

THE CENTER at CSSC

October, November, December 2026 Classes and Experiences for Lifelong Wellness
FOR ALL PEOPLE AGED 55+

**Registration will begin Wednesday
September 30th, at 9 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 I approach a year in this position and we head into the holiday season, I have so much to be grateful for. You have all been so kind to me, and together we’ve taken trips and made memories that will last a lifetime!

While summer has officially come to a close, and it’s starting to get colder and darker earlier, we are stepping into my favorite time of the year! The holidays bring families closer together, and losing my Grammy this year has reminded me just how important family is.

Our theme for this catalog is **Fairs and Festivals!** There is a special kind of magic in the air when the first snowflakes fall, and all our neighbors hang lights on the houses. Sitting in front of the fireplace with a blanket and some hot chocolate watching our favorite Christmas movies is my family’s favorite way to end the day.

Together we’ll embark on some fall and winter adventures that encapsulate that magic we all know and love as we near the holiday season! I can’t wait to have you all along for the ride!

— Caitlyn Kelly, Director of Lifelong Wellness

Bailiwick Zoo and Horseback Riding
Experience guided horseback mountain trail rides through the private 300-acre property at the foot of the Catskill Mountains. Fall is the perfect time to ride, as you’ll get to see the leaves changing colors right in front of you! The trails wind through old forests, open fields, and offer beautiful views of the Hudson Valley. Perfect for first timers and seasoned riders alike. After the ride, take some time to see all the animals that call Bailiwick home! This will be the perfect fall day to have before the colder weather swoops in and it’s too cold to do any of it! Have lunch in town afterwards! **[Balance, Physical]**
Monday, October 19th, bus leaves The Beltrone at 9:00 a.m. and returns at approximately 3:30 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$144.20	• Credit: \$149.35
• Cash/Check: \$135	• Cash/Check: \$145

For More Travel and Trips, see page 2

Pop Up Community and Holiday 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. 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**, make sure to check in for a chance to win a free card!
Monday, October 5th, doors open at 3:30 p.m. Read below for more.



Join us for a **special edition** Holiday Bingo with even more fun and prizes! There will be food and raffles available for purchase, along with a holiday performance by CSSC’s very own **Total Glee Club Sunshine Singers** during the intermission. If you are a member of **THE CENTER**, make sure to check in for a chance to win a free card. The evening is sure to be merry and bright for all who attend!
Monday, November 30th, doors open at 3:30 p.m.

For Health and Wellness, see page 6

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 U LIVE + LEARN

**Tech Tips for Disaster Prep
Intro to Mahjong Series
Holiday Classics Afternoon**

**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, maybe you'll win big! **Wednesdays, October 14th, November 4th, December 9th, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.**

Member Price:

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

Not-Yet-Member Price:

- Credit: \$25.75
- Cash/Check: \$25

October Trips

Apple Picking

It would be a crime to live in the Big Apple and not go apple picking! Enjoy the fall foliage on the drive up to Bowman Orchards where you'll pick your own apples for apple pies, apple crisps or whatever else you can think of to whip up. You know how the saying goes—an apple a day keeps the doctor away! After you've picked your apples you can stop in the farm store or visit with the animals. **[Standing, Walking]**

Thursday, October 1st, bus leaves The Beltrone at 12:00 noon and returns at approximately 3:30 p.m.

Member Price:

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

Not-Yet-Member Price:

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

Fall Foliage Train

Take a spectacular journey along the former Ulster & Delaware Railroad corridor and see the natural beauty of the Catskills Leaf



Season from the railroad's unique perspective aboard Ulster County's only scenic train. A perfect way to enjoy the amazing Fall Colors. **[Standing, Walking, Stairs]**

Friday, October 9th, bus leaves The Beltrone at 11:30 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

Boop! The Musical at Proctors

Follow the iconic cartoon character Betty Boop as she leaves her black-and-white animated world for a colorful adventure in modern-day New York City. Along the way, she navigates fame, romance with jazz musician Dwayne, and friendship with superfan Trisha, while her inventive grandfather Grampy also finds love with scientist Valentina.



Thursday, October 15th, bus leaves The Beltrone at 12:15 p.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

Fall Fest at Liberty Ridge

No screens. No schedules. Just 100 acres to explore: corn maze, pig races, pumpkin cannons, farm animals and fall magic that keeps Capital Region families coming back to grow memories year after year. With over 50 attractions at the festival, everyone is sure to find something. **[Standing, Walking, Outdoors, Uneven Ground]**



Friday, October 16th, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 5:00 p.m.

