

THE CENTER at CSSC

April, May, June 2026

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

Dear Friends,

We strive to facilitate adventure for everyone. Although we unfortunately don't have wheelchair lifts on our buses, we do try to provide a range of experiences with accessibility and mobility in mind. If you see something that intrigues you, but you're not sure if it is right for you, please feel free to ask!



IMPORTANT—Registration will begin on Friday, March 27th, at 9:00 a.m.

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

A note from the Wellness Director

It is so hard to believe I am moving into my second catalog here at CSSC. Time sure does fly, and I have truly enjoyed seeing so many familiar faces—and meeting many new ones. I want to sincerely thank you all for your kindness and patience as I continue to settle into this role. Please know that I am doing my best every single day to give you all the best experiences, and will always strive to make each catalog better than the last!

One quick reminder as we continue offering trips, classes, and events: most of our programs have very limited space. When someone signs up but later can't attend and we don't get enough notice, that spot often goes unused, even though someone else would have loved the chance to join. Being thoughtful about cancellations helps make sure everyone gets the opportunity to take part in experiences they're excited about.

I also want everyone to know that my door is always open. I truly value your ideas, suggestions and feedback, and I'm always happy to listen. I look forward to continuing to share fun experiences with you all!

— Caitlyn Kelly, Director of Lifelong Wellness

New and Exciting at THE CENTER

Karaoke Sing-a-Long



We are excited to announce that we will be having Karaoke Days at The Beltrone! Resident singer David Bagnardi will be leading the troop and wants you to be a part of it! Feeling a little shy about singing in public? That's fine! Come on over anyways and listen to others until you're ready. No experience need. This is a fun, no-commitment required afternoon in good company with some feel-good tunes!
Fridays, April 10th, May 1st, May 22nd, June 12th, June 26th, 1:30 p.m. and Thursday, April 23rd, 2:30 p.m. Free for members. \$5 not-yet-members.

For More Creative and Arts, see page 4

Water For Elephants at Proctors

Join us for another trip to see a show at Proctors Theatre! This time we will see the award-winning show *Water For Elephants*. An adaptation of the 2006 historical romance novel by Sara Gruen, this musical tells the story of Jacob Jankowski, a young man who becomes involved with a traveling circus during the Great Depression. The musical alternates between Jacob's present day life and his circus life, where he finds himself entangled in a mental battle between love and loyalty. Jacob's time with the circus is nothing less than tumultuous, filled with romance, adventure and moral dilemmas. Come see how it all plays out!
Thursday, April 9th, The bus leaves The Beltrone at 12:00 noon, returns at approximately 4:45 p.m.



Member Price:

- Credit: \$92.70
- Cash/Check: \$90

Not-Yet-Member Price:

- Credit: \$103.00
- Cash/Check: \$100

For More Trips, see page 2

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:

Caitlyn: 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



THE CENTER
LIVE + LEARN



**Senior Overdose Awareness
Downsizing & Life Action
It's a Wonderful Life History
Crafting Independence**

**Events designed with
learning in mind.**

For THE CENTER U, see page 7

Travel & Trips

Monthly Trips

THE CENTER at CSSC

Trips depart from The Beltrone Living Center.

Rivers Casino

Wednesdays are Young at Heart days with added and extra rewards at Rivers Casino! Try your luck and maybe you'll win big!

Wednesdays, April 8th, May 13th, June 10th, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$15.45	• Credit: \$25.75
• Cash/Check: \$15	• Cash/Check: \$25

Music at Noon

Come listen to live music at the Troy Music Hall the second Tuesday of May and June.

May- pianist Findlay Cockrell **June-** Hammerhead Horns
Tuesdays, May 12th, June 9th, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 2:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$17.51	• Credit: \$27.81
• Cash/Check: \$17	• Cash/Check: \$27

April Trips

Mabee Farm Historic Site

Visit the oldest farm in the Mohawk Valley! This farm was first built in 1705 and is still around today! The site boasts deep history and riverside beauty! Mabee Farm is home to three 18th century houses, an 18th century Dutch Barn, a number of wooden outbuildings, and the modern Franchere Education Center. Dive into the history of each structure, who lived there, and what Mabee Farm hosts today! **[Standing, Walking]**



Thursday, April 16th, bus leaves The Beltrone at 1:15 p.m. and returns at approximately 4:15 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$27.81	• Credit: \$38.11
• Cash/Check: \$27	• Cash/Check: \$37

Trevor-LoveJoy Zoo

Have you ever seen a zoo at a high school? The Trevor-Lovejoy Zoo is on the grounds of Millbrook High School and is home to over 9 endangered, and over 170 exotic and indigenous animals! This zoo is an integral part of the school it serves the community and the animals that call it home. Students of the school have the unique opportunity to work alongside scientists to learn more about wildlife, and we will get to see that in action. We will have a picnic lunch, and time to explore the zoo at your own pace. **[Standing, Walking]**

Tuesday, April 21st, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 4:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$51.50	• Credit: \$61.80
• Cash/Check: \$50	• Cash/Check: \$60

