

## July 4th Party



This summer we celebrated our nation's independence with reverence and revelry. Cindy Desso opened the ceremony with a moving tribute to our veterans. Rosemarie Mullaney thanked our sponsors and all those who helped make the day possible, and Supervisor Landry welcomed our guests. Afterward, we enjoyed classic BBQ picnic fare and danced to nostalgic tunes by the DJs. Summer has given way now to cooler days and so we embrace fall with harvest, Halloween and Thanksgiving events and activities planned.



*Skip & Irene never miss a beat!*



*Memorial ceremony lead by Cindy Desso.*



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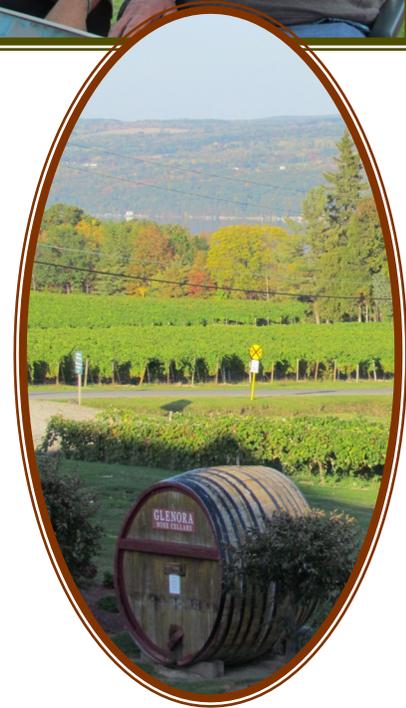
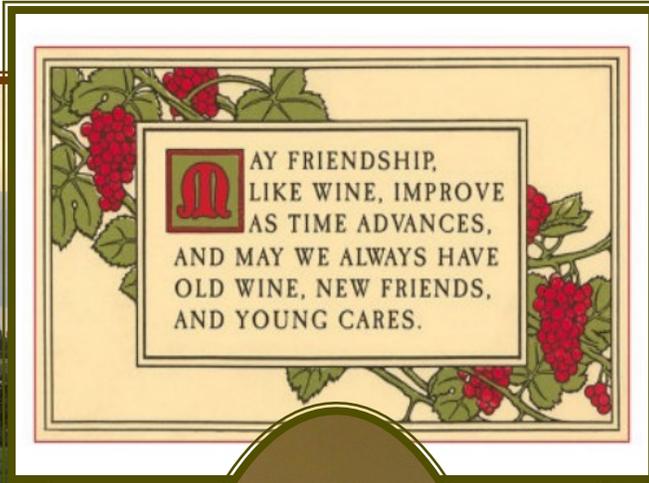
*Newsletter by Rosemarie Mullaney*



*Mary & Michelle relax with the music.*



# Fall in the Finger Lakes





# Let the Good Times Roll ~ Trips & Events



Recent trips and events include a summer holiday party, Lake George Dinner Theater, Cirque Eloise at Proctor's Theater, the Saratoga Race Track, Lake George Steamboat Lunch Cruises, the Finger Lakes, and Lakeside Farms.

Fall at the Center brings crafts sales, wellness clinics, and new classes and trips. Further information can be found on page 6.



## To Your Health

### Easy Pumpkin Spice Latte

#### Ingredients

- 2 cups 2% milk
- 4 Tbsp canned pumpkin puree
- 2 Tbsp vanilla extract
- 2 Tbsp white sugar
- 1/2 tsp pumpkin pie spice
- 1/2 cup strong coffee
- Canned whipped cream



#### Directions

Combine the milk, pumpkin, vanilla and sugar in a glass bowl and heat in microwave until steam rises. (Or if you prefer the stovetop, heat in a small sauce pan and heat over medium heat.) Do not boil. Whisk until milk becomes frothy. Divide between two mugs. Add coffee and garnish with whipped cream and a dash of pumpkin pie spice.

