceships and astronauts while playing 18 holes of mini golf. After, there will be time for snacks in the food court (not included), or strolling the shops. [Standing. Walking. Low Lighting.]

**Monday, January 13. Bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m.**

**\$28 for members and \$38 for not-yet-members.**

#### State Museum Tour and Lunch

Come for a behind-the-scenes tour of the New York State Museum, where you'll see and learn about exhibits from the perspective of a museum curator. We will tour the newest art exhibit and get an in-depth look at the Native Arts in the museum's collection. After the tour, we'll head down to the Concourse, where we'll dine together with choices from the range of food options there (not included.) [Standing. Walking.]

**Wednesday, January 15, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m.**

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

#### Parade Musical at Proctor's Theater

Parade is a Tony Award winning musical that tells the story of a young Jewish couple, struggling to make a life in Georgia. A false accusation leads to an unimaginable test of faith, humanity, justice, and devotion. Come hear the music, see the production, feel the passion! There will be time for lunch in the arcade before the show. Bring your own lunch or purchase at the lunch counter (not included).

**Thursday, January 16, 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.**

#### Tour of the Clark Museum

The Clark Museum, in Williamstown, MA., is renowned for its collection of impressionist paintings, including Monet, Renoir, and Degas. Our guided tour will pay special attention to women in the arts, exploring the important contributions of women artists, including Impressionist painters and sculptors. We will have lunch at the museum, followed by free time to explore the extensive galleries on your own. [Standing. Walking.]

**Wednesday, January 22, bus leaves The Beltrone at 9:00 a.m.**

**and returns at approximately 3:00 p.m.**

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



#### Tour of WMHT

If you have ever been curious about how a television station works, come for a tour of WMHT, the Capital District's public media station. First aired in 1962 from Troy, the station now covers Eastern New York and Western New England. Come see the station, meet the faces behind the voices and learn about the science behind broadcasting. [Standing. Walking.]

**Thursday, January 23, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 3:30 p.m.**

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

#### Forensic Science at MiSci

Are you a fan of true crime? At Schenectady MiSci, we will participate in a mock investigation to learn about forensic science and how evolving technology helps scientists and detectives discover the truth about mysterious criminal cases. We will sit for a picnic lunch, and then have time to explore the exhibits. [Standing. Walking.]

**Wednesday, January 29, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 1:30 p.m.**

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

#### Snowshoeing and Animal Tracking at Up Yonda Farm

This program includes instruction on the techniques of snowshoeing, and a Naturalist-led walk at Up Yonda Farm in Bolton Landing. The walk will include instruction on animal tracks, tree identification, and animal adaptations in winter. After our walk we will have a picnic lunch in their museum. On the way back there will be an option to stop at Ambrosia Diner for coffee and a cookie at your own expense. All equipment is provided. [Standing. Walking.]

**Thursday, January 30, bus leaves The Beltrone at 8:45 a.m. and returns at approximately 2:30 p.m.**

**\$44 for members and \$54 for not-yet-members.**

#### Pechakucha at Opalka Gallery

Pechakucha is a Japanese form of storytelling, where presenters tell a story using 20 slides at 20 seconds for each slide. Stories vary from personal accounts of family and pets to art, travel, love and everything in between. The result is creative, engaging and so much fun to see. The event takes place in Opalka Gallery in Albany, so there's time for viewing exhibits hanging in the gallery space, and they always offer free snacks and beer.

**Friday, January 31, bus leaves The Beltrone at 6:00 p.m. and returns at approximately 9:00 p.m.**

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

### February Trips

#### Evening of Illumination in Lake George

Let us bring you to the Adirondacks for an evening of "Lights at the Lake". If you've missed seeing the holiday lights display in Albany's Washington Park, here's your chance to see them again in an even more epic setting: right on the shores of Lake George. We will explore the light displays in Charles Wood Park and Shepard Park on foot. On our way back we will stop at the Ambrosia Diner so you can grab a hot drink and sweet treat for the bus ride back (not included). [Walking. Standing.]

**Thursday, February 6, bus leaves The Beltrone at 3:30 p.m. and returns at approximately 7:00 p.m.**

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

#### Tour the Universal Preservation Hall

Come get a behind-the-scene glimpse at Proctor's newest space in Saratoga. The Universal Preservation Hall was first built as a Methodist Church in 1871; by 2020 it had become a premier performance space. On this tour, we will learn about

## March Trips

the building's rich history from 1871 to today and get a peak behind the curtain! After our tour, we will head to Scallions for lunch. [Walking. Standing. Stairs.]