Tour of Art Omi

Art Omi is an arts center situated on 120 acres in New York's Hudson Valley. Art Omi presents the work of contemporary artists and architects, featuring a range of large-scale installations in nature and rotating exhibitions in the Newmark Gallery. The Sculpture & Architecture Park, including 60 exhibits changes each year, ensuring no two trips to Art Omi are ever the same. **[Standing, Walking, Uneven Ground]**

Thursday, April 23rd, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 2:45 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$17.51	• Credit: \$27.81
• Cash/Check: \$17	• Cash/Check: \$27

World's Largest Kaleidoscope

The Catskills is home of the world's largest kaleidoscope! Inside the Kaleidoscope, there is a show of original video art reflected in the triangles of the structure itself. Each show is carefully produced to take full advantage of the scale and architecture of the silo, surrounding viewers in a sensory-rich experience that feels fully transportive and the shows differ to change with the seasons. After the show, spend time in the Kaleidostore for some shopping. **[Standing, Walking, Stairs]**

Monday, April 27th, bus leaves The Beltrone at 10:15 a.m. and returns at approximately 3:15 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$56.65	• Credit: \$66.95
• Cash/Check: \$55	• Cash/Check: \$65

Millbrook Vineyards and Winery

What better way to spend a spring day than touring vineyards and tasting local wines? The tour will take you through the wine production area and you will learn about the fermentation process. Also enjoy a tasting of 6 Millbrook Wines. Nestled in the heart of Millbrook, This winery also has a place for us to picnic. Enjoy a boxed lunch with good company and a beautiful view, coupled with an informative tour and some great wine! **[Standing, Walking]**



Tuesday, April 28th, bus leaves The Beltrone at 10:15 a.m. and returns at approximately 4:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$72.10	• Credit: \$82.40
• Cash/Check: \$70	• Cash/Check: \$80

Vanderbilt Mansion Tour

The Vanderbilt Estate in Hyde Park showcases the aristocratic lifestyle and well-preserved architecture and grounds.



Take a closer look at how a highly sophisticated family lived their day-to-day life in a mansion that is still just as beautiful as the days they lived in it. **[Standing, Walking, Stairs]**

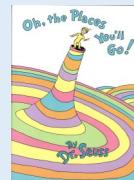
Thursday, April 30th, bus leaves The Beltrone at 9:00 a.m., returns approximately 4:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$77.25	• Credit: \$87.55
• Cash/Check: \$75	• Cash/Check: \$85

May Trips

Springfield Museums

One day, five museums! Spend the day in Springfield, Massachusetts visiting five museums with special exhibits and everything from art, science, Dr. Seuss and more. There is something for everyone. A boxed lunch is included.



[Standing, Walking, Stairs]

Wednesday, May 6th, bus leaves The Beltrone at 9:00 a.m. and returns approximately 4:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$51.50	• Credit: \$61.80
• Cash/Check: \$50	• Cash/Check: \$60

Oakwood Cemetery

Visit the cemetery where Uncle Sam, Emma Willard and other pioneers of the capital region are buried. Tour the Earl Chapel, see the beautiful stained glass, then enjoy a beautiful walking tour to see the cemetery and its residents while hearing all the interesting stories and history the cemetery has to offer.

Monday, May 11th, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$32.96	• Credit: \$43.26
• Cash/Check: \$32	• Cash/Check: \$42

Travel and Trips continued on page 3

Chris' Coffee Tour

Calling all coffee lovers! Chris' Coffee was started back in 1975 with a handshake deal and a dream. Chris went door to door looking for his first customers. Chris never gave up, and now he runs a successful multi-restaurant and commercial company, and we are going to tour the place it all started. **[Standing, Walking, Stairs]**

Friday, May 15th, bus leaves The Beltrone at 9:45 a.m. and returns at approximately 11:30 a.m.

Member Price:

- Credit: \$20.60
- Cash/Check: \$20

Not-Yet-Member Price:

- Credit: \$30.90
- Cash/Check: \$30

Franklin D. Roosevelt House Tour

Tour the home of the 32nd and longest-serving president of the United States, Franklin D. Roosevelt. Elected to an unprecedented four terms, he led the country through two national crises, the Great Depression and World War II, events that fundamentally altered the course of American history. **[Stairs, Walking, Standing]**



Tuesday, May 19th, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 4:00 p.m.

Member Price:

- Credit: \$66.95
- Cash/Check: \$65

Not-Yet-Member Price:

- Credit: \$77.25
- Cash/Check: \$75

Tri-City ValleyCats Baseball Game

Take me out to the ball game! Springtime is baseball season and we're going to the game. See what Southpaw and his team are up to, and as always, we hope the home team wins! Lunch during the game at the stadium is included. **[Stairs, Tight Area]**

Thursday, May 21st, bus leaves The Beltrone at 8:30 a.m. and returns at approximately 1:00 p.m.

Member Price:

- Credit: \$22.66
- Cash/Check: \$22

Not-Yet-Member Price:

- Credit: \$32.96
- Cash/Check: \$32

Revolution Rail Bike Tour

Bike 3.5 miles north mostly through the woods with some views of the Hudson River alongside. We'll bike across a trestle bridge over the Hudson River and then take a short break off the bikes by the Boreas River. Enjoy lunch in town afterwards. **[Standing, Walking, Lower Body Strength]**

Friday, May 22nd, bus leaves The Beltrone at 8:15 a.m. and returns at approximately 3:00 p.m.