Member Price:

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

Not-Yet-Member Price:

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

Catskills Fall and Halloween Fest

Calling the strange, the unusual, the eccentric, the spooky, the magical (and magical!), the unexpected, the wondrous, and the inspired! Here, creators artists, makers, and family businesses of the Halloween, Fantasy, and Otherwise Odd.... come together to offer their most splendid and curious wares!

Explore hundreds of unique booths filled with spooky crafts, odd curiosities, handmade costumes, and more – all in a festive, family-friendly atmosphere. **[Standing, Walking]**
Friday, October 23rd, bus leaves The Beltrone at 2:00 p.m. and returns at approximately 6:00 p.m.

Member Price:

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

Not-Yet-Member Price:

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

Halloween Spooktacular

What's better than picking your own pumpkin to carve or paint? We'll go out to the pumpkin patch where you can pick the pumpkin you love most, then venture back to The Beltrone where we'll have already set up carving and painting stations to sit at while watching the movie *Nightmare Before Christmas*. **[Standing, Walking]**



Tuesday, October 27th, bus leaves The Beltrone at 11:00 a.m. and returns at approximately 1:00 p.m. Carving and painting until 4:00 p.m.

Member Price:

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

Not-Yet-Member Price:

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

Murder and Mayhem Walking Tour

Take a trip through the darker side of Troy's history on a lantern lit tour that explores true stories of murder, disasters, and every manner of mayhem that graced the city's streets. Hear tales of the Veiled Murderess and Hazel Drew's unsolved murder, learn the escapades of infamous gangster Jack "Legs" Diamond, see sites of the draft riots and more, all on a tour through downtown. **[Standing, Walking, Stairs, Outdoor]**

Thursday, October 29th, bus leaves The Beltrone at 5:15 p.m., returns approximately 8:00 p.m.

Member Price:

- Credit: \$38.11
- Cash/Check: \$37

Not-Yet-Member Price:

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

November Trips

Turning Stone Casino

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

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

Member Price:

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

Not-Yet-Member Price:

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

Virtual Reality Get-A-Way

Escape reality and visit Everworld! Everworld is an immersive augmented reality (AR) adventure story where you are the main character. Just put on a headset and step into Everworld to uncover mysteries through riddles, puzzles, and even spellcasting! Everworld will provide you with a mind-bending story line and a highly engaging, one-of-a-kind experience. And the best part—*No motion sickness!* **[Standing, Walking]**

Friday, November 13th, bus leaves The Beltrone at 1:30 p.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

Travel and Trips continued on page 3

Sixties Spectacular at Proctors

Join a nostalgic 1960s music celebration at Proctors Theatre in Schenectady, NY, featuring Herman's Hermits starring Peter Noone and other classic acts. Expect a night filled with countless 1960s hits — from sunshine pop to bubblegum pop — with live harmonies, energetic performances, and a nostalgic atmosphere. This is where nostalgia meets modern stage production.



Saturday, November 14th, bus leaves The Beltrone at 5:45 p.m. and returns at approximately 10:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$82.40	• Credit: \$92.70
• Cash/Check: \$80	• Cash/Check: \$90

Saratoga Casino

In case you missed it, we're going back! Try your luck and who knows, maybe you'll win big! **[Walking, Standing]**

Tuesday, November 17th, bus leaves The Beltrone at 10:00 a.m. and returns at approximately 4:00 p.m.

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

Botanical Brush Pottery Painting

Enjoy the wide selection of pottery pieces ready for you to paint. Find the piece perfect for your creativity. You'll then get to paint your piece, and after it's fired you can pick it up in THE CENTER office! If you choose a planter, you'll even get a plant!

Monday, November 23rd, bus leaves The Beltrone at 11:30 a.m. and returns at approximately 2:30 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$46.35	• Credit: \$56.65
• Cash/Check: \$45	• Cash/Check: \$55

December Trips

New York State Museum

The NYS museum is home to many pieces that are fundamental and unique to NY. You will see a special larger exhibit remembering 9/11 for the 25th anniversary of the attack. There will also be a dinosaur exhibit and much more! Enjoy lunch in town afterwards. **[Standing, Walking, Stairs]**

Tuesday, December 1st, bus leaves The Beltrone at 10:30 a.m. and returns at approximately 4:00 p.m.