**Tuesday, February 11, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 1:45 p.m.  
\$40 for members and \$50 for not-yet-members.**

### Winter Birding at the Albany Pine Bush

There's still plenty of wildlife out there in the colder months. Come learn about winter birds with a trained naturalist at the Albany Pine Bush. We will start inside, then head outside to see what we can see. Snowshoes and/or micro-spikes provided if needed. [Uneven ground. Walking]

**Thursday, February 13, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 3:00 p.m.  
\$15 for members and \$25 for not-yet-members.**

### Golden Oldies Brunch

Groove out to the tunes of Motown while enjoying brunch in Schenectady! Live musicians will serenade you with the songs you love while you eat and maybe even get those dancing feet moving!

**Wednesday, February 19, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 2:30 p.m.  
\$63 for members and \$73 for not-yet-members.**

### Life of Pi at Proctor's

Based on the international best-selling book, Life of Pi is an exhilarating theater experience that tells a story of perseverance and hope. After a shipwreck in the middle of the Pacific Ocean, a sixteen-year-old boy named Pi survives on a lifeboat with four companions: a hyena, a zebra, an orangutan and a Royal Bengal tiger. Told with jaw-dropping visuals, world class puppetry and exquisite stagecraft, Life of Pi creates a breathtaking journey.

**Thursday, February 20, 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.**

### Via Aquarium Shark Show

Dive into the ocean's depths at Via Aquarium in Schenectady. We will explore their living exhibits to learn more about the ocean's wildlife before getting up close and personal with some of the aquarium's sharks and sting rays! An expert will teach us more about sharks before guiding us at the shark touch tank and sting ray feeding tank. [Walking. Standing.]

**Tuesday, February 25, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:00 p.m.  
\$32 for members and \$42 for not-yet-members.**

### Tech Valley Center of Gravity Tour

The Tech Valley Center of Gravity in Troy has been a makers' space for artists, inventors, and creators since 2013. Your own creativity will be energized by a tour of their space, including everything from metal and wood shop to 3D printing and laser cutting, and learning more about the makers in your community. Afterwards, we will head to The Whistling Tea Kettle for lunch. [Walking. Standing.]

**Thursday, February 27, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 12:30 p.m.  
\$58 for members and \$68 for not-yet-members.**

### Nuns of New Skete Cheesecake Trip

Over 35 years the Nuns of New Skete Cheesecake operation has become a global culinary phenomenon. Each cheesecake is still made by hand by Nuns in Cambridge, NY. Come learn about the history behind these beloved cakes. [Walking. Standing. Uneven ground.]

**Friday, February 28, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m.  
\$15 for members and \$25 for not-yet-members.**

### Learn to Row SERIES

It may be a little cold to get out on the water, but it's not too cold to start learning how to row. Join us for a month-long series at the Albany Crossfit gym to learn proper form and technique for rowing. Each class will include a warm up and a cool down before as well as personalized attention while on the urge machine. This is a great whole body workout. [Sitting. Hip flexibility. Cardio.]

**Mondays, March 3, 10, 24, and 31, 1:45 p.m.—2:45 p.m.  
\$56 for members and \$66 for not yet members.**

### Slate Valley Museum Tour

The Slate Valley Museum in Granville, NY celebrates the history and culture of the quarrying community that was established along the New York-Vermont border in the 1800s. The museum's executive director will give us an in-depth tour of the museum including a look at the lives of everyday people from around the world who flocked to the area to work and profit from the quarries. After our morning in the museum, we will head to Johnson's Cabin Grill for lunch. [Standing. Walking.]

**Wednesday, March 5, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 2:30 p.m.  
\$44 for members and \$54 for not-yet-members.**



### 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.]

**Thursday, March 6, 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.**

### Cider Tasting and Tour at Nine Pin

Start the weekend off right with something special at Nine Pin Cidery in Albany. Nine Pin supports New York farms by producing quality craft ciders using 100% New York apples and other agricultural products from around the state. We will tour the cidery, learning about how it is made, before sampling some of Nine Pin's ciders. [Walking. Standing.]

**Friday, March 7, bus leaves The Beltrone at 1:30 p.m. and returns at approximately 4:00 p.m.  
\$58 for members and \$68 for not-yet-members.**

### Textile Day at TL at Home

TL at Home in Claverack, NY has been designing textiles, from bedlinens, blankets, and towels, to scarves and fabric by the yard, for over 50 years. This women-owned business has been designing and creating out of the Hudson Valley for two generations. Come spend the morning learning about how they design and create their textiles, with a little bit of time to explore their outlet store afterwards. We will stop at Queenie's for lunch on the way back. [Walking. Standing. Stairs.]