Member Price:

- Credit: \$123.60
- Cash/Check: \$120

Not-Yet-Member Price:

- Credit: \$133.75
- Cash/Check: \$130

Caitlyn and Noelle's Secret Tour

Join Caitlyn and Noelle on a secret tour! We aren't saying where we're going or what we're doing, but we can guarantee a whole lot of fun! Lunch will be included. **[Standing, Walking, Uneven Ground]**



Friday, May 27th, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 1:00 p.m.

Member Price:

- Credit: \$51.50
- Cash/Check: \$50

Not-Yet-Member Price:

- Credit: \$61.80
- Cash/Check: \$60

June Trips

Eleanor Roosevelt's Val-Kill Cottage

Spend the day on the grounds of Val-Kill Cottage and see the space where Eleanor herself would've entertained guests alongside her husband, FDR. You will get to see the cottage itself, and also spend time on the grounds where Eleanor herself would've entertained guests alongside her husband, President Franklin D. Roosevelt. You will get to see the cottage

itself, and also spend time on the grounds where Eleanor would often take walks to find inspiration or calmness. **[Standing, Walking, Stairs]**



Tuesday, June 2nd, the bus leaves The Beltrone at 8:30 a.m. and returns at approximately 4:00 p.m.

Member Price:

- Credit: \$61.80
- Cash/Check: \$60

Not-Yet-Member Price:

- Credit: \$72.10
- Cash/Check: \$70

Moulin Rouge!

"Moulin Rouge!" is a 2001 musical romantic drama set in the bohemian underworld of 1899 Paris, centering on a passionate and tragic love affair at the famous Moulin Rouge nightclub. At Proctors. **[Stairs]**

Thursday, June 4th, The bus leaves The Beltrone at 12:45 p.m. and returns at approximately 5:00 p.m.

Member Price:

- Credit: \$94.76
- Cash/Check: \$92

Not-Yet-Member Price:

- Credit: \$105.06
- Cash/Check: \$102

Brotherhood Winery

Experience the historic atmosphere of America's oldest winery. This tour will take a leisurely stroll down the vast network of underground cellars, excavated by hand in the late 19th century. The guides will reveal secrets, spread knowledge and indulge you in the many stories of folly and tragedy.

Afterwards, there will be a tasting. **[Standing, Walking]**

Thursday, June 11th, bus leaves The Beltrone at 10:30 a.m. and returns at approximately 4:00 p.m.

Member Price:

- Credit: \$66.95
- Cash/Check: \$65

Not-Yet-Member Price:

- Credit: \$74.25
- Cash/Check: \$75

Woodstock Museum

Travel back to 1969 and relive Woodstock! With over 6,000 square feet of dynamic exhibits, there's a lot to cover! Through artifacts, films, music - and even a hippie bus - you will be immersed by was the most prolific three-day festival in history **[Standing, Walking]**



Thursday, June 18th, bus leaves The Beltrone at 8:30 a.m. and returns at approximately 5:00 p.m.

Member Price:

- Credit: \$66.95
- Cash/Check: \$65

Not-Yet-Member Price:

- Credit: \$74.25
- Cash/Check: \$75

Creative & Art Events

April Arts

More Drawing Basics: Flowers and Shading

Join Kevin Kuhne for a special double session of his drawing basics class just in time for spring. For all levels of ability and experience, in this class you will learn contour drawing and using value to create 3-dimensional effects. All materials are provided, and there will be a lunch break.

Wednesday, April 1st, 10:00 a.m. — 2:00 p.m.

Member Price:

- Credit: \$36.05
- Cash/Check: \$35

Not-Yet-Member Price:

- Credit: \$46.35
- Cash/Check: \$45

Botanical Drawing: Colored Pencil Forsythia

The quality and type of paper one uses for colored pencils sets the tone of your artwork. Using a type of paper called **Kraft paper**, gives a lovely contrast to the lights and darks of your piece. In this class participants will play and experiment with darks, lights and midtones on this paper. Bring your own Colored pencils. **Friday, April 10th, 1:00 p.m. — 3:30 p.m.**

Member Price:

- Credit: \$30.90
- Cash/Check: \$30

Not-Yet-Member Price:

- Credit: \$41.20
- Cash/Check: \$40

Creative & Art Events

THE CENTER at CSSC

Trips depart from The Beltrone Living Center.

Quilling Workshop: Flower Pot

Stacey Kennedy will be creating a 2 toned flower sitting in a flower pot. Cover basic paper quilling concepts like twirling and shaping, and learn how to make the shapes for this flower. Quilling involves using strips of paper that are rolled, looped, curled, twisted and otherwise manipulated to create different shapes, and decorative designs. All materials provided.