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

The Notebook at Proctors

The Notebook is a new Broadway musical adaptation of the best-selling novel and iconic film by Nicholas Sparks, telling the timeless story of Allie and Noah, two people from different worlds who share a lifetime of love despite forces that threaten to pull them apart.



Thursday, December 3rd, bus leaves The Beltrone at 12:00 p.m. and returns at approximately 5:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$123.60	• Credit: \$133.90
• Cash/Check: \$120	• Cash/Check: \$130

Snowflake Festival



The streets of Kingston will be transformed into a winter wonderland of magic with music, horse drawn carriages and Santa! Wander into local businesses to warm up and maybe buy a gift or two, or just enjoy the festivities. **[Walking, Cold]**

Friday, December 4th, bus leaves The Beltrone at 5:00 p.m. and returns at approximately 8:30 p.m.

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

Mabee Farm Festival of Trees

This was one of the most requested trips by members. This festive display features over 70 lighted fir trees in the galleries. Immerse yourself in the beauty of it all. **[Standing, Walking]**



Tuesday, December 8th, bus leaves The Beltrone at 1:00 p.m. and returns at approximately 4:30 p.m.

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

Christmas Wonderland Spectacular and Adult Drinks

Soak up all the festive fun with a delightful mix of indoor and outdoor activities full of holiday spirit! Adult drinks available for purchase to warm you up. **[Standing, Walking, Cold]**

Friday, December 11th, bus leaves The Beltrone at 3:30 p.m. and returns at approximately 8:00 p.m.

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

Candlepin Bowling

You don't have to go far to have some winter fun! We'll head over to Crossgates for a couple games of candlepin! **[Standing, Walking]**



Tuesday, December 15th, bus leaves The Beltrone at 12:30 p.m. and returns at approximately 3:30 p.m.

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

Saratoga Automobile Museum and Simulator

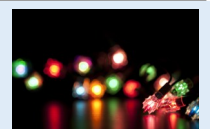
Join us on a journey where the past, present and future of the automobile converge creating a hub of excitement and knowledge for all who share in the joy of the open road. You can even compete with each other in the brand new racing simulator! Enjoy lunch in town afterwards! **[Standing, Walking]**

Friday, December 18th, bus leaves The Beltrone at 9:30 a.m. and returns at approximately 4:00 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$59.74	• Credit: \$70.04
• Cash/Check: \$58	• Cash/Check: \$68

Christmas Village of Lights

Let's squeeze in one more holiday trip before the season's over! With over half a million lights, this drive thru experience is nothing short of Christmas cheer and Santa's magic!



[Prolonged Sitting]

Wednesday, December 23rd, bus leaves The Beltrone at 4:30 p.m. and returns at approximately 6:30 p.m.

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

Creative & Art Events

October Arts

Fall Foliage Plein Air Painting At the Beltrone Pond

Join Nancy Lyons as she guides you in this outdoor class creating a beautiful fall scene at The Beltrone pond. You will choose which art medium to work with, and see a demo on Plein Air painting. In the case of inclement weather, the class will be moved indoors. Bring your own art supplies, a hat and jacket.

Friday, October 2nd, 1:00 p.m. — 3:30 p.m.

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

Woodland Interior in Watercolor

Join Kevin Kuhne in this two-week class inspired by the current show at the Albany Institute of History and Art, and especially the watercolors of Susie M. Barstow. you will learn the basic design and planning of a woodland interior, along with the brushwork, color palette, texture detail, and lighting to create the feeling of a peaceful walk in the woods. All materials provided.

Wednesdays, October 7th & 14th, 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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Botanical Drawing: Gourds!

Join Nancy Lyons as she teaches you how to create a fall staple: gourds! In this class you will use colored pencils and gradual toning techniques to create a gourd that is ready to pop off the page! Bring your own colored pencils.

Friday, October 16th, 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
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Candle Making

Join Amy Hartman of Bella Blends to create your very own candle from start to finish. You'll get to choose everything from scent to floral add-ons. If you prefer to use a candle warmer, or cannot light candles in your apartment, that's okay! You don't even need to add a wick. All materials provided.

