

Garden Program Growing ❄️



Winter winds may be blowing but we have growing on our minds! The seeds were planted in 2014 with a pair of beautiful raised garden beds donated by former Niskayuna resident and Eagle Scout, Jake Rutland. The following spring, the Niskayuna Golden Gardeners Club was created. This core group of volunteers carefully tended all things green throughout the growing season. Along the way lessons were learned as to what grew well and what didn't, but most importantly, this garden allowed us to serve the freshest of vegetables & herbs to our seniors for lunch.

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Volunteers build raised garden.



Senior Volunteer Honored ❄️

Long-time Niskayuna resident and Senior Center member Vernon Scoville was recognized by Schenectady County and New York State in separate ceremonies last May and June for his volunteerism throughout his lifetime. Vern is pictured here with his wife, June, and his daughter Sherri at the 2015



Senior Citizens' Day sponsored by New York State Office for the Aging and with Laurie Bacheldor, Manager of Schenectady County Department of Senior & Long Term Care Services.

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All newsletter content & design by Rosemarie Mullaney unless otherwise stated.



Photo: Judy Tomisman



Photo: Judy Tomisman



Photo: Judy Tomisman

Good fortune was ours a second time when the Niskayuna Community Foundation (NCF) selected the Senior Center as a site for their Day of Service to commemorate 15 years of service to the community. A partnership was formed between NCF and the Town of Niskayuna. Beginning with a generous donation of time and materials from J & K Fence, the Niskayuna Highway Department readied the land for the future garden. While the fence was installed and the lumber delivered, NCF organized a group of volunteers which spanned all ages from teens to seniors.



Photo: Judy Tomisman



Through the collaboration of NCF site leaders, the Highway Department, the Senior Center, and most importantly, two shifts of volunteers, a garden was built on a sunny September day.

We are looking for volunteers (all ages welcome) to join our Garden Club so Come Grow With Us! Call 372-4969 for more information.



Bridging Generations ❄️

Wherever there are beginners and experts, old and young, there is some kind of learning going on, some kind of teaching. We are all pupils and we are all teachers.

Gilbert Highet



Photo : Rebecca Isenhart



The Niskayuna Senior Center recognizes the value of youth and seniors spending time with each other. The benefits of multi-generational programming is adeptly stated by Generations United (www.gu.org). *“Intergenerational programs increase cooperation, interaction and exchange between people of different generations by actively bringing together younger and older people. Through intergenerational programs, people of different generations share their talents and resources and support each other in relationships that benefit both the individual and their community. These programs provide opportunities for individuals, families and communities to again enjoy and benefit from the richness of an age-integrated society and have proven particularly effective in meeting numerous needs of individuals and the communities in which they live.”*

Last year we added two additional intergenerational opportunities to our existing programs.

In the spring, we began partnering with Craig Elementary School on a pilot program called *Pages Across Ages*.

more than what lies between the book covers.

Later in the year, we kicked off a connection with the Niskayuna Moms Group with a fun Halloween costume parade followed by one-on-one crafts and chats with our seniors.



Each week our seniors volunteer to work with a classroom teacher to read books to the students. This has been an enjoyable program on both ends where the sharing that goes on is way

We are so fortunate to have a long-standing relationship with the music department of Niskayuna High School. Each December, under direction of Christina Pizzino-Catalano, Director of Choral Studies, we are treated to a holiday concert by the Ladies First Choir. Ms. Pizzino-Catalano always builds in time for these young singers to socialize with our seniors following their performance. These talented teens have big hearts too, often sharing small gifts they purchased themselves. A few of our seniors had granddaughters who performed and that was a special treat indeed!



Photo : Rebecca Isenhart



New University at Albany Intern Program ❄️

The Town of Niskayuna has partnered with the University at Albany to offer field training for emerging social work professionals. The Niskayuna Senior Center completed an application process and was selected as a field placement agency. University students receive valuable work experience and site agencies receive additional personnel support.



Photo: Liam Condon

We are pleased to have Natalia Wolosen join our team. Natalia is a student at Albany University's School of Social Welfare. She is assigned to the Senior Center for the full 2015-16 academic year. Natalia is an integral part of our program assisting with daily program needs, providing community outreach, and working one-on-one with individuals. If you haven't met Natalia yet, please stop in on a program day to say hello!



Celebrations!