Tuesday, April 14th, 1:00 p.m. — 3:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$25.75	• Credit: \$36.05
• Cash/Check: \$25	• Cash/Check: \$35

Painting Waterlilies

Join Karen Vradenburg in creating this beautiful painting on an 8x10 canvas of your very own. This class will teach you how to use the magic of large brush strokes and different colors to make a blurry-yet-beautiful painting of some waterlilies on the water's surface to hang in your home. All materials provided.



Friday, April 17th, 1:00 p.m. — 3:30 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$36.05	• Credit: \$46.35
• Cash/Check: \$35	• Cash/Check: \$45

Room Spray Workshop

Join Amy Hartman from Bella Blends to create your very own room spray. Everything is customizable to you and the scents you love, and at the end of the class you'll have a one of a kind room spray that you can't get enough of! All materials provided.



Monday, April 20th, 1:00 p.m. — 3:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$48.41	• Credit: \$58.71
• Cash/Check: \$47	• Cash/Check: \$57

Rubber Stamping: Sympathy Cards

Join Ann Burns for another one of her popular card stamping classes! This time you will create sympathy cards to give to someone you love, or hold onto until the time is right. Making a beautiful card that says, "I'm here" is sometimes the best thing to give to someone we love!

Tuesday, April 21st, 2:00 p.m. — 3:30 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$17.51	• Credit: \$27.81
• Cash/Check: \$17	• Cash/Check: \$27

Pets and Animals in Watercolor

Join Kevin Kuhne in another one of his ever-so popular watercolor workshops! Make your animals bright and lively with exciting colors and brushstrokes. All materials provided. *Please note the time change for this series.*

Wednesday, April 22nd AND Wednesday, April 29th, 10:00 a.m. — 12:00 noon.

Member Price:	Not-Yet-Member Price:
• Credit: \$36.05	• Credit: \$46.35
• Cash/Check: \$35	• Cash/Check: \$45

Triskele Paper Globes

Join Barb Oliver and make a beautiful paper globe. These globes may look difficult to make, but by the end of the class you'll be a pro. Come have fun and make a beautiful globe!



Thursday, April 23rd, 1:00 p.m. — 3:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$15.45	• Credit: \$25.75
• Cash/Check: \$15	• Cash/Check: \$25

Botanical Drawing: Pansies and Violas

The process of Botanical Drawing begins with gradual toning with simple geometric shapes that turn into all the forms in nature. We will begin our forms by layering neutral tones and putting on top color with colored pencils. By the end of class participants will have created spring Pansies.

Monday, April 27th, 1:00 p.m. — 3:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$30.90	• Credit: \$41.20
• Cash/Check: \$30	• Cash/Check: \$40

Blooming Flower Frame

Join Diana Cartwright in this delightful session. You will create your very own framed floral display, perfect for brightening any space or gifting to a loved one. We'll explore various materials, including colorful tiles, natural wood elements, and other decorative accents, to craft a unique and textured piece of art. All materials provided.

Wednesday, April 29th, 1:00 p.m. — 3:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$30.90	• Credit: \$41.20
• Cash/Check: \$30	• Cash/Check: \$40

May Arts

Botanical Drawing: Painting Poppies

April showers bring May flowers! Join Nancy Lyons for another Spring Flower drawing class. You will learn how to create poppies using watercolor pencils. Bring your own colored pencils, limited supply available for purchase in the office.

Monday, May 4th, 1:00 p.m. — 3:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$30.90	• Credit: \$41.20
• Cash/Check: \$30	• Cash/Check: \$40

Mother's Day Cake Decorating with Noelle

Join Noelle for another one of her popular cake decorating classes. This time you will decorate a cake for Mother's Day! Please keep in mind that while this is beginner friendly, some designs may be more intricate than others. All materials provided.



Tuesday, May 5th, 9:30 a.m. — 12:00 noon.

Member Price:	Not-Yet-Member Price:
• Credit: \$36.05	• Credit: \$46.35
• Cash/Check: \$35	• Cash/Check: \$45

Quilling: Tulips in a Basket Card

Join Stacey Kennedy in another quilling class! You'll make a 2 toned flower sitting in a flower pot. She'll cover basic paper quilling concepts like twirling and shaping, and learn how to make the shapes for this flower.

Tuesday, May 5th, 2:00 p.m. — 4:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$25.75	• Credit: \$36.05
• Cash/Check: \$25	• Cash/Check: \$35

Paper Flowers Craft

Join Barb Oliver in creating beautiful paper roses and other flowers! This beautiful spring craft is perfect for Mothers Day, or just another spring day! All materials provided.



Thursday, May 7th, 1:00 p.m. — 3:00 p.m.

Member Price	Not-Yet-Member Price:
• Credit: \$15.45	• Credit: \$25.75
• Cash/Check: \$15	• Cash/Check: \$25

Creative and Arts continued on page 5

Gardener's Soap

Join Karen DuJack to create an easy to make exfoliating gardener's soap. This soap is made with a goat's milk base and add in plant materials and essential oils. You will make 4 bars of soap and the recipe to make more at home!

Tuesday, May 12th, 10:00 a.m. – 12:00 p.m.

Member Price: • Credit: \$32.96 • Cash/Check: \$32	Not-Yet-Member Price: • Credit: \$43.26 • Cash/Check: \$42
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Lotion Bars

Join Karen DuJack to create lotion bars. Make 4 solid body lotion bars or 8 mini lotion bars with natural butters and oil, scented with essential oil. These look like soap but melts gently in your hand and are easy to use!