Monday, October 19th, 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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Cake Decorating with Noelle

Join Noelle in one of our most popular classes. This time, we will be decorating cakes to look spooky in time for Halloween. No experience required, anyone can decorate a cake with some guidance! Hurry and register, as these classes fill up very quickly!

Tuesday, October 20th, 9:30 a.m. — 12:00 noon.

Member Price: • Credit: \$41.20 • Cash/Check: \$40	Not-Yet-Member Price: • Credit: \$51.50 • Cash/Check: \$50
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Harvest Blue Painting

Join Karen Vradenburg for another fun painting! This time you will paint a harvest painting with your choice of blues or purples. You'll leave class with 8x10 canvas that is yours to keep!

Thursday, October 29th, 1:00 p.m. — 3:00

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

Vibrant Autumn Landscape with Soft Pastels

Join Nancy Lyons for this class where you will become familiar with the various types and techniques of pastel painting. Color Theory and composition will be discussed Nancy demonstrates the different techniques. Bring your own soft pastel set.

Monday, November 9th, 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
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Holiday Workshop

Join Marjorie Ward and Lydia as you create several holiday arts that can be used for gifts or décor. In this workshop you'll go station to station for different arts such as alcohol inks, ornaments, and so much more! Lunch and refreshments will also be provided. All materials provided.

Tuesday, November 10th, 10:00 a.m. — 3:00 p.m.

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

Join Amy Hartman of Bella Blends to create your very own custom scent! There's nothing better than a one-of-a-kind perfume that perfectly compliments you! All materials provided.

Monday, November 16th, 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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The Pine Barrens Landscape in Watercolor

Another double session led by Kevin Kuhne. One of Kevin's favorite places to hike and paint in the Albany/Schenectady area, the Pine Bush Preserve is a unique and beautiful area. Working from photos (bring your own if you have them!) and Kevin's paintings, we will spend the morning on brushstrokes, watercolor techniques, and individual trees. Then we will put them all together in the afternoon to create a lovely landscape of pitch pine, scrub oak, and sand dunes. All materials provided.

Wednesday, November 18th, 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
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Autumn Harvest Doormats

Join Caitlyn and Madelyn to create your very own fall themed welcome mat! You'll get to pick every step of this process from design to colors. You'll leave with a unique doormat of your very own!

Friday, November 20th, 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
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Botanical Drawing: Fall Asters

Asters symbolize patience, wisdom, faith and admiration ,and are abundant in the fall season. Join Nancy Lyons for another drawing class. 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. This process will make your piece three dimensional and pop off the page. Bring your own colored pencils.

Monday, November 23rd, 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
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Pinecone Gnome or Elf Ornaments and Décor

We know how popular gnomes are around here! Join Caitlyn and Madelyn to create some gnomes of your very own! And for those who don't love gnomes so much, you can make an elf or reindeer ornament! We'll play some Christmas music, pour some hot cocoa and have some fun creating cute Christmas décor together. All materials provided.

Tuesday, November 24th, 1:00 p.m. — 3:30 p.m.

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



Winter Cardinal Painting

They say when you see a cardinal, it is a loved one visiting from Heaven. Join Karen Vradenburg to create your very own winter cardinal painting to warm your heart every time you see it! All materials provided.

Monday, November 30th, 1:00 p.m. — 3:00 p.m.

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



December Arts

Painting a Christmas Ornament with Watercolor Pencils

Join Nancy Lyons as the holiday season unfolds, taking time to create a lovely holiday ornament with watercolor pencils. We will begin by using monotoning with graphite pencil and then layer with watercolor. You'll leave with a holiday ball ornament on paper. Bring your own watercolor pencils.

Monday, December 7th, 1:00 p.m. — 3:30 p.m.

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

Watercolor Holiday Poinsettias

Join Kevin Kuhne for another Inspired by the 19th Century Hudson River School artist Susie M. Barstow, some contemporary watercolorists, Asian brush painting, and celebrating the color red. We will do some small watercolor studies of poinsettias in the first session, and spend the second session on a more finished painting of poinsettias!

Wednesdays, December 9th & 16th, 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



Winter Wonderland Snow Globes

Join Caitlyn and Madelyn to create your own winter snow globe. Gift it to someone you love or keep it for yourself—either way you'll have a little piece of holiday magic to share for years to come!

Thursday, December 10th, 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

To All A Good Night Painting

Join Karen Vradenburg for a holiday painting. You'll paint a beautiful wreath with a faux wooden background to get you in the holiday spirit! All materials provided.

