

Senior Center is open
from 9 am to 3 pm
Lunch is \$4.00-Served at Noon



March 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
Rosemarie Mullaney/Cindy Desso

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 MEAL: SHEPHERD'S PIE 9:00-NOON TOM'S COMPUTER WALK-IN CLINIC 9:00/4:00 FITNESS CLASSES* 10:30 LINE DANCING 1:00 MVP CHAIR YOGA 1:00 Fire Prevention Class</p>	2	<p>3 MEAL: GREEK ISLAND CHICKEN KABOBS MARCH BIRTHDAY PARTY 9:00/4:00 FITNESS CLASSES* 10:30 BOCCIE & PICKLEBALL</p>	4	
6	7	<p>8 MEAL: EGG SALAD SANDWICH WITH CREAM OF BROCCOLI SOUP 9:00/4:00 FITNESS CLASSES* 10:30 LINE DANCING 1:00 MVP CHAIR YOGA SHOPPING TRIP</p>	9	<p>10 MEAL: TUNA NOODLE CASSEROLE 9:00/4:00 FITNESS CLASSES* 10:30 BOCCIE & PICKLEBALL 12:45 E.P.I.C. INFO SESSION</p>	11	12
13	14	<p>15 MEAL: CHICKEN-A-LA-KING 9:00/4:00 FITNESS CLASSES* 10:00 COMPUTER CLASS WITH TOM 10:30 LINE DANCING 1:00 MVP CHAIR YOGA</p>	16	<p>17 MEAL: CORNED BEEF AND CABBAGE Prepayment required 9:00/4:00 FITNESS CLASSES* 10:30 BOCCIE & PICKLEBALL</p>	18	19
20	21	<p>22 MEAL: BLONDE CHICKEN CHILI Oil Painting Class with Peggy * 9:00/4:00 FITNESS CLASSES* 10:30 LINE DANCING 1:00 MVP CHAIR YOGA</p>	23	<p>24 MEAL: PORK CHOPS 9:00/4:00 FITNESS CLASSES* 10:30 BOCCIE & PICKLEBALL</p>	25	26
27	28	<p>29 MEAL: SPINACH AND FETA PIZZA BAKE 9:00/4:00 FITNESS CLASSES* 10:00 ART CLASS WITH EDIE 10:30 LINE DANCING 1:00 MVP CHAIR YOGA 2:30 Senior Advisory Meeting at Senior Center</p>	30	<p>31 MEAL: SPAGHETTI AND MEAT SAUCE 9:00/4:00 FITNESS CLASSES* 10:30 BOCCIE & PICKLEBALL</p>		

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, 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

9:00 & 4:00 Senior Fitness Classes *
 10:00-12:00 Scrabble, Cards, Bridge, Wii Bowling
 10:30 Line Dancing with Maryde King
 12:00 Lunch
 1:00 Chair Yoga

ONGOING ACTIVITIES

Thursdays

9:00 & 4:00 Senior Fitness Classes *
 10:00-12:00 Scrabble, Cards, Bridge, Wii Bowling
 10:30 Bocce, Pickle Ball
 12:00 Lunch
 12:45-3:30 Bridge at the Center & Town Hall

UPCOMING EVENTS

Tuesday, March 1—Walk-In Computer Clinic with Tom Krauser
 Tuesday, March 1—Fire Prevention Presentation
 Thursday, March 3—March Birthday Party
 Tuesday, March 8—Shopping Trip
 Thursday, March 10—E.P.I.C. Prescription Plan Presentation
 Tuesday, March 15—Computer Class with Tom Krauser

Tuesday, March 15—Katie O'Byrne's Lunch Trip 11 am*
 Monday, March 21—Saratoga Casino & Racing Trip*
 Tuesday, March 22—Paint with Peggy Oil Painting Class*
 Tuesday, March 29—Senior Advisory Meeting 2:30 at the Senior Center
 Tuesday, April 12—Casola Dining Room Lunch Trip*
 Tuesday, May 3—Cracker Barrel Lunch 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 LUNCHES Chef prepared meals served at noon (\$4). 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!*

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.

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.

SENIOR ADVISORY COMMITTEE The Senior Advisory Committee helps plan senior programs and activities and advises the Town Board regarding senior issues. The Committee will meet March 29th at 2:30pm at the Senior Center. 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.