

# THE CENTER at CSSC

July, August, September 2026

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

**Registration will begin on  
Tuesday, June 30<sup>th</sup>, 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

As we unveil this summer's catalog, I want to take a moment and thank every one of you for the kindness, support and enthusiasm you continue to show me and this program! Your participation, encouragement, and sense of community are what make this program so special.

I am especially excited to celebrate America's 250<sup>th</sup> anniversary with a unique and inspiring experience—our very own **Road to Revolution Tour!** You'll see that many of our upcoming trips will explore the history, stories and landmarks that helped shape the birth of our nation! On the bus heading to each stop, you'll get a pamphlet that details the history and importance of each site. I hope you'll join us for this historic experience, honoring America while creating new memories along the way!

As always, I look forward to learning, traveling and sharing these experiences with all of you. Thank you for being such an important part of this community we've built together. Your friendship, support and participation mean the world to us here at CSSC. Here's to a wonderful summer filled with discovery, connection, celebration and laughter together!  
— Caitlyn Kelly, Director of Lifelong Wellness

### Fit To The Beat Zumba Classes

We are excited to announce that we will be offering a dance style fitness class with a new instructor! Meet Rizzy, a seasoned instructor of 15 years and a busy mom who knows how to squeeze a workout into a busy schedule. Whether you're new to Zumba or a pro at it, we have just the class for you.

**Low Intensity Class: 12 Tuesdays, July 7<sup>th</sup>—September 15<sup>th</sup>, 1:30 p.m.—2:15 p.m.**

**Medium Intensity Class: 12 Thursdays, July 9<sup>th</sup>— September 17<sup>th</sup>, 1:30 p.m.—2:15 p.m.**



### Member Price:

- Credit: \$82.40
- Cash/Check: \$80

### Not-Yet-Member Price:

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

**For More Health and Wellness, see page 6**

### Pop Up Community Bingo!

Come join us for some fun, and bring your friends and family! No membership required, and anyone 18 or older is welcome to play. This has quickly become a favorite event for all who have attended. There will be food and beverages available for purchase, as well as raffles and prizes based on number of participants. If you are a member of **THE CENTER**, be sure to check in at the kiosk in the lobby to be entered into the raffle for a free card!



**Monday, August 10<sup>th</sup>, doors open at 3:30 p.m.**

### A Day Away Kayaking

The perfect way to spend an August day is by being on the lake in your own kayak. You'll move at your own speed and spend an hour out on the water. Make sure you eat a good lunch before you leave, and bring some water. You'll stop for ice cream on the way home as a sweet treat!

**Tuesday, August 25<sup>th</sup>, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 4:30 p.m.**

### Member Price:

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

### Not-Yet-Member Price:

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

**For More Travel and 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



**Hamilton: Original Cast  
Michael: The Biopic  
Underground Railroad  
Bohemian Rhapsody**

**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, July 8<sup>th</sup>, August 12<sup>th</sup>, September 9<sup>th</sup>, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.**

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

## July Trips

### Ulysses S. Grant Cottage

The first stop on our *Revolutionary Tour*. Visit the final home of Ulysses S. Grant, Civil War Commanding General of the U.S. Army, 18th U.S. President, and beloved American public figure. We will tour the downstairs of the cottage, viewing the original furnishings, decorations, and personal items belonging to Grant, including the bed where he died, and floral arrangements that remain from Grant's August 4th funeral. We will enjoy a picnic lunch on the grounds. **[Standing, Walking, Stairs]**

**Tuesday, July 7<sup>th</sup>, bus leaves The Beltrone at 8:45 a.m. and returns at approximately 1:30 p.m.**

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

### A Day at The Races

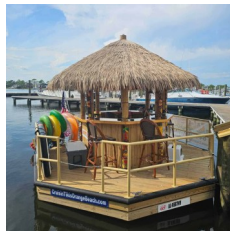
Ladies and gentlemen, it's time to find your best fascinators and newsboy hats, we're going to the races! Spend the day at Saratoga watching the horses and jockeys. There are several food trucks and stands to grab snacks, lunch and drinks from at your own expense. **[Standing, Walking]**

**Friday, July 10<sup>th</sup>, bus leaves The Beltrone at 9:45 a.m. and returns at approximately 5:00 p.m.**

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

### Tiki Tour

All aboard! Set sail on the beautiful Lake George aboard a floating bar. Bring your favorite refreshment and snack to enjoy while you spend a couple hours floating around the lake. You may bring your favorite alcoholic or non-alcoholic beverage (not included) aboard the boat.