**Friday, March 14, bus leaves The Beltrone at 9:30 a.m. and return at 1:00 p.m.  
\$34 for members and \$44 for not-yet-members.**

### Exhibition on Screen Presents: Dawn of Impressionism

Travel to Paris, 1874, to see and learn about how the Impressionistic Movement started. This history lesson will open your eyes to how one of the most important art movements in history was started, from a rag-tag bunch of outsiders to an influential group that changed the face of art forever. The movie will be shown in the GE Theater at Proctor's in Schenectady. There will be time to buy a snack or eat what you bring.

**Tuesday, March 18, bus leaves The Beltrone at 12:00 noon and**



returns at approximately 4:15 p.m.  
\$25 for members and \$35 for not-yet-members.

### Mapling at Five Rivers

Every year, Upstate New York is adorned with blue tubing that snakes between trees, carrying sweet sap to steaming sugaring shack. Ever wonder what that's all about? At Five Rivers Environmental Education Center we'll learn all about the history and science of making maple syrup, including how to tap trees and how to turn sap into syrup. After, there will be time to explore their nature center and meet their educational animals. [Walking. Standing.]

**Wednesday, March 19, bus leaving The Beltrone at 12:30 p.m. and returns at approximately 3:00 p.m.**  
**\$15 for members and \$25 for not-yet-members.**

### Flying Bungee Fitness Class

If the first day of spring has you leaping for joy, come channel that energy in fun new workout class. You'll be strapped to a bungee that will help you leap higher, bounce with more pop than ever, dance with no restrictions, and feel weightless, all while being gentle on your joints. This class in Albany is specifically designed to be gentle on your body, to help you stay mobile and flexible, and most of all to have fun. [Standing. Cardio.]

**Thursday, March 20, bus leaving The Beltrone at 2:00 p.m. and returns at approximately 3:45 p.m.**  
**\$44 for members and \$54 for not-yet-members.**

### Albany's Suffrage Movement Lunch and Learn

New York was one of the first eastern states to grant women the right to vote. The people of Albany played a huge role in the Suffrage Movement in the early 20<sup>th</sup> century. Discover Albany's Maeve McEneny-Johnson will share stories of the fight to secure women's right to vote, revealing who was for it, who was against, and the creative strategies each side used to fight for their cause. The talk and buffet luncheon will take place at the historic Albany restaurant and brewery Common Roots.

**Tuesday, March 25, bus leaves The Beltrone at 11:45 a.m. and returns at approximately 2:00 p.m.**  
**\$39 for members and \$49 for not-yet-members.**

### Pickleball Clinic

In this one-day clinic in Latham, skilled instructors will teach us everything we need to know about pickleball, starting with the basics. Then there will be time to test your new skills on the court. [Standing. Cardio.]

**Thursday, March 27, bus leaves The Beltrone at 1:30 p.m. and returns at approximately 4:30 p.m.**  
**\$63 for members and \$73 for not-yet-members.**

### HVCC Flower and Garden Show

Travel with us to Hudson Valley Community College, to the annual Flower and Garden Show, where we'll feel spring's approach in all things flowers and gardens. This annual event showcases flower and garden-themed retail exhibits, an indoor farmers market, and NYS wine tastings. There is also fun shopping for plants, jewelry, food, art and more. Stroll through the show and take in one of the many lectures and demonstrations. [Walking. Standing.]

**Friday, March 28, 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.**

## Creative & Art Events

### January

### Learn to Sing SERIES

Come together and sing! Over the course of eight weeks, choir members will master harmony and rhythm while singing a mix of familiar and new songs. You will be led by Drew Jacobs, an award-winning Singer/Songwriter from Latham.

**8 Wednesdays, January 8 – February 26, 10:00 a.m. -11:00 p.m.**  
**\$59 for members and \$69 for not-yet-members.**

### Watercolor: Pet Portraits

This will be a more traditional approach to painting a head shot of your favorite pet: dog, cat, bird, or in Kevin's case, turtle. Please bring in a photo of your pet the same size as the painting that you plan to do. Kevin Kuhne is an award-winning painter and teacher of many years. All materials included.

**2 Wednesdays, January 15 and 22, 10:00 a.m. – 11:30 a.m.**  
**\$30 for members and \$40 for not-yet-members.**

### Mini Mossy Tapestry Weaving

Learn the art of tapestry weaving using a mini frame loom and a variety of yarns and fibers. You will learn how to weave patterns and textures to evoke the mossy magic of the forest floor, all set up on a wooden box frame so your weaving is ready to hang at the end of the session. The workshop will cover four different weaving techniques to bring your moss textile to life! Mallory Zondag is a local mixed media artist who travels the Northeast teaching felting, weaving and stitching.