Tuesday, May 12th, 1:00 p.m. – 3:00 p.m.

Member Price: • Credit: \$32.96 • Cash/Check: \$32	Not-Yet-Member Price: • Credit: \$43.26 • Cash/Check: \$42
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Patriotic Sunflower Painting

Join Karen Vradenburg and paint a beautiful sunflower fit for Memorial Day! This painting will be done on an 8x10 canvas, big enough to hang on your wall, or give as a gift to anyone patriotic!



Thursday, May 14th, 1:00 p.m. – 3:00 p.m.

Member Price: • Credit: \$36.05 • Cash/Check: \$35	Not-Yet-Member Price: • Credit: \$46.35 • Cash/Check: \$45
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Flower Door Hangers

Spring is here! Join Rose Langlois and Caitlyn as they teach you how to transform simple pipe cleaners into a stunning door hanger display perfect for the season. All materials provided.



Monday, May 18th, 1:00 p.m. – 4:00 p.m.

Member Price: • Credit: \$15.45 • Cash/Check: \$15	Not-Yet-Member Price: • Credit: \$25.75 • Cash/Check: \$25
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Rubber Stamping: Masculine Cards

Join Ann Burns and make your very own cards to give away, just in time for Father's Day! What better way to make sure the special guy in your life will like the card you give him than to make it yourself? All materials provided.

Tuesday, May 19th, 2:00 p.m. – 3:30 p.m.

Member Price: • Credit: \$17.51 • Cash/Check: \$17	Not-Yet-Member Price: • Credit: \$27.81 • Cash/Check: \$27
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Watercolor Flowers in Asian Style

Join Kevin Kuhne to create watercolor flowers with exciting brushstrokes and learn the Zen principles of design. Sumi-technique is a very popular modern technique that has ancient roots in Chinese culture. This is a two week series. All materials provided. *Please note the time change for this class.*



Wednesday May 20th AND Wednesday May 27th, 10:00 a.m. – 12:00 noon.

Member Price: • Credit: \$36.05 • Cash/Check: \$35	Not-Yet-Member Price: • Credit: \$46.35 • Cash/Check: \$45
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Energy Gem Intention Resin Bracelet or Keychain

Join Diana Cartwright and choose gems to create a personalized resin bracelet or keychain. This hands-on experience allows for the creation of a beautiful, intention-infused piece of jewelry or an accessory that can serve as a personal reminder of positive energy. All materials provided.

Wednesday, May 20th, 1:00 p.m. – 3:00 p.m.

Member Price: • Credit: \$30.90 • Cash/Check: \$30	Not-Yet-Member Price: • Credit: \$41.20 • Cash/Check: \$40
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Botanical Drawing: Colored Pencil Lupines

Join Nancy Lyons for another botanical drawing class! We will begin our forms by layering neutral tones and putting on top color with colored pencils. By the end of class, students will have created a beautiful lupine. Please bring your own colored pencils. Limited supply available for purchase in the office.

Friday, May 22nd, 1:00 p.m. – 3:00 p.m.

Member Price: • Credit: \$30.90 • Cash/Check: \$30	Not-Yet-Member Price: • Credit: \$41.20 • Cash/Check: \$40
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June Arts

Perfume Roller

Join Amy Hartman of Bella Blends to create your very own perfume roller. You will be able to choose what essential oils you enjoy, and by the end of class will have TWO unique, one of a kind scent of your very own to wear! All materials provided.

Monday, June 1st, 1:00 p.m. – 3:00 p.m.

Member Price: • Credit: \$48.41 • Cash/Check: \$47	Not-Yet-Member Price: • Credit: \$58.71 • Cash/Check: \$57
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Intro to Neuropathic Art

Join Nancy Lyons in this 2 hour class to learn about Neuropathic Art/Neurographia - a meditative drawing practice combining art and mindfulness for stress relief and personal growth. It is a structured yet free-flowing method of creative art for all to enjoy. This artform is perfect for the non artist. If you are a fan of "Zentangle", you will surely become obsessed with this artistic process! All materials included.

Friday, June 5th, 1:00 p.m. – 3:00 p.m.

Member Price: • Credit: \$30.90 • Cash/Check: \$30	Not-Yet-Member Price: • Credit: \$41.20 • Cash/Check: \$40
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Decoupage Trinket Jars

Everyone could use a little catch-all jar for odds and ends around the house like earring backs, rings, loose buttons, whatever you may find. Join Rose Langlois and Caitlyn and create a nice decoupage jar perfect for your end-stand or vanity to catch whatever does not already have a place, pair or home. All materials provided.



Monday, June 8th, 1:00 p.m. – 3:00 p.m.

Member Price: • Credit: \$20.60 • Cash/Check: \$20	Not-Yet-Member Price: • Credit: \$30.90 • Cash/Check: \$30
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Quilling Workshop: Flower

We will be creating a 2 toned flower with stem and leaves. We'll cover basic paper quilling concepts like twirling and shaping, and learn how to make the shapes for this flower. All materials provided. Quilling involves using strips of paper that are rolled, looped, curled, twisted and otherwise manipulated to create different shapes, and glued together to create decorative designs.

