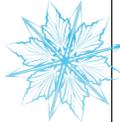
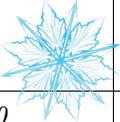
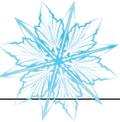


Senior Center is open
from 9 am to 3 pm
Lunch is \$5.00-Served at Noon

2017 JANUARY

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 	2 	3 <i>MEAL: COBB SALAD</i> 9:00-NOON TOM'S COMPUTER WALK-IN CLINIC 10:30 LINE DANCING 	4 	5 <i>MEAL: SOUP & SANDWICH</i> 10:30 BOCCE & PICKLEBALL JANUARY BIRTHDAY PARTY DOWNTOWN SCHENECTADY TRIP 	6	7 
8 	9 	10 <i>MEAL: GRILLED TURKEY PANINI</i> 10:30 LINE DANCING VIA PORT-ROTTERDAM SHOPPING TRIP * 	11 	12 <i>MEAL: PEACH PORK CHOPS</i> 10:00 VOLUNTEER ORIENTATION 10:30 BOCCE & PICKLEBALL	13 	14 
15 	16 	17 <i>MEAL: SPAGHETTI AND MEATBALLS</i> 10:00 COMPUTER CLASS WITH TOM 10:30 LINE DANCING 	18 	19 <i>MEAL: GRILLED CHICKEN OVER SALAD</i> 10:30 BOCCE & PICKLEBALL 11:00 MARIO'S LUNCH TRIP * 	20 	21 
22 	23 	24 <i>MEAL: SHEPHERD'S PIE</i> 10:30 LINE DANCING 1:00 SHORT STORY BOOK GROUP 	25 	26 <i>MEAL: EGG SALAD SANDWICH AND SPINACH SALAD</i> 10:30 BOCCE & PICKLEBALL 12:00 COMMUNITY VOICES LUNCH GUEST	27 	28 
29 	30 	31 <i>MEAL: CHICKEN & BISCUITS</i> 10:00 ART CLASS WITH EDIE 10:30 LINE DANCING 1:30 SENIOR ADVISORY COMMITTEE MEETING (LOWER LEVEL) 		 <i>*Additional fee Meals are subject to change</i>		

The Niskayuna Senior Center will close for inclement weather when the Niskayuna School District is closed.

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, Bingo, Scrabble & Cards. 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
 1:00-2:00 Bingo

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
 1:00-2:00 Bingo

UPCOMING EVENTS

Tuesday, January 3 — Tom’s Walk-in Computer Clinic
 Thursday, January 5—Downtown Schenectady Trip & Bday Party
 Tuesday, January 10— Via Port Rotterdam Shopping Trip*
 Thursday, January 12—Volunteer Orientation
 Tuesday, January 17—Computer Class with Tom

Thursday, January 19—Mario’s Lunch Trip*
 Tuesday, January 24—Short Story Book Group
 Thursday, January 26—Community Voices Lunch Guest-Pastor of St. Kateri Tekakwitha Parish, Rev. Robert Longobucco
 Tuesday, January 31—Senior Advisory Committee Meeting

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

COMPUTER CLASSES: We have an expert-led walk-in clinic on the first Tuesday of every month 9am –noon and an instructor-led 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 upper floor of the Senior Center. Call 372-4969 to reserve your spot. Email your questions to tomsrcomputerguy@gmail.com.

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.

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.

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!

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.

ART CLUB: Join us for a drop-in painting club the last Tuesday of each month at 10 am. Professional-artist led art projects in various mediums.

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

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.

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 1:30. If you are interested in participating, please contact Lisa Weber, Chair of Parks & Community Programs by email Lweber@niskayuna.org.