**Friday, January 17, 10:00 a.m. – 1:00 p.m.**  
**\$48 for members and \$58 for not-yet-members.**

### Rubber Stamping – Valentine's Day Cards

Come have fun and create with the wonderful Ann Burns! Send your loved ones special cards to let them know how much they are loved. Included will be a cute treat holder for that special someone.

**Tuesday, January 21, 2:00 p.m.-3:30 p.m.**  
**\$15 for members and \$25 for not-yet-members.**

### Button Necklaces

Join the Halfmoon Button Club in making beautiful button necklaces! All supplies provided. No experience necessary.

**Wednesday, January 22, 10:00 a.m. – 11:30 am at KING THIEL II SENIOR COMMUNITY**  
**Free for members.**

### Candle Painting

Join Diana Cartwright in making decorative candle displays. You will be using acrylic paints and other decorative materials to create a beautiful painted candle ready for display or to be given as gift. All materials will be provided.

**Wednesday, January 22, 1:00 p.m. – 3:00 p.m.**  
**\$19 for members and \$29 for not-yet-members.**

### Floral Embroidery Workshop

Learn the art of embroidery to create a beautiful floral image. Using an embroidery hoop and brightly colored thread, you will learn how to create textured images that you can sew on top bags, jackets, and other projects as embellishments, or leave it in the hoop and hang it on your wall as a beautiful work of art. Mallory Zondag is a local mixed media artist who travels the Northeast teaching felting, weaving and stitching.

**Friday, January 24, 10:00 a.m. — 12:00 noon**  
**\$48 for members and \$58 for not-yet-members.**

### Heirloom Family Recipe Journal

Mix one part family recipes, an equal part of photos, and a sprinkling of your memories to produce a beautiful and useful

# Creative & Art Events

THE CENTER at CSSC

All creative events, unless noted, take place at The Beltrone Living Center.

journal for gift giving, or for keeping to memorialize your favorite people and foods. Bring family photos and recipes, and a journal or album, and Diane Campion will guide you in creating a very special keepsake. Embellishments provided.

**Friday, January 24, 1:00 p.m. – 4:00 p.m.**

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

## Pastel Sunsets

Students will be introduced to soft oil pastels and become familiar with and practice the different techniques using this specialized medium. By the end of class, students will have created a simple sunset landscape. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Bring your own 12-24 set of Soft Oil Pastels.

**Monday, January 27, 1:00 p.m. – 3:00 p.m.**

**\$28 for members and \$38 for not-yet-members.**

## Cupcake Decorating

If you've ever wondered how pastry chefs make roses and other beautiful creations from frosting, this is your chance to do it yourself. In this workshop, learn techniques used by the pros to decorate cupcakes, cakes, cookies and anything with frosting.

This is a hands-on class, and you will take your cupcake creation home. Sharra Liszewski is a pastry chef who has been making beautiful creations in the Albany area for many years. All supplies provided.

**Tuesday, January 28, 2:30 p.m. – 3:30 p.m.**

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

## Heart Bouquets

Join our resident-crafter Mary Holmes for a relaxing morning of crafting. Mary will show you how to make centerpieces for you or a sweetheart to brighten up these dark winter days. All materials provided.

**Thursday, January 30, 10:00 a.m. – 11:30 a.m. at KING THIEL II**

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

# February Arts

## Beaded Canvas: Valentine

Love is in the air and what better way to celebrate than making your own unique beaded valentine. 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. There is a morning and afternoon session of this class. Each session is the same. Please pick one.

**Tuesday, February 4, 10:00 a.m. – 11:30 a.m. OR 1:00 p.m. – 2:30 p.m.**

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

## Botanical Drawing: Carnations

Botanical Drawing begins with toning simple geometric shapes that turn into all the forms in nature. This process makes your piece pop off the page. By the end of class participants will have created a beautiful Carnation! Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Bring your own 12-24 set of colored pencils.

**Monday, February 10, 1:00 p.m. – 3:30 p.m.**

**\$28 for members and \$38 for not-yet-members.**

## Rubber Stamping: Birthday Cards

Come have fun and create with the wonderful Ann Burns! Start the new year off with an assortment of cards for friends and family. In this class we will make a variety of cards that everyone will love.