Monday, June 15th, 2:00 p.m. – 4:00 p.m.

Member Price: • Credit: \$25.75 • Cash/Check: \$25	Not-Yet-Member Price: • Credit: \$36.05 • Cash/Check: \$35
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Rubber Stamping: Summer/Patriotic Cards

Join Ann Burns for another one of her rubber stamping card classes! Get ready for the summer birthdays with some beach theme and patriotic cards. All materials will be provided.

Tuesday, June 16th, 2:00 p.m. – 3:30 p.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$17.51 • Cash/Check: \$17 	<ul style="list-style-type: none"> • Credit: \$27.81 • Cash/Check: \$27

Diamond Art Coasters

Join Barb Oliver in a fun and functional class where you'll make coasters out of diamond art! Follow the funky, colorful patterns and by the end of class you'll have made four unique diamond art coasters to display on your coffee table, nightstand or anywhere in between.

Thursday, June 18th, 1:00 p.m. – 3:00 p.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$25.75 • Cash/Check: \$25 	<ul style="list-style-type: none"> • Credit: \$36.05 • Cash/Check: \$35

Summer Gnome Painting

Join Karen Vradenburg in another painting party! This time you will be painting a summer gnome with flowers and lady bugs on an 8x10 canvas to take home after class. Use summer colors and flowers that match the vibrancy of summer. All materials provided.



Tuesday, June 23rd, 1:00 p.m. – 3:00 p.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$32.96 • Cash/Check: \$32 	<ul style="list-style-type: none"> • Credit: \$43.26 • Cash/Check: \$42

Flowerbox Windows in Watercolor

Join Kevin Kuhne for a special double session of his watercolor workshops. In this class, you will paint a window full of reflections and a flowerbox full of Spring and Summer blooms. Spend your day creating a painting you will love no matter what season you're in. There will be a lunch break, and all materials will be provided.



Wednesday, June 24th, 10:00 a.m. – 2:00 p.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$36.05 • Cash/Check: \$35 	<ul style="list-style-type: none"> • Credit: \$46.35 • Cash/Check: \$45

Decoupage Candle

Join Diana Cartwright and learn the charming craft of decoupage to decorate your very own jar candle. We'll combine the visual artistry of decoupage with the sensory pleasure of creating a custom candle. Participants will learn to blend pure soy wax with therapeutic essential oils, creating a beautifully scented candle encased in a uniquely decoupage jar. Each participant will leave with a personalized candle perfect for home ambiance or as a thoughtful gift.



Friday, June 26th, 100 p.m. – 3:00 p.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$30.90 • Cash/Check: \$30 	<ul style="list-style-type: none"> • Credit: \$41.20 • Cash/Check: \$40

Plein Air Painting

Join Nancy Lyons for a new and different class at The Beltrone! In this class students will be meeting outside at the gazebo to paint a simple scene of the pond with their own choice of art medium (watercolor, pastel, watercolor pencil, graphite, charcoal, pen, etc.). There will be a discussion and quick demo on how to begin a Plein Air Painting. Students will then be encouraged and prompted to create their own piece of the pond. *If the weather is inclement the class will be moved inside*

and a photo of the pond will be available for students to paint. Please bring your own materials.

Monday, June 29th, 1:00 p.m. – 3:00 p.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$30.90 • Cash/Check: \$30 	<ul style="list-style-type: none"> • Credit: \$41.20 • Cash/Check: \$40

Health & Wellness

Toned & Gray Fitness

Personal Trainer Chris Connor's motto is "Stay Strong, Stay Independent". These strength and conditioning classes are specifically designed for older adults, and utilize safe, effective, engaging workouts that focus on balance and fall prevention mobility, flexibility, strength and endurance. Chris has experience working with seniors of all physical and cognitive abilities, and has spent years motivating and leading diverse groups to help them become their best selves!



10 Mondays, April 13th – June 29th (no class May 25th or June 22nd)

Standing Fitness: 10:00 a.m. – 10:45 a.m.

Sitting Fitness: 11:00 a.m. – 11:45 a.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$51.50 • Cash/Check: \$50 	<ul style="list-style-type: none"> • Credit: \$61.80 • Cash/Check: \$60

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.

11 Thursdays, April 16th – June 25th

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.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$84.46 • Cash/Check: \$82 	<ul style="list-style-type: none"> • Credit: \$94.76 • Cash/Check: \$92

Intro to Ballet

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

11 Thursdays, April 16th – June 25th, 1:45 p.m. – 2:30 p.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$74.16 • Cash/Check: \$72 	<ul style="list-style-type: none"> • Credit: \$84.46 • Cash/Check: \$82

Heartlotus 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 stress, increase flexibility, strengthen your immune system and promote graceful aging.

Diana Wells is a Certified Qigong Teacher and Healer and has been teaching for over 40 years!