It's always 5 o'clock on the Tiki! Enjoy lunch in Lake George as a part of this trip. **[Standing, Walking, Boarding a Boat, Steps]**

**Thursday, July 16<sup>th</sup>, bus leaves The Beltrone at 10:30 a.m., and returns at approximately 5:00 p.m.**

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> <li>• Credit: \$123.60</li> <li>• Cash/Check: \$120</li> </ul>	<ul style="list-style-type: none"> <li>• Credit: \$133.90</li> <li>• Cash/Check: \$130</li> </ul>

### Lazy River Tubing

What better to do on a hot day than to float down a lazy river? Relax on a deluxe tub with a backrest and a cup holder while you float on Lake Luzerne. You can even tether your tube to your best friend's and float together! This is the perfect way to get out on the water and experience the beauty of the Adirondacks—without having to be overly adventurous. **[Standing, Water]**

**Friday, July 24<sup>th</sup>, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 5:00 p.m.**

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> <li>• Credit: \$66.95</li> <li>• Cash/Check: \$65</li> </ul>	<ul style="list-style-type: none"> <li>• Credit: \$77.25</li> <li>• Cash/Check: \$75</li> </ul>

### Bennington Battlefield

The second stop on our *Road to Revolution Tour*. We will find a series of interpretive signs, 2.7 mile trail system, picnic area, and information building.



You will have time to wander the grounds, read all the signs, and with the 250<sup>th</sup> coming up, you never know what reenactments you might find! We will have lunch on the grounds. **[Standing, Walking, Stairs, Heat]**

**Tuesday, July 28<sup>th</sup>, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 3:15 p.m.**

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

### New Windsor Cantonment

The next stop on our *Road To Revolution Tour*. New Windsor Cantonment State Historic Site is where the Continental Army under General George Washington spent the last winter and spring of the Revolutionary War. In October 1782, Washington moved his northern army establish to this site. We will enjoy lunch on the grounds. **[Standing, Walking]**



**Thursday, July 30<sup>th</sup>, bus leaves The Beltrone at 9:15 a.m. and returns at approximately 4:00 p.m.**

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> <li>• Credit: \$38.11</li> <li>• Cash/Check: \$37</li> </ul>	<ul style="list-style-type: none"> <li>• Credit: \$48.41</li> <li>• Cash/Check: \$47</li> </ul>

## August Trips

### Bruynswick Winery

Join us for another wine tasting! Bruynswick Winery is home to award winning wines that reflect the terroir of the Hudson Valley.



There will be charcuterie to nibble on as you are tasting the beautiful wines that Bruynswick has to offer! **[Standing, Walking, Stairs]**

**Thursday, August 6<sup>th</sup>, bus leaves The Beltrone at 9:00 a.m., returns approximately 4:00 p.m.**

Member Price:	Not-Yet-Member Price:
<ul style="list-style-type: none"> <li>• Credit: \$61.80</li> <li>• Cash/Check: \$60</li> </ul>	<ul style="list-style-type: none"> <li>• Credit: \$72.10</li> <li>• Cash/Check: \$70</li> </ul>

### Saratoga Casino

Here by popular demand, spend the day at Saratoga Casino! Who knows, maybe you'll win big. **[Standing, Walking]**

**Friday, August 7<sup>th</sup>, bus leaves The Beltrone at 10:00 a.m. and returns approximately 4:00 p.m.**

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

### Star Trek Original Series Set Tour

When the series was canceled, the original sets were dismantled and destroyed. James Cawley began the process of rebuilding the sets just as they would have been seen 50 years ago when the series was being filmed, a 14 year journey has culminated in the most accurate rebuild of the original sets! People travel from all over to see what's been called the most accurate recreation of the sets. **[Standing, Walking]**



Member Price	Not-Yet-Member Price:
<ul style="list-style-type: none"> <li>• Credit: \$69.01</li> <li>• Cash/Check: \$67</li> </ul>	<ul style="list-style-type: none"> <li>• Credit: \$79.31</li> <li>• Cash/Check: \$77</li> </ul>

Travel and Trips continued on page 3

## Fort Stanwix

Another stop on our *Road to Revolution Tour*. We will spend the day immersed in the "fort that never surrendered". Who knows what reenactments we might see while we're there! **[Standing, Walking, Stairs]**