Monday, December 14th, 1:00 p.m.—3:00 p.m.

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

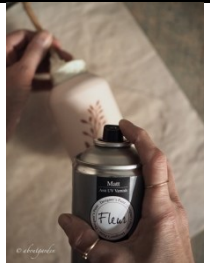


Room Spray Workshop

Amy Hartman is back again, this time with all the ingredients needed to create a one-of-a-kind room spray that is unique to you! You'll be supplied with everything you need to create a scent you're sure to fall in love with that can be used as air freshener or linen spray!

Monday, December 21st, 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



Health & Wellness

Toned and Gray: Total Body

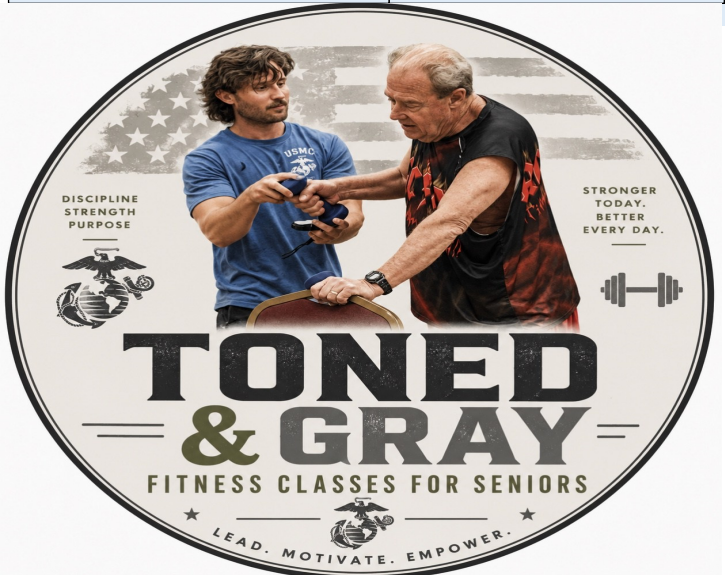
Personal Trainer Chris Connor's motto is "Stay Strong, Stay Independent". This class will focus upper and lower body strength and conditioning using resistance bands, ankle weights, dumbbells, and bodyweight exercises. These strength and conditioning classes are specifically designed for older adults, and utilize safe, effective, engaging workouts that focus on balance and fall prevention mobility, flexibility, strength and endurance.

11 Fridays, October 2nd—December 18th (no class November 27th, December 25th)

Standing: 3:00 p.m. — 3:45 p.m.

Sitting: 4:00 p.m. — 4:45 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$66.95	• Credit: \$77.25
• Cash/Check: \$65	• Cash/Check: \$75



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.

11 Mondays, October 5th— December 28th (no class on October 12th or November 2nd)

Standing Fitness: 1:00 p.m. — 1:45 p.m.

Sitting Fitness: 2:00 p.m. — 2:45 p.m.

Member Price:	Not-Yet-Member Price:
• Credit: \$66.95	• Credit: \$77.25
• Cash/Check: \$65	• Cash/Check: \$75

Breathing Focused Meditation

Learn how to engage your wandering mind and steady your breathing at bedtime, when you wake up, while your doing chores and other tasks. Controlling your thoughts can help you improve sleep, focus, and patience while relieving anxiety and stress leading to a better Mind and Body relationship. This is a beginner friendly class led by Surya, who has trained more than 2000 people over 25 years. He has been teaching at a few different centers and towns near by. ***This is not a series. Choose one or all classes.***

Mondays, 10:45 a.m. — 11:45 a.m.
October 5th
October 19th
November 9th
November 16th
December 7th
December 21st



Member Price:

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

Not-Yet-Member Price:

- Credit: \$25.75
- Cash/Check: \$25

Chair Zumba

Join Tanya Morris, a seasoned Zumba instructor in a seated class suitable for all ability levels. Zumba is a great way to stay active and keep your joints agile. Regular participation in Zumba can improve **aerobic fitness, endurance and heart health**. Studies show that Zumba helps to lower heart rate and blood pressure over time with consistent practice. Tanya has taught Zumba for many years and has ample experience working with seniors and knows how to get you moving!
9 Thursdays, October 15th—December 17th (no class November 26th) 11:30 a.m.—12:30 p.m.