8 Fridays, April 17th and 24th, May 1st, 8th, 15th, 29th, June 5th, 12th 11:30 a.m. – 12:30 p.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$82.40 • Cash/Check: \$80 	<ul style="list-style-type: none"> • Credit: \$92.70 • Cash/Check: \$90

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Health & Wellness

Strength, Core + Cardio

This beginner to advanced class is designed to increase upper, lower, core strength, 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 fitness trainer with over twenty years teaching around the Capital District.

12 Fridays, April 3rd – June 26th, 10:00 a.m. – 10:45 a.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$82.40 • Cash/Check: \$80 	<ul style="list-style-type: none"> • Credit: \$92.70 • Cash/Check: \$90

Monthly Meditation - Gratitude and Calm

Join us for meditations, including discussions that include pathways to raise your energy vibrations, how to help heal yourself, mindfulness and energy work, affirmations and manifesting. Darcy Scarlata is a Usui Reiki Master Instructor and certified meditation coach bringing awareness to others about the many benefits of Reiki and meditation.

Wednesdays, April 15th, May 20th, and June 17th. 10:00 a.m. – 11:00 a.m. Choose one or all three, not a series.

**Please note, meditation will be at The Beltrone only.*

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$15.45 • Cash/Check: \$15 	<ul style="list-style-type: none"> • Credit: \$25.75 • Cash/Check: \$25

Chair Yoga

Chair yoga is a gentle, accessible practice that improves posture, mobility and stability — perfect for those who want the benefits of yoga without getting down on the floor. Each class includes movement, breathwork, and relaxation techniques to reduce stiffness, increase circulation and promote overall wellbeing! Join Katelyn Curtis, a talented yoga instructor who has been teaching yoga for many years!

9 Tuesdays, May 12th – June 26th, 10:00 a.m. – 10:45 a.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$92.70 • Cash/Check: \$90 	<ul style="list-style-type: none"> • Credit: \$103 • Cash/Check: \$100

Crystal Bowl Sound Bath

This immersive experience uses waves of sound to slow down brainwaves into a restorative state, activating powerful self healing within the mind, body, and spirit. This heart-opening sound journey, led by Katelyn Curtis, invites you to release, reflect, and embrace the gifts of gratitude. This meditation can be done from a chair or lying down. Katelyn is a talented instructor who has been doing this for many years! b

9 Tuesdays, May 12th – June 26th, 11:00 a.m. – 11:45 a.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$92.70 • Cash/Check: \$90 	<ul style="list-style-type: none"> • Credit: \$103 • Cash/Check: \$100

Gong Sound Bath Meditation

Sound Bath Meditation is a passive experience, in that the listener simply lies down, or sits in a chair, and lets the sounds wash over them. It has been described as a sonic. There is nothing to learn, no skills to acquire.



The gongs facilitate you dropping into a meditative state. Reiki Master Tim Bell has studied gongs, sound, and meditation for decades. His sound baths include a mix of chimes, sound plates, and gongs from around the world. Proceeds go to the Food Bank of the Capital Region. Members who have taken this class have all said the relaxation they felt was so serene they didn't want it to end! **Choose one or all three, not a series.**

3 Fridays, April 10th, May 22th, June 12th 12:45 p.m. – 2:00 p.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$20.60 • Cash/Check: \$20 	<ul style="list-style-type: none"> • Credit: \$30.90 • Cash/Check: \$30

Chair Tap

Janet Murphy, a former Rockette as she teaches you how to tap your toes away, all from the chair. No experience necessary, and no standing required!

Four Thursdays, May 7th – May 28th, 10:15 a.m. – 11:00 a.m.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$51.50 • Cash/Check: \$50 	<ul style="list-style-type: none"> • Credit: \$61.80 • Cash/Check: \$60



All Center U events at The Beltrone, unless noted.

Senior Overdose Awareness and Prevention Training

Accidental drug overdoses among seniors are rapidly emerging as a serious public health concern. More than ever, older adults are at risk due to a combination of factors including chronic medical conditions, polypharmacy, and the increasing use of opioid medications for pain management. This training, given by Maureen Antalek of Catholic Charities will include strategies to protect seniors from the dangers of drug overdoses, focusing on effective prevention methods, resources for caregivers and the role of harm reduction strategies.

Monday, April 6th, 1:00 p.m. – 3:00 p.m.

Free for members. \$5 for not-yet-members. Registration is required.

Downsizing and Aging Life Action Plan Presentation

Deciding the best course of action for future planning can seem daunting and even a bit frightening if you don't know where to start. Sandra Serafini of Miranda Real Estate Group and some other lawyers and colleagues have been giving these presentations to different senior centers around the Capital Region. Explore your options and let the professionals give you different options regarding wills, trusts, and probate. You will leave with the knowledge necessary to make informed decisions regarding your future. There will be a question and answer period, and there will be refreshments.

Friday, April 24th, 1:00 p.m.

Free for members. Registration is required.

\$5 suggested donation at the door.