*Makes two 10 ounce lattes*

# Friendships & Connections



*"You are never too old to set another goal or to dream a new dream." C.S. Lewis*

**N**or are we ever too old to make new friends...  
It is true, generally speaking, the older we become, the more difficult it is to stay connected socially. The hard realities of losing friends and loved ones, and declining health may sometimes make us feel isolated or hopeless. Fortunately, there are opportunities for people of all ages to try something new, meet new people, and make new friends.

The Internet can connect people who are far apart, and most communities have programs which offer company and camaraderie. Volunteering is another way to connect with people while providing a valuable service. There are transportation services for those who do not drive. If you would like information about transportation services, activities in our community or at the Niskayuna Senior Center, please reach out to us by calling or stopping by.



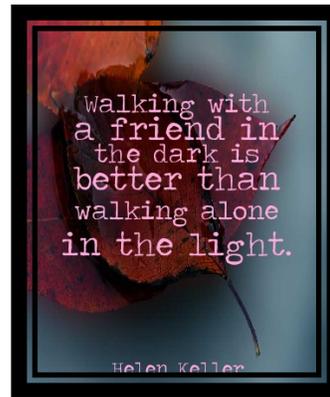
*Fun with friends on the 4th of July*



*Gaming is for kids...at heart!*



*Wally & Juanita*



*Friends, neighbors, and dance classmates*



*What better friend than a sister?*

## Ongoing Center Activities

### Tuesdays

- 9:00 Senior Fitness class\*
- 10-12:00 Scrabble, Pinochle, Bridge
- 10:30 Line Dancing
- 12:00 Lunch
- 1:00-2:00 Afternoon activity
- 1:00 MVP Chair yoga
- 4:00 Senior Fitness Class\*



### Thursdays

- 9:00 Senior Fitness class\*
- 10-12:00 Scrabble, Pinochle, Bridge
- 10:30 Bocce, Pickle Ball
- 12:00 Lunch
- 1:00-2:00 Afternoon activity
- 2:45-3:30 Bridge
- 4:00 Senior Fitness Class\*



### Mondays & Wednesdays

- 4:00 Senior Fitness Class\*

\*Denotes additional fee

# Senior Program Information



## **BUS TRANSPORTATION**

Bus transportation is available for Niskayuna residents 60 years + to the Center or for medical appointments & shopping within Schenectady County

Tuesdays & Thursdays  
9:00 am -2:30 pm  
Cost - \$5 round trip

Call us at the Center at 372-4969 for further information



## **SENIOR CENTER**

In addition to lunch and the daily activities on Tuesdays and Thursdays (see page 4), the Center also offers speakers, painting and jewelry classes, nature walks, trips, and more. We are pleased to have a newly redecorated lower level and upstairs front room to enjoy these activities.

If you like to sew or knit or crochet, we have a craft and sewing room and projects in process.

We have service opportunities as well. You may be interested in one of our committees such as our senior advisory committee which meets the last Friday of the month. We're open to new faces on our other committees as well including sunshine, food, membership, and programming.

Come join us and see what we're about!

### ***Volunteer Opportunity***

Are you friendly? Do you enjoy meeting people? Do you have a few hours of time you can spare? If so, then we may have a job for you!



We are looking for volunteers to join our greeter program. The main responsibilities include answering the telephone, greeting guests, and helping with lunch reservations. If you're interested, give us a call!



***"Rub this anti-wrinkle cream on all of your mirrors. It won't remove the wrinkles but it will make them harder to see."***

# Upcoming Programs, Classes, & Trips



## New!

We are pleased to continue several classes we recently introduced including Acrylic Painting and Qigong. We are also offering a Flu and Shingle Vaccine Clinic on October 31 and a AAA Defensive Driving class on November 4 & 6. Call for details.

We are very happy to have partnered with CDPHP to offer for the first time an exciting new class, Zumba Gold! Zumba Gold is a popular dance fitness program specifically adapted for older adults. This class is free of charge to our senior members. You do not need to be a CDPHP member to participate. *Call or stop in the Center to register.*

**Art Classes:** We have instructor lead watercolor classes the last Tuesday of each month at 10 am. These classes are free to our members.

