

Living Well

Program News – April 2022

Living Well Program Notes

We have new furniture in the lobby! Come and check out all that is new at the senior center.

It is hard to believe that it is April already and that spring is coming. We are all looking forward to the nicer weather and more outdoor activities.

We have a lot of new programs here for you to check out all free! Please feel free to invite friends to join you. If you have friends who want to be added to the mailing list, please let me know.

You can sign-up for all activities in person at the center or by calling the front desk at 518-664-7877.

CLEAN OUT day

Clean out day will be this month. If you have not let us know by now what items you want to keep they may be disposed of. Consider taking your items home. We will start cleaning out the first week in April.

CRAFTED By Me

Our craft class this month will be led by Isly and Estheisy . It will be held on April 26th at 1pm and we will be making a scented sugar hand scrub and lip balm.

The craft class is limited to 16 people. Be sure to sign-up for this activity.

Cooking for One or Two

This month we are going to make Totchos. Think Tater-Tots meets nachos. It is a simple and easy dinner fix, and easy to change according to your preferences. It certainly hits the taste buds for craving something new and tasty. Although, I admit it may not be the healthiest, we all have to enjoy something fun once in a while. I will share tips to make it healthier should you choose to do so. This class will be on April 19th in the Hudson Room at 1pm. Please sign-up for this class.



Life Hacks

Tired of crying while cutting onions? Try this tip. Wet a paper towel and fold it up in front of the area you are cutting the onion. The moisture prevents the onion vapors from reaching your eyes.

NEW!! MUSIC makes you MOVE

Some of you have been asking for a workout that is a little higher impact than our other class. So, we are testing a new class which is NOT chair based, this one will get you up and moving. This class will be led by Nancy Holmes and we will meet on Friday mornings in April from 10-11 am in the Hudson Room. Enjoy some music and move to the beat and limber up your muscles

and joints. Sign-ups are on the bulletin board, but feel free to just show up.

21 Questions and Tea

We had so much fun with 21 Questions last month we were asked to do it again. There are selected questions to answer to get the conversation going. Questions to help you remember the past, share good memories and get to know each other better. It will be on April 14th 11 am. Riverside Room. Sign-up or just show up for this fun activity.

Kitchen Short-Cuts

Sometimes we have trouble cutting up herbs like parsley. Try a pizza wheel cutter. You can roll it over and over the parsley until you get it to the size you want. This will work with scallions, egg slices and more.

Free Medical Items

I have medical items if you need something. I also currently have a board with a rail on it that goes under the mattress to aid in moving while in bed or getting out of bed.

COFFEE CART is Back!

Come and sit in the new lobby furniture and grab a cup of coffee! We have half-caff coffee daily until it runs out and sometimes there will be some baked goodies as well.

Sit and visit with some friends, read a magazine and relax.

Movement to Music Class

This will be our last month with Estheisy leading us in Movement to Music. She will lead the class every Thursday morning this month at 10am. in the Hudson Room. You

do not need to sign-up just show up for some fun uplifting music and some gentle movement.

I am working on another exercise class in the future.



BOOK Club

I want to thank Michelle Duell for leading the book clubs that we have had. She has the book club at the library and she selects wonderful books to read and discuss. Go talk to the staff about signing up for that. It is a great opportunity to read a good book, learn something new, have some great conversation and meet new people.

THANK YOU to ESTHEISY and ISLY

We want to thank Estheisy and Isly, our U Albany interns this year, for all their help and inspiration with programming! They will be with us through the end of April. Please be sure to reach out and thank them. We thank you both for your care and concern your support and help and we wish you well as you further your education. You will be missed!

Tea Talks

This month we have John Mitchell a professed bicycle, pedestrian and trail advocate. He has extensive knowledge about biking and walking trails and a great interest in leading walks in this historic area that we live in. He wants to encourage all of us to get out and get moving and enjoy our

surroundings. Come and hear what he has to say about the trails close by. He will also see if there is interest in the group to schedule a walk or a ride in the future. If you have questions about bicycling or trails he's got answers.

Join us for some tea and conversation with John on April 11th at 10am in the Riverside Room. Sign-up at the senior center or call the office at 518-664-7877.



NEW!!! Rummikub and DOMINOES!

Rummikub is becoming more popular and we have been asked to have it weekly! We will meet on Tuesday mornings in the Riverside Room at 10 am. We have multiple game sets and 2-4 players can play. It is easy to learn, similar to rummy the card game, except this is with tile pieces. It is good exercise for your brain as well. Come and try your hand at this game.