**Tuesday, February 11, 2:00 p.m. -3:30 p.m.**

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

## Button Party

Come shake off the winter blues with some camaraderie and creativity! Our friends at the Halfmoon Button Club will be on hand to guide you in making a fun, easy picture of hearts and carnations with their extensive collection of colorful buttons in all shapes and sizes. All materials are provided.

**Wednesday, February 12, 10:00 a.m. – 11:30 a.m. at SHEEHY MANOR**

**Free for members.**

## Watercolor: Roses

Come spend the day painting a beautiful bouquet of roses! In the morning you will practice various watercolor techniques to create roses, stems, and leaves. In the afternoon you will put these techniques to use in a painting of a small bouquet of roses for your loved one on Valentine's Day. Kevin Kuhne is an award-winning painter and teacher of many years. All materials included. There will be a break for lunch.

**Wednesday, February 12, 10:00 a.m. – 2:00 p.m.**

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

## Alcohol Ink

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, February 19, 10:00 a.m. – 11:30 a.m. OR 1:00 p.m. – 2:30 p.m.**

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

## Paint and Mingle: Snow Buddies

Join Diana Cartwright for an afternoon of art therapy for a step by step instruction of a winter themed painting. Create your own whimsical masterpiece to display.

All materials will be provided in the class as part of the program session fee.

**Wednesday, February 19, 1:00 p.m. – 3:00 p.m. at KING THIEL II SENIOR COMMUNITY**

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

## St. Patrick's Day Wreath

Join our resident-crafter Mary Holmes for a relaxing morning of crafting. You'll come away from this class with bright, festive decorations for your door to add a pop of color. All supplies provided.

**Thursday, February 27, 10:00 a.m. – 11:30 a.m. at KING THIEL II SENIOR COMMUNITY**

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

## Pastel Painting – Lines and Lemons

Students will create a pastel painting by using an underpainting, which gives the piece more depth. Color Theory, composition, and techniques will be discussed and by the end of class, students will have created a lovely painting of a lime/lemon. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others.

Bring your own 12-24 set of Soft Oil Pastels.

**Friday, February 28, 1:00 p.m. – 3:30 p.m.**

**\$28 for members and \$38 for not-yet-members.**

# Creative & Art Events

## March Arts

# THE CENTER at CSSC

Let your imagination run wild at THE CENTER!

**All Things Irish**

We’ve got three classes designed specifically to help you get in touch with your Celtic side. All classes are led by Irish Heritage Museum Executive Director Michael Clarke. Take just one, or sign up for all three for a \$5 discount!

**1. Learn the Tin Whistle**

Learn how to get the party started with some fun jigs on the tin whistle! No experience needed. Tin whistles provided.  
**Monday, March 3, 1:30 p.m.—2:30 p.m.**  
**\$15 for members and \$25 for not-yet-members.**

**2. The Four Types of Irish Folk Music**

Folk singing has deep roots in Irish culture and most Irish folk music can be broken down into four main categories. Train your musical ear so that you can easily identify each of them.  
**Monday, March 10, 1:30 p.m. – 2:30 p.m.**  
**\$10 for members and \$20 for not-yet-members.**

**3. Irish Sing Along**

Come celebrate St. Patrick’s Day with us! Communal singing has long been a part of Irish culture so what better way to celebrate then by getting together to sing! There will be Irish folk songs, sea shanties, and more. Next time someone starts a sing down at the pub, you’ll be able to join right in.  
**Monday, March 17, 1:30 p.m.—2:30 p.m.**  
**\$10 for members and \$20 for not-yet-members.**

**Gourd Bird Houses**

Welcome spring with a pair of beautiful, hand-made bird houses. Over the course of two afternoons, Tim Sauter will lead the class in making functional birdhouses from natural gourds . Use paints and accoutrements of your choosing to transform simple gourds into hanging artworks that will attract birds of all sorts into your yard. Each student will make two gourd birdhouses. Tim Sauter is a New York state artist who has been making and showing his art for many years.  
**Thursday, March 6 AND Friday, March 7, 1:00 p.m. – 3:00 p.m.**  
**\$29 for members and \$39 for not-yet-members.**

**Botanical Drawing: Graphite Leaves**

Students will be introduced to graphite pencils, and learn techniques such as shading, toning and blending different types of leaves of houseplants. They will watch a quick demonstration by the teacher, before creating their own drawings of leaves. Nancy Lyons is a retired educator and lifelong artist who loves to share her knowledge and creativity with others. Bring Your Own Graphite Pencils ( 2H, H, HB, 2B, 4B, 6B)  
**Monday, March 10, 1:00 p.m. – 3:30 p.m.**  
**\$28 for members and \$38 for not-yet-members.**

**Rubber Stamping: Sympathy Cards**

There’s nothing like the personal touch of a handmade card to make someone feel special. Come make sympathy cards and condolence cards with local artist Ann Burns.  
**Tuesday, March 11, 2:00 p.m. – 3:30 p.m.**  
**\$15 for members and \$25 for not-yet-members.**

**Beaded Canvas: Botanicals**

Usher in spring with whimsy and color by creating a unique beaded canvas. Marjorie Ward will lead the class in how to place beads to create a beautiful design of either a shamrock or

a flower. Course fee includes a stand for the canvas. Marjorie is a local artist who has been creating and teaching for many years.