**Friday, August 14<sup>th</sup>, bus leaves The Beltrone at 9:15 a.m. and returns at approximately 4:30 p.m.**

### Member Price:

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

### Not-Yet-Member Price:

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

## Animal Land

Animal land is home to many familiar and new animal friends for all. If you joined us back at Christmas-time, you might see some of the same animals you saw back then! From zebras to lemurs, Animal land has it all. **[Walking, Standing]**



**Monday, August 17<sup>th</sup>, bus leaves The Beltrone at 11:30 a.m. and returns at approximately 4:00 p.m.**

### Member Price:

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

### Not-Yet-Member Price:

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

## John Kane House & Oblong Friends Meeting House

We're back on the *Road to Revolution Tour*. This stop we're going to two locations! Pawling was headquarters to George Washington in 1778. One house serves as a museum and the other serves as a moment frozen in time! **[Stairs, Walking]**

**Friday, August 21<sup>st</sup>, bus leaves The Beltrone at 8:30 a.m. and returns at approximately 3:30 p.m.**

### Member Price:

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

### Not-Yet-Member Price:

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

## Dutchess County Fair

It's officially fair season! The Dutchess County Fair is opening its doors for the 180<sup>th</sup> season and we're invited. With over 64 vendors you're guaranteed to find something you like along the way! There will be lots of food options available at your own expense. **[Standing, Walking, Heat]**

**Thursday, August 27<sup>th</sup>, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 4:30 p.m.**

### Member Price:

- Credit: \$37.11
- Cash/Check: \$37

### Not-Yet-Member Price:

- Credit: \$48.41
- Cash/Check: \$47

# September Trips

## Fenimore Art Museum

Take a look behind the scenes of life with The Beatles, as the current exhibit at this museum is photography by Linda McCartney detailing her life while married to one of the most famous Beatles, Paul. You'll get a private tour and a lunch buffet included! **[Standing, Walking]**

**Tuesday, September 1<sup>st</sup>, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:30 p.m.**

### Member Price:

- Credit: \$56.65
- Cash/Check: \$55

### Not-Yet-Member Price:

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

## Oriskany Battlefield

The final stop on our *Road to Revolution Tour*. Men came from Oriskany to relieve Fort Stanwix militiamen, and we are going to walk and have lunch on grounds! **[Standing, Walking, Heat]**

**Thursday, September 3<sup>rd</sup>, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.**

### Member Price:

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

### Not-Yet-Member Price:

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

## DaCy Meadow Flower Picking

Equipped with clippers and jars of water, you'll get to wander and pick your own flowers, to be turned into a personalized bouquet that will go home with you in a large vase! You may even meet some animals! **[Standing, Walking]**



**Thursday, September 10<sup>th</sup>, bus leaves The Beltrone at 8:30 a.m. and returns at approximately 4:00 p.m.**

### Member Price:

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

### Not-Yet-Member Price:

- Credit: \$82.40
- Cash/Check: \$80

## Noelle and Caitlyn's Secret Tour

We aren't saying what we'll do or where we'll go, but we can say you'll have a lot of fun in the sun! **[Standing, Walking, Outside/Water Activities]**



**Tuesday, September 15<sup>th</sup>, bus leaves The Beltrone at 8:00 a.m. and returns at approximately 5:00 p.m.**

### Member Price:

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

### Not-Yet-Member Price:

- Credit: \$133.90
- Cash/Check: \$130

## MASS MoCA

By popular demand, we are going to MASS MoCA! You'll get to explore the museum and all its current exhibits at your own pace. We will eat lunch in town.



**[Standing, Walking, Outside Activities]**

**Friday, September 18<sup>th</sup>, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 3:00 p.m.**

### Member Price:

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

### Not-Yet-Member Price:

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

## The Big E!

Fun, festival and fair foods. From animals, to butter sculptures to state buildings, it's all there at one of the best, most famous fairs near us. There are plenty of food trucks to purchase snacks and lunch at your own expense. **[Walking]**



**Thursday, September 24<sup>th</sup>, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 4:00 p.m.**

### Member Price:

- Credit: \$43.26
- Cash/Check: \$42

### Not-Yet-Member Price:

- Credit: \$53.56
- Cash/Check: \$52

# Creative & Art Events

## July Arts

## Watercolor Reeds, Cattails, Grasses, Bugs, Dragonflies

Join Kevin Kuhne for a two week session using lively brushwork, reflections in water, and buzzing activity. You will have a beautiful masterpiece at the end of this class. Kevin has been teaching classes for many years and they always fill up quickly so get in while you can.