Member Price:

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

Not-Yet-Member Price:

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



Fit To The Beat Zumba

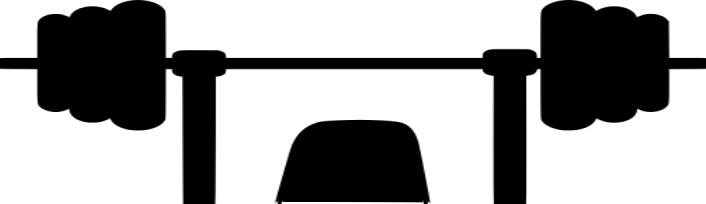
We are excited to announce that we will continue offering more Zumba style fitness class with Rizzy! As a seasoned instructor of 15 years and a busy mom who knows how to squeeze a workout into a busy schedule, Rizzy is sure to keep you moving and grooving to the beat. These Zumba classes were a huge hit in our last catalog, and everyone who took it had nothing but positive things to say about the class and instructor. Whether you're new to Zumba or a pro at it, this is just the class for you.
Low Intensity Class: 11 Tuesdays, October 6th—December 28th, 1:30 p.m.—2:10 p.m. (No class on November 24th, or December 22nd)
Medium Intensity Class: 9 Thursdays, October 15th—December 17th, 1:30 p.m.—2:10 p.m. (No class on November 26th)

Member Price:

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

Not-Yet-Member Price:

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



IMPORTANT NOTICE

IMPORTANT!!!

THE CENTER at CSSC is going digital! After this catalog, we are going to default to email and the 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, October 13th— December 8th 10:00 a.m. — 10:45 a.m.

Member Price:

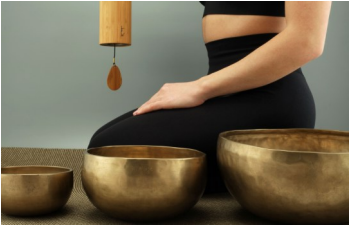
- Credit: \$92.70
- Cash/Check: \$90

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, October 13th— December 8th 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. This popular class will leave you feeling accomplished at the end!
10 Fridays, October 2nd—December 18th, 10:00 a.m. — 10:45 a.m.

Member Price:

- Credit: \$87.55
- Cash/Check: \$85

Not-Yet-Member Price:

- Credit: \$97.85
- Cash/Check: \$95

THE CENTER
is underwritten
by:



Health & Wellness

Gong Sound Bath Meditation

Sound Bath Meditation is a passive experience where the listener simply lies down, or sits in a chair, and lets the sounds wash over them. 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. Bring your own yoga mat or blanket to relax on. If you forget, we have extras! **Not a Series. Choose one or all three.**

3 Fridays, October 9th, November 13th, December 11th, 12:45 p.m. — 2:00 p.m.

Member Price:

- Credit: \$25.75
- Cash/Check: \$25

Not-Yet-Member Price:

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



THE CENTER LIVE + LEARN



All Center U events at The Beltrone, unless noted.

Tech Tips for Disaster Preparedness

Being prepared starts before an emergency happens. Join us to learn how to organize important information, access reliable resources, and make the most of everyday technology when unexpected situations arise. We'll cover ways to save important documents, manage medications and essential records, identify trusted information sources, and keep communication options available during power outages or service disruptions. You'll leave with practical strategies to strengthen your personal preparedness plan and increase your confidence in handling emergencies. This will be a broadcast presentation.

Free for members, registration required.

Tuesday, October 6th 1:00 p.m. — 2:00 p.m.

Intro to Mahjong: The Basics

Knowing the ins and outs of American Mahjong will allow you to play with confidence! Instructor Stacy Budkofsky will be giving a four part virtual series on an intro to Mahjong, exploring the classic game played by millions of people around the world.

Playing Mahjong can potentially help support brain health, exercise your memory, relieve stress and provide an opportunity to socialize and make new friends. This is a series class over the span of 4 weeks.

\$5 for members, \$15 for not-yet-members.

4 Thursdays, October 8th, 15th, 22nd and 29th. 3:00 p.m. — 4:00 p.m.



Holiday Classic Afternoon

It's time to get festive! Join us for an afternoon of all the Christmas classics like Frosty, Rudolf and The Grinch! Enjoy the movies and sing along with all your friends! This will be the perfect cozy afternoon complete with hot cocoa and a candy cane too! You're guaranteed to leave with a little bit of that holiday nostalgia and magic in your heart!