**Wednesday, March 12, 10:00 a.m. – 11:30 am at KING THIEL II SENIOR COMMUNITY**  
**\$10 for members and \$20 for not-yet-members.**

**Watercolor: Birds and Butterflies SERIES**

Over the course of three weeks, you will create several small paintings welcoming the brilliant appearance of birds and butterflies. Kevin Kuhne is an award-winning painter and teacher of many years. All materials included.  
**3 Wednesdays, March 12, 19, 26, 10 a.m. – 11:30 a.m.**  
**\$25 for members and \$35 for not-yet-members.**

**Resin Tulips**

Learn to use resin to create your own beautiful resin tulips that you can have all year long. All materials will be provided in the class as part of the program session fee. Diana Cartwright has been making jewelry and teaching art and craft classes for many years.  
**Wednesday, March 12, 1:00 p.m. – 3:00 p.m.**  
**\$24 for members and \$34 for not-yet-members.**

**Decorative Paper Orbs**

Bring a little color into your space by designing and assemble unique "magic" paper orbs. They make great gifts, or use them to brighten your home. Barb Oliver, a craft-lover, will lead the class in this fun project. All materials provided.  
**Thursday, March 13, 1:00 p.m. -2:30 p.m. at KING THIEL II SENIOR COMMUNITY**  
**\$10 for members and \$20 for not-yet-members.**

**Bunny Wreaths**

Join CSSC resident-crafter Mary Holmes for a relaxing morning of crafting. Add a bit of whimsy to your front door this spring with a beautiful, handmade bunny wreath. You’ll come away from this class with bright, festive decorations for your door to add a pop of color. All supplies provided.  
**Thursday, March 20, 10 a.m. – 11:30 a.m. at KING THIEL II SENIOR COMMUNITY**  
**\$15 for members and \$25 for not-yet-members.**

**Irish History Through Music**

This is not your typical history lesson! Join Don Kelly, Irish musician and storyteller, for a romp through Ireland’s storied past, where he will talk and sing, telling stories of great loves, epic battles and the green, green land of Ireland itself. This is an afternoon of learning, singing, and snacking (lite refreshments with an Irish flair provided.)  
**Friday, March 21, 1:30 p.m. – 3:30 p.m.**  
**\$16 for members and \$26 for not-yet-members.**

**Song Writing SERIES**

Have you ever wanted to write a song? Now is your chance! You will learn about melody and lyrics, and by the end of four weeks, you will have a song. You do not have to know how to play an instrument, you just need to want to make music! You will be led by Drew Jacobs, an award-winning Singer/Songwriter from Latham.  
**4 Wednesdays, March 26 – April 16, 10:00 a.m. – 11:00 a.m.**  
**\$46 for members and \$56 for not-yet-members. In The Beltrone Activities Room.**

Club Events At The Beltrone. Members only, no registration required.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Billiards (M-F)</b> 9:00 a.m.—12:00 noon in the Billiard Room	<b>Bridge</b> 12:30—3:30 p.m. In the Activities Room	<b>Bingo</b> 1:00 p.m.—3:00 p.m. In the Lakeview Room	<b>Cornhole</b> 10:00 a.m.— 12 noon In the Lakeview Room	
<b>MahJong</b> 12:45 p.m.—3:00 p.m. In the Activities Room		<b>Cribbage</b> 1:00 p.m.—3:00 p.m. In the Activities Room	<b>Rummikub</b> 1:00 p.m.—3:00 p.m. In the Activities Room	



# Health & Wellness

All wellness events, unless noted, take place at The Beltrone Living Center.

## THE CENTER at CSSC

### Botanical Drawing: Crocuses

Students will learn how to use watercolor pencils to create lovely flowers. They will practice the different techniques using this specialized medium and by the end of class, you will have created spring crocuses. Nancy Lyons is a retired educator who loves to share her knowledge and creativity with others. Bring your own 24-36 set of Watercolor Pencils.

