Additional Programs & Services Offered by: Colonie Senior Service Centers, Inc.

BRIGHT HORIZONS

Your Partner in Caregiving

THREE CONVENIENT LOCATIONS:

Bright Horizons at Beltrone
At The Beltrone Living Center
Six Winners Circle, Colonie, NY 12205

Bright Horizons at Carondelet
At St. Joseph's Provincial House
385 Watervliet Shaker Rd., Latham, NY 12110

Bright Horizons at Pine Grove
At Pine Grove United Methodist Church
1580 Central Ave., Colonie, NY 12205

COLONIE SENIOR Service Centers, Inc.

Sponsored by KeyBank

Driver Fitness Center
Your Roadmap to Driving Safer, Longer

To empower and educate older adults with information, tools and resources to drive safe longer!

For more information

Please call: 459-2857, ext. 326

AVAILABLE BY APPOINTMENT
MONDAY—FRIDAY
8:00AM—4:00PM

You must pre-register to use this service.

Call today to register.

umbrella
OF COLONIE

More than Home Maintenance . . .

Safe & Independent Living at Home

Six Winners Circle
Albany, NY 12205

(518) 459-7152

umbrella@colonieseniors.org

COLONIE SENIOR Service Centers, Inc.

Center Social Scene
April 2012

6 Winners Circle ~ Albany, NY 12205 Phone: 459-2857 ext. 303

info@colonieseniors.org

Visit www.colonieseniors.org

Special Luncheon

Monday, April 2, 2012 12:00pm
Meatloaf w/ Gravy

Featuring:

Joe Cybulski
Broadway Classical

For reservations please call: 459-2857, ext. 303
by noon on Friday, March 30

Special Dinner

Volunteer Recognition Dinner

Monday, April 16, 2012, 4:30pm
Turkey Dinner

Please RSVP by April 12, 2012 to 459-2857, Ext. 303

The celebration is free for volunteers who received invitations

Guests are $15 each

DAILY CLASSES & ACTIVITIES

MONDAY

8:30 am	Walking Club at the Crossings
9:45am	OsteoBusters @ Ciccotti Center
10:00am	Communion Service
10:00am	Yoga
12:00pm	***April 2nd - Special Luncheon - Meatloaf featuring Joe Cybulski—Broadway Classical***
1:00pm	Arthritis Exercise Class
4:30pm	***April 16th - Annual Volunteer Recognition Dinner***
6:00pm	**T'ai Chi For Arthitis**

TUESDAY

8:00am	Men's Pool League
9:00am	Tap Practice
9:00am	Ceramics Class
9:30am	OsteoBusters @ Roessleville Church
10:00am	Keeping Your Balance
11:15am	***April 10th - Around Town Trip to Troy Music Hall (Chiara String Quartet)***
3:00pm	Writers Group - **1st & 3rd Tuesday**

WEDNESDAY

8:45am	Low Impact Aerobics
9:00am	Oil Painting
9:30am	OsteoBusters @ The Beltrone Living Center
11:00am	OsteoBusters @ Our Lady of Assumption Church
11:*15am*	*April 25th - Around Town Trip to Spectrum Theatres*
1:00pm	Hart Club Bingo

Class & program catalog is available for download at www.colonieseniors.org

DAILY CLASSES & ACTIVITIES

THURSDAY

9:00am	Advanced Tap Class
9:00am	Ceramics Class
9:00am	Jazz Class
10:00am	Caregivers Support Group @ Bright Horizons at Carondelet
10:30am	Chair Yoga
10:45am	Intermediate Tap Class
11:45am	Beginner Tap Class
1:00pm	OsteoBusters @ The Beltrone Living Center
2:00pm	Folk Dancing
2:30pm	Meditation
3:30pm	Newcomers & Neighbors Coffee Hour
6:00pm	OsteoBusters @ Roessleville Church

FRIDAY

8:45am	Low Impact Aerobics
9:00am	Oil Painting
1:00pm	Knitting Club - 1st & 3rd Friday
3:15pm	Beltrone Singers

SATURDAY

9:30am	OsteoBusters @ The Beltrone Living Center
2:00pm	Saturday Matinees in the Lounge

Dining Programs funded in part by the Albany County Dept. for Aging, the NYS Office for Aging, US Administration on Aging, The Town of Colonie and participant contributions. *No membership is required. All programs are at The Beltrone Living Center unless otherwise noted.*