**Wednesday, July 1<sup>st</sup> & July 8<sup>th</sup>, 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

## Watermelon Painting

There's nothing better than a fresh watermelon on a hot summer day! Join Karen Vradenburg as she guides you through the painting process. You will leave with a light, bright watermelon painting on an 8x10 canvas. The best part is you get to escape the heat while painting it!



**Monday, July 13<sup>th</sup>, 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

## Drawing and Painting Watercolor Flowers From Life

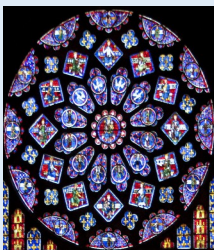
Join Kevin Kuhne for a special double session of his ever popular class! You are welcome to bring in a vase with a few cut flowers for inspiration. In the morning, you will review the drawing basics, then after lunch you will add the color and background washes that will really bring your piece to life! All materials provided. There will be a lunch break.

**Tuesday, July 14<sup>th</sup>, 10:00 a.m. — 2:00 p.m.**

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

## Stained Glass Mosaic

Join Rose Langlois, Caitlyn and Madelyn as they guide you through how to make a beautiful stained glass mosaic. By the end of the class you will leave with a beautiful, one of a kind piece of stained glass to hang by the window. All Materials provided.



**Friday, July 17<sup>th</sup>, 1:00 p.m. — 3:00 p.m.**

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

## Botanical Drawing: Coneflowers

Join Nancy Lyons in another one of her ever popular classes!



Coneflowers are widely known as Echinacea and symbolize healing and strength. In this class, you will begin to draw botanical forms and then layer down various neutral tones before putting on vibrant colored pencils. By the end of

the class, you'll have created a beautiful coneflower. Bring your own colored pencils.

**Monday, July 20<sup>th</sup>, 1:00 p.m. — 3:30 p.m.**

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

## Gladiolas In Watercolor

Join Kevin Kuhne for this two week class. You will celebrate the brilliant and beautiful blooms of summer while exploring different watercolor styles. You'll tackle Sumi-e (Asian brush painting), wet-into-wet, negative space painting and controlled glazing— just to name a few! By the end of the second week, you'll leave with a beautiful painting of flowers and the wealth of knowledge on watercolor techniques. All materials provided.



**Wednesdays, July 29<sup>th</sup> & August 5<sup>th</sup>, 10:00 a.m. — 12:00 noon.**

<b>Member Price:</b>	<b>Not-Yet-Member Price:</b>
• Credit: \$36.05	• Credit: \$46.05
• Cash/Check: \$35	• Cash/Check: \$45

## August Arts

### Painted Pots

Join Caitlyn and Madelyn as you paint your own terracotta pot. Go from boring to beautiful and design your pot anyway you want to. Give your plants a prettier home. All materials provided.



**Monday, August 3<sup>rd</sup>, 1:00 p.m. — 3:00 p.m.**

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

## Beautiful Grays In Transparent Watercolor

Join Kevin Kuhne for another special double session of watercolor workshop. In the morning you will learn to mix beautiful warm and cool grays, without using black or white, and use them to copy a master watercolorist landscape as a value study. In the afternoon, you'll create a misty, atmospheric landscape or cityscape in gray washes. All materials provided. There will be a lunch break.

**Tuesday, August 11<sup>th</sup>, 10:00 a.m. — 2:00 p.m.**

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

## Rubber Stamping: Elegant Cards for Any Occasion

Join Ann Burns as she shows you that you really can make a beautiful card without all the complexities of fancy tools and gadgets. You'll make 3 simple, yet elegant cards to have on hand for whenever you need them, no matter the time, season, or occasion. You'll leave with a birthday, sympathy and get well cards to gift the special people in your life.