**Monday, March 31, 1:00 p.m. – 3:30 p.m.**

**\$28 for members and \$38 for not-yet-members.**

# Health & Wellness

### Nia Moving to Heal

Nia Moving to Heal is 'Movement as Medicine.' It 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 who has been teaching Nia for 12 years.

**8 Tuesdays, January 14 – March 4, 12:45 p.m. – 1:45 p.m.**

**\$57 for members and \$67 for not-yet-members.**

### Yoga for Joyful Aging

Learn how to improve range of motion, sleep, and increase your clarity and focus through a vital yoga practice. This series can be done seated or standing. Amanda Mackey teaches yoga to people and sharing the gift of yoga is her mission.

**3 Thursdays, January 30, February 27, March 27**

**The Beltrone 10:00 a.m. – 11:00 a.m. OR**

**King Thiel II Senior Community 1:00 p.m. – 2:00 p.m.**

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

### Empowering Movements for Confidence and Tenacity (EMCAT)

This class will begin with breathwork, muscle activation, and moving through a series of empowering solo drills, mixing martial arts, and strengthening dynamic exercises. EMCAT can be done standing or seated. Amanda Mackey has been practicing martial arts since 2017.

**3 Fridays, January 31, February 28, March 28, 9:00 a.m. – 9:45 a.m.**

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

### Strength, Core + Cardio

This is a 45-minute 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! This class is taught by Chrissy Sarratori, a certified personal and group fitness trainer with over twenty years teaching around the Capital District.

**10 Fridays, January 10 – March 14, 10:00 a.m. – 10:45 a.m.**

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

### Monthly Meditation - Gratitude and Calm

Join us for meditations, including discussions on pathways to raise your energy, how to heal yourself, and the importance of meditation, mindfulness and energy work,. 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 15, February 19, March 19. Choose one or all three.**

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

**King Thiel II Senior Community: 1:00 p.m. – 2:00 p.m.**

**\$10 for members and \$20 for not-yet-members per class.**

### HEART LOTUS QIGONG

Qigong is an ancient healing and mindfulness practice that combines movement, breath, healing sounds and self - massage to nourish and cultivate a healthy body and mind.

You will learn a self-healing method that will reduce your stress, increase your flexibility, strengthen your immune system, and promote graceful aging. Diana Wells is a Certified Qigong Teacher and Healer and has been teaching and practicing the healing arts for 40+ years.

**8 Fridays, January 17—March 7, 11:00 a.m.—12:00 noon**

**\$41 for members and \$51 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, January 23 – March 27. 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.**

### Intro to Ballet

Learn the basics of ballet from retired Rockette Janet Murphy in this 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, January 23 – March 27. 1:45 p.m. – 2:30 p.m.**

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

## THE CENTER

LIVE + LEARN

### K-9 Demonstration

Come meet Sergeant Cameron Carter and his partner Bates! Learn about what it takes to be a K-9 dog and what a typical day in the Albany County Sheriff's Department looks like.

**Wednesday, January 8, 12:30 p.m. – 2:30 p.m.**

**Free for members. Registration required.**

### Asset Protection 101

You've worked hard to get where you are today and protecting those assets is important. Lawyer JulieAnn Calareso can help. JulieAnn will go over many of the resources available, including Medicare and Medicaid, to help you continue to thrive financially.

**Tuesday, February 4, 10:00 a.m.—11:00 a.m.**

**Free for members. Registration required. In The Beltrone Activities Room.**

### Live Birds of Prey

Love birds? So do we! Come learn about birds of prey in this live, hands-on event. See hawks, owls, crows and others, and learn about bird biology, migrations, and environmental issues and have the chance to ask questions of the knowledgeable educators.

**Wednesday, February 5, 1:30 p.m. – 3:00 p.m.**

**\$15 for members and \$25 for not-yet-members. In The Beltrone Activities Room.**

### Football 101

Get game ready with CBA Head Football Coach Bobby Burns. He'll demystify the game, explain techniques, breakdown positioning, and help you recognize winning strategies on the field just in time for the Super Bowl. Enjoy tailgate-worthy snacks while you learn.

**Thursday, February 6, 2:00 p.m.—3:00 p.m.**

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

### Single's Happy Hour

Come meet, mingle, make new friends, and maybe feel a little spark! This social evening, led by Micropolitan Matchmakers, will include guided activities to get the conversations flowing and open time to mingle at your own pace with people you may have connected with. Who knows who you might meet at

More Center U events , page 8

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

this single's happy hour!