Free for members, \$5 for not-yet members.

Monday, December 14th, 1:00 p.m.



THE CENTER at CSSC

Get moving with THE CENTER!

Club Events at The Beltrone (members only)

Monday

- **Billiards (M-F):** 8:00 a.m. — 12:00 noon in the Billiards Room.
- **Mahjong:** 12:45 p.m. — 3:00 p.m. in the Activities Room
- **Total Glee Club:** 3:15 p.m. — 4:15 p.m. in the Activities Room.



Tuesday

- **Bridge:** 12:30 p.m. — 3:30 p.m. in the Activities Room.



Wednesday

- **Bingo:** 1:00 p.m. — 3:00 p.m. in the Lakeview Room.
- **Cribbage:** 1:00 p.m. — 3:00 p.m. In the Activities Room



Thursday

- **Cornhole:** 10:00 a.m. — 12:00 noon in the Lakeview Room.
- **Rummikub:** 1:00 p.m. — 3:00 p.m. in the Activities Room.



Friday

- **Scrabble:** 1:00 p.m. — 3:00 p.m. in the Lounge.
- **CAT Group:** Third Friday of every month in the Activities Room

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, October 7th — December 30th.

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

Healthy Bones at Sheehy Manor

Tuesdays, October 6th — December 29th

11:00 a.m. - 12:00 noon.

Healthy Bones at King Thiel II Senior Community

Tuesdays, October 6th — December 29th

9:30 a.m. — 10:30 a.m.

Trips

- ☐ Apple Picking 10/1
- ☐ Fall Foliage Train 10/9
- ☐ Boop! The Musical 10/15★
- ☐ Fall Fest Liberty Ridge 10/16
- ☐ Horseback Riding & Park 10/19
- ☐ Catskill Halloween Fest 10/23
- ☐ Halloween Spooktacular 10/27
- ☐ Murder Mayhem Walking 10/29
- ☐ Turning Stone Casino 11/6
- ☐ Virtual Reality Getaway 11/13
- ☐ Sixties Spectacular 11/14
- ☐ Saratoga Casino 11/17
- ☐ Botanical Brush Pottery 11/23
- ☐ NYS Museum 12/1
- ☐ The Notebook 12/3★
- ☐ Festival of Trees 12/8
- ☐ Christmas Wonderland 12/11
- ☐ Candlepin Bowling 12/15
- ☐ Saratoga Auto Museum 12/18
- ☐ Christmas Village Lights 12/23

Health and Wellness

- ☐ Toned and Gray: Total Body
- ☐ Toned and Gray: Strike and Strength
- ☐ Breathing Focused Meditation
- ☐ Chair Zumba
- ☐ Fit To The Beat Zumba: Low
- ☐ Fit To The Beat Zumba: Medium
- ☐ Chair Yoga
- ☐ Crystal Bowl Sound Bath
- ☐ Strength, Core & Cardio
- ☐ Gong Sound Bath Meditation

The Center U

- ☐ Tech Tips for Disaster Prep
- ☐ Intro to Mahjong: Series
- ☐ Holiday Classics Afternoon

Arts

- ☐ Fall Foliage Plein Air Painting 10/2
- ☐ Woodland Interior Watercolor 10/7
- ☐ Botanical Drawing: Gourds 10/16
- ☐ Candle Making 10/19
- ☐ Cake Decorating 10/20
- ☐ Harvest Blue Painting 10/29
- ☐ Vibrant Autumn Landscape 11/9
- ☐ Holiday Workshop 11/10
- ☐ Perfume Roller 11/16
- ☐ Pine Barrens Watercolor 11/18
- ☐ Autumn Harvest Doormat 11/20
- ☐ Botanical Drawing: Asters 11/23
- ☐ Pinecone Gnome Ornament 11/24
- ☐ Winter Cardinal Painting 11/30
- ☐ Painting Christmas Ornament 12/7
- ☐ Watercolor Poinsettias 12/9
- ☐ Winter Wonderland Snow Globe 12/10
- ☐ To All A Good Night Painting 12/14
- ☐ Room Spray Workshop 12/21

**Please check off each event
you'd like to register for.
Bring your catalog with you to
registration to speed up the
process and help you keep
track of your events!**