**Tuesday, August 18<sup>th</sup>, 2:00 p.m. — 3:30 p.m.**

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

## Drawing Basics: Portrait of A Child & Drawing From the Great Masters

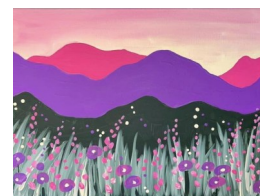
Another double session led by Kevin Kuhne. In the morning you will work from child drawings by one or more of the great masters. In the afternoon, you'll be able to apply these skills to your own portrait of your chosen child! *You will need to bring in a black and white portrait of a child you'd like to draw, and a soft pencil (No. 2 or softer), a pencil sharpener and an eraser.* There will be a lunch break.

**Friday, August 21<sup>st</sup>, 10:00 a.m — 2:00 p.m.**

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

## Mountain Painting

Join Karen Vradenburg for another fun painting! This time you will paint a scenic mountain-cape using beautiful pinks and purples on an 8x10 canvas that is yours to keep!



**Monday, August 24<sup>th</sup>, 1:00 p.m. — 3:00 p.m.**

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

## Sunflowers in Watercolor

Join Kevin Kuhne for a two week session on sunflowers. With inspiration from, and apologies to Vincent Van Gogh, you will capture the brilliant colors, interesting textures and lively shapes of sunflowers, exploring different watercolor approaches including Sumi-e (Asian brush), wet-into-wet, negative space painting, drybrush texture and much more! All materials provided.



**Wednesdays, August 26<sup>th</sup> & September 2<sup>nd</sup>, 10:00 a.m. — 12:00 noon.**

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



## Painting Balloon Flowers with Watercolor Pencils

Join Nancy Lyons for another watercolor pencil class! In this class, you will continue to learn how to master using watercolor pencils, which are made with water soluble pigments. You will create lovely botanical flowers in the process. Nancy will guide you into becoming familiar with and practicing the different techniques required by this specialized medium. By the end of the class, you will have created beautiful balloon flowers. You must bring your own set of watercolor pencils.



**Monday, August 31<sup>st</sup>, 1:00 p.m. — 3:30 p.m.**

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

## Rubber Stamping: Fall Cards

Join Ann Burns for a card making class. There is no better way to dive into the autumn season than to stamp some fall cards! With Ann's creativity and guidance, you will make some amazing cards using autumn colors and pictures. You'll be able to incorporate some fun techniques and folds along the way. You'll leave class a little more ready for fall, and with some beautiful cards that say it all!



**Tuesday, September 15<sup>th</sup>, 2:00 p.m. — 3:30 p.m.**

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

# September Arts

## Melted Crayon Canvas Art

Join Caitlyn and Madelyn in creating a beautiful creation on canvas using crayons melted and dripped onto whatever idea you want! We will have plenty of examples to choose from and every color crayon you could possibly find! Each creation is guaranteed to be one of a kind, and you'll design it all yourself! All materials provided.



**Tuesday, September 8<sup>th</sup>, 1:00 p.m. – 3:00 p.m.**

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

## Texture & Experimental Watercolor Techniques

Join Kevin Kuhne for a two week class making urban buildings in a row. This will be a fun-filled exploration of unusual watercolor techniques to create texture and shapes, using a "straight-on" view of a row of buildings. Kevin likes to call it "Zero-Point Perspective". You'll create a lively, fanciful and colorful depiction of an urban scene. All materials provided.



**Wednesdays, September 9<sup>th</sup> & 16<sup>th</sup>, 10:00 a.m. — 12:00 noon.**

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

## Painting Autumn Apples with Watercolor Pencils

Join Nancy Lyons for another drawing class. As summer ends and fall is near, the apples in New York become plentiful, so why not paint them? In this class, you will learn how to use watercolor pencils to bring your drawings to life. You will become familiar with and practice the different techniques using this specialized medium. By the end of the class, you will have created an apple that looks juicy enough to bite into!



**Friday, September 11<sup>th</sup>, 1:00 p.m. – 3:30 p.m.**

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

## Botanical Drawing: Chinese Lantern Plant

Join Nancy Lyons for another class. Chinese Lantern plants symbolize resilience and rebirth, and are known in Asia as "spirit lanterns". In this class, you'll begin to draw botanical forms and then layer down various neutral tones. Once this is done, you'll continue to put on vibrant colored pencils. By the end of the class, you'll have created a beautiful Chinese Lantern! You must bring your own watercolor pencils.