**Thursday, February 13, 5:00 p.m. – 7:00 p.m.**

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

**Valentine's Day Chocolate + Beer Tasting**

Come learn how to best pair chocolate and beer for a sophisticated sweet treat. There will be a flight of beer and a sample of good chocolate to go with each. James Flournoy will lead this exploratory and tasty event.

**Friday, February 14, 1:30 p.m. – 3:30 p.m.**

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

**"The Neighborhood That Disappeared" Screening and Talk**

In 1962, one of the most massive urban renewal projects in American history removed the cultural and ethnic heart of Albany. The documentary, "The Neighborhood that Disappeared," details the story of how the Albany was irrevocably changed in the process. Director Mary Paley and Albany historian Tony Opalka will be on hand to discuss the movie and the history.

**Friday, February 21, 1:00 p.m. -3:00 p.m.**

**\$16 for members and \$26 for not-yet-members.**

**Adult Health Class**

A lot has probably changed since your last high school health class. Come get an updated sex ed class from Brittany Beyus and Omiyea Stanford of Upper Hudson Planned Parenthood. In this judgement-free space, they will share the latest science about the human body and sexual health, and how these things evolve as we age. They will answer questions and provide guidance, and you will come away feeling more confident and secure in your own body.

**Monday, February 24, 1:30 p.m. – 3:00 p.m.**

**Free for members. Registration required.**

**"The Flip Side of History" talk with Steve Silverman**

Are you intrigued by compelling, quirky stories that never became front page news? If so, then this talk is for you. For more than thirty years, author Steve Silverman, host of the "Useless Information" Podcast, has been researching and telling some of the most unusual, odd, and bizarre stories that time has forgotten. Join Steve as he shares a selection of his

all-time favorite stories from the more ridiculous side of history.

**Wednesday, February 26, 1:00 p.m. – 2:00 p.m.**

**\$10 for members and \$20 for not-yet-members. In The Beltrone Actives Room.**

**Owl Afternoon**

Owls are notoriously hard to site since they are mostly out at night, but Allyson Paradis of the Wilton Preserve will be here to tell us all about them. Spend the afternoon learning all about owls and enjoy an optional hands-on element to deepen your understanding of the birds.

**Tuesday, March 4, 2:00 p.m. – 3:30 p.m.**

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

**Fascinating Frogs**

What a joy to hear the sound of frogs again! It means it's warming up, Spring is coming, things are coming out of hibernation. Join Allyson Paradis of the Wilton Preserve to learn more about frogs and how to identify them based on their distinct calls. Later, weather permitting, we will go for a short, optional walk to put our newly gained knowledge to the test.

**Tuesday, March 18, 2:00 p.m.—3:30 p.m.**

**\$17 for members and \$27 for not-yet-members.**

**Will Writing 101**

Writing a legal document can be confusing, and writing your own will can be an emotional experience. Luckily local lawyer Jennifer A. Cusack is here to help. Jennifer specializes in elder law and estate planning. She will give a presentation on the steps involved in writing a will and be on hand to answer all your questions.

**Wednesday, March 19, 1:00 p.m.—2:00 p.m.**

**Free for members. Registration required. In The Beltrone Actives Room.**

**Mental Fitness Workshop**

There's plenty you can do to stay sharp. Join program manager Karen Baxter of the Alzheimer's Association Northeastern New York to learn how to keep your mind and body fully engaged as you age.

**Thursday, March 27, 1:00 p.m. – 3:00 p.m.**

**Free for members. Registration required.**

## Members Only Events

**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 (3 Classes)**

**Wednesdays, January 8 – March 26.**

**9:30 a.m. - 10:30 a.m. or 10:30 a.m. - 11:30 a.m.**

**Mondays, January 6- March 24**

**11 a.m. -11:45 a.m.**

**Healthy Bones at King Thiel Senior Community**

**Tuesdays, January 7 – March 25**

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

**Balance Class at King Thiel Senior Community**

**Thursdays, January 9 – March 27.**

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

**Healthy Bones at Sheehy Manor**

**Tuesdays, January 7 – March 25**

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

**Book Club**

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

**Mondays, 1:00 p.m. - 2:30 p.m.**

**January 27: All the Broken Places, John Boyne**

**February 17: Crow Mary, Kathleen Grissom**

**March 17: James, Percival Everett**

**Free for members.**

**CAT – The Cat Action Team**

Join this supportive group of people who love all things feline. Come for discussion, action, advocacy, and fun. Bring an optional small donation of cat food for the kitties. In the Activities Room at The Beltrone.

**Fridays, January 17, February 21, March 21, 1:00 p.m. - 2:00 p.m.**

**Free for Members.**

**THE CENTER  
is underwritten  
by:**