Intermediate Acrylic Painting class runs November 5, 12, & 19 at 10:30. Members save \$5. *Call to register.*

## Wellness Class Descriptions

**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.

**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.

**Qigong:** This class uses a combination of slow, gentle physical movements, visualization, breath control, and meditation. Techniques are practiced in standing or seated positions.

**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.

**CDPHP Zumba Gold:** This class is a dance fitness program using aerobic and dance elements specifically designed for the older adult. The choreography often incorporates samba, salsa, mambo, and martial arts.

**Computer Classes:** We offer classes in our computer lab which teach basic computer skills including how to use email and social media, how to make a document, and staying safe on the Internet. If you have a topic you'd like to see for a class, let us know!

## Trips ~ October-December

10-18-13 Manchester, VT  
11-13-13 SCCC Casola Dining Room  
11-16-13 Electric City Barbershop Chorus  
12-4-13 Holiday Lights in the Park  
12-6-13 Norman Rockwell Museum & Red Lion Inn

*Please contact staff at the Center for details on trips.*

# Communication & Wish List

## ONLINE

Monthly menu/activity calendars, event and trip flyers, and newsletters are available at the Senior Center, the Town Hall or on line at [www.niskayuna.org](http://www.niskayuna.org) Click on **Senior Programs**



## GET CONNECTED!

We have an email group to let you know about events at the Center and upcoming trips as soon as they're available. All are welcome! Please call us at the Center if you'd like to have us add your email address.



## WISH LIST

If you have any of these items or would like to contribute toward their purchase, please contact us at the Center.

- Fabric for pet beds
- New or gently used men's & women's elastic waist pants (all sizes)
- Silk flowers; decorative tea cups & coffee mugs

## Niskayuna Senior Center Membership

With a \$10 annual membership fee, you will receive a membership card and the following:

- Newsletters mailed directly to your home
- A coupon for a free lunch meal at the Senior Center
- Member rates on all trips and activities
- A free trial day at one of our fitness classes

Memberships run through June 30, 2014. Your membership card and coupons will be mailed directly to you. Please complete the form below and return by mail or in person with your payment (cash or checks payable to the *Town of Niskayuna*) to:

Office of Community Programs – Attention Rosemarie Mullaney  
Niskayuna Town Hall, One Niskayuna Circle, Niskayuna, NY 12309.

Forms can also be delivered in person at the Senior Center on Aqueduct Road on Tuesdays & Thursdays

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### ***Niskayuna Senior Center Membership Application***



#### **Member:**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Home phone # \_\_\_\_\_ Cell phone # \_\_\_\_\_

Email address \_\_\_\_\_

Interest/hobbies \_\_\_\_\_

Interested in volunteering/special skills? \_\_\_\_\_

Need transportation or other assistance? \_\_\_\_\_

#### **Emergency contact:**

Name \_\_\_\_\_

Home phone # \_\_\_\_\_ Cell phone # \_\_\_\_\_

Email address \_\_\_\_\_

**NISKAYUNA SENIOR CENTER**

2682 Aqueduct Road  
Niskayuna, NY 12309



**TOWN OF NISKAYUNA**



JOE LANDRY, SUPERVISOR

**TOWN BOARD**

JULIE McDONNELL

DENISE MURPHY MCGRAW

LIZ ORZEL KASPER

JONATHAN MCKINNEY

**NISKAYUNA SENIOR CENTER**

2682 Aqueduct Road, Niskayuna NY 12309

HOURS

**TUESDAYS & THURSDAYS 9 AM TO 3 PM**

For further information, please contact coordinators

ROSEMARIE MULLANEY

CINDY DESSO

rmullaney@niskayuna.org

cdesso@niskayuna.org

**518-372-4969**

**We're on the web!  
[www.niskayuna.org](http://www.niskayuna.org)**

**Click on the Senior Program link on right side**

Our mission is to enrich the quality of life through recreational, educational, nutritional, and social opportunities and to support independence and involvement in our community for seniors.