**Monday, September 21<sup>st</sup>, 1:00 p.m. – 3:30 p.m.**

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

## Fall Forest Painting

Join Karen Vradenburg for a painting class! This time you'll paint a beautiful fall forest to help you get in the autumn mood. With beautiful colors of oranges and yellows, fall doesn't have to be so dark and scary! You'll learn how to blend the colors together seamlessly while also creating the illusion of light poking through the trees of the forest! You'll leave class with your own creation on an 8x10 canvas to hang on your wall, or sit on your shelf! All materials provided.



**Tuesday, September 22<sup>nd</sup>, 1:00 p.m. — 3:00 p.m.**

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

## Make Your Own Candle

Join Amy Hartman, from Bella Blends to create your own candle. You can make it with or without a wick, so you can use it with a candle warmer. You'll get to pick your own scent, flower décor, and embellishments. Amy runs her own business and has been making candles, room sprays, perfume rollers and so much more. She uses essential oils and natural wax to make her creations.



**Tuesday, September 29<sup>th</sup>, 1:00 p.m.— 3:00 p.m.**

<b>Member Price:</b>	<b>Not-Yet-Member Price:</b>
<ul style="list-style-type: none"> <li>• Credit: \$47.38</li> <li>• Cash/Check: \$46</li> </ul>	<ul style="list-style-type: none"> <li>• Credit: \$57.68</li> <li>• Cash/Check: \$56</li> </ul>

...ation fun wild at THE CENTER!

## Health & Wellness

### Golf Lessons with a PGA Pro

Summer is golf season! Gerry Fitzgerald is a PGA Pro who teaches golfers of all abilities how to become better at the sport so many people love. You'll work with a simulator and learn how to tighten up your swing, aim, grip and so much more. Whether you're a regular golfer with all your own equipment, or just looking to start up, Gerry has you covered. There will be two different days for different levels of experience to make sure your lessons are tailored to you and your skilled, without leaving you feeling left behind. *Lessons will take place at Dick's House of Sports in Latham, equipment and bus ride will be provided for beginner lessons only. 4 week lessons.*

**Beginners: 4 Tuesdays, July 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, August 4<sup>th</sup>. Bus leaves The Beltrone at 9:30 a.m. and returns promptly after the lesson.**

**Intermediate: 4 Thursdays, July 2<sup>nd</sup>—July 23<sup>rd</sup>, 10:00 a.m. at Dick's House of Sports. Transportation not provided.**

#### Member Price:

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

#### Not-Yet-Member Price:

- Credit: \$103
- Cash/Check: \$100

### Toned and Gray: Total Body

Personal Trainer Chris Connor's motto is "Stay Strong, Stay Independent". This class will focus upper and lower body strength and conditioning using resistance bands, ankle weights, dumbbells, and bodyweight exercises. 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!

**9 Fridays, July 10<sup>th</sup>—September 25<sup>th</sup> (no class July 17<sup>th</sup>, August 21<sup>st</sup>, September 18<sup>th</sup>)**

**Standing: 12:00 noon — 12:45 p.m.**

**Sitting: 1:00 p.m. — 1:45 p.m.**

#### Member Price:

- Credit: \$56.65
- Cash/Check: \$55

#### Not-Yet-Member Price:

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

### Toned and Gray: Strike and Strength

Personal Trainer Chris Connor's motto is "Stay Strong, Stay Independent". In this class, you will utilize the punching bags, combined with bodyweight exercises and equipment such as resistance bands, ankle weights, and/or dumbbells. The goal is to create a fun full-body workout that combines cardio, coordination, strength, and conditioning. 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!

**11 Mondays, July 24<sup>th</sup>— September 28<sup>th</sup> (no class on September 7<sup>th</sup> or 14<sup>th</sup>)**

**Standing Fitness: 10:00 a.m. — 10:45 a.m.**

**Sitting Fitness: 11:00 a.m. — 11:45 a.m.**

#### Member Price:

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

#### Not-Yet-Member Price:

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

## IMPORTANT NOTICE

### IMPORTANT!!!

**THE CENTER at CSSC is going digital! After this catalog, we are going to default to email and electronic delivery of future catalogs. If you do not have an email, please contact us at (518) 704-4253 so that we can put you on a new mailing list. There will be limited copies available in THE CENTER office at The Beltrone.**

### 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, July 21<sup>st</sup>— September 29<sup>th</sup> (no class August 4<sup>th</sup>, August 11<sup>th</sup>) 10:00 a.m. — 10:45 a.m.**

#### Member Price:

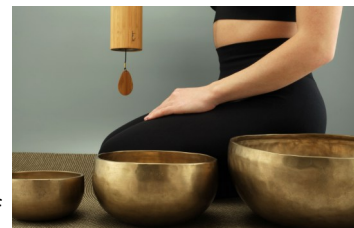
- Credit: \$92.70
- Cash/Check: \$90

#### Not-Yet-Member Price:

- 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!