Photo: Liam Condon



Photo: Liam Condon



Everyone loves a party and we are not short on occasions to celebrate. A summer picnic, monthly birthday celebrations (including Alma's 90th!), our Halloween costume contest, and our December holiday party, are some of the snapshot-captured memories of the past year.



Photo: Liam Condon



Volunteers Honored ❄️



Photo: Liam Condon



If you have attended a computer class, been served dessert, or have enjoyed freshly harvested basil on your pasta, then you've met some of our fabulous volunteers. The Niskayuna Senior Center benefits greatly by the efforts of generous individuals and we are proud that so many choose to share their time and talents with us.

Our volunteers lead classes, clean tables, serve on our advisory committee, decorate, greet guests, garden, set up tables, call Bingo, act as ambassadors at community events, make party favors, organize closets, provide kitchen assistance, read to children, give rides to fellow seniors, and more.

We recognized our volunteers for their contributions to our Center in December with a reception in their honor. ❄️



Senior Program Information ❄️



Photo: Liam Condon



Tuesdays

- 9:00 Senior Fitness class*
- 10-12:00 Mah Jongg, Scrabble, Cards
- 10:30 Line Dancing
- 12:00 Lunch
- 1:00-2:00 Mah Jongg, Cards, Bingo
- 1:00 MVP Chair Yoga**
- 4:00 Senior Fitness Class*



Thursdays

- 9:00 Senior Fitness class*
- 10-12:00 Mah Jongg, Scrabble, Cards
- 10:30 Bocce, Pickle Ball
- 12:00 Lunch
- 12:45 Zumba Gold**
- 1:00-2:00 Mah Jongg, Cards, Bingo
- 12:45-3:15 Bridge
- 4:00 Senior Fitness Class*



*Denotes additional fee **Check flyers for session dates



Bus transportation is available for Niskayuna residents 60 years + to the Center or for medical appointments & shopping within Schenectady County on Tuesdays & Thursdays from 9 to 2:30 pm for a cost of \$5 round trip.



Volunteer Opportunities

- ◆ Greeter
- ◆ Sunshine & Welcome
- ◆ Public Relations
- ◆ Gardening
- ◆ Parties & Decorating
- ◆ Senior Advisory Committee

Ongoing Classes & Programs ❄️



Computer Class

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!



Defensive Driving: This six hour class is offered twice a year. Receive up to a 10% insurance discount for 3 years on your collision & liability premium. Reduce your current driving record of violations by up to four points. Refresh your driving skills and learn preventive techniques for collision avoidance. Our next classes are April 20 & 22

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



Zumba Gold Class

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

If Oil Painting is your thing, or you'd like to try it, we have classes which will take you from blank canvas to finished frame-ready painting in just 4 hours!



Morning 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.

Afternoon 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.

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.



Oil Painting Class

Membership & Communication: Get Connected!

With a \$10 annual membership fee, you will receive a membership card &:

- Newsletters mailed directly to your home
- Coupon for free lunch meal at the Senior Center for first time members
- Member discount pricing on trips and activities
- A free trial day at one of our 9 am or 4 pm fitness classes



Membership applications can be obtained at the Senior Center, Town Hall, or on our website at www.niskayuna.org.

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. Click on **Senior Center**.

We have an email group to let you know about events & programs at the Center.

You can add yourself by visiting www.niskayuna.org & click **Subscribe to News**, or ask one of the staff and we'd be happy to help you stay connected! You can also follow us on Facebook. www.facebook.com/NiskayunaSeniorCenter Be sure to "Like" us to get our announcements on your newsfeed.

 We wish to express our deep gratitude to former Senior Programs Chairperson, Julie McDonnell, for her leadership for the past four years. Under Julie's guidance, the senior program has grown tremendously. We appreciate her vision and dedication and wish her continued success.

Please welcome newly elected Senior Program Chairperson, Lisa Weber. Lisa can be reached at Lweber@niskayuna.org.

NISKAYUNA SENIOR CENTER

2682 Aqueduct Road
Niskayuna, NY 12309



TOWN OF NISKAYUNA



JOE LANDRY, SUPERVISOR

TOWN BOARD

JOHN DELLA RATTA

DENISE MURPHY MCGRAW

BILL MCPARTLON

LISA WEBER

NISKAYUNA SENIOR CENTER

2682 Aqueduct Road, Niskayuna NY 12309

HOURS

TUESDAYS & THURSDAYS 9 AM TO 3 PM

For further information, please contact

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We're on the web!
www.niskayuna.org
Click on the Senior
Center link on left 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.