What 'It's A Wonderful Life' Teaches About History

Explore *It's a Wonderful Life* not just as a beloved holiday film, but as a powerful work of public history. Using Frank Capra's story of George Bailey, it examines how movies shape popular understanding of the past—often unintentionally. From the 1918 flu pandemic and the Great Depression to World War II, immigration, gender roles, race, and capitalism, the film offers a revealing snapshot of mid-20th-century American values and anxieties. By reading the movie historically, Wilson invites audiences to consider how storytelling, memory, and myth influence what we think we know about history—and why those lessons still matter today. Presentation will be broadcast from Springfield Museums.

Thursday, May 7th, 12:15 p.m. – 1:30 p.m. Registration Req.

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> • Credit: \$5.15 • Cash/Check: \$5 	<ul style="list-style-type: none"> • Credit: \$15.45 • Cash/Check: \$15



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

Crafting Independence: Revolution on Lake Champlain

In the summer of 1776, British forces in Canada were plotting to invade the newly United States and quash the Revolution before the ink on the Declaration of Independence was even dry. What saved the country was not an army that could fight but one that could build. The story of how more than ten thousand Americans came to Lake Champlain that summer to swiftly construct a defensive complex capable of preserving the republic will change how you think about the Revolution. Presentation will be broadcast from Springfield Museums.

Thursday, June 4th, 12:15 p.m. – 1:30 p.m.

Registration Required.

Member Price:

- Credit: \$5.15
- Cash/Check: \$5

Not-Yet-Member Price:

- Credit: \$15.45
- Cash/Check: \$15

Virtual Reality Sessions at The Beltrone

Please remember that Virtual Reality is a first come-first served activity and while **it is free**, we only have a limited number of headsets.

If you sign up for a Virtual Reality session and can no longer attend, please let us know as soon as possible. We also ask that you pick **one session** only, to ensure others have a chance to participate as well. **Registration is required for all Virtual reality Sessions.**



Learn

With the gift of Virtual Reality, seniors can learn about many different things, from touring a chocolate factory to seeing a rocket launch! With Mynd Immersive, THE CENTER is able to bring you so many different fully immersive videos that will broaden your horizons on all fronts. This Virtual Reality program is specifically for the Learning section of immersive videos. **Thursday, April 16th, 2:00 p.m. – 3:00 p.m.**

Travel

Have you ever wanted to go to Greece, Rome or Venice but never got the opportunity? Maybe you'd like to see Paris, Bali or Barcelona but just never had the time? Well now you can visit all these places with Mynd Immersive! You'll have a full 360 degree view and a travel guide explain to you what you're seeing as if you're really spending the day in any one of 25 different countries and cities you can explore.

Thursday, May 28th, 2:00 p.m. – 3:00 p.m.

Adventure

This one is for all the thrill-seekers and daredevils, and even the ones who's minds are braver than their bodies. With the fun adventure category in immersive videos, you can do things you may have never thought of or been too afraid to do. Try sky diving over France, get dropped from a helicopter above the clouds of the Swiss Alps, an even go underwater in a shark cage at the Isle of Jaws! The sky is the limit when adventure calls.

Thursday, June 11th, 2:00 p.m. – 3:00 p.m.

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

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Billiards (M-F)</u> 9:00 a.m.—12:00 noon in the Billiard Room	<u>Bridge</u> 12:30 p.m.—3:30 p.m. In the Activities Room	<u>Bingo</u> 1:00 p.m.—3:00 p.m. In the Lakeview Room	<u>Cornhole</u> 10:00 a.m.— 12:00 noon In the Lakeview Room	<u>Scrabble</u> 1:00 p.m.—3:00 p.m. In the Activities Room
<u>Mahjong:</u> 12:45 p.m.—3:00 p.m. In the Activities Room		<u>Cribbage</u> 1:00 p.m.—3:00 p.m. In the Activities Room	<u>Rummikub</u> 1:00 p.m.—3:00 p.m. In the Activities Room	(Scrabble will be in the dance studio on April 17 th , May 15 th , June 12 th)

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

Wednesdays, April 1st – June 24th.

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

Healthy Bones at Sheehy Manor

Tuesdays, April 7th – June 30th

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

Healthy Bones at King Thiel II Senior Community

Tuesdays, April 7th – June 30th

9:30 a.m.—10:30 a.m.

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, April 17th, May 15th, June 12th, 1:00 p.m.— 2:00 p.m.

Free for Members.

**CAT is always accepting donations including new or gently used cat beds, toys, blankets, scratchers, pens, new cat food bags or cans, empty cleaned out cat food cans. Donation drop box located in THE CENTER office. Resident drop box in front of apt. 213. CAT thanks you!*

Book Club

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

Mondays, 1:00 p.m.—2:30 p.m. in The Beltrone Library

April 20th: Waiting for Snow In Havana, Carlos Eire

May 18th: Buckeye, Patrick Ryan

June 15th: Search, Michelle Huneven

Total Glee Sunshine Singers

Whether you've sung for years, or this is your first time singing, this choir will be fun for everyone. No singing experience required, just a desire to make music and have a good time. In the Activities Room at The Beltrone.

Mondays, 3:15 p.m.—4:15 p.m.

Free for members. Registration required.

Total Glee concert Tuesday, June 30th, 3:00 p.m. at KTSC II.

Computer Help 101

Feeling stuck, frustrated or just plain lost? Computers and electronics can be challenging 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.