**9 Tuesdays, July 21<sup>st</sup>— September 29<sup>th</sup> (no class August 4<sup>th</sup>, August 11<sup>th</sup>) 11:00 a.m. — 11:45 a.m.**

#### Member Price:

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

#### Not-Yet-Member Price:

- Credit: \$103
- Cash/Check: \$100

### 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. Chrissy has opened her class to be able to fit more people! If you have been trying to get into this class forever and never seem to be able to, now is your chance. Join Chrissy for this popular class that will leave you feeling accomplished at the end of every week.

**11 Fridays, July 17<sup>th</sup>—September 25<sup>th</sup>, 10:00 a.m. — 10:45 a.m.**

#### Member Price:

- Credit: \$82.40
- Cash/Check: \$80

#### Not-Yet-Member Price:

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

**THE CENTER  
is underwritten  
by:**



## 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! Bring your own yoga mat or blanket to relax on. If you forget, we have extras! **Choose one or all three, not a series.**

**3 Fridays, July 17<sup>th</sup>, August 21<sup>st</sup>, September 18<sup>th</sup> 12:45 p.m. — 2:00 p.m.**

### Member Price:

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

### Not-Yet-Member Price:

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

## Important Series Info

As we close out the Health and Wellness section of the catalog, I'd like to give everyone a few important reminders.

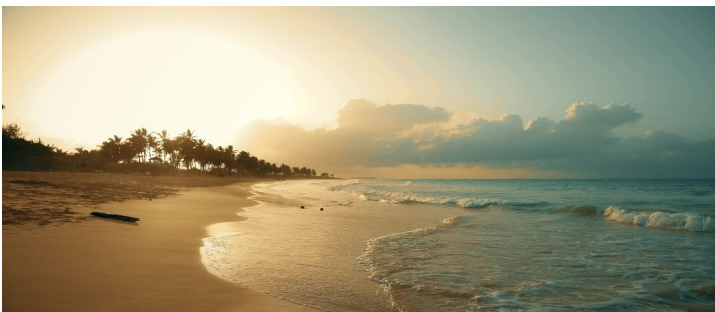
- Most wellness classes and series that we run here at **THE CENTER at CSSC** fill up very quickly and have long waitlists.
- We ask that if you cannot attend a session of a series, you kindly let staff or your instructor know ahead of time.
- If you know you will miss more than 3 classes in a series, we ask that you refrain from signing up to let someone else participate.
- If you are waiting for your class to begin, and another class is in the room, please have a seat in the lobby until the room becomes open.



## Karaoke Sing-A-Long

Join David Bagnardi for some singing! Who doesn't love karaoke. You don't need any singing experience, you don't even need to be good at singing. Come sing a tune or two, or just watch and listen as others sing their favorite songs. Think a song is too rare to be found? Probably not. We have a library of endless options for all types of music. We have the microphone, the speaker, the screen, all we need is the voices! Karaoke will take place every other Friday in the lakeview room.

**Fridays, July 10<sup>th</sup>, July 24<sup>th</sup>, August 14<sup>th</sup>, August 28<sup>th</sup>, September 11<sup>th</sup>, and September 25<sup>th</sup>, 1:30 p.m. — 3:30 p.m.**  
**Free for members, member only event. Registration Required.**



# THE CENTER at CSSC

Get moving with THE CENTER!



All Center U events at The Beltrone, unless noted.

## Hamilton on Broadway: Original Cast

Join us for a showing of Hamilton on Broadway with the original cast. Hamilton remains one of the biggest hit musicals on Broadway, over 10 years after it originally hit the stage. Lin Manuel-Miranda brought the revolution into the 21st century showing the founding fathers in a new light. While none of the original cast is still on Broadway, we can watch them on the big screen forevermore. This is the perfect way to celebrate America's 250<sup>th</sup> anniversary. Grab a snack and a drink, get comfy and watch the show!



