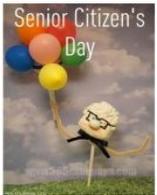


Senior Center is open
from 9 am to 3 pm
Lunch is \$5.00-Served at
Noon

August 2016

Transportation is available for
Niskayuna Seniors age 60+
Please call Bob at 495-6202
by noon the day before:
\$3 per ride (\$5 round trip)

Niskayuna Senior Center
2682 Aqueduct Road ~ Niskayuna NY 12309 ~ 518-372-4969

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2MEAL: BBQ CHICKEN ON A BUN 9:00-NOON TOM'S COMPUTER WALK-IN CLINIC 10:30 LINE DANCING 	3	4MEAL: BLACK BEAN AND COUSCOUS SALAD AUGUST BIRTHDAY PARTY 10:30 BOCCE & PICKLEBALL 	5	6 
7	8	9MEAL: HONEY GLAZED CHICKEN 10:30 LINE DANCING SHOPPING TRIP	10 Schenectady COUNTY SENIOR PICNIC 	11MEAL: COBB SALAD 10:30 BOCCE & PICKLEBALL	12  Saratoga Race Track Trip	13
14	15	16MEAL: GOULASH WITH TOSSED SALAD 10:00 COMPUTER CLASS WITH TOM 11:00 LUNCH TRIP SCARBOROUGH'S  	17 Grant Cottage Trip	18MEAL: SPAGHETTI WITH GROUND BEEF 10:30 BOCCE & PICKLEBALL	19	20
21 	22	23MEAL: LEMON CHICKEN WITH SHRIMP AND LINGUINI 10:30 LINE DANCING	24 	25MEAL: VEGGIE CHILI 10:30 BOCCE & PICKLEBALL	26	27
	29	30MEAL: PORK ROAST 10:30 LINE DANCING 1:30 SENIOR ADVISORY MEETING at Senior Center	31			 <i>*Additional fee Meals are subject to change</i>

JOIN THE NISKAYUNA SENIORS... Each Tuesday & Thursday at the Niskayuna Senior Center located at 2682 Aqueduct Road. Activities begin at 9:00 am and include Senior Fitness Classes, Line Dancing, Pickle Ball, Bocce Ball, Art Classes, Wii Sports, Crafts, Scrabble, Cards & Ping Pong. Join us for trips to a show, a museum, a restaurant, or for a mall shopping trip. We invite all area seniors to participate & welcome suggestions for interesting new programs.

Tuesdays

10:00-12:00 Scrabble, Cards, Bridge, Wii Bowling , Mah Jongg
 10:30 Line Dancing with Maryde King
 12:00 Lunch
 1:00 Chair Yoga
 2:00-4:00 Ping Pong

ONGOING ACTIVITIES

Thursdays

10:00-12:00 Scrabble, Cards, Bridge, Wii Bowling, Mah Jongg
 10:30 Bocce, Pickle Ball
 12:00 Lunch
 12:45-3:30 Bridge at the Center & Town Hall
 2:00- 4:00 Ping Pong

UPCOMING EVENTS

Tuesday, August 2—Tom’s Walk-in Computer Clinic
 Thursday, August 9— Shopping Trip
 Wednesday, August 10—Schenectady County Senior Picnic at the Central Park Pavilion, 11am—2pm

Friday, August 12—Saratoga Raceway Trip
 Tuesday, August 16—Scarborough's Restaurant Lunch Trip
 Tuesday, August 16— Computer Class with Tom
 Wednesday, August 17—Grant Cottage Trip

CLASS DESCRIPTIONS & INFORMATION

*Additional fee

BUS TRANSPORTATION We offer door to door bus transportation to Niskayuna residents aged 60+ each Tuesday & Thursday between 10:00 am - 2:00 pm (\$5 round trip). The bus can be used for transportation to the Senior Center for our programs & lunch, or for appointments and shopping within Schenectady County. If you are new to us, please call us at the Center 372-4969 for an appointment. Returning patrons can call 495-6202 to schedule transportation.

COMPUTER CLASSES: We have an expert lead walk-in clinic on the first Tuesday of every month 9am –noon and an instructor lead computer class the third Tuesday of each month at 10 am. These classes are free to our members. Join our expert Tom Krauser to expand your computer skills in our computer lab located on the first floor of the Senior Center. Call 372-4969 to reserve your spot.

HOT LUNCHESES Chef prepared meals served at noon (\$5). Monthly menu/activity **calendars** are available at the Senior Center, the Town Hall, or on line at www.niskayuna.org –click on ‘senior programs’. We offer a vegetarian entrée on the last Thursday of each month.

9 AM FITNESS: Our senior fitness classes include a low-impact cardio segment and chair exercises (seated and standing). Work with free weights and dowels is included. Class content is focused on maintaining or increasing strength, flexibility, and balance. Proper breathing is emphasized.

MVP CHAIR YOGA: This class adapts for the chair the classical yoga poses, breathing, and meditation. Chair yoga is for anyone interested in the benefits of yoga without having to be on the floor.

ZUMBA GOLD CLASSES: We offer a dance fitness program designed for beginners to experienced seniors. Get fit while having fun!

Mah Jongg is played on Tuesdays & Thursdays at the Center at 10 am & 1 pm. If you are interested in learning or playing, please call our Mah Jongg coordinator, Joan Almas at 888-6973. Joan’s motto: *The more the merrier!*

ART CLASSES: We have instructor lead painting classes the last Tuesday of each month at 10 am. These classes are free to our members.

BRIDGE is played every Thursday afternoon at 12:45 at the Center and at Town Hall. If you are interested in playing bridge or just want to be a substitute, please call 372-4969.

4 PM FITNESS: This class offers a low-impact cardio segment and exercises to increase strength, flexibility (stretching) and balance. A relaxation component is included. Proper breathing is emphasized. Hand weights and mats for floor work are included.

SENIOR ADVISORY COMMITTEE The Senior Advisory Committee helps plan senior programs and activities and advises the Town Board regarding senior issues. The Committee meets monthly at the Senior Center the last Tuesday at 2:30. If you are interested in participating, please contact Lisa Weber, Chair of Parks & Community Programs by email Lweber@niskayuna.org.

GET CONNECTED! Become a member and receive email notifications of events and trips as well as newsletters mailed directly to your home. All welcome! You can also connect with us on Facebook at www.facebook.com/NiskayunaSeniorCenter. Please call for further information.