There is a suggestion to start a game of train dominoes. We will have a demo of this game on April 12th and 26th at 10am. You do not need to sign-up for this just show up if you want to learn how to play.

Free Market

Free Market is back outside the Senior Center. It will be the first and third Wednesday of each month April – October. Come get a flyer of all the dates inside the senior center. This month it will be April 6th and 20th. We will be set up outside somewhere around 10am. with fresh

produce and grocery items. First come first served. Please bring your own bags!!!

Therapy Dogs

Our next Therapy Dog visit is April 7th at 10 am. We will have Diane Trombley here with Keeva. Come and visit with them. Keeva is a Double-Doodle breed. You can ask Diane about the breed and visit with Keeva.



Just Say Yes to Fruits and Vegetables Class

The class will be on April 8th at 10 am and it will be an **In Person** demonstration!! In the Riverside room. Please sign up for this class 24 hours ahead so we can be sure to get you a free produce bag.

Kristyn will be talking about portion sizes and will demonstrating a recipe that you can actually sample this time!

Adult Coloring

Come and color and relax and socialize. All the supplies are here or bring your own. We will meet Wednesdays at 10 am in the Riverside Room at the Senior Center. No sign-up required.



Tech Help Open House

Isly is here to help you with your tech problems or to teach you something new. Stop in on Mondays between 10-12pm. This will be the last month for Tech support for now.

Going Green! Earth Day

The senior center is going greener! Earth Day is April 22nd and we are hosting an event to celebrate and educate you on things we can do to preserve and protect our planet. We will have handouts, short videos to watch and a talk about how we can all step up what we do for sustainability.

Learn about the mistakes we all make when recycling. Learn about choices you make in your purchases and how it affects corporations.

Refreshments will be served. Listen and learn so you can make this world better for your children and grandchildren and generations to come. We will meet in the Hudson room at 1pm. Please sign-up.



Movie Day

Movie Day is set for April 5th at 1pm. We will be showing Downton Abbey – The

Movie (not the series) and have finger sandwiches and proper English tea! We appreciate Michelle Duell for helping to make this event happen!

Please sign-up so we are sure to have enough refreshments for all!



Albany Guardian Society

Check out AlbanyGuardianSociety.org for all types of classes on subjects from wills, to exercise, technology and more. Classes are free and you can watch them from the comfort of your home via Zoom. Staff there will help you navigate how to connect to Zoom so you can watch the class.

HANDY People needed

We all need a little help sometimes to fix a small appliance, glue something or sew something back together. I am trying to put together a day this summer where we can help others with minor repairs of items they need help with. So if you can sew or repair a small appliance and want to volunteer to help please call me at 518-652-2713

Medical Self-Advocacy Seminar

SAVE THIS DATE: May 3rd 1pm for a very special event . Karin will be speaking on Medical Self-Advocacy. We all go to the Dr and many times we leave with more questions or we just don't get the answers we are looking for. Some of you may not

have your medical information in order enough for family to know who your doctors are or what medications you are on.

This Seminar will teach you how to be a better advocate for yourself at your appointments, how to organize your information so everything is ready and available as needed. Karin has been a Medical Social Worker for over 25 years. You will learn some insider tips about how to communicate better with your Doctor. How to make the most of your appointment, and what other resources you can tap into.

We will be putting together your own medical binder at this seminar for you to take home. Learn tips to customize your binder and make it work for you. Sign-up is required and will be at the senior center on the bulletin boards or call in to register at 518-664-7877.



Thank you Hill Country Cloggers

We had a wonderful time on St. Patrick's day with our corned beef and cabbage meal and amazing entertainment from the Hill Country Cloggers. A special thank you to our cloggers, Office for the Aging for the meal and all the volunteers who served, decorated, cleaned, and made this wonderful event happen.

Center Members

For those of you who are paid members of the Senior Citizen's organization there will

be a vote to elect board members at their monthly meeting on April 12th at 1pm. Be sure to come out and vote.

Sgambati Sings

You loved it the last time and he is back, Patrick Sgambati is back to sing on April 13th at 1pm. Join us for some entertainment and light refreshments.

Emergency Alerts

SARATOGA COUNTY has a MASS NOTIFICATION SYSTEM "code RED" You should be getting emergency notifications on your phone if there is an emergency issue in our area. If you are not getting them log into the website below or come to the Senior Center on Mondays or Tuesdays and Isly can help you get on the alert system.

<https://public.coderedweb.com/CNE/en-US/BF26DE55718D>

Happy Easter to all!



"Let your unique awesomeness and positive energy inspire confidence in others."

Anonymous