**Monday, July 6<sup>th</sup>, movie begins at 1:00 p.m.**

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

## Digital Genealogy Workshop

You don't have to be a genealogy expert to find out about your family's history! Numerous websites and platforms now make it possible to start learning about your ancestors from home. In this webinar, you'll discuss some of the most popular and explore their features. You'll learn about how to access free resources, including those available from many public libraries, and explore websites offering tips and guides to creating your own digital family tree. This is an online presentation, and will be broadcast on a screen at The Beltrone.

**Wednesday, July 15<sup>th</sup>, 12:00 noon — 1:00 p.m.**

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

## Michael Jackson Biopic

*Michael*, about the life and success of Michael Jackson quickly claimed the record for highest box office revenue in its opening weekend in the theater and beyond. Played by his nephew, Michael Jackson's life in Jackson 5 up until his second tour, the movie takes a deep dive into all of it. Critics and fans alike raved about the authenticity and Jafaar's precise performance and vocals as Michael Jackson.



**Tuesday, July 21<sup>st</sup>, movie begins at 1:00 p.m.**

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

## Underground Railroad Quilt Presentation

According to legend, a safe house for the underground railroad was often indicated by a quilt hanging from a windowsill or a clothing line. There would be different "codes" on the quilt that meant different things to those who were looking, but would just look like a pattern to the naked, untrained eye. For example, if a quilt had a log cabin on it, those on the run knew that it meant "find shelter now, the people here are safe to speak with." Candy Legacy, a friend of the underground railroad created her own quilt of this kind, and gave it to the underground railroad museum as an exhibit. She will tell everyone what she's learned about this time period as a whole, and display her own quilt as she does so.

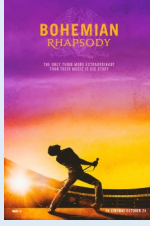


**Monday, August 10<sup>th</sup>, 1:00 p.m. — 2:00 p.m. Free for members, \$10 for not-yet-members. Registration Required.**

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

**Bohemian Rhapsody**

Dive in to the life of Freddie Mercury and Queen, from beginning to the very end. The movie *Bohemian Rhapsody* has gotten rave reviews with critics and fans alike. The actors spent over 20 hours watching footage of the band and talking to people closest to Freddie and those around the band to make sure they got every performance and mannerisms just right. This led to an Oscar-nominated movie that felt as authentic as if you were watching Queen making their triumphant rise to fame in real time. Grab a snack and watch the magic!



**Tuesday, September 29<sup>th</sup>, movie begins at 1:00 p.m.**  
**Free for members, \$5 for not-yet-members. Registration Required.**

**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, July 23<sup>rd</sup>, 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.

**Friday, August 7<sup>th</sup>, 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, September 17<sup>th</sup>, 2:00 p.m. — 3:00 p.m.**

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

<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<b><u>Billiards (M-F)</u></b> 9:00 a.m.—12:00 noon in the Billiard Room	<b><u>Bridge</u></b> 12:30 p.m.—3:30 p.m. In the Activities Room	<b><u>Bingo</u></b> 1:00 p.m.—3:00 p.m. In the Lakeview Room	<b><u>Cornhole</u></b> 10:00 a.m.— 12:00 noon In the Lakeview Room	<b><u>Scrabble</u></b> 1:00 p.m.—3:00 p.m. In the Lounge
<b><u>Mahjong:</u></b> 12:45 p.m.—3:00 p.m. In the Activities Room		<b><u>Cribbage</u></b> 1:00 p.m.—3:00 p.m. In the Activities Room	<b><u>Rummikub</u></b> 1:00 p.m.—3:00 p.m. In the Activities Room	(Scrabble has moved from the activities room to the lounge.)

**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, July 1<sup>st</sup> — September 30<sup>th</sup>.**

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

**Healthy Bones at Sheehy Manor**

**Tuesdays, July 7<sup>th</sup> – September 29<sup>th</sup>**

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

**Healthy Bones at King Thiel II Senior Community**

**Dates TBD**

**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.

**Third Friday of every month.**

**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**

**July 20<sup>th</sup>:** Big Lies In A Small Town, Diane Christopher

**August 17<sup>th</sup>:** All The Rivers, Dorit Rabinyan

**September 21<sup>st</sup>:** Beneath The Scarlet Sky, Marc Sullivan

**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.



Commitment required.

**Mondays, 3:15 p.m.—4:15 p.m.**

**Free for members. Registration required.**

**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.**